

# Magic Mushrooms



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Not within our scope of practice

They are not legal

But can be purchased as dried, supplement or powder

Can be eaten as raw or cooked, used as tea or sniffed

They can also be “foraged” but there are 75 different types

Can be confused with poisonous mushrooms



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Their “high” is due to two chemicals:

Psilocybin: Currently being studied for anxiety, depression, obsessive compulsive disorder and problematic drug use

May also help grow new brain cells

One study found that psilocybin helped aid the effects of mindfulness training

Another study found that it reduced depression symptoms for up to five weeks after 7 days of use – no placebo or blinding



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Psilocin is the other chemical

One rat study look to see if it limited learning and memory

Did find in inhibited learning the more that was consumed but has not effects on memory

No potential benefits are being studied at this time



# Short Term Side Effects

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Not considered addictive

Has not been studied for long-term effects

Distortion of senses and sense of time

Anxiety and panic attacks

Light-headedness

Changes in mood

Confusion, disorientation, fear and paranoia



# Physical Short Term Side Effects

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Numbness, particularly in the face

Increased heart rate and blood pressure

Dry mouth, sometimes leading to nausea and vomiting

Muscle weakness and twitching, or convulsions

Exaggerated reflexes

Sweating and high body temperature, often followed by chills and shivering

Loss of urinary control

