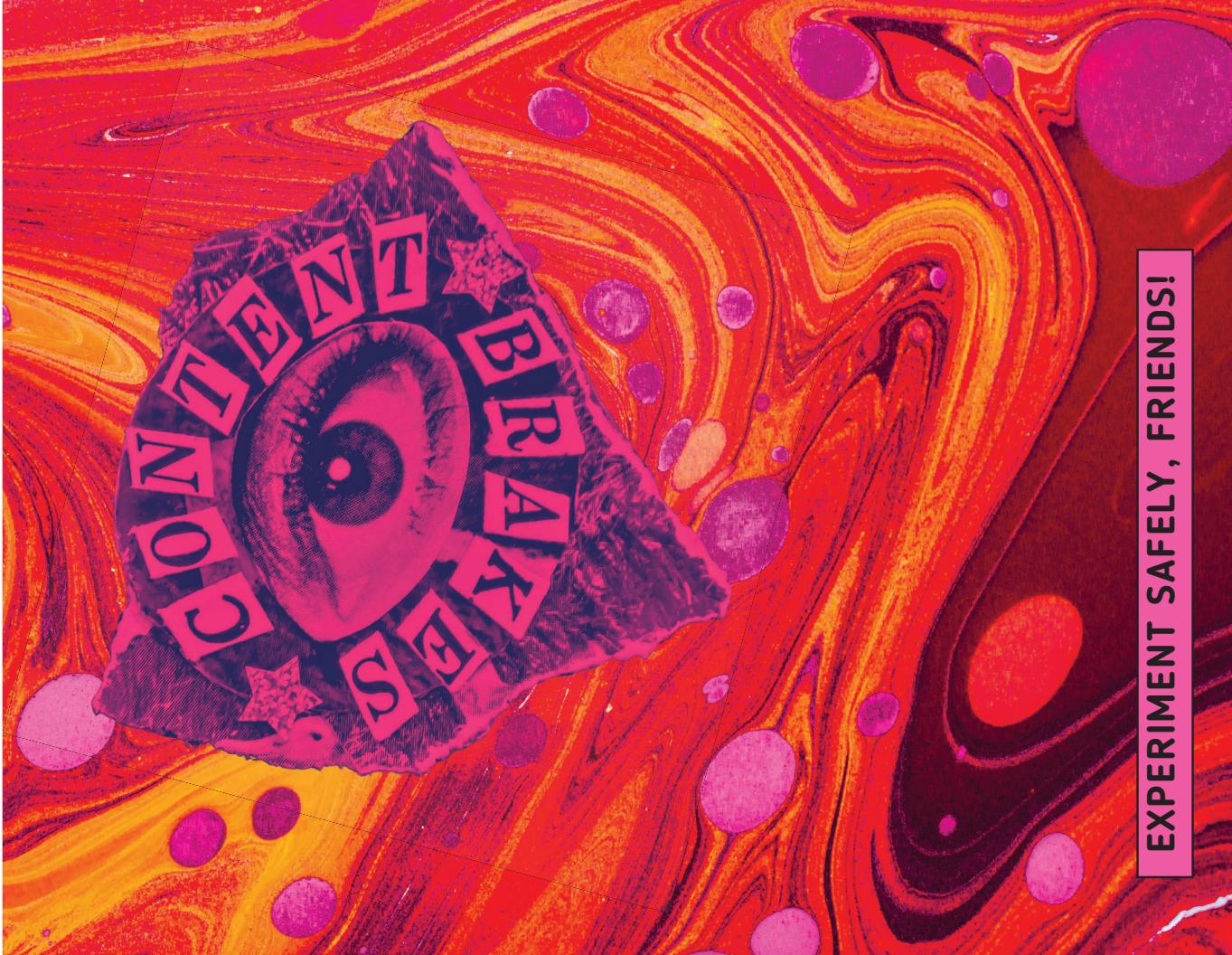




# PSYCHEDELIC HARM REDUCTION



EXPERIMENT SAFELY, FRIENDS!

THIS ZINE WAS CREATED BY TEENA HALLETT

## SOME DOPE RESOURCES:

DRUGSDATA.ORG  
DANCESAFE.ORG  
BUNKPOLICE.COM  
EROWID.ORG  
PSYCHONAUTWIKI.ORG  
DEXCALC.COM  
MAPS.ORG  
ZENDOPROJECT.ORG  
FIRESIDEPROJECT.ORG  
PSYCHSITTER.COM

I'M A BOSTON-BASED HARM REDUCTIONIST, MACRO PRACTICE SOCIAL WORKER, NEEDLE EXCHANGE PROGRAM COORDINATOR, AND PERSON THAT USES DRUGS. EVERYTHING IN THIS ZINE WAS EITHER TAUGHT TO ME BY BADASS HARM REDUCTIONISTS OR COMES DIRECTLY FROM MY OWN EXPERIENCES USING PSYCHEDELICS. EROWID WAS USED AS A RESOURCE FOR COMBINATION EFFECT GUIDANCE.

THAT BEING SAID: I AM NOT A MEDICAL PROFESSIONAL! THESE ARE JUST MY EXPERIENCES & OPINIONS- USING BOTH LICIT & ILLICIT SUBSTANCES IS YOUR CHOICE ALONE, AND SO ARE THE CONSEQUENCES.

I LOVE HEARING FROM FOLKS! EMAIL ME @:

TEENAHALLETT@GMAIL.COM

INSTAGRAM: \_TEEE.NA

TEST YOUR DRUGS, NOT YOUR LIMITS! CARRY NALOXONE, AND NEVER USE ALONE. REMEMBER- WE TAKE CARE OF US & KEEP EACH OTHER SAFE :)

IF YOU CAN, PLEASE CONSIDER DONATING SOME \$ FOR THIS ZINE- ALL FUNDS ARE USED TO PUT CASH IN THE HANDS OF OUR WONDERFUL COMMUNITY MEMBERS @ AHOP, AS WELL AS TO PURCHASE SUPPLIES LIKE SOCKS, UNDIES, DETOX CIGS & LEMON SLUSH :)

VENMO: CHRISTINA-PERRY-32

CASHAPP: \$TAYNEE

PAYOUT: LITTLELADYBIRD@GMAIL.COM

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# WHAT ARE PSYCHEDELICS & HOW DO THEY WORK?

• Man made chemicals that are either sprayed on dried, shredded plant material so they can be smoked or sold as liquids to be vaporized.

- Called cannabinoids because they are similar chemically to marijuana by binding to the same brain cell receptors of THC BUT HAVE VASTLY DIFFERENT effects.

- Highs can vary among different cannabinoids- some stimulating, some similar to PCP high.

Effects can come on quickly & include:

feeling stimulated/ energetic OR sedated, increased heart rate, dream-like states, nausea, seizures, aggression, respiratory failure, loss of consciousness, possible hallucinations/ visuals, loss of "self", psychotic episodes, delusional thought patterns/paranoia, sudden increases in blood pressure, elevated mood & relaxation, and an altered perception of objects and surroundings.

A synthetic cannabinoid, ADB-BUTINACA was found in the Massachusetts street supply (dope, fentanyl, and xanax) during the summer of 2021. From user experience reports, the ADB-BUTINACA presence was not suspected, intended, or desired. All cases were associated with a negative experience and/or concerning health effects, such as: “extreme paranoia”; ‘felt like K2/Spice’; ‘tripping sensation’; ‘got an allergy-like reaction at injection site’; ‘out-of-body experience’; ‘blacked out for 5 hours, didn’t remember anything (Massachusetts Drug Supply Data Stream Public Health Alert, 2021).”

Psychedelics (also referred to as hallucinogens) are a class of plants and chemicals that cause states of altered mood, cognitive processes, and perception.

Psychedelics work on the brain by stimulating, suppressing, or modulating neurotransmitters.

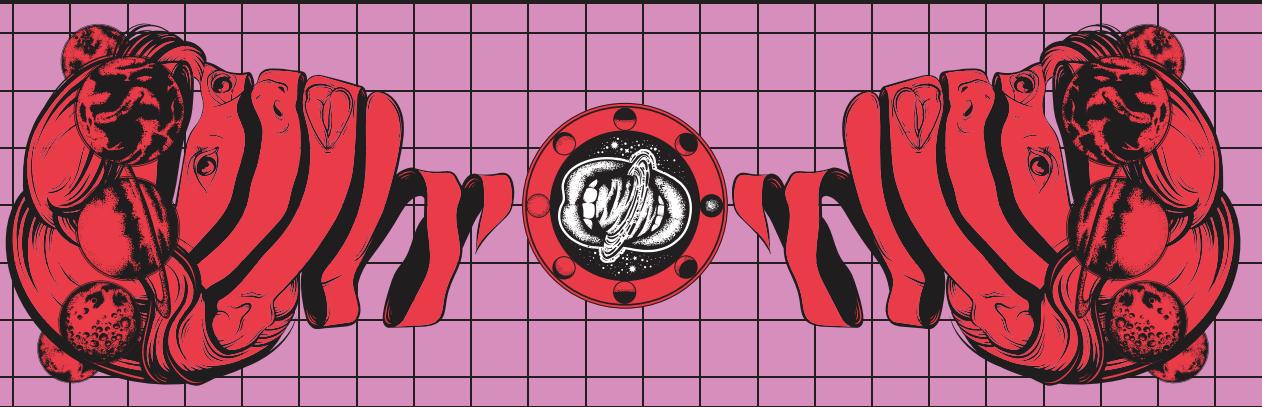
Psychedelics work on the brain by stimulating, suppressing, or modulating neurotransmitters. Their chemical structure influences the specific neurotransmitter they effect.

Like all drugs, psychedelics affect everyone differently.

Their effects on the brain are varied and diverse, just like the folks that use them! :)



# 1



# SYNTHETIC CANNABINOIDS \*K2, SPICE

# 31

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## 4 PRINCIPLES OF PSYCHEDELIC HARM REDUCTION

\*defined by the Zendo Project

- ① Create a safe space
- ② Sitting, not guiding
- ③ Talk through, not down
- ④ Difficult is not the same as bad



## 2C-B DOSAGE

• THRESHOLD DOSE: 2-5mg, subtle effects.

• LIGHT DOSE: 5-15mg.

• COMMON DOSE: 15-25mg

- STRONG DOSE: 25-50mg.
  - synesthesia is common at higher doses!

use a milligram scale to measure your dose! if this is your first time experimenting, start out small!

**EFFECTS:** pupil dilation, visual patterning/movements, mental stimulation & shifted perspectives, introspection, anticipation/anxiety.

At higher doses, gastro-intestinal distress, intense shifts in perceived reality, and intense resurfacing of recent trauma can occur.

## SET & SETTING

### DRUG:

**2C-B**  
\*NEXUS, VENUS, BEES, BROMO MESCALINE, BDMPEA  
CRYSTALLINE POWDER, TABLETS, GEL CAPS BLOTTERS

What is the dose, duration, and purity of the psychedelic you are taking? How are you administering it?

### SET:

HAS A STRONG BODY HIGH- LOTS OF BUZZING AND PLEASURABLE ENERGY.

CONSIDERED BOTH A HALLUCINOGEN & MILD EMPATHOGEN.

BELONGS TO A FAMILY OF SUBSTANCES REFERRED TO AS THE "2CS", WHICH INCLUDES 2C-I, 2C-E, 2C-T7, AND MANY OTHERS.

USUALLY SOLD AS WHITE POWDER IN BAGGIES, GEL CAPS, AND PRESSED TABLETS MADE TO LOOK LIKE ECSTASY.

Your physical environment: noise, lighting, other people, familiarity, safety.

Refers to the mindset you have when using psychedelics.

- 1.) what is your intention?
- 2.) what is your emotional state?
- 3.) what experiences have you had previously when you've consumed this psychedelic?

### SETTING:

Psychedelic experiences are influenced by the set and setting of your trip as well as the type of psychedelic you are taking.

Changes in set/setting can dramatically shift a psychedelic experience!!!

# CATHINONES

\*BATH SALTS, FLAKKA, GRAVEL

CRYSTALS, CRYSTALLINE POWDER

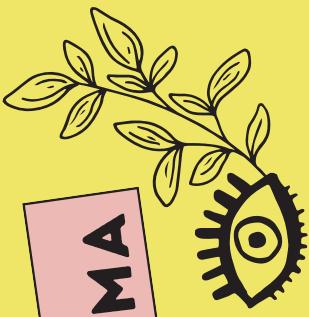
- Old traumas can come up & be relived.
  - can be of a physical nature (reliving one's birth, childhood abuse, illness, memories of accidents, sexual assault, war).
  - can also be of an intellectual/emotional nature (verbal abuse, a lack of basic emotions, body contact, love, nurture in life, reliving disassociation due to a traumatic experience).
  - these traumas can also be transpersonal.
- one of the most commonly experienced "threats to sanity" is feeling/experience that you're going crazy, losing your mind, and that this will never end.

- changes in perception, major shifts in ego/personality, understanding oneself within the world, as an individual, and as related to god(s) are all common.

- Human-made stimulants chemically related to cathinone, a substance found in the khat plant.
  - khat- shrub grown in East Africa and Southern Arabia
  - some individuals chew the leaves for their mild, stimulant effects
- Usually take the form of a white or brown crystalline powder, sold in small plastic/foil packages.
- Sold labeled as bath salts, plant food, jewelry cleaner, phone screen cleaner.

- EFFECTS: paranoia, extreme & unreasonable distrust of others, hallucinations, increased friendliness, increased sex drive, panic attacks, excited delirium (extreme agitation & violent behavior).

## THE ROLE OF TRAUMA



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# NITROUS

LAUGHING GAS, CARTRIDGES, WHIPPETS, N2O



## CREATE A SAFE SPACE

#5

- Dissociative anesthetic gas- best known for use in dentistry & as a whipped cream propellant.

- widely available

- Produces its main effects in the GABA/NMDA receptors.

- Effects are short-lasting (sedation, pain relief, motor control loss, anxiety suppression, conceptual thinking, euphoria, dissociation).

- Chronic use can lead to vitamin B12 depletion- can cause severe nerve damage.

- Improper use puts users at risk of oxygen deprivation.

- Available Forms- canned whipped cream, chargers, medical-grade tanks (balloons).

### COMBINATION EFFECTS:

**PSYCHEDELICS:** sudden and dramatic increase in perceived geometry, sudden & dramatic ego death.

**DISSOCIATIVES:** sudden and dramatic increase in dis-connective effects, can activate internal hallucinatory states.

**CANNABIS:** effects of nitrous are potentiated more so than the cannabis high.

**ALCOHOL:** confusion, dizziness, and headaches are significantly increased.



Your presence as a grounded, empathetic individual will go a long way in making someone feel safe.

Be kind to folks- let them know that you are a safe person to talk to if they are having a difficult trip, but don't force it ~offer without expectations~

Validate that whatever they're experiencing mentally/emotionally is OKAY.

Offer someone a quiet space where they can get away from stimulation- bright lights, crowds of people, loud music etc.. can be overwhelming and disorienting.

Ask them what they need to be more comfortable- try not to use open-ended questions because that can be overwhelming too.

"can I get you water/a blanket/a snack?"  
vs.  
"do you need anything?"

## CREATE A SAFE SPACE

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#6

Reaffirm that they are in a safe place with a safe person- no judgement or shaming.

Remind folks that this state is temporary with reassurance that they wont be "stuck like this" forever!

Keep their confidentiality. This is critical.

If anyone is considering making any major life decisions, gently suggest it might be better to hold off until they are done with their trip.

If a person expresses thoughts that impact their wellbeing/safety, remain calm and ask them to explain as clearly as they can.

it's okay to ask for backup support here- you don't have to handle a situation like this alone!

NITROUS

CATHINONES

2CB

## COMBINATION

## EFFECTS

### ALCOHOL, BENZOS, OPIOIDS:

- substances combined with ketamine potentiate the ataxia and sedation caused by each other
  - can lead to unexpected loss of consciousness at high doses.
  - vomit aspiration is a risk if not placed in the recovery position.

### GHB/GBL:

- similar depressant to alcohol- unconsciousness/coma-like sleep is a risk with GHB alone.
- with GHB combined with ketamine potentiates ataxia and sedation with a higher risk of overdose.

### GRAPEFRUIT:

grapefruit juice significantly increases oral absorption of ketamine- may result in the user having double the concentration of ketamine in their system compared to normal ketamine may also have a longer duration of effect- likely to apply to oral, sublingual, and intranasal administration.



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# KETAMINE

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## SITTING, NOT GUIDING

- A primary focus should be promoting feelings of trust, acceptance, and security.
- Help the individual turn inwards and TOWARD their experience rather than away from it.
- Be a calm, mediating presence- let them know that you are listening to them and you care.
- As their trip unfolds, it will begin to guide their entire experience.
  - try not to get ahead of this process!
- Encourage self-exploration/awareness and ask questions (when appropriate) to confirm or clarify what they are sharing.
- Try to respond in a way that conveys that you either understand, or are genuinely trying to understand what they are saying.
- Individuals will potentially want to discuss sensitive or personal topics- give them permission to explore this while reassuring them of their confidentiality.
  - **be mindful of maintaining your own emotional and physical boundaries!!!**
- **EVERYONE'S EXPERIENCES ARE UNIQUE- BE KIND, BE ATTENTIVE, AND BE REASSURING.**



## \*SPECIAL K, KET, K. CRYSTALINE POWDER & LIQUID FORM

- Anesthetic dissociative & mild analgesic.
  - medicinally used to relieve pain/discomfort and as a tranquilizer.
- Allows your mind to separate itself from the actions and sensations of your body.
- Subject of significant clinical research:
  - Can rapidly relieve treatment-resistant depression and suicidal ideation.
- Small changes in dosage change your high **SIGNIFICANTLY**.
  - you want to use a smaller amount than you would with other drugs when dosing K- if you sniff a big line or large bumps you're in for an adventure! same applies to IM administration.
- Trip experience lasts 1-1.5 hours.

## EFFECTS:

- VISUAL:**  
double vision, pattern recognition enhancement, acuity suppression, frame rate suppression, perspective distortion, environmental cubism/orbism, scenery slicing, geometry.

## COGNITIVE:

- analysis suppression, anxiety suppression, euphoria, compulsive redosing, conceptual thinking, déjà vu, delusion, depersonalization & derealization, disinhibition, dream potentiation, ego inflation, focus suppression, immersion enhancement, increased music appreciation, introspection, memory suppression/ammnesia, spatial disorientation, time distortion, thought deceleration, suggestibility enhancement, suggestability, potential psychosis.

## PHYSICAL:

- sedation, physical euphoria, spontaneous bodily sensations, perception of body lightness/changes, motor control loss, dehydration, changes in felt gravity, tactile suppression, pain relief, dizziness, optical sliding, nausea.

## COMBINATION

## EFFECTS

### TALK THROUGH, NOT DOWN

#7

- Guide the individual to turn toward their experience as opposed to away from it.
- Trust that whatever is showing up for them is an invitation for them to learn.
- NEVER dismiss/invalidate their perceived reality.
  - particularly true in instances of paranoia- let them know you hear their reality even if you don't totally agree with their perspective.
- Avoid rushing the experience, fixing the scenario, or finding a solution.
- "Beginners Mind"- a place of not knowing (do your best to remain here).
- Hydration is key!

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## EFFECTS

### ALCOHOL, GHB/GBL:

Combining this group of drugs with DXM amplifies the ataxia and sedation caused by the other- can lead to unexpected loss of consciousness at high doses (recovery position). Vomiting is likely.

### AMPHETAMINES:

Both substances elevate heart rate- can lead to panic attacks depending on set/setting and underlying mental health issues.

### MDMA/MDA:

Risk of developing serotonin syndrome increases significantly- MDMA/MDA and DXM are serotonergic substances.

### BENZOS:

Small doses of benzos can mellow out a difficult & intense experience- this is common harm reduction practice within the psychedelic community. This combo magnifies ataxia/sedation caused by both substances- can lead to unexpected loss of consciousness at high doses.

### SSRIS/MAOIS:

High risk of serotonin syndrome!

### OPIOIDS:

Heavy doses cause respiratory depression- DXM can lower your tolerance and also potentiate opioids, increasing their effects.

IF THEY ARE BEHAVING AGGRESSIVELY, SET BOUNDARIES AROUND THE BEHAVIOR WHILE VALIDATING THE EMOTIONS CAUSING THE BEHAVIOR:  
"I HEAR THAT YOU ARE ANGRY- YOU'RE WELCOME TO EXPRESS YOUR ANGER IN WORDS/EMOTIONS, NOT WITH AGGRESSIVE BEHAVIOR. YOUR PERSONAL SAFETY IS #1 ALWAYS!!!!!!"

## DIFFICULT IS NOT THE SAME AS BAD!

## EFFECTS & PLATEAUS

- Difficult life experiences can be some of the most valuable learning opportunities that lead to growth.
  - resilience, wisdom, surrender
- Emotional struggles may be prompted by the individual attempting to fight the experience in order to maintain control.
  - Your presence of calm will offer grounding here.
- Distressing experiences aren't always easy to handle, but offering foundational encouragement and reassurance is a huge support and act of love.

- Giving folks the time & space to talk about their concerns while tripping often helps them feel less afraid.
- Remind them that what's happening might be an opportunity to look at aspects of themselves that are surfacing to their attention in order to be healed.
  - mention possibility that this experience might gift them with new insights and understanding.
- Having a sense of humor can be helpful in certain moments- be sure to feel this out first so the person doesn't take offense/become upset.

### PLATEAU 2:

- **30-60 minute start time** (on an empty stomach).
  - Peaks 2-3 hours after ingestion.
    - trip duration- 6 hours
  - First plateau sensations become overshadowed by disruptions in sensory processing.
    - "choppy" sensory input, dream-like feelings/feeling detached from reality.
  - bursts of complete sensory deprivation- outside world seems to "go away"
  - even if a little incoherent, overall maintained contact with the outside world.

### PHYSICAL:

warm "buzzing", relaxing/sedating feeling, nausea, loss of coordination, double vision, pupil dilation, increased heart rate, zombi-like walk, rise in body temperature, "robo-itch".

### PSYCHOLOGICAL:

music enhancement, time/perception distortion, confusion, feeling separation/dissociation of mind and body, omnipotence, euphoria, emotions/empathy, euphoria, laughing, creative dream-like states.

### PLATEAU 3:

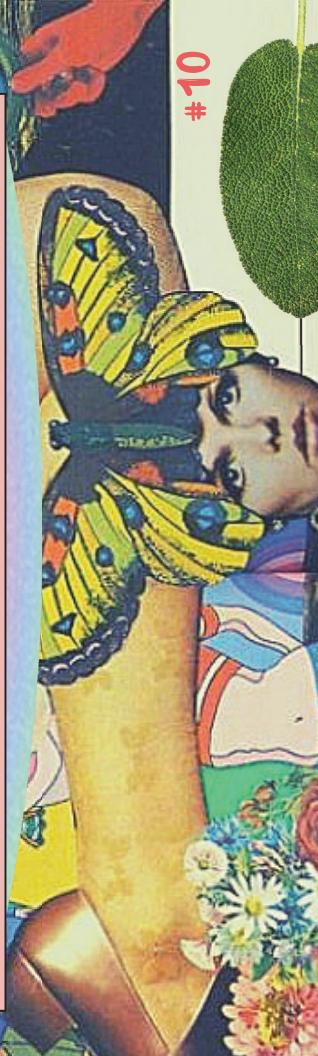
- **Very different and very intense- way different than other plateaus.**
  - can be terrifying if you aren't psychologically comfortable or prepared
- Sensory & Cognitive Effects: stop-motion visuals, dream-like vision/"chaotic blindness", hallucinations, language changes, silenced brain chatter.
- Mood can range from absolute mania to panic (many people have independently reported feeling as if they were dying).

### PLATEAU 4:

- **Total confusion-psychotic breaks are common at this dose.**
  - Lose all contact with your body (usually suddenly), sense of breathing is missing.
  - Surroundings might be evenly-colored (grey, white), appear vividly realistic or cartoon-like.
  - "Bodied", meaning you can't really move.
  - Delusions are common- individual might not be aware that they are delusional.

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#10



## HARM REDUCTION FOR PSYCHEDELICS IF YOU'RE USING

\*DEX, ROBO, DM.

COUGH SUPPRESSANT MEDICATIONS IN SYRUP/PILL FORM (ROBITUSSIN, DELSYM, CORICIDIN), POWDER

**DXM**  
DEXTRORMETHORPHAN HYDROBROMIDE

- DXM is legal to buy, sell, or possess in the US (OTC).

- a semisynthetic derivative of morphine, non-analgesic, does not cause same level of respiratory depression.

- the DXM experience (**robo-tripping, dexing, skittering**) varies by dose.

- **low doses** produce a **mild stimulant** effect.

- **moderate doses** generally produce **sedating effects**- sometimes compared to alcohol or cannabis.

- **high doses** are **dissociative**- are sometimes compared to the effects of other dissociatives like PCP or ketamine.

- dose ranges are **sometimes** described in terms of plateaus of effects (4 plateaus).



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**START LOW, GO SLOW!** YOU CAN ALWAYS DO MORE BUT YOU CAN'T DO LESS. THE DRUG SUPPLY IS FUCKED & UNPREDICTABLE, REGARDLESS OF WHO YOUR DEALER IS.

**WAIT AT LEAST 20 MINUTES BETWEEN REDOSING!**

**AVOID MIXING WHEN POSSIBLE!** IF YOU ARE GOING TO MIX MULTIPLE SUBSTANCES, DO YOUR RESEARCH AND TRY TO FAMILIARIZE YOURSELF WITH THE EFFECTS AND INTERACTIONS BEFOREHAND SO YOU ARE BETTER PREPARED.

**LET THE FOLKS THAT YOU'RE WITH KNOW WHAT YOU'RE USING/MIXING, & LET THEM KNOW WHERE YOUR NARCAN IS AT!!**

**SUPERVISE EACH OTHER & TAKE TURNS USING.**

**THE HIGH IS TEMPORARY AND YOU WON'T BE STUCK LIKE THIS FOREVER!** I REPEAT: THE HIGH IS TEMPORARY AND YOU WONT BE STUCK LIKE THIS FOREVER!

**NEVER USE ALONE!** EVEN IF THEY AREN'T PHYSICALLY SHARING SPACE WITH YOU, TELL SOMEONE YOU TRUST WHAT YOU'RE DOING SO THEY CAN CHECK ON YOU.

**FOLLOW OPIOID OD RESPONSE IF PERSON IS UNRESPONSIVE/NOT BREATHING: NARCAN/CALL 911/GIVE RESCUE BREATHS.**

# COMBINATION EFFECTS

## MEDICATIONS:

- MAOIs are very dangerous to combine with MDMA; can result in a potentially fatal condition known as "serotonin syndrome."

• If you know you are taking a MAO Inhibitor and you want to take ecstasy at some point, you should quit the MAO Inhibitor for at least two weeks prior to the ecstasy.

• SSRIs like Prozac and Zoloft can inhibit the effects of MDMA.

## OTHER DRUGS:

• Consuming MDMA along with another drug that is metabolized by same liver enzyme, they will both be metabolized much more slowly.

• Opioids/derivatives- masks sedation which can lead to OD.

• Alcohol- drink water and pace yourself.

• LSD- "candy flipping", fairly safe combination.

# DRUG CHECKING

NEXT GENERATION SPECTRUMS  
USING LAB-VERIFIED SAMPLES  
CAPTURED IN TIME LAPSE HD

Marquis is an excellent test for a wide variety of substances, and is a first step for testing both MDMA and cocaine.

Mecke reagent is an alternative first step in testing MDMA. It can also distinguish between various cathinones ("bath salts") and help identify many other psychoactive substances.

Ehrlich's reagent can be used to identify LSD, helping rule out 25i-NBOMe, and other extremely dangerous drugs in the same class that are often misrepresented as LSD

BTNX fentanyl test strips are a cheaper, more accessible option for checking your drugs. They merely tell you if there is any fentanyl present in your sample- it will not tell you a percent or what else is in there.

The best (and most inaccessible) drug checking option is using an FTIR spectrometer. These machines use infrared technology to calculate EVERYTHING that's in your sample (as long as it's above 4%)! DrugsData.org accepts mail orders for drug testing, but it can be expensive.

# MDMA & MDA

## DOSAGE:

- Usually sold in grams.
- Starter dosage 1-2 10ths of a gram.
- High typically lasts 4-6 hours.
- Be mindful of frequency of redoing sessions.

## COMING DOWN:

- ~3 hours in: a lot less serotonin being released.
- Want to redose? take a booster dose before this time while you still have serotonin to release.
- When your serotonin is gone, taking more will stop having an effect.
- Can produce negative moods and feelings; depressed, non-social, tired etc.

## AFTERCARE:

- 5HTP is your friend! Serotonin-replacer.
- Sleep!
- Eat healthy/as healthy as possible foods to help rebuild your energy.
- HYDRATION!!!

## EFFECTS:

Empathy, happiness, increased sociability, enhanced sensation of touch, increased energy/ "speediness", increased heart rate & body temperature.

## \*MOLLY, ECSTASY CRYSTAL, POWDER & PILL FORM

MDMA is a synthetic drug, derivative of amphetamine, and a member of a family of chemicals that may act as stimulants and hallucinogens.

- Also known as an empathogen – a drug that increases self awareness and empathy.
- Used in therapeutic settings, clubs, festivals.
- One of the more easily and frequently adulterated drugs on the market.

## \*SASSAFRAS, SALLY, SASS CRYSTAL, POWDER & PILL FORM

- MDA is known for having greater psychedelic effects:
  - more stimulating
  - more hallucinogenic
  - more visual effects like tracers and trails.
  - more energetic

- users report experiencing less empathetic effects than they do with MDMA.

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# PSILOCYBIN

# LSD - 25

# DMT

#13



## PSILOCYBIN

\* MAGIC MUSHROOMS, SHROOMS, BOOMERS  
FRESH, DRIED, POWDER CAPSULES, EDIBLES

#14



- Over 200 different types of psilocybin in the world!

- Psychoactive substances of the tryptamine class.
- Produce effects by acting on serotonin receptor- precise mechanism is unknown.

- Trip experience lasts ~4-6 hours & peaks ~2-3 hours after ingesting dose.

Psilocybin effects usually don't occur predictably- you might experience some effects that vary in intensity and not experience others at all.  
**NO TRIP IS EXACTLY THE SAME!!**

- PHYSICAL: tingling, body high/heaviness, mild sedation, pupil dilation, nausea, feelings of warmth & unity with people/objects.

- COGNITIVE: profound, relaxing, enhanced feelings of compassion, empathy, affection, sociability, analysis enhancement, euphoria, nonstop laughing, time distortion, enhanced creativity, mindfulness, feelings of paranoia/doom, ego death.

- VISUAL: color & pattern enhancement, melting, color tinting, visual haze, tracers, perspective & depth distortions, geometry.

- OTHER: hallucinations (internal, external, auditory, transformations), auditory enhancement & distortion, synesthesia.

## PSYCHEDELIC OVERVIEW

### MDMA/MDA

#19

### KETAMINE

TΣD

18  
#

## COMBINATION EFFECTS

- One of the simplest psychedelic compounds.
- Known for its short-lived but intense visionary states & hallucinations.
- Works on serotonin receptors to produce psychedelic effects.
- Present in over 65 species of plants!
- Typically smoked or vaped.
- Trip experience lasts 5-20 minutes.
- Users lose total awareness of their physical selves.
- users report being "blasted" into an alternate universe within seconds.

## COMBINATION EFFECTS

卷之三

**LITHIUM:** Commonly prescribed for the treatment of bipolar disorder- large body of anecdotical evidence exists that suggests taking lithium with psychedelics significantly increases the risk of psychosis and seizures.

卷之三

**CANNABIS:** Can have an unexpectedly strong and unpredictable reaction with the effects of DMT- increases risk of adverse psychological reactions like anxiety, paranoia, panic attacks, and psychosis. Start with a low dose of cannabis & proceed with caution!

## STIMULANTS:

Stimulants like amphetamine, cocaine, or methylphenidate (Ritalin) combined with DMT can increase the risk of anxiety, paranoia, panic attacks, and thought loops. This combo can also increase risk and occurrence of mania and psychosis.

**CANNABIS:** majorly amplifies sensory & cognitive effects of psilocybin, can intensify paranoia and confusion. Use caution especially if you're not experienced with psychedelics. STAR HOW AND GO SLOW

MDMA: enhances visual, physical, and cognitive effects of psilocybin. Combination can be unpredictable- try starting with lower doses than you would for either substance individually.

**DISSOCIATIVES:** enhances visual, euphoric, dissociative & hallucinatory effects. Dissociative-induced holes/spaces/voids while under the influence of psilocybin can result in more vivid visuals than dissociatives solo. Can cause more intense internal hallucinations, confusion, nausea and delusions

**PSYCHEDELICS:** intensifies the physical, cognitive & visual effects of each substance- can be unpredictable so start with a lower dosage than you typically would. Psychedelics increase serotonin, so if you're taking antidepressants they might weaken your trip/ possibility of serotonin syndrome).

**BENZOS:** can slightly or completely reduce the intensity of cognitive, physical & visual effects. Super efficient in managing a bad trip, but exercise caution if you're also using alcohol or opioids. If you're getting them on the street, test them!

**ALCOHOL:** alcohol can cause nausea, dehydration, and grogginess which can all negatively impact your trip. If consuming at a lower dose, can have similar effects as benzos in its capacity to "take the edge off". Waiting to until your comedown is recommended to avoid nausea.

# LSD

\*LUCY, BLOTTERS, L, TABS

DERIVED FROM ERGOT FUNGUS.

FIRST SYNTHESIZED MY SWISS CHEMIST ALBERT HOFFMAN IN 1938.

BICYCLE DAY- ON APRIL 19TH, 1943 HOFFMAN BECAME THE FIRST PERSON TO INGEST LSD (HE HAD A GREAT TIME).

HISTORICALLY ASSOCIATED WITH HIPPIE COUNTERCULTURE & ANTI-VIETNAM WAR MOVEMENTS... SO NATURALLY IT WAS MADE ILLEGAL IN THE US IN 1968.

TYPICAL DOSE IS 100 MICROGRAMS (1 TAB). TRIP EXPERIENCE TYPICALLY LASTS 8-12 HOURS.

## EFFECTS:

**PHYSICAL:** STIMULATION, PAIN RELIEF, LOSS OF APPETITE, MUSCLE CONTRACTIONS/TWITCHING, NAUSEA, SWEATING, TEETH GRINDING, INCREASED HEART RATE/BLOOD PRESSURE.

**COGNITIVE:** EUPHORIA, CONCEPTUAL THINKING, SIMULTANEOUS EMOTIONS, THOUGHT LOOP, TIME DISTORTION, ANALYSIS ENHANCEMENT, ENHANCEMENT IN SOCIALITY, EMOTION, EMPATHY, AFFECTION, INTENSIFIED APPRECIATION FOR MUSIC, INCREASED FOCUS, WAKEFULNESS, INTROSPECTION, LAUGHTER.

**VISUAL:** ACUITY ENHANCEMENT, COLOR VIVIDNESS SHIFTING, PATTERN RECOGNITION, MAGNIFICATION, AFTER IMAGES, DEPTH PERCEPTION DISTORTIONS, TRACERS, GEOMETRY.

**OTHER:** AUDITORY DISTORTION, ENHANCEMENT, AND HALLUCINATIONS, SYNESTHESIA, INTERNAL & EXTERNAL HALLUCINATIONS.

## COMBINATION

## EFFECTS

### ALCOHOL:

Alcohol is a depressant, so it's effective in reducing some of the anxiety/tension LSD often produces. Remember- alcohol can also cause dehydration, nausea, and physical fatigue which can all negatively influence your trip. Pace your drinking and match your booze with water!

### BENZOS:

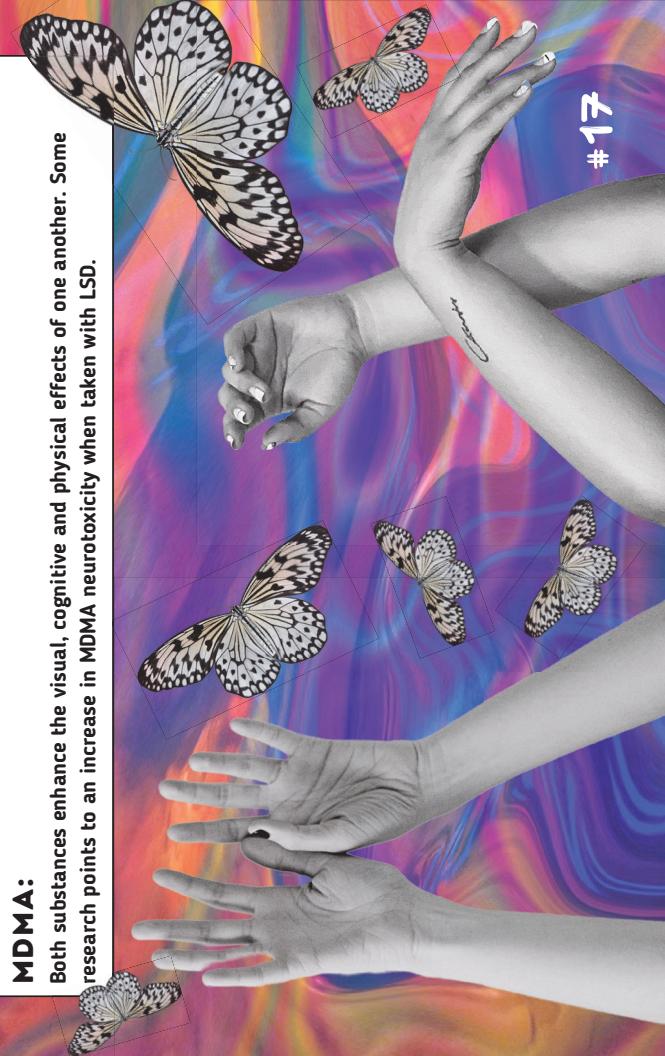
Highly effective in reducing the intensity of LSD through the general suppression of brain activity.

### DISSOCIATIVES:

LSD enhances the cognitive, visual, and hallucinatory aspects of dissociatives. dissociative-induced holes, spaces, voids, and internal hallucinations become more intense & vivid on LSD- higher risk of confusion, delusions, and psychosis.

### MDMA:

Both substances enhance the visual, cognitive and physical effects of one another. Some research points to an increase in MDMA neurotoxicity when taken with LSD.



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