

Mushroom Chocolate Dose



Mushroom Chocolate Dose: A Guide to Safe and Effective Consumption

Are you curious about the burgeoning world of functional foods and the potential benefits of incorporating mushrooms into your diet? Have you heard whispers about mushroom chocolate and its purported effects, but aren't sure where to begin? This comprehensive guide delves into the world of "mushroom chocolate dose," exploring the different types of mushroom chocolate available, safe dosage guidelines, potential benefits, and important considerations before you indulge in this unique treat. We'll equip you with the knowledge you need to make informed decisions about incorporating mushroom chocolate into your wellness routine.

Understanding the Appeal of Mushroom Chocolate

The popularity of mushroom chocolate is on the rise, driven by the increasing awareness of the potential health benefits associated with various medicinal mushrooms. These mushrooms, unlike their culinary counterparts, are prized for their purported adaptogenic properties, meaning they may help the body adapt to stress and maintain overall well-being. By blending the deliciousness of chocolate with the potential benefits of medicinal mushrooms, mushroom chocolate offers a palatable and convenient way to incorporate these powerful fungi into your diet.

Types of Mushrooms Found in Chocolate

The type of mushroom used significantly impacts the potential effects and overall experience of consuming mushroom chocolate. Commonly featured mushrooms include:

H2: Popular Mushroom Varieties in Chocolate

Reishi: Known for its calming and immune-supporting properties, Reishi mushroom chocolate is often marketed for stress reduction and improved sleep quality.

Lion's Mane: Lion's Mane mushroom is gaining popularity for its potential cognitive benefits, with some suggesting it may support memory and focus. Lion's Mane chocolate might be appealing to those seeking a brain boost.

Chaga: This robust mushroom is often touted for its antioxidant properties and potential immune support. Chaga mushroom chocolate may be a tasty way to increase antioxidant intake.

Cordyceps: Cordyceps are known for their purported energy-boosting properties and potential to support athletic performance. Cordyceps mushroom chocolate may appeal to those seeking a natural energy lift.

Turkey Tail: This mushroom is often recognized for its potential immune-modulating properties. Turkey Tail mushroom chocolate could be an appealing option for those looking to support their immune system.

H3: Choosing the Right Mushroom for Your Needs

It's crucial to research the specific mushroom strain and its purported benefits before choosing a mushroom chocolate product. Pay close attention to the product label and manufacturer information to understand the potency and type of mushroom used.

Determining the Right Mushroom Chocolate Dose

There's no universally recommended "mushroom chocolate dose." The optimal amount varies significantly based on several factors:

H2: Factors Affecting Mushroom Chocolate Dosage

Type of Mushroom: The potency and effects vary greatly depending on the mushroom species. Lion's Mane, for example, may have different dosage recommendations compared to Reishi.

Concentration of Mushroom Extract: The concentration of mushroom extract in the chocolate directly impacts the dosage. Look for products that clearly state the amount of mushroom extract per serving.

Individual Sensitivity: People react differently to mushroom extracts. Start with a low dose and gradually increase it as tolerated, monitoring for any adverse effects.

Overall Health and Goals: Your overall health, any pre-existing conditions, and your intended goals for using mushroom chocolate should guide your dosage.

H3: Starting Slowly and Monitoring Your Response

Always begin with a low dose and monitor your body's reaction. If you experience any negative side effects, such as digestive upset or allergic reactions, discontinue use and consult a healthcare professional.

Potential Benefits and Precautions

While mushroom chocolate offers intriguing potential benefits, it's important to approach it with a balanced perspective.

H2: Potential Benefits (Always Consult Your Doctor)

Improved Cognitive Function: Some studies suggest certain mushrooms may support brain health.

Enhanced Immune System: Certain mushrooms possess immune-modulating properties.

Reduced Stress and Anxiety: Adaptogenic mushrooms may help the body cope with stress.

Improved Sleep Quality: Certain mushroom extracts may promote relaxation and sleep.

H2: Potential Precautions and Side Effects

Allergic Reactions: Some individuals may be allergic to specific mushrooms.

Drug Interactions: Mushroom extracts may interact with certain medications.

Digestive Upset: Some individuals may experience mild digestive discomfort.

Lack of Regulation: The supplement industry is not always tightly regulated, so it is crucial to choose reputable brands.

Choosing High-Quality Mushroom Chocolate

Selecting high-quality mushroom chocolate is crucial for maximizing potential benefits and minimizing risks.

H2: Tips for Selecting High-Quality Mushroom Chocolate

Look for third-party testing: Choose products that have undergone independent testing for purity and potency.

Check the ingredients list: Opt for products with minimal added ingredients and focus on whole food sources.

Read reviews: See what other customers have to say about the product's quality and effects.

Choose reputable brands: Select brands with a strong reputation for quality and transparency.

Conclusion

Mushroom chocolate offers a delicious and potentially beneficial way to incorporate medicinal mushrooms into your diet. By understanding the different types of mushrooms, appropriate dosages, potential benefits, and precautions, you can make informed choices to support your wellness journey. Remember to always start with a low dose, monitor your body's response, and consult with a healthcare professional before incorporating mushroom chocolate, especially if you have any pre-existing health conditions or are taking medication.

FAQs

1. Can I take mushroom chocolate every day? It depends on the type of mushroom, dosage, and your individual tolerance. It's best to consult with a healthcare professional to determine the appropriate frequency for your needs.
2. Is mushroom chocolate suitable for pregnant or breastfeeding women? More research is needed to determine the safety of mushroom chocolate during pregnancy and breastfeeding. It's best to consult with a healthcare provider before consuming it.
3. Where can I buy high-quality mushroom chocolate? Reputable online retailers and health food stores often carry high-quality mushroom chocolate products. Look for products with third-party testing and transparent labeling.
4. Can mushroom chocolate interact with my medications? Some mushrooms may interact with certain medications. Consult your doctor or pharmacist before incorporating mushroom chocolate into your routine, especially if you take prescription medications.
5. What are the common side effects of mushroom chocolate? Mild digestive upset, such as nausea or diarrhea, is possible. Allergic reactions are also possible, although rare. If you experience any concerning side effects, discontinue use and consult a healthcare professional.

mushroom chocolate dose: The Psychedelic Explorer's Guide James Fadiman, 2011-05-18
Psychedelics for spiritual, therapeutic, and problem-solving use • Presents practices for safe and successful psychedelic voyages, including the benefits of having a guide and how to be a guide • Reviews the value of psychedelics for healing and self-discovery as well as how LSD has facilitated scientific and technical problem-solving • Reveals how microdosing (ultr-low doses) improve cognitive functioning, emotional balance, and physical stamina • This year 600,000 people in the U.S. alone will try LSD for the first time, joining the 23 million who have already experimented with this substance Called “America’s wisest and most respected authority on psychedelics and their use,” James Fadiman has been involved with psychedelic research since the 1960s. In this guide to the immediate and long-term effects of psychedelic use for spiritual (high dose), therapeutic (moderate dose), and problem-solving (low dose and microdose) purposes, Fadiman outlines best practices for safe, sacred entheogenic voyages learned through his more than 40 years of experience—from the benefits of having a sensitive guide during a session (and how to be one) to the importance of the setting and pre-session intention. Fadiman reviews the newest as well as the neglected research into the psychotherapeutic value of visionary drug use for increased personal awareness and a host of serious medical conditions, including his recent study of the reasons for and results of psychedelic use among hundreds of students and professionals. He reveals new uses for LSD and other psychedelics, including microdosing, extremely low doses, for improved cognitive functioning and emotional balance. Cautioning that psychedelics are not for everyone, he dispels the myths and misperceptions about psychedelics circulating in textbooks and clinics as well as on the internet. Exploring the life-changing experiences of Ram Dass, Timothy Leary, Aldous Huxley, and Huston Smith as well as Francis Crick and Steve Jobs, Fadiman shows how psychedelics, used wisely, can lead not only to healing but also to scientific breakthroughs and spiritual epiphanies.

mushroom chocolate dose: Your Psilocybin Mushroom Companion Michelle Janikian, 2019-11-19 Discover the transformational power of psilocybin mushroom with this all-encompassing guide to harnessing magic mushrooms safely and effectively. Thanks to cutting-edge research, the medical and mental health communities are rediscovering the transformative power of psychedelics. And among the psychedelics showing the most promise for opening and healing the mind is the psilocybin mushroom. This friendly, fact-packed companion to magic mushrooms offers a full guide to having the most successful and beneficial experiences—whether you’re a complete newcomer or have dabbled in psychedelics before. Author Michelle Janikian’s straightforward, matter-of-fact approach pairs the most up-to-date research with personal advice and experiences to provide a whole perspective of the pros, cons, and many possibilities of experimenting with psychedelic mushrooms. Whether you’re looking to try mushrooms for healing, personal or spiritual growth, out of curiosity, or for just plain fun, Your Psilocybin Mushroom Companion helps you prepare for every type of journey—from microdosing to full trips and even “trip sitting.” With this book, you’ll find it’s never been easier to use these sacred fungi safely and responsibly.

mushroom chocolate dose: Stuff You Should Know Josh Clark, Chuck Bryant, 2020-11-24 From the duo behind the massively successful and award-winning podcast Stuff You Should Know comes an unexpected look at things you thought you knew. Josh Clark and Chuck Bryant started the podcast Stuff You Should Know back in 2008 because they were curious—curious about the world around them, curious about what they might have missed in their formal educations, and curious to dig deeper on stuff they thought they understood. As it turns out, they aren't the only curious ones. They've since amassed a rabid fan base, making Stuff You Should Know one of the most popular podcasts in the world. Armed with their inquisitive natures and a passion for sharing, they uncover the weird, fascinating, delightful, or unexpected elements of a wide variety of topics. The pair have now taken their near-boundless whys and hows from your earbuds to the pages of a book for the first time—featuring a completely new array of subjects that they’ve long wondered about and wanted to explore. Each chapter is further embellished with snappy visual material to allow for rabbit-hole tangents and digressions—including charts, illustrations, sidebars, and footnotes. Follow along as the two dig into the underlying stories of everything from the origin of Murphy beds, to the history

of facial hair, to the psychology of being lost. Have you ever wondered about the world around you, and wished to see the magic in everyday things? Come get curious with *Stuff You Should Know*. With Josh and Chuck as your guide, there's something interesting about everything (...except maybe jackhammers).

mushroom chocolate dose: A Really Good Day Ayelet Waldman, 2017 In an effort to treat a debilitating mood disorder, Ayelet Waldman undertook a very private experiment, ingesting 10 micrograms of LSD every three days for a month. This is the story--by turns revealing, courageous, fascinating and funny--of her quietly psychedelic spring, her quest to understand one of our most feared drugs, and her search for a really good day--

mushroom chocolate dose: Consciousness Medicine Françoise Bourzat, Kristina Hunter, 2019-06-25 A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it's no wonder: despite having access to the latest wellness trends and advances in technology, we're no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we're approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat's skillful and heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an invaluable contribution to the field of healing and transformation.

mushroom chocolate dose: The Psilocybin Chef Cookbook K. Mandrake, Virginia Haze, 2020-09-09 The only psilocybin-focussed cookbook on the market. If you've mastered the art of growing mushrooms at home and have your growing method tuned in perfectly, or you've just got very good at foraging and have a reliable patch, you'll have an endless stream of psilocybin-containing mushrooms. But where do you go from here? What's the best method of extraction to minimize loss, and how can you stave off the dreaded nausea every time you dose? What's the deal with microdosing, and how do you do it safely? And if you want to put on a three-course dosed dinner for a few of your best friends, what are the best dishes to cook? All these questions are answered, deliciously, in *The Psilocybin Chef Cookbook*. Containing fifty recipes, eight different extraction methods, cocktails, drinks and more, *The Psilocybin Chef Cookbook* is the only psilocybin extraction and consumption guide you'll ever need. With photo-essays to illustrate each step of the extraction processes, largely vegan recipes and many that cater for gluten-free and sugar-free diets, this cookbook will be the staple of every psychonaut's kitchen. From the best-selling authors of the *The Psilocybin Mushroom Bible: The Definitive Guide to Growing and Using Magic Mushrooms*, this cookbook offers sound, evidence-based methods for psilocybin extraction as well as recipes honed from the author's years of working in professional kitchens, food writing and consulting in test kitchens--as well as their years of psilocybin experimentation. This indispensable guide is fully illustrated, with mouth watering full-color photos throughout. With eight easy-to-follow photo-essays showing you exactly how to master each extraction process, and an entire chapter dedicated to microdosing and how to do it safely and sanely, *The Psilocybin Chef Cookbook* teaches you how to be the psychedelic cordon bleu icon you've always wanted to be. Don't settle for choking down tea or munching down on dry shrooms; make every trip delicious!

mushroom chocolate dose: Drugs without the hot air David Nutt, 2020-01-16 The dangers of illegal drugs are well known and rarely disputed, but how harmful are alcohol and tobacco by comparison? The issue of what a drug is and how we should live with them affects us all: parents, teachers, users - anyone who has taken a painkiller or drunk a glass of wine. Written by renowned

psychiatrist, Professor David Nutt, *Drugs without the hot air* casts a refreshingly honest light on drugs and answers crucial questions that are rarely ever disputed. What are we missing by banning medical research into magic mushrooms, LSD and cannabis? Can they be sources of valuable treatments? How can psychedelics treat depression? *Drugs without the hot air* covers a wide range of topics, from addiction and whether addictive personalities exist to the role of cannabis in treating epilepsy, an overview on the opioid crisis, and an assessment of how harmful vaping is. This new expanded and revised second edition includes even more details on international policies, particularly in the US. David's research has won international support, reducing drug-related harm by introducing policies that are founded on scientific evidence. But there is still a lot to be done. Accessibly written, this much-awaited second edition is an important book for everyone that brings us all up to date with the 'war of drugs'.

mushroom chocolate dose: The Psychedelic Experience Timothy Leary, Richard Alpert, Ralph Metzner, 2017-06-27 *The Psychedelic Experience*, created in the movement's early years by the prophetic shaman-professors Timothy Leary, Ralph Metzner, and Richard Alpert (Ram Dass), is a foundational text that serves as a model and a guide for all subsequent mind-expanding inquiries. In this wholly unique book, the authors provide an interpretation of an ancient sacred manuscript, the Tibetan Book of the Dead, from a psychedelic perspective. Reissued here to coincide with the 50th anniversary of the summer of love.

mushroom chocolate dose: Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

mushroom chocolate dose: Have a Good Trip Eugenia Bone, 2024-10-22 From a much-loved expert and popular science writer comes this straight-from-the-trenches report on how and why folks from all walks of life are using magic mushrooms to enhance their lives. Interest in psychedelic mushrooms has never been greater – or the science less definitive. Popular science writer and amateur mycologist Eugenia Bone reports on the state of psychedelics today, from microdosing to heroic trips, illustrating how “citizen science” and anecdotal accounts of the mushrooms’ benefits are leading the new wave of scientific inquiry into psilocybin. With her signature blend of first-person narrative and scientific rigor, Bone breaks down just how the complicated cocktail of psychoactive compounds is thought to interact with our brain chemistry. She explains how mindset and setting can impact a trip – whether therapeutic, spiritual/mystical, or simply pleasure seeking – and vividly evokes the personalities and protocols that populate the tripping scene, from the renegade “Noccers” of Washington who merrily disperse magic mushroom spores around Seattle, to the indigenous curanderas who conduct traditional ceremonies in remote Mexican villages. Throughout she shares her journey through the world of mushrooms, cultivating her own stash, grappling with personal challenges, and offering the insights she gleaned from her experiences. For both seasoned trippers and the merely mushroom curious, *Have a Good Trip* offers a balanced, entertaining, and provocative look at this rapidly evolving cultural phenomenon.

mushroom chocolate dose: Occurrence and Use of Hallucinogenic Mushrooms Containing Psilocybin Alkaloids Christer Andersson, Jakob Kristinsson, Nordic Council of Ministers, Jørn Gry, 2009 In some parts of the world mushrooms have had a central role in religious

ritual ceremonies. Ethnomycological studies among the Indian tribes of Mexico - the Aztecs and the Chichimecas - revealed the mushrooms to be hallucinogenic. Chemists from a leading Pharmaceutical company took over, isolated and described the mushroom alkaloid psilocybin, that upon dephosphorylation after collection of the mushroom or in the human body, form psilocin that is the active hallucinogenic compound. For a long time psilocybin/psilocin was expected to become a constituent of psychedelic drugs useful for treatment of specific psychoses. As the effect of psilocybin/psilocin resembles that of LSD the isolated compound, as well as mushrooms containing the compound, became popular among recreational users of hallucinogenic drugs in Western America, and from there the habit of using these mushrooms have spread around the world. Psilocybin/psilocin is legally prohibited in many countries which usually treat the compound as a narcotic drug. Some countries also prohibit the use of some or all psilocybin-containing mushrooms. In this respect, the legal situation differs between Nordic countries. Although psilocybin-containing mushrooms are not what Nordic mushroom pickers are trying to find as food or food supplement, there is a risk, admittedly small, that these mushrooms accidentally will be collected. At the present situation, this may be a legal problem in some Nordic countries. This document aims at identifying when this might be the case without going into legal interpretations.

mushroom chocolate dose: How to Change Your Mind Michael Pollan, 2019-05-14 Now on Netflix as a 4-part documentary series! "Pollan keeps you turning the pages . . . cleareyed and assured." —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's mental travelogue is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

mushroom chocolate dose: *Psilocybin Mushroom Handbook* L. G. Nicholas, Kerry Ogame, 2006 This well-illustrated book allows anyone with common sense, a clean kitchen, and a closet shelf to grow bumper crops of mushrooms. Besides step-by-step guides to cultivating four species of psilocybin-containing mushrooms, the book offers a wealth of additional information, including an introduction to mushroom biology, a resource guide for supplies, advice on discreetly integrating psychedelic mushrooms into outdoor gardens, and insights into the traditional use of psilocybins in sacred medicine. Also included are appendices with a summary of all included recipes.

mushroom chocolate dose: *Growing Gourmet and Medicinal Mushrooms* Paul Stamets, 2011-07-13 A detailed and comprehensive guide for growing and using gourmet and medicinal mushrooms commercially or at home. "Absolutely the best book in the world on how to grow diverse and delicious mushrooms."—David Arora, author of *Mushrooms Demystified* With precise growth parameters for thirty-one mushroom species, this bible of mushroom cultivation includes gardening

tips, state-of-the-art production techniques, realistic advice for laboratory and growing room construction, tasty mushroom recipes, and an invaluable troubleshooting guide. More than 500 photographs, illustrations, and charts clearly identify each stage of cultivation, and a twenty-four-page color insert spotlights the intense beauty of various mushroom species. Whether you're an ecologist, a chef, a forager, a pharmacologist, a commercial grower, or a home gardener—this indispensable handbook will get you started, help your garden succeed, and make your mycological landscapes the envy of the neighborhood.

mushroom chocolate dose: Psilocybin Therapy Dr. JJ Pursell, 2024-04-16 Discover a new path to self-discovery and healing with this timely exploration of the therapeutic benefits of psilocybin mushrooms. In *Psilocybin Therapy*, Dr. JJ Pursell explores the next frontier in mental health: the therapeutic use of psilocybin mushrooms and related psychedelics. Readers will learn about the chemical makeup of mushrooms and what makes them powerful, the history of the fungi, the thought leaders in the movement, and the impact of psilocybin on the brain. Additional chapters explore how to use psilocybin with a facilitator, how psychedelics can help users work through deep psychological issues, what microdosing means, and how to assess potential risks. Pursell weaves her personal experience with psilocybin as both a user and a facilitator throughout the text. The result is a relatable, accessible, and helpful guide for those seeking a new form of self-discovery and healing.

mushroom chocolate dose: LSD, My Problem Child Albert Hofmann, 2017-09-27 This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann, Ph.D. He traces LSD's path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. In *LSD: My Problem Child*, we follow Dr. Hofmann's trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmann's powerful conclusion that mystical experiences may be our planet's best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the mystery of the divine, in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. More than sixty years after the birth of Albert Hofmann's problem child, his vision of its true potential is more relevant, and more needed, than ever.

mushroom chocolate dose: The Psilocybin Mushroom Bible Walter Carpenter, 2022-02-17 Do you want to win the fight against anxiety, depression, fatigue, stress, and other life-threatening illnesses? Have you wondered if you can do away with prescription drugs, painkillers, antidepressants, or anything that has to do with conventional medicine? You are about to discover information about magic mushrooms with healing and therapeutic properties that makes them perfect for reducing the effect of anxiety, depression, stress, fatigue and related disorders. This book will answer all the questions you have about psilocybin magic mushrooms and help you get started using them safely. In this book, you will: Find all you need to know about psilocybin mushrooms, what they look like, how they are used, and their therapeutic potentials. Learn about the origins of psilocybin mushrooms and their history in medical use. Discover the legality and decriminalization of psilocybin mushrooms in different countries of the world, and how all these affect using, possession, sale, and cultivation in different areas. Learn about the science behind psilocybin mushrooms, and available research on therapeutic use of psilocybin mushrooms. Discover a detailed section that focuses on the physical effects, other-worldly effects and risks associated with psilocybin use. Find all you need to know about *psilocybe cubensis*, *psilocybe azurescens*, *psilocybe semilanceata*, and more. Discover how psilocybin mushrooms are used to treat depressive symptoms, and used to boost creativity and learning. Find a dedicated chapter to learn how to cultivate psilocybe mushrooms, how to grow them from home, making your own DIY psilocybin mushroom grow kits, and learning to grow your own mushrooms from scratch. Learn how to take psilocybin mushrooms, risk mitigation strategies for using, planning your set and setting, and precautions during use. Learn all you need to know about microdosing, how to microdose, benefits of microdosing, how to keep track of your progress, calculating and scheduling your microdoses. And so much more! You can learn all there is to know about psilocybin mushrooms and how they can help improve your life from this

comprehensive guide on psilocybin mushrooms. Due to the increasing adoption among countries where they were initially banned, the prohibition of psilocybin mushroom use may soon become a thing of the past. Learn to grow your magic mushrooms from the comfort of your home and also maximize the many benefits of using through microdosing. Scroll up and click Buy Now With 1-Click or Buy Now to get started today!

mushroom chocolate dose: *Cooking with Magic* David Connell, 2019-09-30 *Cooking with Magic* was developed to provide readers with the knowledge and understanding to properly cook with and consume magic mushrooms in interesting and delicious recipes. The book is beautifully illustrated with stunning full-color illustrations of mushroom phylogeny sketches developed in consultation with the Erowid Foundation.

mushroom chocolate dose: *Healing Mushrooms* Tero Isokauppila, Four Sigmatic, 2017-10-10 The one and only resource on using adaptogenic mushrooms to boost immunity and promote whole body health the natural way. Adaptogenic mushrooms are one of today's buzziest superfoods, known for their ability to restore skin's youthful glow, increase energy levels, reduce brain fog, keep your hormone levels in check, and so much more. In *Healing Mushrooms*, you'll learn about the ten most powerful mushrooms you can add to your daily diet to maximize your health gains. Though some of these mushrooms, like Tremella, Cordyceps, and Reishi will sound exotic, they're all easy to source online in extract form and easier to use in recipes. Even more familiar mushrooms, like Shiitake, Oyster, and Enoki, are full of seriously healing potential--you just have to know how to use them. Packed with practical information, fun illustrations, and 50 mushroom-boosted recipes for breakfast, lunch, and dinner (and even dessert!), *Healing Mushrooms* unlocks the vast potential of this often-overlooked superfood category and will be the go-to resource for adding mushrooms to your health and wellness regimen.

mushroom chocolate dose: *Handbook of Mushroom Poisoning* Barry H. Rumack, David G. Spoerke, 1994-09-27 *The Handbook of Mushroom Poisoning* provides an in-depth examination of mushroom poisoning, including case examples for each toxic class. The book contains specific chapters on mushroom poison pharmacology and approaches to treatment of cases caused by an unknown mushroom or unknown poison. For those who want a broader background, there are sections on gross and microscopic mushroom identification, general information about the types of toxic substances found in various mushroom families, and tables detailing the results of various field and laboratory tests. For those interested in learning more about mushroom poisonings and how to treat them, this book is a must.

mushroom chocolate dose: *The Grim Reader* Miffie Seideman, 2024 Many authors draw from headlines or movies rather than personal experience to write drug-related scenes, and the result may be more fiction than fact. So, how can you craft a convincing scene involving accidental use of fentanyl-tainted pot or a murder attempt with grandma's pain pills? A much-needed resource, *The Grim Reader* details how to write medical scenarios that result in realistic page-turners. As drug inaccuracies multiply in screenplays, scripts, novels, and audio plays, Dr. Miffie Seideman, Pharm.D. provides writers (and editors) with the background and authenticity necessary to develop plausible plotlines, including: * Pertinent drug facts, tips, and symptoms * Symptom timelines * Tips for developing historically accurate scenes * Common street drug names and slang * Sample scenarios to demonstrate how to weave the information into a believable scene * Writing prompts to provide scene starters and offer practice Combining Seideman's pharmacology knowledge with her love for creative writing, *The Grim Reader* is the ultimate guide to help authors craft accurate drug scenes and avoid medical mistakes.

mushroom chocolate dose: *Cooking with Magic Mushrooms* David Connell, 2024-09-15 Head to the kitchen to make your next psilocybin experience unforgettable *Magic mushrooms* offer so many marvels, from transformative healing to excitement. One thing they are not known for is flavor. David Connell's quest to make psilocybin palatable led him to develop recipes that integrate small, measured quantities of shrooms into tasty food and drink. Stop gnawing on bitter, fibrous stalks and begin your journey with a calming, pleasant snack or sip. These healthy, delicious recipes are

lactose-free, with gluten-free substitutions throughout, and have no added sugars. Photographs and illustrations will inspire your explorations of food, fungi, and consciousness.

mushroom chocolate dose: Visionary Quests I Traveling Nobody, 2019-12-21 Follow an everyman explorer through a series of vision quests aimed at truth, meaning, purpose, and fulfillment. The human will to understand aided by the mushroom, ayahuasca, and cannabis unveil the episodic nature of life. The everyman lens of these narratives is merely one version of the infinite mythological character that we are. This journaled pursuit of continual understanding is heavily influenced by self-responsibility, truthful speech and action, direct experience, and Natural Law. You will relate. Truth is immutable but realized uniquely and unfolded in the progress of this everyman. The aim is to minimize unnecessary suffering and attain the highest possible good. Curiosity demands a committed strive for the transcendent ideal. What could be attained?

mushroom chocolate dose: Damn Delicious Rhee, Chungah, 2016-09-06 The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

mushroom chocolate dose: Bad Bug Book Mark Walderhaug, 2014-01-14 The Bad Bug Book 2nd Edition, released in 2012, provides current information about the major known agents that cause foodborne illness. Each chapter in this book is about a pathogen—a bacterium, virus, or parasite—or a natural toxin that can contaminate food and cause illness. The book contains scientific and technical information about the major pathogens that cause these kinds of illnesses. A separate “consumer box” in each chapter provides non-technical information, in everyday language. The boxes describe plainly what can make you sick and, more important, how to prevent it. The information provided in this handbook is abbreviated and general in nature, and is intended for practical use. It is not intended to be a comprehensive scientific or clinical reference. The Bad Bug Book is published by the Center for Food Safety and Applied Nutrition (CFSAN) of the Food and Drug Administration (FDA), U.S. Department of Health and Human Services.

mushroom chocolate dose: *Nom Nom Paleo* Michelle Tam, Henry Fong, 2013-12-17 A New York Times cookbook best-seller. Nom Nom Paleo is a visual feast, crackling with humor and packed with stunningly photographed step-by-step recipes free of gluten, soy, and added sugar. Designed to inspire the whole family to chow down on healthy, home-cooked meals, this cookbook compiles over 100 foolproof paleo recipes that demonstrate how fun and flavorful cooking with wholesome ingredients can be. And did we mention the cartoons? Nom Nom Paleo kicks off with a fresh introduction to Paleo eating, taking readers on a guided tour of author Michelle Tam's real-food strategies for stocking the kitchen, saving time, and maximizing flavors while maintaining a Paleo lifestyle. Also, sprinkled throughout the book are enlightening features on feeding kids, packing nutritious lunches, boosting umami, and much more. The heart of this book are Michelle's award-winning primal Paleo recipes, 50 percent of which are brand-new --- even to diehard fans who own her bestselling iPad cookbook app. Readers can start by marrying their favorite ingredients with building blocks like Sriracha Mayonnaise, Louisiana Remoulade, and the infamous Magic Mushroom Powder. These basic recipes lay the foundation for many of the fabulous delights in the rest of the book including Eggplant Ricotta Stacks, Crab Louie, and Devils on Horseback. There's something for everyone in this cookbook, from small bites like Apple Chips and Kabalagala (Ugandan plantain fritters) to family-sized platters of Coconut Pineapple Rice and Siu Yoke (crispy roast pork belly). Crave exotic spices? You won't be able to resist the fragrant aromas of Fast Pho or

Mulligatawny Soup. In the mood for down-home comforts? Make some Yankee Pot Roast or Chicken Nuggets drizzled with Lemon Honey Sauce. When a quick weeknight meal is in order, Nom Nom Paleo can show you how to make Crispy Smashed Chicken or Whole-Roasted Branzini in less than 30 minutes. And for a cold treat on a hot day, nothing beats Paleo-diet-friendly Mocha Popsicles or a two-minute Strawberry Banana Ice Cream. Eating healthy doesn't mean sacrificing flavor. This book gives you Paleo with personality, and will make you excited to play in the kitchen again.

mushroom chocolate dose: The Psychedelic Renaissance Ben Sessa, 2020-10-29 Praise for Second Edition of *The Psychedelic Renaissance*: 'Onward, intrepid explorer, keep your wits, while allowing them to be tickled, as Dr Sessa leads you into a world of remarkable wonders! You are in for a real treat!' Robin Carhart-Harris 'This new book is a succinct, entertaining overview of the emerging Psychedelic Renaissance written by an insider, and one of the brightest young architects of this new emerging paradigm.' Dr Dennis J. McKenna 'With intelligence, fact-based optimism and compassion Sessa throws open the doors of perception and guides the reader through the complexities of the history, pharmacology, legality and potential of these miraculous molecules.' Andy Roberts 'This new edition of Sessa's, *The Psychedelic Renaissance*, will encourage researchers to work in this field, to the benefit of our understanding of how the brain works and to develop new approaches to psychiatric disorders.' David Nutt 'Dr. Ben Sessa prescribes a way forward; mainstreaming psychedelics for a world in deep need of spirituality and inspiration. *The Psychedelic Renaissance* is a book that deserves to be widely read.' Rick Doblin 'Ben Sessa's energetic review of the research and cultural use of psychedelics provides a unique perspective. The way forward is clear: we urgently need more scientific research, and a rational reform of drug policies.' Amanda Feilding 'The Psychedelic Renaissance will inevitably and rightly be seen as an important marker of their assimilation into the cultural mainstream. I highly recommend it.' Ralph Metzner 'Dr. Sessa skilfully chronicles important developments, perhaps a turning point, in psychiatry and in the understanding of psychedelics in the wider culture. This new updated edition of *The Psychedelic Renaissance* is informative, entertaining and timely.' Michael Mithoefer

mushroom chocolate dose: *Brave New World* Aldous Huxley, 2011-07-01 This classic novel of a perfectly engineered society is "one of the most prophetic dystopian works of the twentieth century" (The Wall Street Journal). Half a millennium from now, in the World State, the watchword is that every one belongs to every one else. No matter what class of human you are bred to be—from the intellectual Alphas to the Epsilons who provide the manual labor—you are a part of the efficient, well-oiled whole. You are nourished, secure, and blissfully serene thanks to the freely distributed drug called soma. And while sex is strongly encouraged, the old way of procreation is forbidden, eliminating even the pains of childbirth. But when a man and woman journey beyond these confines to where the "savages" reside, and bring back two outsiders, the cracks begin to show. Named as one of the 100 best English-language novels of the twentieth century by the Modern Library, *Brave New World* is one of the first truly dystopian novels. Influenced by the historic events of Huxley's era yet as relevant today as ever, it is a remarkable depiction of the conflict between progress and the human spirit. "Chilling. . . . That he gave us the dark side of genetic engineering in 1932 is amazing." —Providence Journal-Bulletin "It is a frightening experience, indeed, to discover how much of his satirical prediction of a distant future became reality in so short a time." —The New York Times Book Review

mushroom chocolate dose: *Sally's Baking Addiction* Sally McKenney, 2016-10-11 Updated with a brand-new selection of desserts and treats, the fully illustrated *Sally's Baking Addiction* cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, *Sally's Baking Addiction*, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies &

Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

mushroom chocolate dose: *101 Recipes You Can't Live Without* Lori Powell, Editors Of Prevention Magazine, 2012-09-04 Irresistible, easy dishes that will help readers cultivate healthy bodies. Half of Americans take dietary supplements, with little proof that they do anything to protect their health. What has been proven: the healing power of nutrients in food. In *101 Recipes You Can't Live Without* by Lori Powell, readers will learn how to get everything they need from their plates—deliciously and without overdoing it on calories. People who want to feel better, lose weight, and stay healthy for years to come can't rely on pills: they need to know how to eat smarter. Prevention has identified the best sources of 13 essential nutrients for a healthy body—the ones research shows have the most disease-fighting potential—and created 101 flavor-packed dishes loaded with them. The secret is combining superfoods. From hearty breakfasts to mouthwatering desserts, readers can rest easy knowing that every bite they take is maximizing their health and satisfying their taste buds. Along the way, they will discover easy food swaps and strategies to help them make the most nutritious choices at every meal. Let's face it, no one has ever said isn't this vitamin pill delicious? or bonded with friends and family over a packet of antioxidant supplements. With *101 Recipes You Can't Live Without* you have the tool you need to craft the healthiest possible diet without feeling deprived.

mushroom chocolate dose: *Two Peas & Their Pod Cookbook* Maria Lichty, 2019-09-03 115 recipes--wholesome new creations and celebrated favorites from the blog--from the husband and wife team behind Two Peas & Their Pod TWO PEAS & THEIR POD celebrates a family, friends, and community-oriented lifestyle that has huge and growing appeal. Maria the genuine, fun, relaxed mom next door who's got the secret sauce: that special knack for effortlessly creating tantalizing and wholesome (and budget-friendly) meals with ease. From a Loaded Nacho Bar bash for 200 guests to quick-and-easy healthy weeknight dinners like never-fail favorites like One-Skillet Sausage Pasta or Asian Pork Lettuce Wraps (always followed by a fab dessert!), Maria shares her best lifestyle tips and home cook smarts. An essential resource for parents looking to update their healthy, inexpensive, time-saving, kid friendly meal roster; aspiring home cooks who want to eat-in delicious food more than they eat out; as well as anyone looking to share their love of food and the giving spirit with their neighbors, TWO PEAS & THEIR POD will help readers bring home that (achievable!) slice of Americana, where families come together to enjoy fresh and nutritious meals and there's always a batch of still-warm cookies waiting on the counter.

mushroom chocolate dose: *The First Mess Cookbook* Laura Wright, 2017-03-07 The blogger behind the Saveur award-winning blog The First Mess shares more than 125 beautifully prepared seasonal whole-food recipes. "This plant-based collection of recipes is full of color, good ideas, clever tricks you'll want to know."—Deborah Madison, author of *Vegetable Literacy* and *The New Vegetarian Cooking for Everyone* Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl

Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

mushroom chocolate dose: The Smitten Kitchen Cookbook Deb Perelman, 2012-10-30
NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny. —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You’ll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you’ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you’ll bookmark and use so often they become your own, recipes you’ll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion. Look for Deb Perelman’s latest cookbook, Smitten Kitchen Keepers!

mushroom chocolate dose: Shamanic Plant Medicine - Magic Mushrooms Ross Heaven, 2019-01-25 The Shamanic Plant Medicine series acts as an introduction to specific teacher plants used by shamans in a variety of cultures to facilitate spirit communion, healing, divination and personal discovery, and which are increasingly known, used and respected in Western society by modern shamans as a means of connecting to spirit. Other books in the Shamanic Plant Medicine series include Ayahuasca: The Vine of Souls, Salvia Divinorum: The Sage of the Seers and San Pedro: The Gateway to Wisdom.

mushroom chocolate dose: Whore of New York Liara Roux, 2021-10-12 Why would someone ever voluntarily become a sex worker? Liara Roux writes about the salacious details leading up to her decision to become a career sex worker, and the unexpected truths she learned while working in the industry. Liara Roux is accustomed to being mislabelled and misunderstood. As a child, Liara’s inquisitive, instinctive, and rebellious nature was frequently problematised in a world designed around the requirements of their neurotypical, cis, heterosexual male colleagues. Coming of age in an oppressively restrictive home, they shuffled tarot and explored self portraiture to rationalise the injustice of chronic pain, toxic lovers, and the cruel silence of divinity. Critiquing capitalism’s mechanisms of exploitation, the conservatism of Western medicine, and the politics surrounding sex work, Whore of New York: Confessions of a Sinful Woman is a candid study of artistic awakening, and both spiritual and sexual growth after abuse, seen through the eyes of a proud outsider.

mushroom chocolate dose: Mary Berry's Simple Comforts Mary Berry, 2020-09-17 Find comfort with Mary's easy home cooking. In this brand new tie-in to a new BBC Two series, Mary Berry shares over 120 of her ultimate food recipes, all made simply and guaranteed to get smiles around your kitchen table. Mary's utterly reliable recipes are perfect for days when you want tasty and dependable food. Come home to the delicious simplicity of a Whole Roasted Squash with Garlic and Chilli Butter, or a warming Spicy Sausage and Red Pepper Hot Pot. Treat your family to Slow Roast French Lamb with Ratatouille, and spoil everyone with a decadent Frangipane Apple and Brioche Pudding. Featuring all the recipes from Mary's new series, plus many more fresh from

Mary's kitchen, every single dish is accompanied by a photography of the finished food, so you know exactly what you're making. Each recipe includes Mary's trademark no-nonsense tips and techniques for getting ahead, and has been rigorously tested to make your cooking stress-free.

mushroom chocolate dose: *Shroom* Andy Letcher, 2008-02-19 Did mushroom tea kick-start ancient Greek philosophy? Was Alice's Adventures in Wonderland a thinly veiled psychedelic mushroom odyssey? Is Santa Claus really a magic mushroom in disguise? The world of the magic mushroom is a place where shamans and hippies rub shoulders with psychiatrists, poets, and international bankers. Since its rediscovery only fifty years ago, this hallucinogenic fungus, once shunned in the West as the most pernicious of poisons, has inspired a plethora of folktales and urban legends. In this timely and definitive study, Andy Letcher chronicles the history of the magic mushroom—from its use by the Aztecs of Central America and the tribes of Siberia through to the present day—stripping away the myths and taking a critical and humorous look at the drug's more recent manifestations. Informative, lively, and impeccably researched, *Shroom* is a unique and engaging exploration of this most extraordinary of psychedelics.

mushroom chocolate dose: *Eat to Live* Joel Fuhrman, 2011-01-05 Hailed a medical breakthrough by Dr. Mehmet Oz, *Eat to Live* offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. *Eat to Live* has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off. Dr. Fuhrman's formula is simple, safe, and solid. --Body and Soul

mushroom chocolate dose: *The Manchurian Candidate* Richard Condon, 2013-11-25 The classic thriller about a hostile foreign power infiltrating American politics: "Brilliant . . . wild and exhilarating." —The New Yorker A war hero and the recipient of the Congressional Medal of Honor, Sgt. Raymond Shaw is keeping a deadly secret—even from himself. During his time as a prisoner of war in North Korea, he was brainwashed by his Communist captors and transformed into a deadly weapon—a sleeper assassin, programmed to kill without question or mercy at his captors' signal. Now he's been returned to the United States with a covert mission: to kill a candidate running for US president . . . This "shocking, tense" and sharply satirical novel has become a modern classic, and was the basis for two film adaptations (San Francisco Chronicle). "Crammed with suspense." —Chicago Tribune "Condon is wickedly skillful." —Time

mushroom chocolate dose: *Trip* Tao Lin, 2018-05-01 Part memoir, part history, part journalistic exposé, *Trip* is a look at psychedelic drugs, literature, and alienation from one of the twenty-first century's most innovative novelists--The Electric Kool-Aid Acid Test for a new generation. A Vintage Original. While reeling from one of the most creative--but at times self-destructive--outpourings of his life, Tao Lin discovered the strange and exciting work of Terence McKenna. McKenna, the leading advocate of psychedelic drugs since Timothy Leary, became for Lin both an obsession and a revitalizing force. In *Trip*, Lin's first book-length work of nonfiction, he charts his recovery from pharmaceutical drugs, his surprising and positive change in worldview, and his four-year engagement with some of the hardest questions: Why do we make art? Is the world made of language? What happens when we die? And is the imagination more real than the universe? In exploring these ideas and detailing his experiences with psilocybin, DMT, salvia, and cannabis, Lin takes readers on a trip through nature, his own past, psychedelic culture, and the unknown.

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American Mushroom Institute - Mushroom Facts

The most popular mushroom variety grown in the U.S. is white button, followed by crimini (brown or baby bellas), portabellas, enoki, oyster, maitake and shiitake.

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