**Psychonaut's Survival Kit Notes:**

First, obviously I am not a doctor. Many of these methods have no scientific foundation. I can only relate to you what I've done and how its helped me.

these stacks are focused on antioxidants/mitochondria, catecholamines\*/adrenals which sort of form two pairs of axes around which I situate my own routine, all centered of course in stomach and digestive health with the objective of improving mood, focus, vigilance, wakefulness and stability. bear with me and I'll put together a mini guide of everything for your own reference.

\*(catecholamines - i.e. dopamine, seratonin, GABA and noorepinephrine)

mitochondria are basically the furnaces of our cells. when they are well nourished and happy they function efficiently and effortlessly to power virtually every process in our body. they became specifically interesting to me when I learned their profound impact on upregulation of neuron's. they are also basically the opposite of cancer and it is in part because they work best in absence free radicals that antioxidants are the most effective way of preventing cancer and promoting longevity and youthfulness in mind and physical appearance.

the catecholamine/adrenal axis is just literally your body's energy and its fluidity in applying that energy to the appropriate mental/emotionally state to the task at hand. I will expound upon this in more detail later.

to keep it simple for now what we are shooting for is establishing and optimal baseline, maximizing your bodies potential to assimilate nutrients without disrupting that baseline and feeding it an abundance of things it needs to regulate the any and all disruptions. most notably the specific shape of our emotional architecture (i.e. the specific triggers for our depression, adhd, anxiety...etc.), unexpected events in daily life, and the indulgences, addictions, compulsions, and means of recreation.

what you got/why I use them.

Mindcare Blend - This is a powerful stack in and of itself. I usually don't go for premade blends but I have found this one incredibly helpful. It's effects can be paradoxical mostly acting as a mild stimulant and anti-anxiolytic but when I first started it made me sleepy, perhaps it need to build up in my system or perhaps it was just other lifestyle factors at the time. The main ingredient here is bacopa which has miraculous implications for mood, focus, memory and youthfulness. I find that taking it with choline makes me feel like a super hero.

the jarrow probiotics are fine but I have something specific in mind to synergize with this other stuff. basically, Lactobacillus Reuteri is the primary way in which I keep oxytocin up. also, I have read that when trying to establish a new microbiome that one or two strands at most is most effective and has the least negative side effects and that the supplemental facts should list the letters 'CFU' next to the name of the strands. but also, all of this is an experiment and anecdotal anyway so let’s see how this stuff makes you feel. in general, I would say that no brand is superior in every category and that some supplements really don't need to come from a particular source.

Lithium orotate is a micro dose of much more user friendly form of the old psychiatric med. When I take in the mornings it helps me feel up and focused and absolutely abolishes anxiety. it is a very gentle nmda antagonist which means it is neuroprotective and even helps to promote upregulation of catecholaminic cell might a good thing to take when you drink, but I’d like to do more research.

maca root is an apoptogenic meaning it is overabundant in all the nutrients which feed your endocrine and since your body only takes what it needs it nourishes the parts of your adrenals and hormones that need it the most. it is energizing and calming at the same time.

quercetin is a mega anti antioxidant which is very abundant in apples and grapes. when combined with vit-e it has promotes ampakine activity, the implications of which are only now being debated and discovered. (I have other stacks for this which we can get into later)

pqq and coq10(called ubiquinol in its highly bioavailable form) are so fucking powerful as antioxidants, and mitochondrial boosters. they also specifically benefit the heart and circulation. together they have mild upregulatory effects.

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morning daily:

try taking a small dose of N-ALT every morning for a few days... it's best on an empty stomach because amino acids compete for metabolic priority. I would say have one right away when you wake and by the time you get around to making breakfast you should be fine.

theeeeeeeeen:

high fiber, high satiety index, high protein, moderately fatty, mid-low glycemic index, low inflammatory breakfast - eggs, fish, salad, fresh root veggies, greens (more to come on this after we get these initial stacks tweaked and confirmed)

the days I feel best are when I have:

a moderate to low fruit oriented smoothie with the vibrance powders, whey protein, greens, raw cocoa potato starch and specifically Lactobacillus Reuteri - probiotic. then oatmeal with cocoa a small serving of nuts, raw honey, cinnamon, ginger, butter and milk.

occasionally it doesn’t satisfy me so I'll have an egg or some meat on those days. generally, I find that letting myself get really full for breakfast keeps me charged for the rest of the day and allows to go long distances between meals which maximize how my body uses fats and sugars for energy and mood stability.

for supps try:

upon waking

NALT

maca root

lion's mane

†rotates

with breakfast

ALCAR

pqq blend

†morning rotating:

1-lithium orotate (rotating)

2-mr happy stack (uridine, vit-e, choline, b-complex, omega3(1.5-1 ratio DHA to EPA))

afternoon rotating

(1's on the same days as 1's^ and the 2's on the same day as 2's^)

1-quercetin and vit-e

2-mindcare blend

perhaps consider taking one day off a week and if you can time that with taking a day of heavy substance abuse as well - and I don't mean 7 drinks instead of 12 I mean like zero drinks, one maybe to if you have to - but of course I would never tell how to live your life bb, do what you do

:-)

anyway, try this for a week or two and we'll see how it feels and adjust add or otherwise modulate form there.

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