

## EXPERIMENTING WITH THEIR BODIES AND AMANITA MUSCARIA MUSHROOM EXTRACT

On Sunday (trip day), March, 5 2023 Ellen Moore and Bill Downing slow-dosed Amanita Muscaria (AM) mushroom extract, 2000mg [extract](#) in 1oz, with a very small amount of cane alcohol. The extract tested at 3.42mg Muscimol and 1.14mg Ibotenic Acid (IA) so the 1ml (about 1gr) dropper would have about those amounts per dropper.

This being their first experiment using AM, they took it “low and slow”. Our standing wait time between stacked doses of psychedelics is 2 hours. Both Bill and Ellen are daily medical marijuana users, which, for Bill, involves taking a few hits from a joint or hash pipe periodically through the day and a CBD/THC ointment at night. For Ellen, daily medical use includes cannabis tinctures and capsules.

At 8am Ellen and Bill swallowed 1 dropper-full of the extract mixture. By 8:30am Bill was feeling an inner excitement and mildly accelerated heart-rate and breathing. By 9am Bill felt as though he had smoked some potent marijuana – he felt a marijuana-like high combined with an inner excitement type of stimulation.

Ellen started to feel like she consumed a strong edible her eyes wanting to shut but that moment passed and her body and mood felt lighter while head remained clear. For someone who feels constant fatigue, Ellen was awake!

They each ate small bowl of yogurt and fruit. At 10am they took their second dropper-full and by 10:30 Bill was tripping mildly, experiencing a pleasant, relaxed but enervated feeling of being high. Ellen had an experience of feeling relaxed, but clear-headed, which, considering her medical issues highly desirable. Fibro pain became negligible.

At Noon they did a third dropperful. That makes a total dose of about 12.5mg Muscimol and 3.5mg IA. Bill could feel he was tripping, particularly when he was walking, but was in a pleasant mood and still able to converse coherently. Neither Ellen nor Bill had digestive issues. Ellen started to have strong euphoric feelings.

The fourth dropperful was downed at 2pm. About 20 minutes later Bill started noticing extra sparkle and shimmer where sunlight fell. The visual hallucinations were different from other psychedelics Bill had taken. More like vibratory colors, not so much patterns and shifting. The “high” feeling was making moving feel more like gliding and less like walking. Ellen’s euphoria continued and she was happy to feel such lightness in her body and a good, clear headedness.

The fifth and sixth droppers full were taken at 4pm. Their dose now stood at 25mg Muscimol and 7mg of IA. They were feeling good, no stomach problems, and felt as though taking more would be fine. The effects so far were pleasant, but mild, so they doubled this dose. A half-hour later Bill was tripping-along and made a couple of small, silly mistakes – mistakes he would not have likely made were he not tripping. Both Bill and Ellen were feeling a slightly excited euphoria and a bit detached from earthly concerns. They ate a curried hummus and salad lavash wrap. Ellen said flavors exploded in her mouth. Her sense of taste was greatly enhanced.

Ellen also ate a strong cannabis edible about an hour after our last doses which enhanced the euphoria and she experienced a greater sense of freedom from her chronic pain and fatigue allowing her to enjoy what was happening around her.

They both slept well, which for Bill is not unusual these days, but is not a given for Ellen. They had no stomach or digestive issues at all, despite the bad reputation of IA. Early that next morning Bill noticed a slow-moving, light yellow and purple patterning on the white ceiling above his bed – likely a mild after-effect hallucination.

Overall, their experiment was a great success! Bill and Ellen would feel comfortable recommending AM extract for depression, stress, fibromyalgia, neuropathic pain and, possibly, for sleep. Next time they’ll start with a larger dose, as their concerns as to potency have been satisfied.