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Shows how Amanita microdoses offered help and healing for a broad range of conditions, including hormonal dysfunction, allergies, gingivitis, heartburn, eczema, psoriasis, depression, epilepsy, hypertension, insomnia, and migraine Reveals how Amanita microdoses are effective for pain relief and for interrupting addiction s to alcohol, opiates, nicotine, caffeine, and other narcotics Details how to safely identify, prepare, and preserve Amanita muscaria, including recipes for tincture, tea, oil, and ointment as well as proper microdose amounts Exploring the results of the first international study on the medicinal effects of microdosing with Amanita a muscaria, the psychoactive fly agaric mushroom, Baba Masha, M.D., documents how more than 3,000 volunteers experienced positive outcomes for a broad range of health conditions as well as enhanced creativity and sports performance. Masha discovered that Amanita microdoses offered help and healing for hormonal dysfunction, low libido, allergies, asthma, swelling, gingivitis, nail fungus, digestive issues, and skin conditions such as eczema and psoriasis as well as recovery from stroke and cardiac arrest. She found beneficial effects on depression, epilepsy, hypertension, insomnia, and low appetite and shows how Amanita microdoses are quite effective for pain relief, including in cases of rheumatoid arthritis, menstrual pain, and migraine. The author also reveals how Amanita microdoses can interrupt addictions to alcohol, nicotine, caffeine, opiates, and other narcotics. The author details how to safely identify, harvest, prepare, and preserve Amanita muscaria, and she includes recipes for tincture, tea, oil, and ointment as well as proper microdose amounts. She shares more than 780 personal Amanita microdose reports from study participants, detailing the positive, negative, and neutral effects they experienced, and she also shares some Amanita large-dose trip reports, cautioning against this practice because of the mushrooms strong dissociative properties, including amnesia. Revealing the vast healing potential of this ancient mushroom ally, Mashas study shows not only how Amanita can help with many health conditions but also how it activates the ability to feel the value and the significance of your own life experience.

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