



## THE MUSHROOM CAVE | AMANITA MUSCARIA MICRODOSING GUIDE

### Amanita muscaria Dosage Ranges

- Microdose: 0.2g-1g of dried A.m. caps (either eaten or made into a tea extract)
- Macrodose: 1g-8g of dried A.m. caps (either eaten or made into a tea extract)
- Journey Dose: 8g-15g of dried A.m. caps (either eaten or made into a tea extract)
- Because the concentration of compounds and the potency of each mushroom can vary greatly, these are estimated ranges. *Start slow and low!*

### Medicine Options

There are many ways to ingest Amanita muscaria, but most people prefer one of these:

- Tea/water extract (recipe below)
- Concentrated extract (preserved in alcohol or glycerin)
- Eating dried Amanita muscaria caps
- *Never eat Amanita muscaria raw!!!*

### Microdosing Tea Instructions

- Ingredients: 15grams of dried Amanita muscaria caps + 1 cup of water
- Place water and caps in a pot on the stove. Bring water to a boil, then turn down to a simmer, brewing for 20 minutes. Add water as needed to maintain a water level of approximately 1 cup.
- Strain caps and return them to the earth.
- Divide the tea into 4 (or more) containers, freezing the ones that you are not going to use within the next week.
- Each container will contain 1/4 cup of tea which is equivalent to 4 tablespoons.
- Each tablespoon will contain approximately 0.9 grams of Amanita muscaria compounds. This will likely be too high of a dose to start with.
- Consider starting with 1/2 tablespoon – or less – to find your dose.

### Protocol Option A: Amanita Dreamer

- Microdose a single dose of dried Amanita muscaria or tea for 3 consecutive days
- After 3 days, microdose every 3rd day for 3 weeks
- After 3 weeks, microdose every 5th day for 5 weeks
- After 5 weeks, microdose once every 10 days
- Take a break or restart the protocol anytime that feels right

### Protocol Option B: Amentara Protocol

- Microdose a single dose of dried Amanita muscaria or tea 2-3x per day. Pay attention to your thoughts, sense of reality and any other shifts. Stay consistent for 2-3 weeks before taking a break.
- The duration of your break is up to you, but 10 days is a common practice before starting the protocol again.

## The Importance of Ritual

Please do not engage in microdosing as you would a supplement or medication routine. *Amanita muscaria* is a living, conscious, sacred medicine being. Be sure to bring intention, attention and gratitude to your practice. Not only will your practice likely be more effective, but you will also be opening a portal into deeper wisdom and insight that is only available to those who are attuned to the medicine. Below are a few ideas for getting started:

Journaling	Journaling is an important microdosing practice and it can easily be transformed into a meaningful ritual by simply regarding it as important and sacred. People who do not journal or track their microdosing journey often find it harder to determine if anything is happening and often miss small wins. Journaling also helps you track synchronicities, dreams and aha moments that may tell a bigger story a few weeks later.
20/20 Ritual	Take your microdose + spend 20 minutes doing something that grounds and settles you such as meditation, walking or yoga. Then spend an additional 20 minutes in a reflective activity such as journaling, pulling an oracle card, prayer or contemplation. If 40 minutes feels too overwhelming, start with 20 minutes total (10 minute of grounding + 10 minutes of reflection) and work up to a longer span of time.
Altar Based Ritual	Create an altar or dedicate a small spot on a shelf or table to <i>Amanita</i> . Each time you microdose, approach the altar, light a candle, speak your gratitude to the mushroom and spend a few minutes in stillness and reflection.

## Finding Your Dose

It can take a few doses to find your sweet spot and each “batch” may be different due to the inconsistent concentration of compounds from mushroom to mushroom. Here are a few tips:

If...	Then...	What to Do...
If you feel agitated, twitchy, paranoid, overly restless, abnormally sweaty or have trouble falling asleep	You may be consuming too much Ibotenic acid	Decrease your dose OR Convert <u>more</u> Ibotenic acid to muscimol by adding lemon juice and/or heating your tea longer next time
If you feel sluggish, more depressed than usual or have a hard time getting out of bed	You may be consuming too much Muscimol	Decrease your dose OR Convert <u>less</u> Ibotenic acid to muscimol next time by simmering your tea for a shorter period of time or refraining from adding lemon juice
If your symptoms worsen over time	You may be consuming too much medicine	Decrease your dose OR Decrease the frequency of dosing

## Understanding Decarboxylation

- Ibotenic acid has medicinal properties and is considered to be part of Amanita muscaria's medicine. However, consuming too much can result in some unpleasant experiences such as dizziness, nausea, sweating, muscle twitching and restlessness.
- Ibotenic acid is converted to muscimol through a process called decarboxylation.
- Decarboxylation takes place naturally in the body upon ingestion, however there are ways to "decarb" Ibotenic acid before ingesting it.
- To minimize and/or eliminate Ibotenic acid's uncomfortable effects, a person may choose to convert some of it to muscimol through one of the following decarboxylation methods:
  - Level 1: Dehydration ~ If your caps are dehydrated, or if you dehydrate them yourself, this has already decarbed some of the Ibotenic acid and the mushroom is considered safe to ingest. Dehydrating at a temperature of at least 122 degrees F is needed, although 150 degrees is recommended.
  - Level 2: Hot Water Extract ~ Making a tea with your caps will decarb even more Ibotenic acid. Combining dehydration with a 20-minute brew can decarb/convert well over 50% of the Ibotenic acid to muscimol.
  - Level 3: While often unnecessary, adding lemon juice to the water extract once it is finished brewing will decarb even more of the Ibotenic acid.



## Sourcing Microdosing Medicines

You can order Amanita muscaria Tea Kits as well as concentrated Extracts from  
The Mushroom Cave Micro Apothecary!

>>> [www.TheCavewomanWay.com/Apothecary](http://www.TheCavewomanWay.com/Apothecary) <<<

## Disclaimer

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