


PSILOCYBIN



ASSISTED THERAPY

& THE RESEARCH BEHIND ITS USE IN MENTAL HEALTH CARE



WHAT IS IT?

Psilocybin is a psychoactive chemical derived from mushrooms that is used to treat depression. Patients are supported and guided by mental health professionals as the compound temporarily disrupts abnormal brain activity - allowing for more balanced brain function and improved emotional processing.

IS IT SAFE?

Yes! According to the CDC, psilocybin has a better safety profile ranking than nicotine and aspirin. The **most common side-effects** of one time use are:

- Non-fatal increases in heart rate and blood pressure
- Mild to moderate headaches, nausea and vomiting
- Feelings of anxiety

More importantly, in a review of over 600 past participants, there were **no instances of:**

- Serious physical harm or injury
- Long-term psychological side-effects such as psychosis and mania
- Increases in suicidal ideation
- Suicide related to psilocybin use



Psilocybin



SSRI

Remission rates from a randomized trial comparing treatment types in 59 patients with depression

HOW EFFECTIVE IS IT?

45% REMISSION RATE

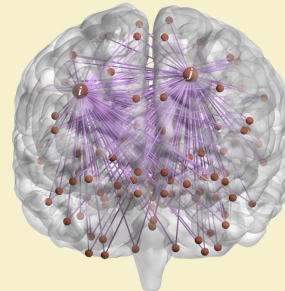
57% SHOW CLINICAL IMPROVEMENTS

In a review of 686 patients from 13 psilocybin trials, among patients who took psilocybin, 45% achieved remission from depression and 57% showed a treatment response with clinical improvement.

HOW DOES IT WORK?

In depression, key brain regions responsible for internal self dialogue and rumination become isolated from the rest of the brain. This can lead to negative thought loops, persistent rumination and negative self-reflection.

Psilocybin reboots communication across the brain, reconnecting isolated regions, regulating brain signaling, and interrupting dysfunctional patterns.



HOW COMMON IS IT?

A lot. More than 500 research grants for psychedelic research were administered between 2015 and 2020 alone and the number continues to rise. What's more, an estimated **8 million Americans** used psilocybin recreationally in 2023.

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