

HOW CAN WE ENHANCE CONTEMPORARY MENTAL HEALTH PRACTICES AND FACILITATE HOLISTIC WELLBEING WITH PSILOCYBIN MUSHROOMS?

R F I P

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INTRODUCTION

HOW CAN WE
ENHANCE CON-
TEMPORARY
MENTAL HEALTH
PRACTICES AND
FACILITATE HOL-
LISTIC WELL-
BEING WITH
PSILOCYBIN
MUSHROOMS?

It is 2023 – a time of rapid **URBANIZATION** and **DIGITIZATION**. It has been about 4 Years since the COVID-19 Pandemic started, and we are back to our regular lives. The **lack of social interaction** from our tech devices and lockdowns of the pandemic have led to increased mental ailments (PRNewswire, 2023).

Gen Z is suffering an epidemic of **suicide** and **mental illness**. The rate of death by suicide rivals the rate of death by auto accident in high school. (Chamberlain, 2023)

However, there is a lack of mental health care in comparison – number of workers and treatments.

The vast research studies being conducted and push for research of psilocybin mushrooms shows the importance of it in today's world.

GLOSSARY

PSILOCYBIN

a psychoactive compound found in over 50 species of fungi – also known as ‘magic mushrooms’. It acts on a specific subtype of serotonin receptor in the brain, which can result in alterations to mood, cognition, and perception.

(Lewis, 2023)

SPIRITUALITY

It is our deaep seat of perception – a sense of connection to something bigger than us, typically involving a search for meaning in life. In the lens of science, it is seen to be innate in every human being.

(Chamberlain, 2023)

HOLLISTIC WELLBEING

treating the person as a whole rather than only the physical symptoms of disease or injury.

(2017, pp. 146-148)

'CLEAN' PRODUCTS

Ingredients that are recognisable, easy to understand. They are ‘free from added sugar, sweeteners, sodium, chemicals, artificial colours, flavours and preservative’

(Ettinger, C. and Houghton, O. , 2023)

MICRODOSE

This is a sub-perceptual dose of a psychedelic substance which does not alter your visual and auditory perception. Commonly, individuals have noticed cognitive enhancements, improved mood, and increased creativity.

(Lim, M, & Shu, Y, 2022 p.140)

RATIONALE

I am interested in mental wellbeing, psychedelics, and the relationship between science and spirituality.

I became completely fascinated the kingdom of fungi after my personal experience with magic truffles in Amsterdam in the beginning of this year. It helped to get rid of anxiety and feel a **SENSE OF 'CALM'** and connection to my **SPIRITUALITY**.

I think that spirituality is very personal to each and everyone of us. For me, it has a lot to do with my connection with nature and science. It gives me a sense of emotional and mental resilience.

I hoped to find out the current problems with mental health care and what people want from the current healthcare system. I hope that with my career, I can work in the health and wellbeing sector. to facilitate new design thinking for our generation.

I hoped to link spirituality and science together in order to create space for psilocybin mushrooms in the medical system.

AUDIENCE

My audience is Gen Z.

The epidemic of this generation is suicide. This generation embraces mental health awareness.

They are non-religious, but believe in spirituality and a higher power.

They don't hold strong beliefs against psychedelics and are curious about them.

They are unsatisfied with the current healthcare system and are looking to alternative and holistic treatments / therapies. They want a system that cares for them.



Fig 1. No. 4 (1907)

II CONTEXT AND FINDINGS

II. INADEQUATE
CARE

There is an increasing gap between public health care provided and demand for health care.

I. DAMAGED
BRAINS

There is a emergence of people suffering from mental illness due to Digitization and COVID-19.

III. PSYCHEDELIC
EXPLORATION

Psychedelic research is being conducted for the first time since before the War on Drugs.

DRIVERS

I. A SPIRITUAL RENAISSANCE

Finding an interconnectedness and becoming mindful.

II. MYCO-MANIA

Mushrooms are having a moment and people are enthusiastic.

III. CAREREVIVE SOCIETY

finding a hollistic approach to health care that CARES.

INSIGHTS

I. PSYCHEDELIC HOSPITALITY

Expect to see psychedelic tourism and the luxury of psilocybin experiences.

II. DIGI-PSYCHEDELIA

Technology could help us replicate the psychedelic experience and effects.

Expect to see more trip guidance apps and opportunity for the gaming industry.

III. MYCOMELODIES

Music and psilocybin could create a sense of community.

Communities can heal together in their psilocybin journeys.

FORESIGHTS

COLLECTION OF RESEARCH

DRIVERS:

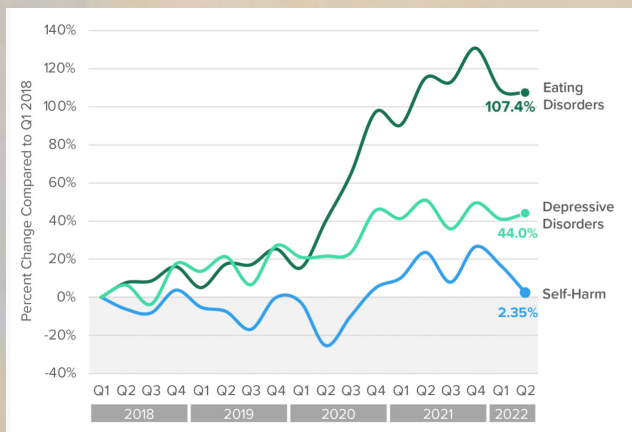
DAMAGED
BRAINSPercent Change in Mental Health Visits (Ages 0-17)
compared to 2018

Fig 2. Mental Health Visits (2022)

Society has gone through a time of big changes, stress, and uncertainty. With technological advancements and the COVID-19 lockdown, we are more disconnected than ever.

The real epidemic for Gen Z is suicide. The rate of death by suicide rivals the rate of death by auto accident in high school. (Chamberlain, 2023)

Since before the pandemic, rates of mental illness in the UK have been slowly and steadily rising. The number of people in contact with mental health services have also increased since

the first COVID-19 lockdown.

The estimated prevalence of common mental disorders amongst adults (ages 16-64) have risen from 17.5% in 2000 to 18.4% in 2014. (BMA, 2023)

In the first year of the COVID-19 pandemic, the global prevalence of anxiety and depression increased by 25%. (WHO, 2022)

People Seeking Help for Diagnosed Mental Health Problems in the UK:

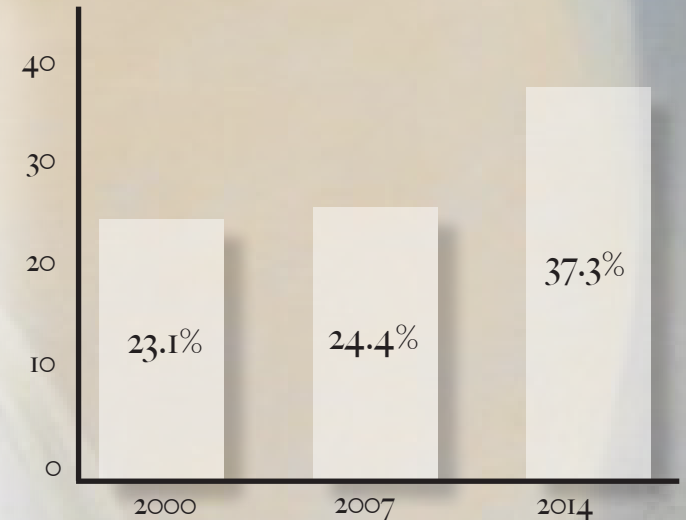
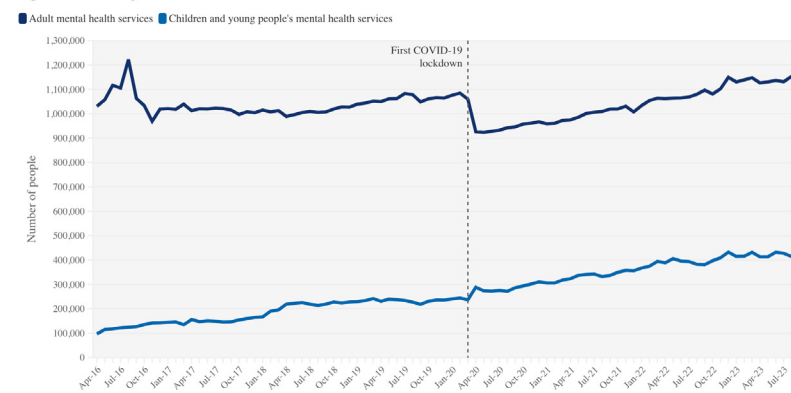


Fig 3. Mental Health Service Contacts (2023)

The number of people in contact with mental health services
April 2016 - August 2023

INADEQUATE CARE

Society is dissatisfied with the current medical system.

34% of US respondents and
57% of UK respondents

think that the healthcare system needs to be rebuilt completely.

(Roehr, B. 2007)

Child and adolescent mental health services: Indexed number of FTE doctors in comparison to the number of people in contact with these services

April 2016 - July 2023

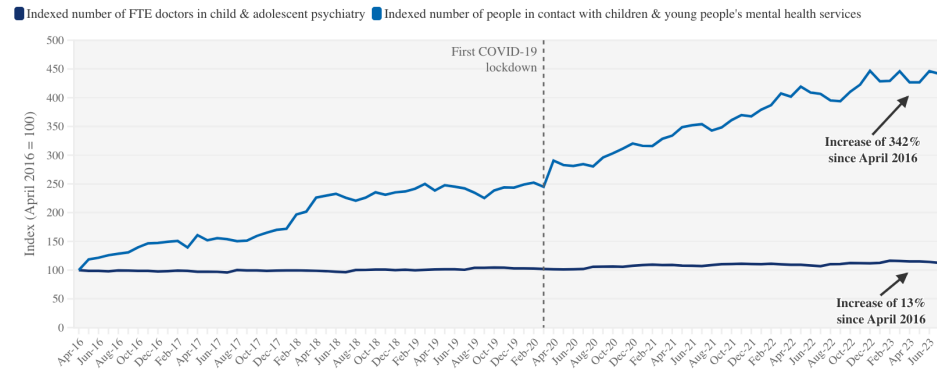


Fig. 4 Lack of Doctors (2022)

The World Health Organization estimates that there will be a healthcare workforce shortage of about 14.5m by 2030 due to low pay, long hours, and an impact on workers' physical and mental health.

(Buller, A. Josephs, R., 2020)

The gap between full-time doctors in comparison to people in contact with child and adolescent mental health services have also been increasing.

There has been a rise in Eating Disorders (in

people younger than 17) during the COVID-19 Pandemic. However, there currently is no licensed medicine to cure Anorexia Nervosa (AN) which is the most fatal psychiatric illness.

(Solis, 2023)

85% of people don't respond to conventional medicine

75% of people see results through therapy but it often takes several years to feel impact.

(FieldTripHealth, 2023)

PSYCHEDELIC EXPLORATION

The U.S. Food and Drug Administration rewarded psilocybin the **'BREAK-THROUGH THERAPY'** status for depressive disorders twice.

(Hanover, L., 2021)

"Psilocybin could be a real alternative approach to depression treatments"

- Professor David Nutt, Head of the Imperial Centre for Psychedelic Research

(O'Hare, 2022)

Since the legalization of cannabis for medical use in the U.S., research into psychedelics for medical purposes are being rediscovered since the War on Drugs in the 60's.

John Hopkins University received an investment of **\$17M** for the first Center for Psychedelics and Consciousness Research in 2020.

(Owen, S. Humphrey, Q. and Napoli, C., 2020)

A phase 2 study published in The New England Journal of Medicine showed that psilocybins were considerably **more effective** than Lexapro

(SSRI) in treating depression.

(Hanover, L., 2021)

Psilocybin has also been studied to effective for OCD, alcohol and substance use disorders, anxiety, and potentially for nicotine addiction, Alzheimer's disease, and Eating Disorders.

COMPASS Pathways is currently conducting a **Phase 3 Trial** this year, in hopes of securing regulatory approval from the U.S. FDA By 2025.

(ASM, 2023)

Fig. 6 PAR (2022)

#PAR

PSILOCYBIN ACCESS RIGHTS

PAR is a volunteer group based in the UK, focused on destigmatizing psilocybin for safe public access and to drive public awareness to the benefits of psychedelic medicines. Their aim is to move psilocybin from Schedule 1 to Schedule 2 of the Misuse of Drugs Regulations 2001.

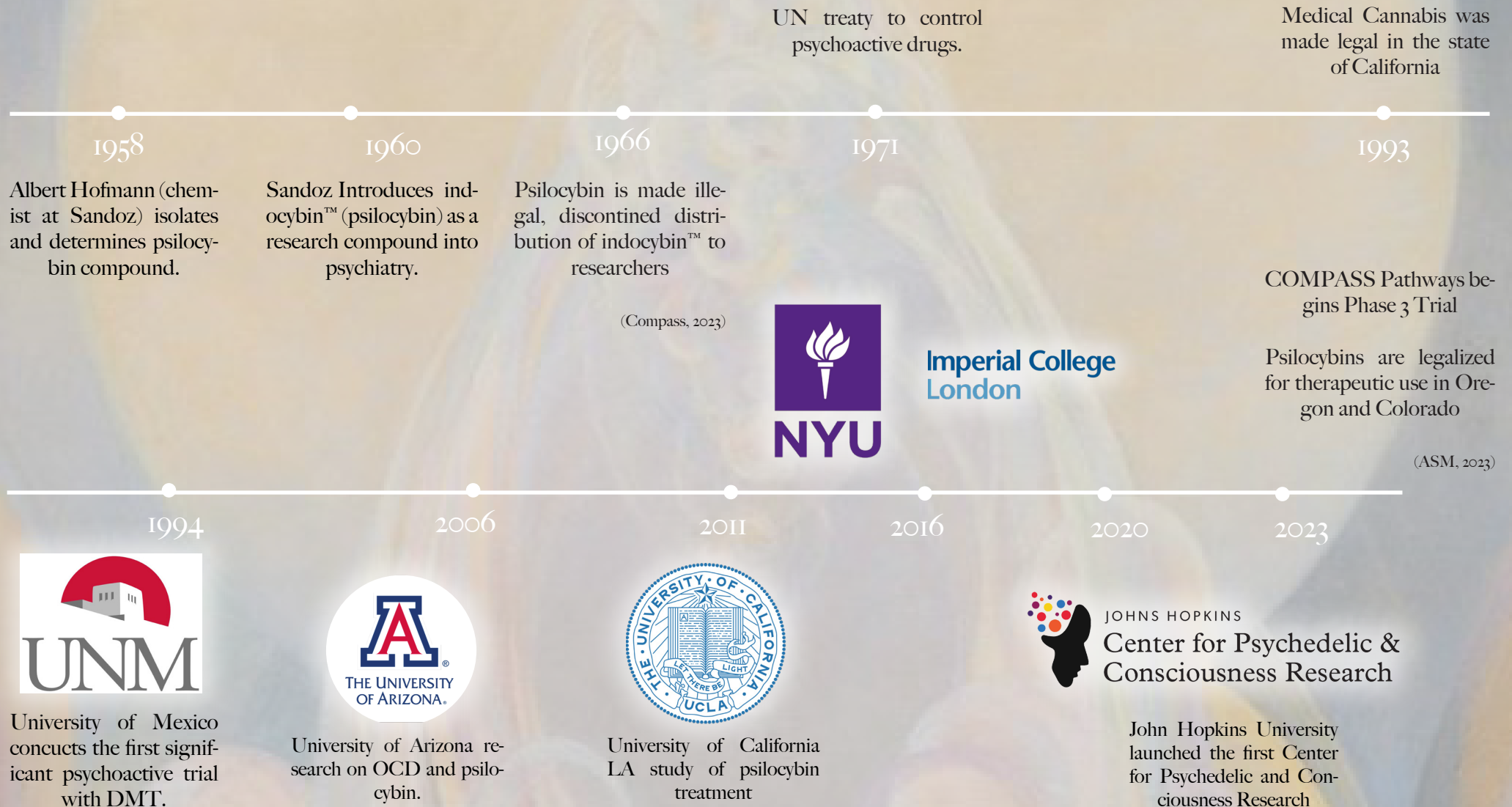
(PAR Global, 2023)

"We think that the 'stuckness' and the rigidity in thinking in anorexia can be overcome by the treatment with psilocybin"

- Hubertus Himmerich, a clinician and researcher at King's College London

(Solis, 2023)

PSYCHEDELIC EXPLORATION: TIMELINE



"We're 80% protected against addiction.
We are 70% protected against really dan-
gerous risk taking."

A SPIRITUAL RENAISSANCE



Fig. 11. A Spiritual Awakening (2023)

"A strong spiritual awareness is 82% pro-
tective against completed suicide when
shared."

- Lisa Miller

(Chamberlain, 2023)

With technological ad-
vancements, we are more
disconnected than ever.

The pandemic has made
us more introspective
and aware of our own
states of being. People
are looking for **intercon-
nection** with the uni-
verse, life's meaning, and
purpose in these unprec-
edented times.

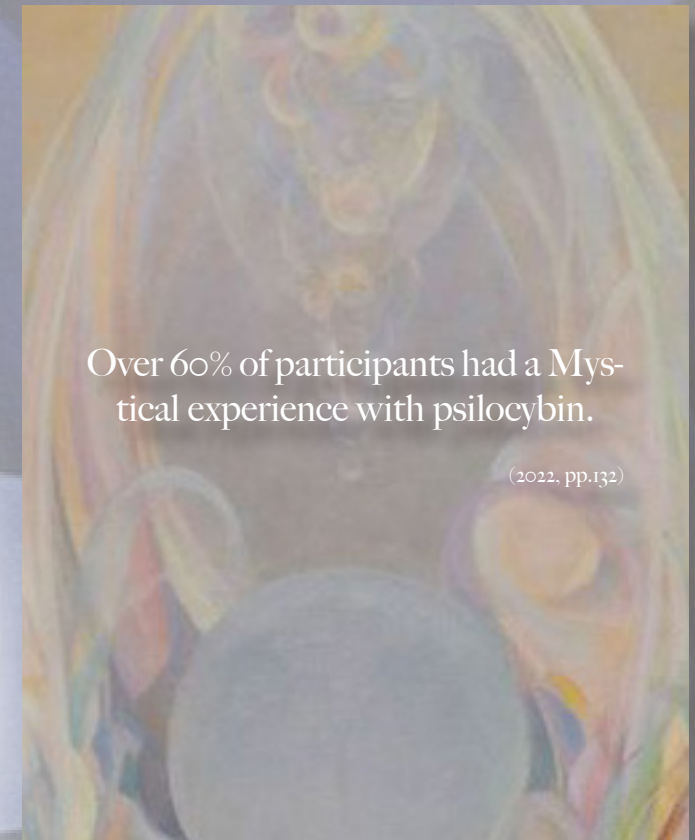
Religion is no longer
serving its purpose to
our modern world. Only
a fifth (20%) of Milen-
nials and GenZ in the

UK and US are attend-
ing places of worship.
Whereas a majority (80%)
feel a sense of spirituality
and higher power.

(Friend, 2019)

Health and wellness
are being understood as
more than just physical,
but multidimensional –
social, intellectual, emo-
tional, and spiritual well-
ness.

(Peck, 2021)



Over 60% of participants had a Mys-
tical experience with psilocybin.

(2022, pp.132)

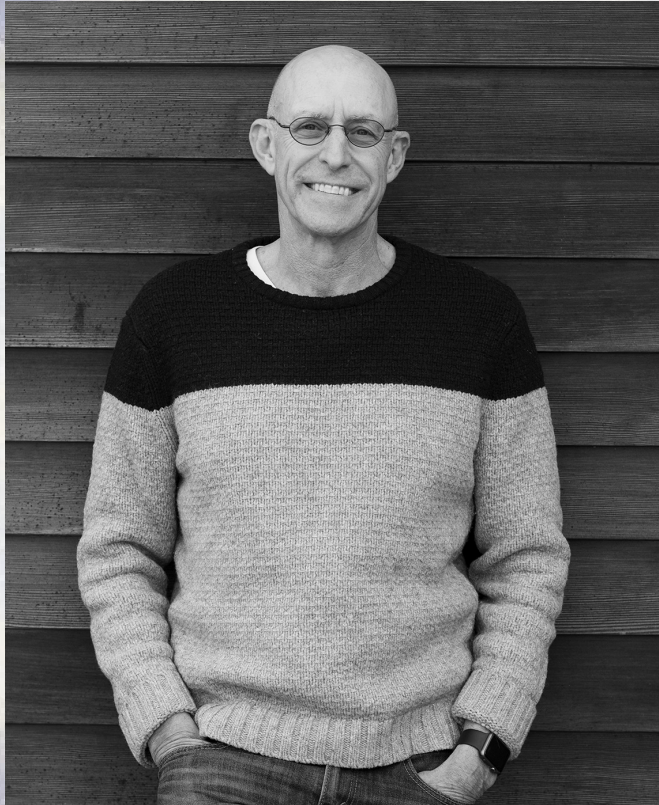


Fig. 12. Headspace (2023)

180% increase in music, meditation, and thera-
py app downloads, in 2020.

1400% increase in 'Music for Plants' streams
on Spotify in 2021.

(Peck, O. 2021)



In Michael Pollan's book, "THIS IS YOUR MIND ON PLANTS", he believes that readers will connect with his exploration of mind-altering plants because these substances touch on a universal experience.

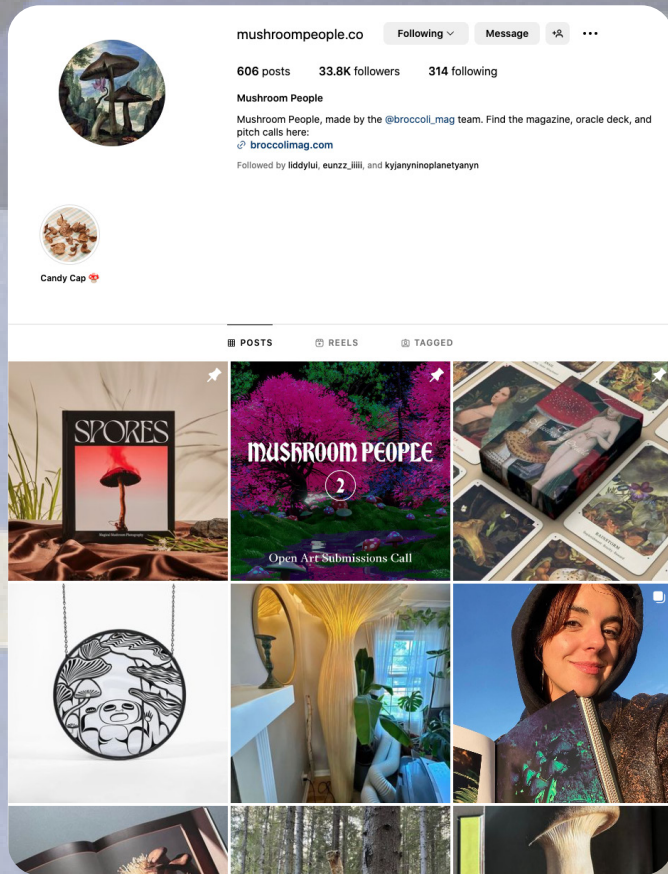
We all deal with the interplay between our brain chemistry and various life factors, such as culture,, anxiety, fear, trauma, and the search for meaning.

These substances have been discovered in cultures

worldwide for their consciousness-altering properties. As the pandemic subsides, many readers are likely to be interested in exploring and understanding their anxiety, quarantine experiences, and trauma using these substances.

(Dunn, R., 2022)

Fig 13. Mushroompeople (2023)



Hundreds of Portland, Oregon residents stood outside a newly opened Shroom House for hours in the cold to get their hands on psilocybin.

(Farah, T., 2022)

MYCO-MANIA

Mushrooms are having a moment in many different sectors – from medicinal popularity to fashion.

There have been several documentaries and books making research on psilocybin widely accessible.

There is a subculture of mycophiles who share their enthusiasm for mushrooms.

(Fantastic Fungi, 2019)

In 2022, The New York Times named mushrooms the “Ingredient of the Year”.

(Severson, K., 2021)

Dispensaries selling psychoactive mushrooms illegally, are suddenly increasing in North America and people are eager to get their hands on them.

(Farah, T., 2022)

Hermes and Stella McCartney have partnered with MycoWorks to develop a sustainable textile from mycelium.

(Durée & Company 2022)

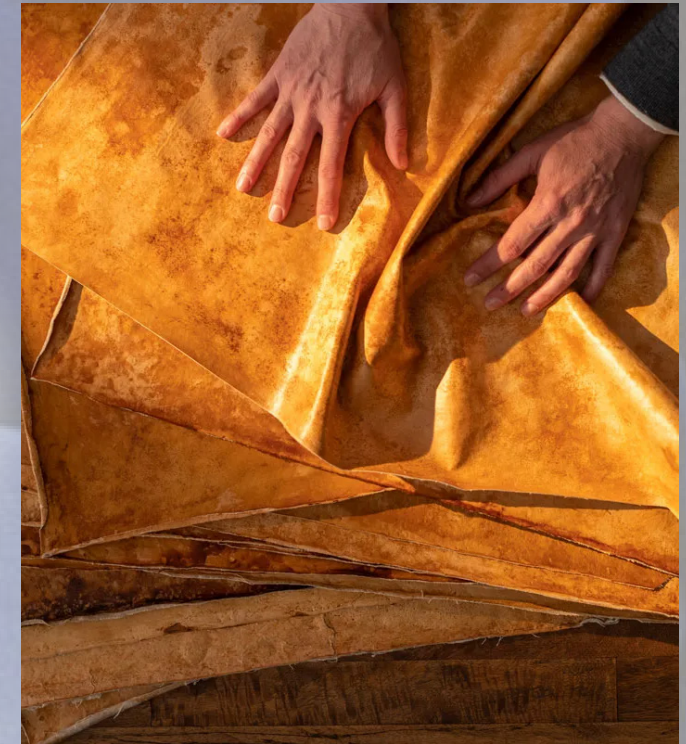
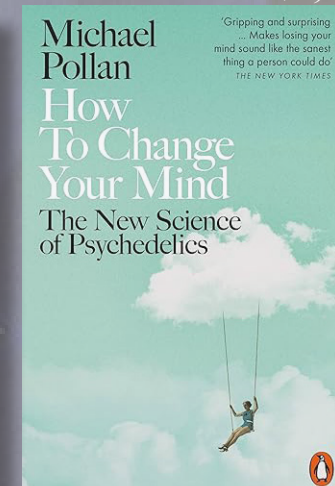


Fig 14. Reishi (2020)

Fig 15. Fantastic Fungi(2020)



Fig 16. How to change your mind (2019)



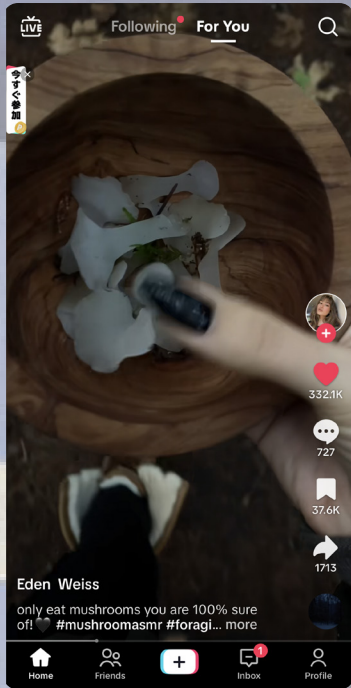
V COLLECTION OF RESEARCH

Fig. 9 Mushroom Hunting (2023)

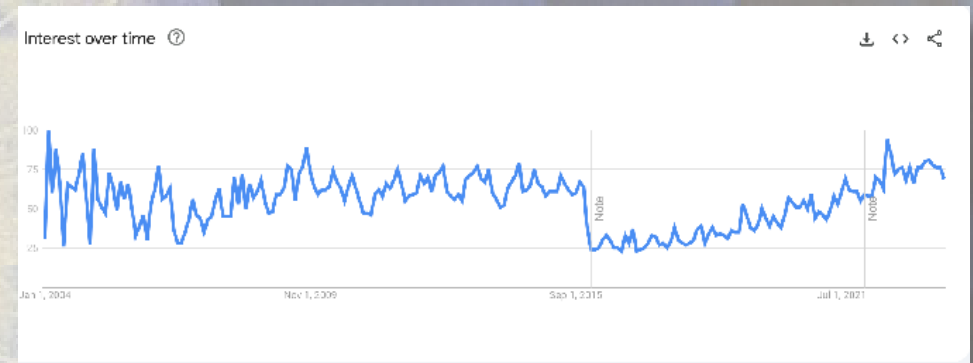


“Social Media posts that I’ve stumbled on my TikTok for you page or people I follow on Instagram. This shows how mushroom foraging has somewhat become mainstream.”

Fig. 10. Eden Weiss(2023)

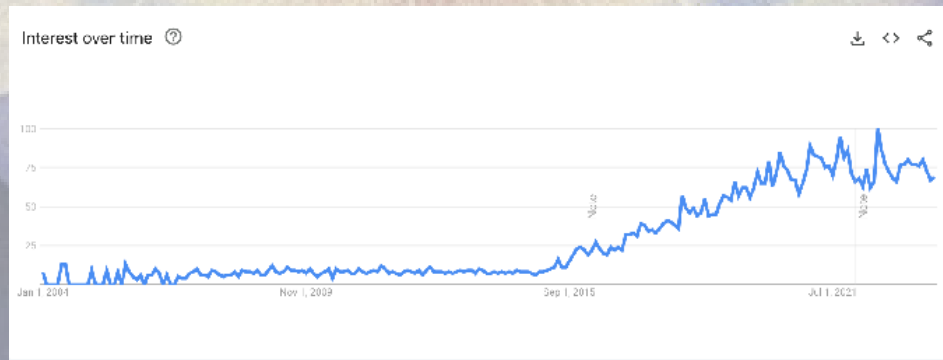


Google Trends for “Psilocybin Mushrooms” 2004 - Present



The google search for “psilocybin mushrooms” has been present since 2004. However, in 2015, there was a sudden drop in numbers, and has been increasing since.

Google Trends for “Psychedelic Microdosing” 2004 - Present



From 2004 - 2015, there was a significantly lower number of searches for “psychedelic microdosing”. Since 2015, there has been a rise of google searches for “Psychedelic Microdosing”.

Online microdosing communities have grown to the tens of thousands, with more than 40,000 users subscribing to the /r/ microdosing subreddit

(Anderson, T., Petranker, R., Christopher, A., 2019)

CARE REVIVE SOCIETY

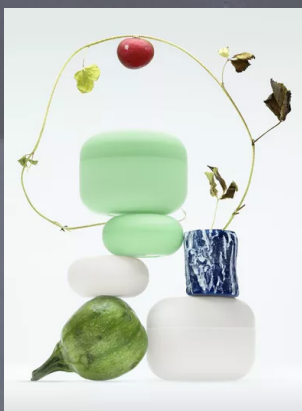


Fig. OEM (2023)

OEM is a new physical drugstore experience prioritizing in community building and care, different to an institutionalized, digitized, politicized healthcare in the Western world. Inspired by Eastern Asian drugstores (specifically Japan)

(Houghton, 2022)

They need a new health-care system which makes them feel they are taken care of.

During the pandemic, there was a long period of isolation and individualism. But people are now looking for a sense of **family** and **community**. They are looking for more than formal care for physical sickness or mental ailments, but social forms of care.

(Friend. and Houghton, 2022)

They are seeking **holistic**, **alternative**, and **complementary** therapies.

pies.

Holistic healthcare has been practiced for years by communities, such as with Traditional Chinese Medicine, Ayurvedic Medicine, or Herbal medicine.

The Western world has caught on to embrace herbal supplements, of which is a huge chunk of the nutritional supplement market – valued at \$50 billion. This calls for a lucrative business for medicinal mushrooms.

(2017, pp. 146-148)



@asherryaal 9 days ago

Really excellent and well supported talk as always Paul. I really appreciate the end when you say to have discipline and reach out to others who might be going astray by reminding them these are "sacred powerful medicines." I've never heard anyone refer to our modern day pharmaceuticals like stimulants, opioids, and antidepressants as "sacred."



3



Reply

Fig. Youtube Comment(2023)

Supplement Facts

Serving Size 4 ml

Servings Per Container 25

	Amount Per Serving	% Daily Values
Calories	10	
Cordyceps (<i>Cordyceps militaris</i>) Fruiting body extract.	4 ml	*

*Daily Value not established

Other ingredients: spring water, USP organic alcohol (no gluten) 30%.

Fig 17. Rainbo Supplement Facts (2023)

CLEAN MEDICINE

Consumers are becoming more aware of what they are putting into their bodies. They care about ingredient transparency, efficacy, clean labels across food, beauty, and more. Gen Z is also focused on how products use clean manufacturing, sustainable shipping, eco-friendly packaging, CO₂ footprints, fair trade certifications, and zero waste.

(Ettinger and Houghton 2023)

RAINBO is a mushroom supplement brand that focuses on clean ingredients, manufacturing, and community care.

Fig.7. Youtube comment (2023)



@laurapolonioli6576 3 months ago

Psilocybin saved my life. I was addicted to heroin for 15 years and after Psilocybin treatment I will be 3 years clean in September. I have zero cravings. This is something that truly needs to be more broadly used in addiction treatment.



292

Reply



@AnthonyCiarelli6388 6 days ago

Psychedelic mushrooms really healed me years back. Totally got rid of depression, anxiety and illicit pill addiction.



47

Reply

11 replies



@tdtrecordsmusic 2 months ago

Awesome !! Lets heal the world :) Definitely should allow people to seek at their own admission, but this WILL be a game changer. no, it IS a game changer ! Lets go with full legalization :) The reason I am a proponent of full legalization is that we should be able to seek out positive mental health. We shouldn't have to wait until your mental health becomes bad to then seek remedy. We can keep our minds healthy by being proactive. I know this is real from experience. Plus, there are many times I thought I was totally fine mentally, but some friends wanted me to join their experience... and then, from the journey I realize there were some mental cob webs... Things I was unaware of... Things that I solved... From a simple light experience :)

Show less



3

Reply



@ashherriyaal 9 days ago

Really excellent and well supported talk as always Paul. I really appreciate the end when you say to have discipline and reach out to others who might be going astray by reminding them these are "sacred powerful medicines." I've never heard anyone refer to our modern day pharmaceuticals like stimulants, opioids, and antidepressants as "sacred."



3

Reply

COMMENTS SECTION OF PAUL STAMETS ON THE FUTURE OF PSYCHEDELICS, MYCOLOGY, & MEDICINE

These comments made me see how positive everyone's experience with psilocybin was. I didn't see one comment that was negative.

However, I'm aware that looking at the comments for this video would have unconscious bias because followers of Paul Stamets would be educated about mushrooms and probably enthusiastic about psilocybin.

PROBLEM:

UNKNOWN
MATTER

Fig 18. Giant Multiple Mushroom (2023)



Psychedelics are still in the beginning stages of research, which leaves many unresolved queries and worries.

It is also still very **stigmatized** by society and politically.

People are afraid of the risks of having a bad trip or other side effects from taking psilocybins. There is a belief that psilocybins could be addictive and harmful to the body.

However, psilocybins are listed as the least harmful drugs for both the user and others [fig.19].

Therefore, it is important that people are properly **educated** in the use of psilocybins and for there to be **proper preparation, a safe environment, and guidance** when used medically.

“Research needs to become more readily available and accessible to the general public. Accessibility to research, especially of personal stories of people who have taken psychedelics”

- Kimia Mahdavi

What challenges do you think exist in using psilocybin as a treatment for mental health conditions?

“Unknown short/ long term side effects that are not clear for the present day. Mainly the unknown. What if it has the possibility of causing other mental health issues or current issues to become worse / could people become dependent on it?”

- Anonymous

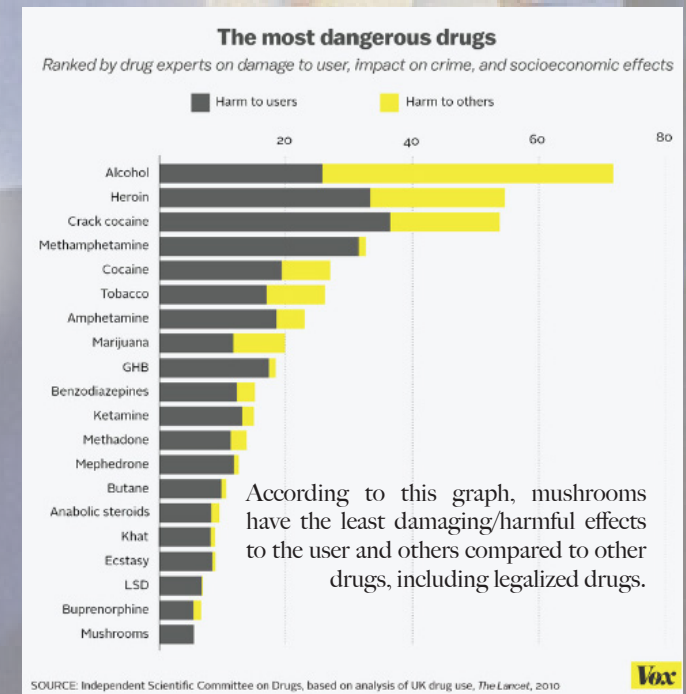


Fig. 19 The Most Dangerous Drugs (2010)

DECOLONIZE:

PROTECTING
COMMUNITIES

Fig. 20 Seeking the Magic Mushroom (2021)



Psychedelics have been used by indigenous cultures for sacred rituals and healing.

In the early 1950s, Dr Valentina nd Gordon Wasson went on a search for sacred mushrooms in Mexico. In 1955, Gordon Wasson and his photographer became the first Westerners to be part of an Indigenous Mushroom ceremony led by Marina Sabina. Two years later, he published an article on LIFE Magazine publicizing the ritual and the Mazatec community.

This destroyed the fabric of the Mazatec community as seekers came into the town. This was obviously a big violation of an Indigenous community by Westerners.

(2022, pp.127)

Although there is a lot of federal money going into the psychedelic market in the West, it is important to respect and work with indigenous cultures. People must **preserve indigenous wisdom and rituals.**

We can already see how psychedelics are becoming a luxury commodity which makes it more inaccessible to the indigenous communities and for majority of the population who could benefit from it.

A reddit post under 'psilocybin' complains about their strong dislike towards the price of a psilocybin therapy and how they would rather do it on their own at home.

I searched up 'psilocybin' on Reddit in order to see less biased opinions about psilocybin for my Insights -- to find unmet needs and problems.

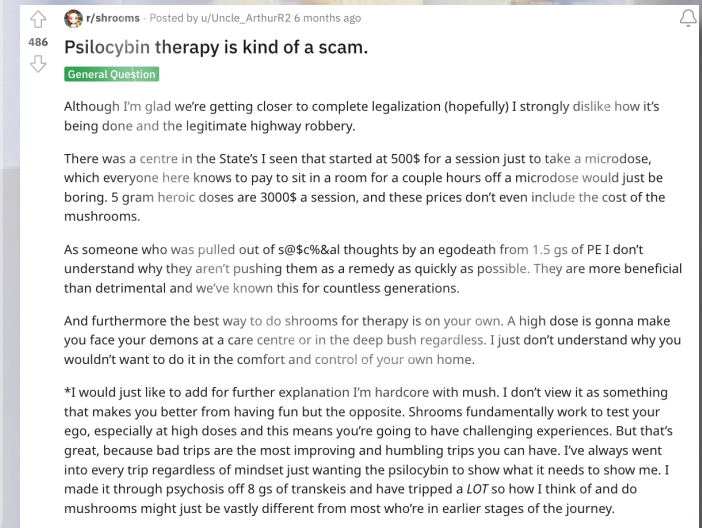


Fig 22. Reddit comment(2023)



Fig. 21. Mesopotamian statue (2021)

FORESIGHTS:

TIMELINE

Psychedelic drug mar-

ket:

\$3.8 B

Psychedelic drug mar-
ket:

\$11.82 B

Early Adopters are the
main consumers.Psychedelic drugs have
trickled down from Ear-
ly Adopters to Early ma-
jority and late majority.

2020

2025

2026

2029

2040

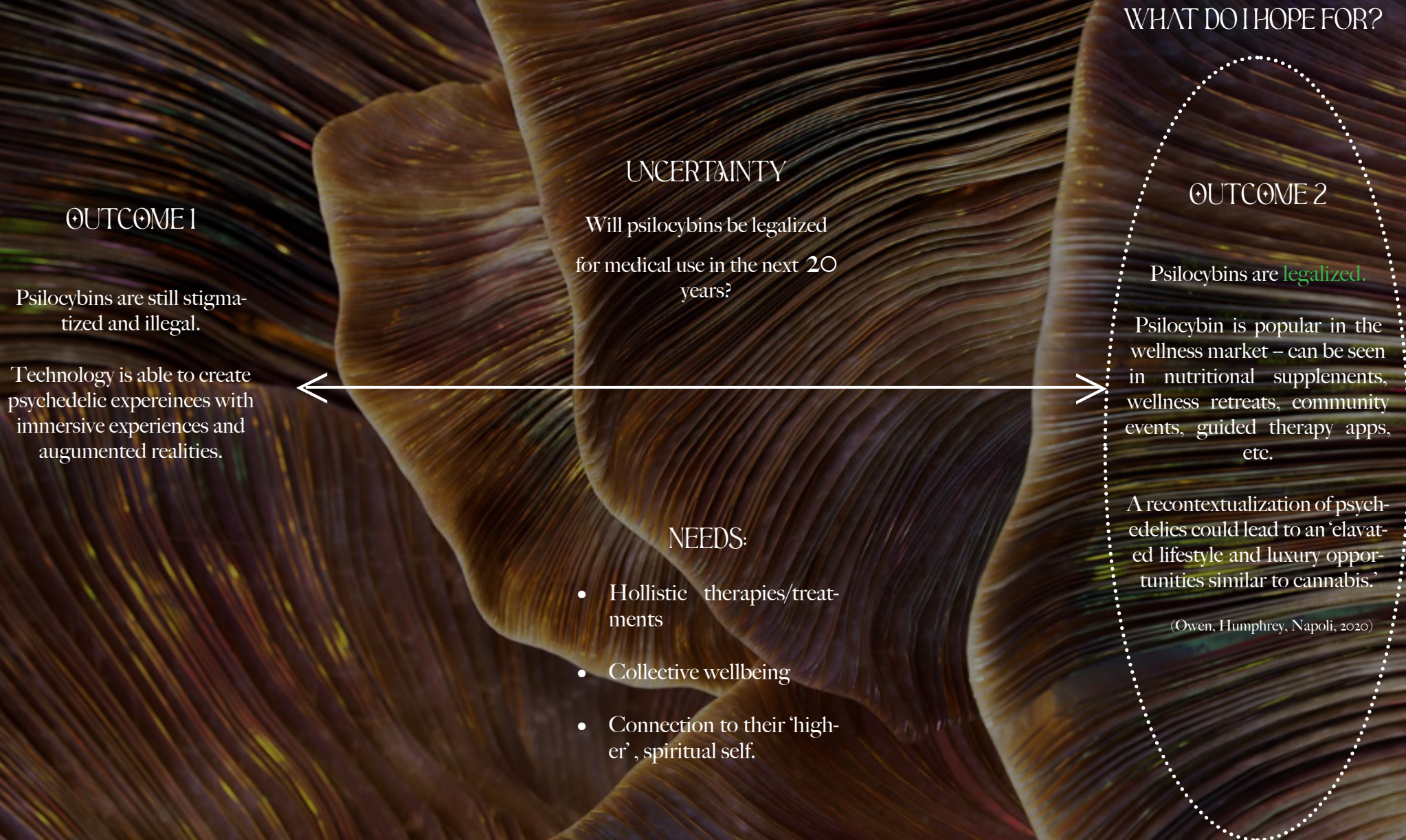
COMPASS Pathways com-
pletes Phase 3 trial

(AMS, 2022)

Psilocybins become a FDA ap-
proved drug.

(Farah, 2022)

FORESIGHTS:



FORESIGHTS:

PSYCHEDELIC
HOSPITALITY

Psilocybin retreats already exist, and they can be seen as a luxury. Expect to see psychedelic tourism in the next 5-10 years.

Expect to see psilocybin retreats to look like the offerings from a **healing shaman** or at an **Indigenous ceremony** or a **retreat center** – a luxury experience like going to a spa or a yoga studio.

(Bolstad, 2022)

Participants of psychedelic treatments will be

a 'client' rather than a 'patient'.

Kathryn Bishop says that "people are paying several thousands of dollars to go and do them, but they show how this attitude could filter down to the masses, to the every everyday sort of person."

Companies should focus on creating these retreats for love rather than profit. They should also work to give back to indigenous communities.



Fig 23. Synthesis (2020)

"They're having very much a guided experience, but they're doing this because they see the potential to unlock greater creativity" and to "undergo a sense of healing that allows them to feel like more rounded and better."

- Kathryn Bishop

WAKE

Wake is currently providing Clinical psilocybin retreats in Jamaica.

Clients are guided by professionals in a safe environment, through ceremonies and integration of holistic wellness such as yoga and breathwork.

They use wearable technology to monitor participant's health to help facilitate the standardisation and responsible use of psychedelic medicine.

(Wake, 2023)

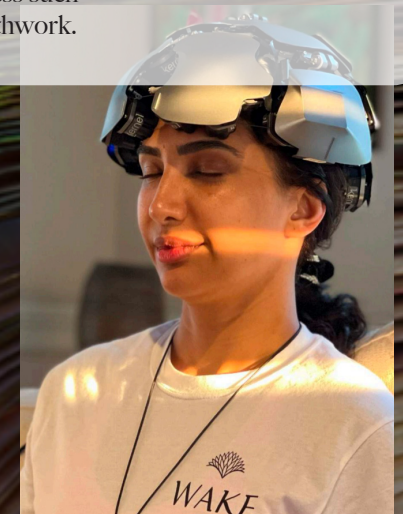


Fig 24. Wake (2023)

MYCO MEDITATIONS

MycoMeditations provides psilocybin-assisted retreats in Jamaica.

\$6750 per person to \$11150 per person.

They have an all-inclusive 8 day retreat of meals, massage, and transport. Guests stay in villas starting from

In the most expensive villa, there is a private chef to prepare all meals, private pool, and exclusive white sand beach.

(MycoMeditations, 2023)

FORESIGHTS:

DIGI-PSYCHEDELIA

The digital space is allowing for a further explorations of psilocybin and the psychedelic experience. It will allow for wider accessibility to guided psilocybin therapies and education on psychedelics.

Expect to see this with Augmented Reality, creating artificial psychedelic experiences. **REALITY CENTER** [FIG. 31] is currently using technology to facilitate an experience similar to psychedelics using external sensory stimuli like sound, light, and vibration

(Volpe, 2022)

Fantastic Fungi is currently in the process of launching the '**MUSH ROOM**' [FIG. 25]- a Virtual reality journey into the mycelial network.

FIELD TRIP HEALTH [FIG. 26] has an app which allows users to track their psychedelic journeys, educate, meditate, find a community, and listen to music. The app has very positive reviews, allowing users to turn trips into meaningful and beneficial experiences.



Fig 25. 'Mush Room' (2023)



Fig 31. Reality Center (2023)

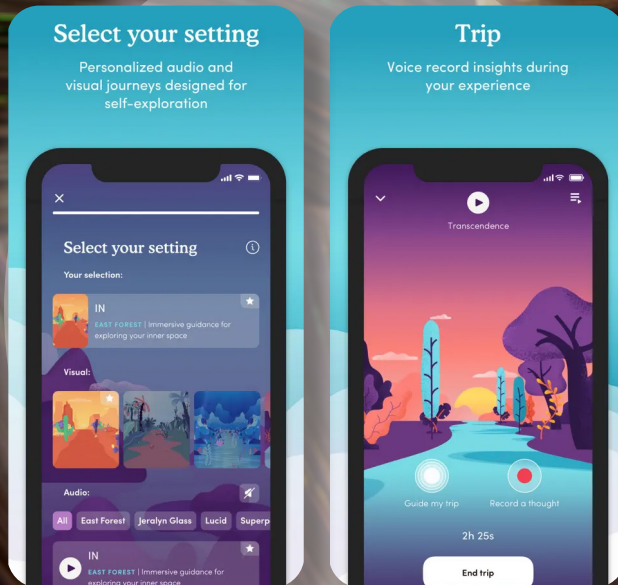


Fig 26. FieldTrip App (2023)

FIELD TRIP HEALTH APP REVIEWS:

I looked at the reviews of the app on apple store and saw the very positive reviews of users. This showed me the potential for more apps to guide psychedelic trips,.

Ratings and Reviews

4.8

out of 5

521 Ratings



Kliglesias, 06/25/2021

This app is teaching me to be still and to m...



DGM794, 05/25/2022

Wonderful variety for all user levels



Tiz 05, 10/20/2021

Everything you need



Tiz 05, 10/20/2021

Everything you need

I'm amazed that this app is so well done. It provides everything that you need to turn your trips into meaningful, beneficial experiences. It's also surprising that no other app does anything like this, nearly as well in my opinion. This definitely revolutionized my approach to these undertakings.

If there's one thing that I'd want to see added, it'd be a way to delete trips (in case you did one just to try it out).



JoBei, 10/23/2021

Game changer

This app is incredible. I stumbled upon it a couple months ago. The first time I tried it, I used it as a grounding companion, some place to check in as I was solo tripping. It didn't take long to discover it's potential. Since then I use it to journey. I look forward to carving out time to deep dive and it's become very therapeutic for myself and an invaluable resource. Love it! Keep up the good work!

FORESIGHTS:

MY COMELODIES

As individuals demand decentralized and collective forms of care, an alternative therapy we can expect to see more of is sound therapies.

Sound is being used for its therapeutic effects, from hospitals to spas. Sound is crucial for brands to appeal to their customers.

(Adam and Robinson, 2013)

They can also be something to bring communities together. We can expect to see this through music cer-

emonies / gatherings, meditative retail spaces, playlists for health and wellbeing sectors, and more.

These spaces can bring together a sense of community and collective healing.

Sounds could range from 'journey music' – created to guide psychedelic trip or to music actually made with the vibrations of mushrooms. .

“Music, community and connection have always played an important role in sacred ceremonies and are an integral component of psychedelics-assisted therapy and integration.”

(Thiermann, 2022)

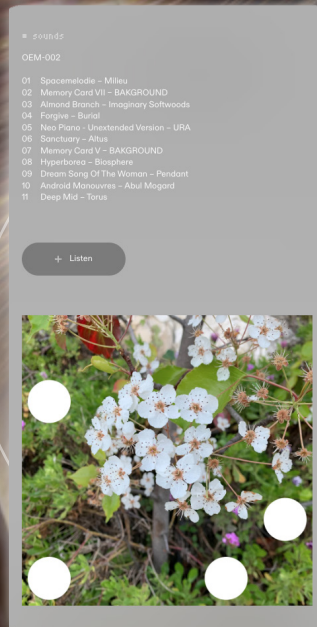


Fig 28. OEM Sound (2023)

Expect to see music events like the **EAST FOREST CEREMONY** which combines meditation and concert. Oswalt preforms 'Journey Music' in the middle of the audience and followers under effects of psilocybin sit on yoga mats with journals.

(Thiermann, 2022)



Fig 27. East Forest Profile(2022)

OEM has already implemented playlists on their online platform, as a form of holistic care.



Fig 29-30. Field Trip (2023)

TARUN NAYAR is creating music with mushrooms and holding 'field trips' in public parks.

APPENDICES

V APPENDICES

PRIMARY RESEARCH:
INTERVIEW WITH KIMIA MAHDAMI

Co-author of a medical journal "A trandiagnostic systematic review and meta-analysis of ketamine's anxiolytic effects"

Q. What are the biggest risks of taking psychedelics?

There are risks with disassociation and bad trips, but that should not happen under medical surveillance or guided therapies, which should be the case for psychedelics being taken legally. Patients should be in a safe and controlled space with a medical professional or a guided therapist. Also family history with mental health.

Q. Would patients need to continue using ketamine?

Yes, with our findings, we found that one 45 minute session was effective for up to 2 weeks and after that, patients would have to continue to have these sessions.

Q. How do you think the political and societal systems have to change in order for psychedelics to be legally used for mental health?

Research needs to become more readily available and accessible to the general public. Accessibility to research, especially of personal stories of people who have taken psychedelics.

Q. What do you think needs to shift within the society ?

I guess the same thing, with research becoming more readily available. But also to shift the perspective of psychedelics with things different forms of psychedelics that take components of the well-known drugs and made for mental illnesses, like COMP360. Companies can also emphasise the beneficial uses of psychedelics. Most importantly though, I

think individual stories will shift the narrative.

Q. What do you think was the driver for psychedelic research centers in the United States in 2020?

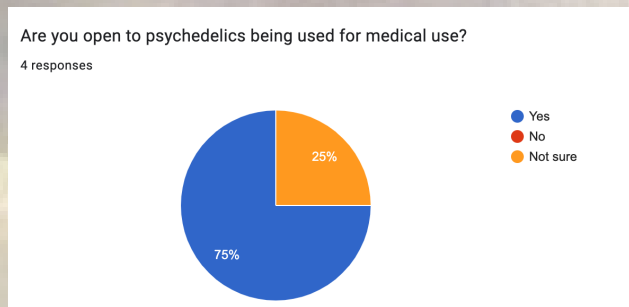
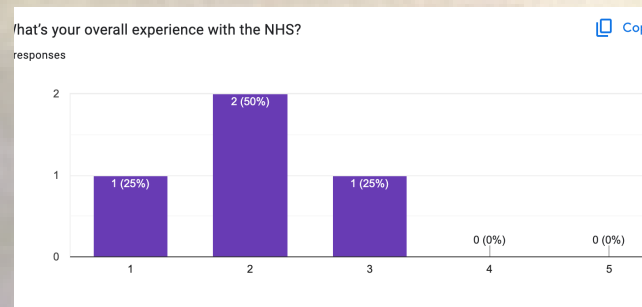
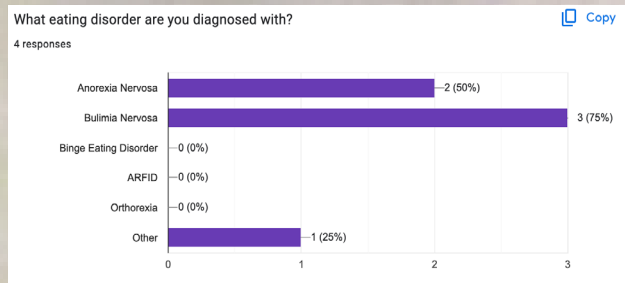
Well ketamine was what I think first researched at research centers since it is already legal for use medically for physical health and showed significant studies of helping with depression.

V APPENDICES

PRIMARY RESEARCH:

SURVEY FOR PEOPLE WITH EATING DISORDER(S)

1 - 16 year old,
2 - 27 year olds,
1 - 29 year old.



Q. If you've ever been inpatient through the NHS for your ED, how was your experience?

- N/A
- Traumatizing there was no communication of my treatment, my mental health nurse told me to walk it off ect therapist told me to break up with my partner and did not offer any treatment for my ed and then blamed me for that.
- No
- My first two admissions were abysmal, they were objectively dangerous and made me worse. I didn't receive any therapy and when the 'treatment' didn't work they just tried to pass me off to another service and diagnose me with a condition I don't have. My last admission was a joint admission between neuropsychiatry and ED services - this was better, but I pretty much had to give myself therapy. It got me out of crisis but it didn't help me get well.

Q. Do you wish that there were any medication to help with your Eating Disorder? If there were, would you take them?

- Yes and depends on the side effects etc but yes
- Yes
- No
- My ED is very tied up with PTSD, so I would be most keen to explore medication for this. I take lisdexamfetamine and dexamfetamine for ADHD which is licensed for binge eating and does help. I would definitely explore micro doses of psychedelics and ketamine if they were available.

Q. When trying to recover from your eating disorder, what's the thing that has stopped you or stops you from fully recovering?

- Inadequate care and just mental block
- Deeply engrained patterns of behaviour and coping that are hard to override/replace
- Fear of weight gain, feelings of anxiety and guilt when I feel physically full or from knowing how much I've eaten, calories etc. thoughts feel automatic. Scared to eat more than others.
- My complex PTSD makes it very hard to exist without my ED. My ED has supported me to function without complete shut down and dissociation. It has helped me to be able to connect with other people somewhat, which trauma makes complicated, and helped me to tolerate being in my body. I have had a lot of cognitive/talking therapy, but realised that I need to do somatic and body based work, otherwise I have a lot of self awareness around my ED and it's function but feel

unable to change. Mostly being unable to access adequate treatment that could address the trauma, ED and other mental health issues at the same time, has been a barrier. I found inpatient treatment overwhelming, triggering around trauma and too detached from my life, but outpatient gives me insufficient support, and I have never been offered day patient treatment on the NHS.

Q. Psychedelic experiences also give new perspectives – away from rigid thinking and could give a healthier belief for body and shape since they take down societal constructs. Would you find this helpful? Why or why not?

- Yes Ed's are often fuelled by rules on food
- Yes, I have experience with drugs shifting my perspective so I believe they can have helpful benefits in recovery
- Maybe but would be worried that my brain wasn't working 'normally' and that I'd only be 'cured' for as long as the drugs were in my system.
- Yes, I think it would help me step away from intellectualising that blocks meaningful change and to move into more embodied/experiential forms of treatment. I struggle with all or nothing thinking, which plays a role in my ED, especially when I flip between restriction and binge eating.

I initially started this research project with the question: 'How might we use psychedelics to provide a safe experience and new perspectives to aid recovery for people with Eating Disorders?'

Therefore, I initially conducted primary and secondary research on psychedelics for Eating Disorder treatment specifically.

However, I soon realized that the topic was too niche and stigmatized – making it difficult to research due to the lack of scientific research and difficulty in finding a broad range of perspectives for my primary research.

V APPENDICES

PRIMARY RESEARCH:

FORM SENT OUT ON MY INSTAGRAM STORY

QUESTIONS REGARDING HOLLISTIC WELLBEING, PSIL-
OCYBINS, ATTITUDES TOWARDS PSILOCYBIN

Q. What is your age?

- 23
- 27
- 21
- 20
- 21
- 21
- 25

Q. What is your gender?

- 100% Female

Q. Do you suffer from any mental illness?

- Eating disorder
- Depression, anxiety, Eating Disorder
- Bpd
- anxiety
- Depression anxiety
- Anxiety disorder

Q. Do you currently take or have you ever taken any medication for your mental health? (ex. antidepressants, mood stabilizers, etc.) Have you found them to be helpful?

- No
- No
- Yes, mood stabilisers. No, they just make me loopy and sleepy half the time
- no
- No
- Antidepressants, yes
- Mood stabilisers, depression pills it made me more calm and don't think about any bad thing (like negative situations, suicide)

Q. Have you ever done any therapy? If so, what type of therapy(s) have you done?

- Cbt, group therapy, psychotherapy

- Psychodynamic, cbt, dbt
- Yes, herbalist therapy
- yes i've done therapy
- Seeing multiple therapist
- Brain spotting
- I had conversation therapy, drawing etc

Q. Are you interested in holistic wellbeing?

100% said Yes

Q. If so, do you practice any?

- Meditation
- Yoga, meditation, journaling
- Meditation, Supplement, herbalism
- i practice meditation and yoga
- I don't currently meditate but I hv
- No
- Meditation and listening music, drawing, write journal

Q. What made you interested in holistic wellbeing?

- A way of clearing the mind and finding peace without developing a dependence on any medication. In order to live a well rounded stable life after overcoming the mental health issues without symptoms from medication
- because I feel very intimidated by medications
- My culture uses herbalism for almost everything
- just interested in finding ways to make life less shit
- Not wanting to use stereotypical medication
- This post
- I don't know...i just search to how to be stable and google recommend me these things

Q. Have you ever used psilocybin?

4 Respondents – No

3 Respondents – Yes

Q. Could you explain a bit of your experience with psilocybin?

- things are little more brighter, I felt more tuned with nature and felt relieve of societal pressure
- I had mushroom tea, felt great, was dosed very responsibly had minimal visuals just lots of Serotonin felt very euphoric
- Was positive / I am easily nervous and tired because of my anxiety disorder. But after eating Magic Mushroom, I was so happy to focus more on nature and scenery than the things I cared about. I became more focused on myself than others.

Q. Do you believe that psilocybin can be used as a treatment for mental health conditions?

- 4 said Not Sure
- 3 Said Yes

Q. Do you think that we should have the human right to have access to all plants (including hallucinogenic plants)? Why or why not?

- yes but under regulation and guidance. I think people mostly seek them recreationally but what makes me worried is that some of us can be in externally vulnerable state and regulations and health guide should be made so they do not taken advantage of for commercial reasons
- Yes, I believe we can learn a lot about ourselves from hallucinations but there should be regulations on who can take and how much they can take
- yes, i don't think anyone should dictate what people should with their bodies, unless it's something super dangerous/ deadly
- Not sure. It's not difficult to lose yourself whilst using and experimenting with psychedelics, I think it should be strictly regulated but open to the public
- Yes, if it helps our health
- Think positively. Wouldn't a substance from nature be healthier than a mental medicine made of chemicals. Also, I think if we take a small amount, we can be mentally stable without having excessive hallucinations

Q. Do you believe that psilocybin can be used as a treatment for mental health conditions?

57.1% Not sure

42.9% Yes

0% No

Q. What would stop you from taking psilocybin, even if they were to be made legal for medical use?

- The unknown effect of it on my body / mind
- if there were serious side effects
- Fear of not being on control of what I see
- there would probably still be loads of stigma surrounding it, and lack of safe spaces to take them
- Not being in the right state of mind
- Scared of tripping
- Uncommon cases of medication

V APPENDICES

Q. What do you think is the stigma behind psilocybins/psychedelics in general?

- Not enough known about what they do to the mind. Everyone's experience is different - the fear behind the effect. Also the fact that it affects the mind more than physical effect which causes fear if there is any damage - leading to permanent effects
- that single use will turn you into this person who got everything figured out. Or that people uses them only for recreational purposes
- That they are only a bad thing
- that they're bad for you and sketchy
- I think just that it's a drug and drugs are always stigmatised
- Big time drugs
- Lots of people thinks it's just drug like MDMA and LSD.

This primary research helped me to understand the stigmas that people still have about psilocybin/psychedelics.

Everyone who answered was in the age of 20-27 which means everyone is either a young Millennial or Gen Z.

It showed me that what would stop them from taking them even if they were legal is that they had a fear of having bad trips and possible side effects.

It was also interesting to see that everyone was interested in holistic wellbeing and gave me a better insight into what my audience wants. 3 out of 7 respondees said that they were interested in holistic wellbeing because they dont want to use stereotypical medication.

Lorena , employee at John and Bell Croydon (high-end pharmacy):



This showed me that mushroom products are already popular in drugstores and people are looking for hollistic ways of healing.

Q. Have mushroom products been a new thing?

Mushroom products have been around for a long time and there are customers who look for them every week. People generally have used it to clear their mind. Hifas de terra is a good brand that blends 5 mushrooms and has good information about what the mushrooms do. Mushrooms 4 Life is also very popular.

V APPENDICES

Primary Research:

Kathryn Bishop for Holly Sim's research Question:

"Does the pursuit of hedonistic values effectively address mental health challenges among young adults in a consumer society?"

Kat Bishop specializes in insight and foresight at SPACEIO,

00:01:12 Kathryn Bishop

"retreats and even sort of courses and guided experiences in which people, particularly in the creative sectors but actually also in the business sectors, are undergoing experiences related to psilocybin and sort of therapy through things like essentially magic mushrooms or ayahuasca or other such experiences, which can obviously be considered an extreme form of hedonism, but in this sense people aren't having a recreational experience. They're having very much a guided experience, but they're doing this because they see the potential to unlock greater creativity, to tap into those maybe hidden parts of their brain or to also undergo a sense of healing that allows them to feel like more rounded and better. Human beings maybe allows them to feel more open to their creativity, to their bigger thinking, to the possibilities that lie ahead of them.

Maybe it's also a way of processing some past trauma or experiences which obviously right now the world is living in the midst of a great deal of very difficult times. And we as young people especially are experiencing a lot, but also as you can see, this ladders up to more mature people, older people who may also be looking for ways to tap into this sort of hidden part of their brain and their life experience that they haven't yet achieved. And this sort of, quote-on-quote hedonism that they experienced maybe through something like a psilocybin retreat or through something like Ayahuasca, where they are guided where they have support, where they may be going with particular questions or experiences that they want to address or unlock this process drug-taking essentially that is usually seen as something that you do by way of a recreational activity for fun to

let go for escapism. You know they are still doing that, but they're doing it with a purpose and with a focus and I think what we see here is that people were going through either this in a professional sense, but many, many people are also doing it for their own personal needs and and experiences."

00:04:07 Kathryn Bishop

"They are able to. As I say, tune into something so there is this sense of self actualization. There is this self sense of sort of understanding themselves and so on, which allows them then to come back, let's

say, into the real world, into their family, into their workplace, into their relationship, or even just their daily life, and be able to do it perhaps with a different view of what's needed of. Perhaps they have managed to put to get put to bed, or to close the door on something that was maybe a difficult experience for them or otherwise it's opened new possibilities, new attitudes, new thinking that allows them, as you say here, to really help others be motivated to push forward particular ideas or movements and feel more empowered."

00:05:15 Kathryn Bishop

"Yeah. Synthesis, Legal, Psychedelic retreat in Amsterdam. That's one such place. I know that there's a growing number of similar retreats opening up in the States and also in Mexico. People are exploring this, like, sort of psychedelic Wellness, I think could be something worth looking into and actually showing some examples of where these more formalised experiences are already existing, people are paying several thousands of dollars to go and do them, but they show how this attitude could filter down to the masses, to the every everyday sort of person."

00:05:49 Kathryn Bishop

Another take is the fact that you know some people quite simply, just like to have a few beers or smoke some weed to get into creativity. If you think about musicians or artists who over the years have used drugs and other substances is as a route to finding their creativity, sort of getting into their true selves, getting their brain into perhaps an augmented

state that allows them to flow and work better. I think what it's starting to shift and this is where you could bring forward some ideas, is around hedonism through things like festivals and music and club nights and partying. I recently was reading about the 'GRIN' nights in London which are spelt G-R, the number one and then N so grin like a big smile. Maybe you've even been to them? I don't know. But these grin nights are really interesting because I think if you look on the Digi Fairy and scroll back through their Instagram, they had an interview with one of the people who DJ's, I think regularly there and performs at these grin club nights and they talk about the fact that clubbing has this almost ceremonial sort of church mass congregation feel, which I think has been true of music and clubbing across generations in the 90s with ecstasy and raving under bridges in England and you know tunnels and on the side of motorways and sort of parties in the middle of nowhere, these sorts of gatherings of people were like a new form of worship. They were a new way, people coming together and partying, letting go, having these hedonistic experiences, finding their community, getting close to others and then things like this grin club night are a fresh take on this, but what's interesting is they're bringing a lot of online communities and online subcultures. So you have people there who are almost cosplaying their virtual avatars, and then they're dressing up and bringing them their real life-self together in these offline scenarios where they're able to meet friends and people that they know from virtual worlds and virtual servers and other platforms to congregate offline, the sort of underlying societal or maybe like bigger cause behind it can come down to things like representation and identity. I think there's also a great deal of ties to things like nonbinary and trans experiences and the sort of wider LGBTQ, a community sort of events and having safe spaces and a lot of these sort of hedonistic experiences and clubbing and dancing and drug taking, that's sort of tied to this larger communal moment of sort of letting go and having a great time is often also about finding those safe spaces where you can come together. You can be yourselves, and so your sort of question around this idea that people will then be motivated to help others. It may often be the people that have had these great experiences, their own feel inspired to create something just for their community.

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VI BIBLIOGRAPHY

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Lim, M. & Shu, Y 2022, *The Future is Fungi : How Fungi Can Feed Us, Heal Us, Free Us and Save Our World*, Thames & Hudson Australia Pty Ltd, La Vergne. Available from: ProQuest Ebook Central. [14 November 2023].

This source provided me a lot of in-depth information on everything to do with the kingdom of fungi. It gave me valuable information for how its integration into holistic wellbeing and the science and spiritual benefits of psilocybin. It also helped me to decolonize my research since it talked about how when psilocybin's were first discovered by the West, they violated the Mazatec community. Yun Shu is researcher dedicated to the study of consciousness and uses language and culture as a tool for connection and healing. She was born in Shanghai and therefore has a background knowledge of Traditional Chinese medicine and fungi. Michael Lim dedicates research to fungi, psychedelics, ecology, and anthropology. They aim to reconcile the relationship between spirituality and science through their exploration of philosophical

Owen, S. Humphrey, Q. and Napoli, C. (2020) *Psychedelics: The New Wave*. Available at: <https://www.wsgn.com/insight/article/89440#page3> (Accessed: 20 October 2023)

This WSGN article was very useful as it covered psychedelics as the new wave/ trend and how companies and brands could use it as a business opportunity. It outlined the scientific investments into psychedelic research and decriminalization of psychedelics, which I ended up using as one of my drivers. It also covered the importance of decolonizing Indigenous communities and ancient rituals of psychedelics.

Chamberlain, E. (2023) *A Spiritual Awakening*, talk with Lisa Miller [Podcast] 9 November Available at: <https://open.spotify.com/episode/okjO5cz6oLB4VoAhdj2QA3?si=7ae8c565771d4f31> (Accessed: 12 November 2023)

Lisa Miller is an American professor at Columbia University, researcher, and clinical psychologist. She is the publisher of *The Spiritual Child* and *The Awakened Brain*. In this podcast, she is interviewed by Emma Chamberlain, who is a social media personality. This podcast provided me with a lot of good insight into how spirituality is connected to science and how it could help with mental wellbeing. It helped me with my hindsight of Gen Z's epidemic of suicide and how that could be prevented through spirituality.

O'Hare, R. (2022) *Magic Mushroom compound increases brain connectivity in people with depression*. Available at: <https://www.imperial.ac.uk/news/235514/magic-mushroom-compound-increases-brain-connectivity/> (Accessed at 27 October 2023)

This source was reliable since it is an educational source by Imperial College of London. This gave me insight into how psilocybin is different to antidepressants. It gave me insight that individuals who positively responded to psilocybin-assisted therapy demonstrated heightened brain connectivity not only during their treatment but also for a duration of up to three weeks afterward. It also provided me useful quotes from Professor David Nutt who is

the Head of Psychedelic Research at Imperial College of London.

Solis, M. (2023) *Untangling Anorexia: Psychedelics offer hope for a neglected condition*. Available at: <https://pharmaceutical-journal.com/article/feature/untangling-anorexia-psychedelics-offer-hope-for-a-neglected-condition> (Accessed: 19 November 2023)

This source written in the *Pharmaceutical journal* gave me a lot of scientific research on how psilocybin could treat people with eating disorders. It helped me to come up with questions for my primary research to people with eating disorders and whether they would find the effects of psilocybin helpful towards their recovery. It also showed me how research is currently being conducted at King's College of London and the relevance of my research query. However, it also showed me that it would be difficult to research specifically on eating disorders.

Buller, A. Josephs, R. (2020) *Decentralised Care* Available at: <https://www.lsn-global.com/arts.idm.oclc.org/micro-trends/article/25602/decentralised-care> (Accessed: 2 October 2023)

This source was very useful for my hindsight of inadequate care and the shortage of healthcare workers currently and coming up with my insight for CareRevive society. It gave me insight on how people are valuing care in community which means that they are seeking more democratised methods of care. It also gave me examples of companies which are currently creating holistic care systems.

Duree & Company (2022) *The Mushroom Moment: Pop Culture Trends in the Psychedelics Industry*. Available at: <https://dureeandcompany.com/the-mushroom-moment-pop-culture-trends-in-the-psychedelics-industry/> (Accessed: 20 November 2023)

Duree and Company is an award-winning PR, marketing and special events firm founded in 1999. This source showed me how mushrooms are gaining popularity and gave me examples of mushrooms as a trend in different sectors such as in media, fashion, pop culture, etc. It helped me to find more examples of my insight for mycomania.

Wake (2023) *Clinical Retreats*. Available at: <https://wake.net/clinicalretreats/> (Accessed: 19 November 2023)

Wake is a company that is building the future of healthcare with psilocybin. They are currently holding clinical retreats in Jamaica as a part of clinical trials. Their information and guides on their retreats gave me good insight on how retreats in the future could also respect ancient rituals and indigenous communities while giving access to the west.

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This LSN article helped me to gain insight on how consumers today are focused and care about the transparency of ingredients and sustainability of products. It helped me with my insight on CareRevive Society and helped me to find a correlation between mushroom products and Clean medicine (consumer needs.)

BMA (2023) Mental health pressures in England Available at: <https://www.bma.org.uk/advice-and-support/nhs-delivery-and-workforce/pressures/mental-health-pressure-data-analysis> (Accessed: 13 November 2023)

This source was very reliable as it was written by the British Medical Association. It provided me with a lot of data and graphs which helped me to create my hindsight for inadequate mental health care in the UK. It also helped with my hindsight for damaged brains and the increase in individuals needing mental health care.

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