



# MindfulMEDS

Microdosing Focus Group



“ I found a life-saving alternative medicine, Psilocybin”  
Nick C.

## Here's What MindfulMeds' Participants Had to Say About Their Experience

"In the past, I had tried other medications and coping skills for my mental health without success. I was at my breaking point and trying this product was my last hope for myself that things could change for the better. I had tried therapy and counseling before, but it never felt like I was getting anywhere. Psilocybin grouped with counseling as well as therapy helped me make personal breakthroughs that I had been trying to make for over 10 years, and its what gave me motivation and the drive to heal and work on myself. It has changed my life for the better"

Jordana F

"Micro-dosing psilocybin - regardless of application or reason for doing so, is no different than using a multivitamin to supplement your diet. Sometimes we don't get all of the compounds our bodies & brains need to function properly and need to use an exogenous source to fill those gaps - this is no different. There's no 'high', no loss of control, none of that"

Jeff M

"Micro-dosing has been a game changing experience for me. A positive tool that has assisted in personal development and reflection. I didn't realize I was battling issues with clarity and focus until I experienced this level of operation"

Brett E



"This was a very enjoyable experience! What most stands out for me was a heightened sense of joy in anything I chose to do. Without being distracted by negative emotions or thought patterns, micro dosing helped me navigate day-to-day and other un-anticipated stressors in my life which ultimately helped me live more in the moment. Also, important to note, that I did not experience any sort of "hangover" or "coming down" side affects and therefore didn't even feel that shift when the dose was wearing off. I was fully present and able to continue on with my day, evening or night. I highly recommend micro dosing to anyone who wants support in their positive well being!"

Hayley Z

"Micro dosing has many benefits that can be easily used to improve many things that we all struggle with. It felt more motivated, less depressed, and calm while facing some major life challenges. It was beneficial each time I took the medicine, and it infused my days with a lightness that was appreciated during some dark times"

Jocelyn H

"Micro-dosing psilocybin has been an incredible experience. Week after week I developed more connection and clarity of both mind and body. I would recommend this protocol to anybody who is looking to dive deeper into the waters of self-observation and self-development"

Trista G

"Microdosing has helped to enhance my creativity and focus, and also felt less feelings of anxiety and stress. I would strongly recommend this experience to increase self awareness"

Avideh A



In the late 1950's and 60's psychedelic research flourished throughout the world and showed great promise for the fields of psychiatry, psychology, neuroscience and psychotherapy. During this time, thousands of studies were done throughout North America on the research of Anxiety, Depression, but mainly, Alcohol Addiction. Fast-forward years later, psychedelics had such an impact on the American counterculture that it became a symbol of the hippie movement. Timothy Leary's (psychologist and a strong advocate of hallucinogenic drugs) famous quote "Turn on, tune in, drop out" encouraged students to just that. During this era, the United States eventually declared their war on drugs and categorized all psychedelics as a Schedule 1 Drug and these studies fell into the shadows for decades. Until now, resurgence for these studies has come back providing significant evidence of the benefits when used in a responsible manner.

On March 21, 2020 MindfulMeds sponsored a 7-week Psilocybin Micro-Dosing focus group involving 40 participants. The goal of the focus group was to measure the benefits that MindfulMeds products proposed to achieve. The participants completed a baseline survey followed by a post focus group survey where they were asked to rate their level of agreement (Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree) with a series of statements. For example, "Over the past (X amount of time) I've often felt stressed out on a day-to-day basis." The surveys were aimed at measuring the following areas:

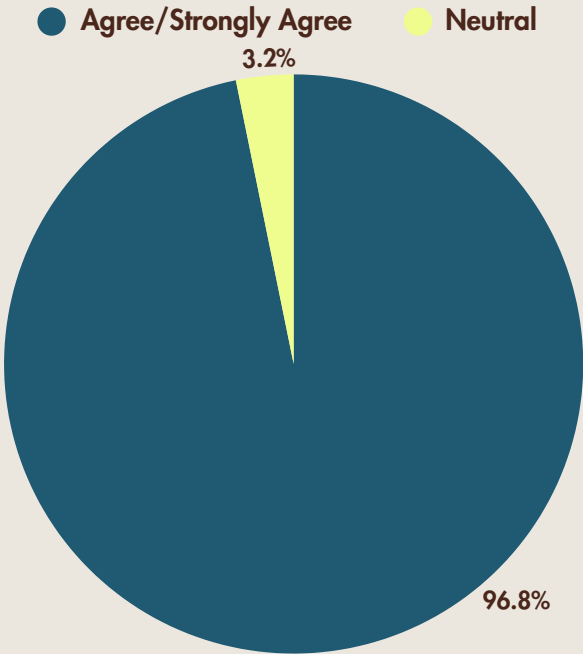
- Mood enhancement
- Decreased Stress
- Mindfulness and peace
- Conversational Fluidity
- Alleviation of depression, anxiety, PTSD and Addiction
- Increased focus and productivity
- Increased flow state
- Increased creativity
- Clearer, more connected thinking
- Increased enjoyment in everyday tasks
- Increased empathy



While the results of the study, in its entirety, were astounding, MindfulMeds compiled the following 8 highlight statistics:

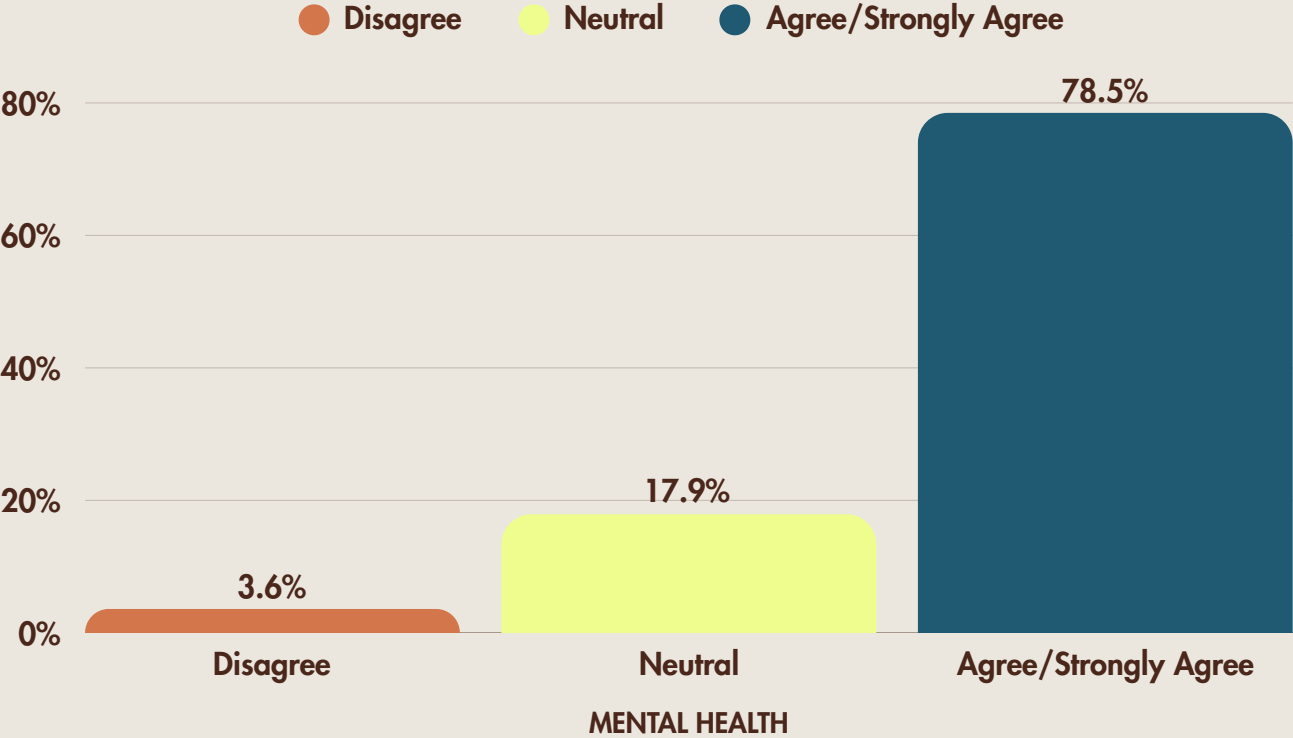
# Statistic number 1: Medicinal Benefits

"Based on my experience, I believe there are valuable medicinal benefits for micro-dosing Psilocybin"

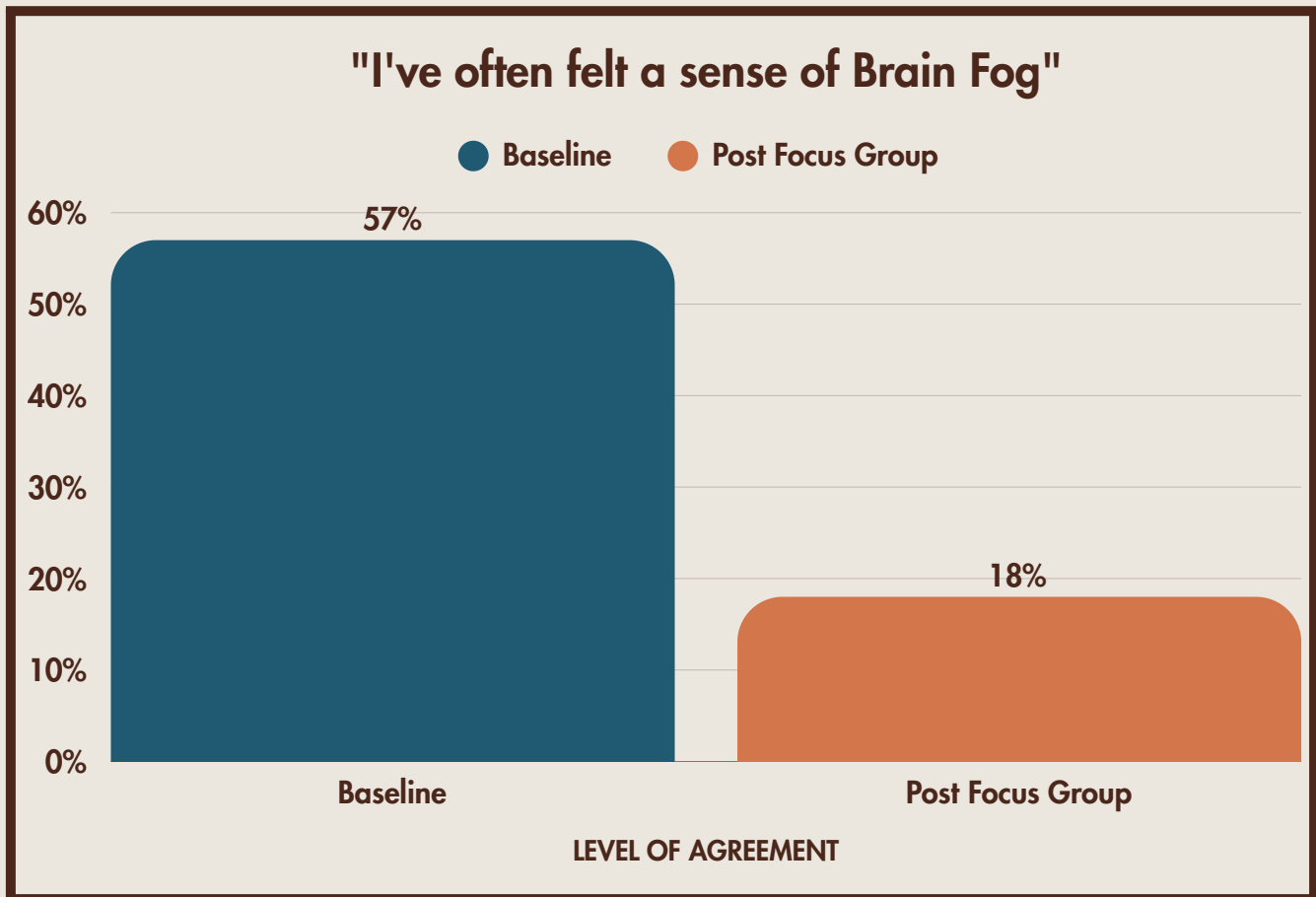


# Statistic number 2: Mental Health Improvement

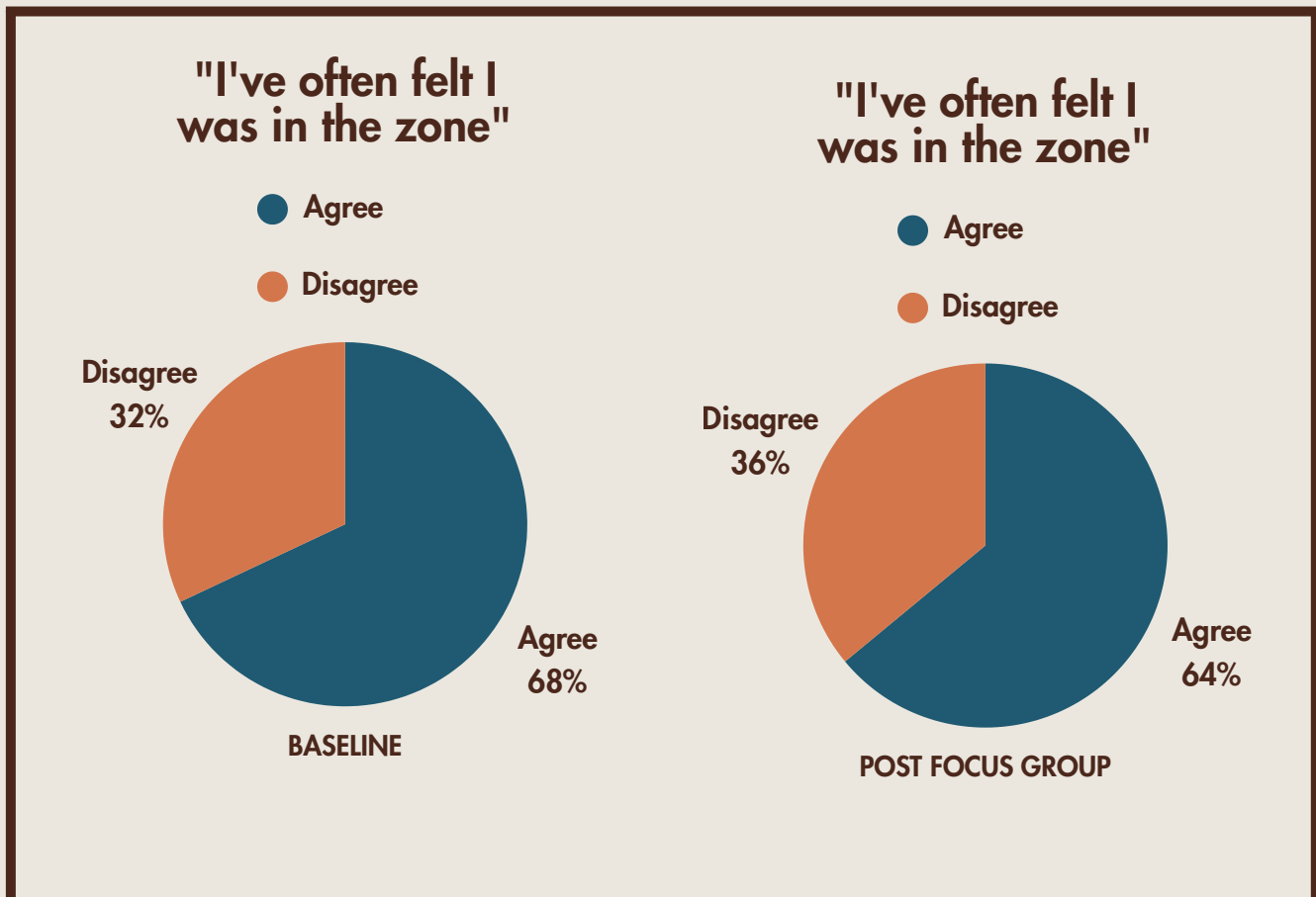
"Overall, my mental health has improved during my micro-dosing journey"



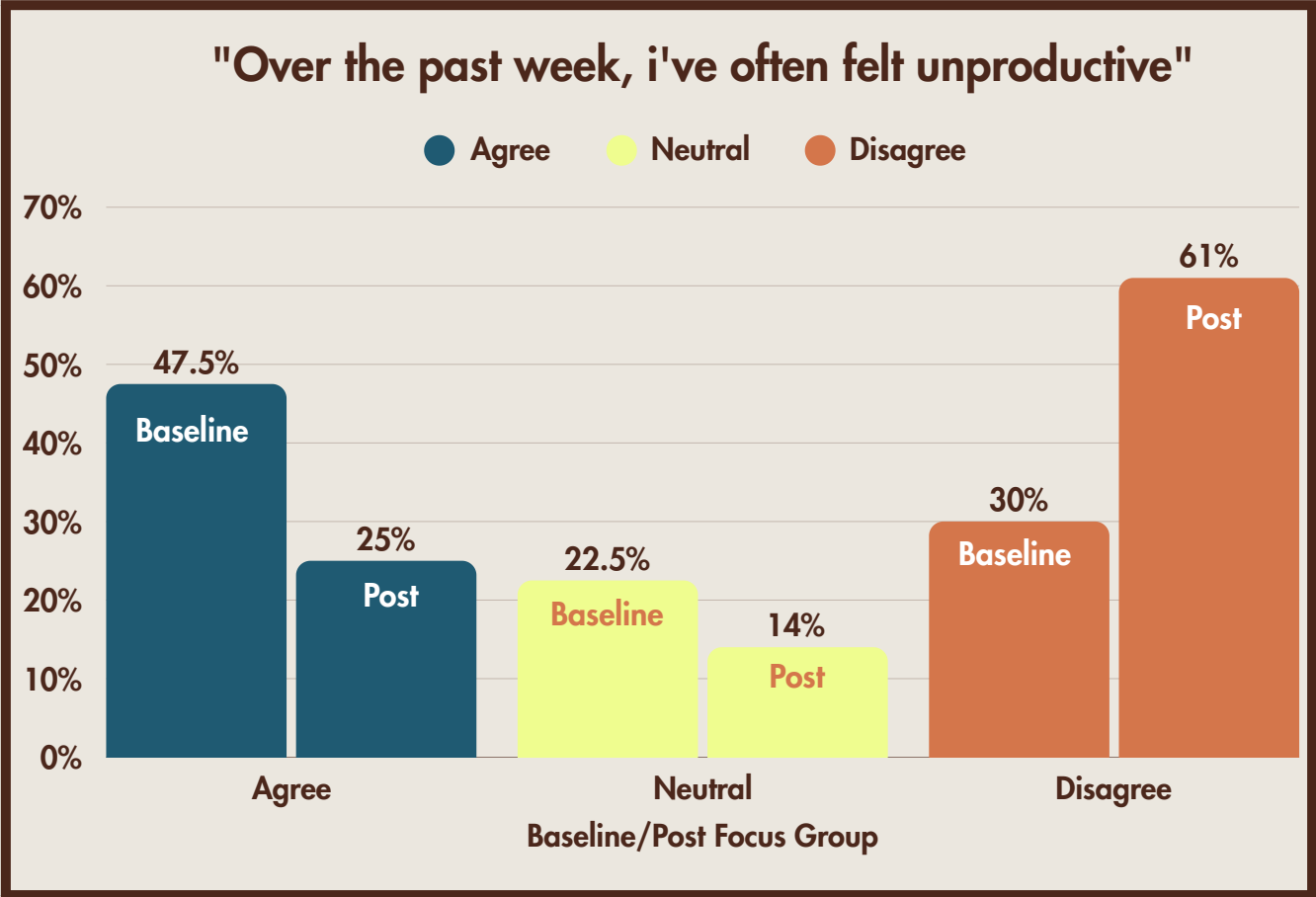
## Statistic number 3: Brain Fog Reduction



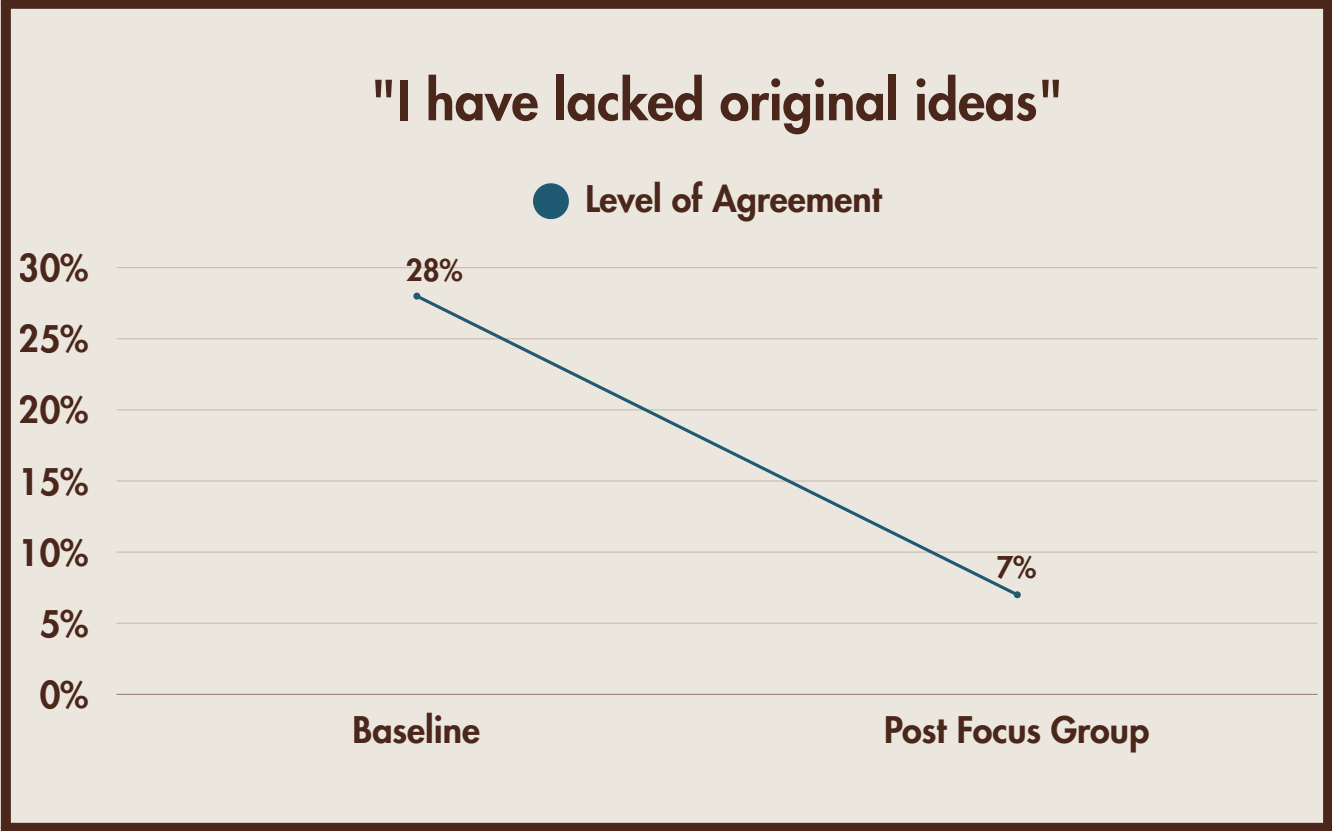
## Statistic number 4: Feeling in The Zone



# Statistic number 5: Increased levels of Feeling Productive



# Statistic number 6: Increased Creativity





"I have not had concerns with PTSD or any other substances, and I also am not a heavy drinker or recreational drug user. I do not use cannabis products of any kind. My main interest was exploring the ability to deal with some roadblocks better, be more aware, be more focused, reduce my anxiety and minor trauma from the past, which allows me to be a better version of myself. The micro-dosing process has been helping provide some clarity and control in some of these areas"

Tony

"I have struggled with anxiety for the last year. Prior to micro-dosing, I did not have anything to help ease my anxieties. Since I began my micro-dosing journey I have noticed a significant improvement with my day to day anxiety. It has helped give me a sense of calm on days when I have felt the most anxious"

Alyssa B

"Playing competitive hockey, at an early age and until I was 21, I had a few TBI's. I have also had a couple concussions in the past 4 years. I find that micro-dosing psilocybin is the best way to clear any mental fog I have, at work or in a social circumstance. I find it's easier to have conversations and easier to remember things. It's been a game changer for me"

Tyler R

"The shift I have made since using MindfulMeds has been drastic. MindfulMeds cleared away the B.S. and served life up on a heated plate with a Filet Mignon and a 17 year old Cabernet"

Nate T



"Micro-dosing over the past months has significantly increased my ability to clarify my thoughts. I have noticed a sense of understanding that previously didn't exist toward my verbal and written dialogue with family, friends, and coworkers. I feel like I have been in the zone more than I have been my whole life"

Tim W

"Micro-dosing has enabled me to tap into my creative and problem-solving side at a higher and more efficient way. I've also noticed I'm slower to react emotionally in stressful situations. The best part of micro-dosing is that I have NOT had a drink since I started, as I was previously drinking a mickey of vodka a day. I am definitely believer"

Daniel B

"The positive life enhancing benefits of microdosing with psilocybin are irrefutable. The effects of the journey seem to build upon the last experience, and lead to a genuine feeling of empowerment. Very grateful for this experience. Thank You MindfulMeds!!"

Shannon P

"I found a life-saving alternative medicine, Psilocybin"

Nick C



# Conclusion

After a 7-week focus group sponsored by MindfulMeds, it is clear there are numerous significant benefits in distinct areas of life, such as career and mental wellness. Particularly, as it relates to medicinal benefits, mental health improvement, brain fog, feeling in the zone, increased levels of feeling productive, increased levels of creativity, increased positive mood, and maintaining a sense of hope. The participants' experiences were overwhelmingly positive, as evident by the testimonials in this document. It should be noted that all surveys and subsequent testimonials were voluntary and did impact the participants access to MindfulMeds products.

While there is a long way to go in breaking down barriers and reducing stigma associated with Micro-Dosing Psilocybin, a thousand-mile journey begins with 1 step, and we believe we accomplished that, as our Micro-Dosing study made a significant positive impact on our participants' lives. MindfulMeds will continue to pursue its mission of bringing the world clarity, peace, focus and healing, through psilocybin.

## **Want to learn more:**

[Check out our Microdosing Guide](#)

## **Interested in Diving Deeper:**

[Book a 1 - on - 1 Coaching Call](#)