

Dosing Shrooms – Making The Best Of The Latest Wellness Trend

Description

Shrooms, or magic mushrooms, have emerged as the latest wellness trends, though they were used thousands of years ago as well. The psilocybin-containing mushrooms deliver a profound psychedelic experience that gives dramatically new perspectives on life. Currently, they are being regarded for use in the natural treatment of anxiety, depression, eating disorders, addiction, and other conditions. When it comes to using shrooms effectively and safely, everything boils down to proper dosing. For a substance as potent as them, less is always more. So you would want to know how to start and go on for availing the best they have to offer. Here are some facts that can help.

Microdosing is the way to go

If you are only starting with magic mushrooms, microdosing is the best way to go. A microdose experience is typically subtle, so it makes sense for those who have never tried psychedelics before. You will probably be apprehensive about [altering your consciousness](#), and a low dose helps you do it with ease. It is most likely to make you feel only slightly different, except that you may feel possibly more open, empathetic, creative, and productive. You may consider going a little higher with the dosing if you want a slightly deeper experience, but microdosing is still the best bet for the first-timers.

Understanding shroom dose ranges

Now that you know about microdosing, you would also want to know about the dose ranges so that you understand how much is exactly enough. Moreover, it is important to be aware of these ranges as you would want to increase the dose when you gain more experience with magic mushrooms. Here are the typical dose ranges.

- Microdose- 0.1 – 0.5 gm
- Low dose- 0.5 – 2 gm
- Moderate dose- 2 – 3.5 gm
- High dose- 3.5 – 5 gm and above

These are the recommended doses for dried *Psilocybe cubensis*. At the same time, dosage depends on the species and individual tolerance as well. Ideally, you should [learn more](#) about the species to understand the best dosage before you start consuming it. But the best advice is to start low and slow, see how it works for you, and then increase the dose gradually with time.

Mushroom trip timelines

Another fact that a beginner would want to know is the timeline for a mushroom trip. The experience may last between four and eight hours, although the average for most users is six hours. Like dosing, the timeline also differs for everyone. Magic mushrooms start taking effect within 30 to 45 minutes, but you may take more time to experience the results. The peak is likely to come around three to four hours after consumption, after which the effects slowly wear off. The [shroom experience](#) often comes on and

off in waves for most people. The idea is to be gentle and not try to rush to return to normality.

The right dosing can make all the difference to your experience, apart from ensuring safety. So consider following what works for you, even as you become a seasoned user. Just relax and enjoy the journey!

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