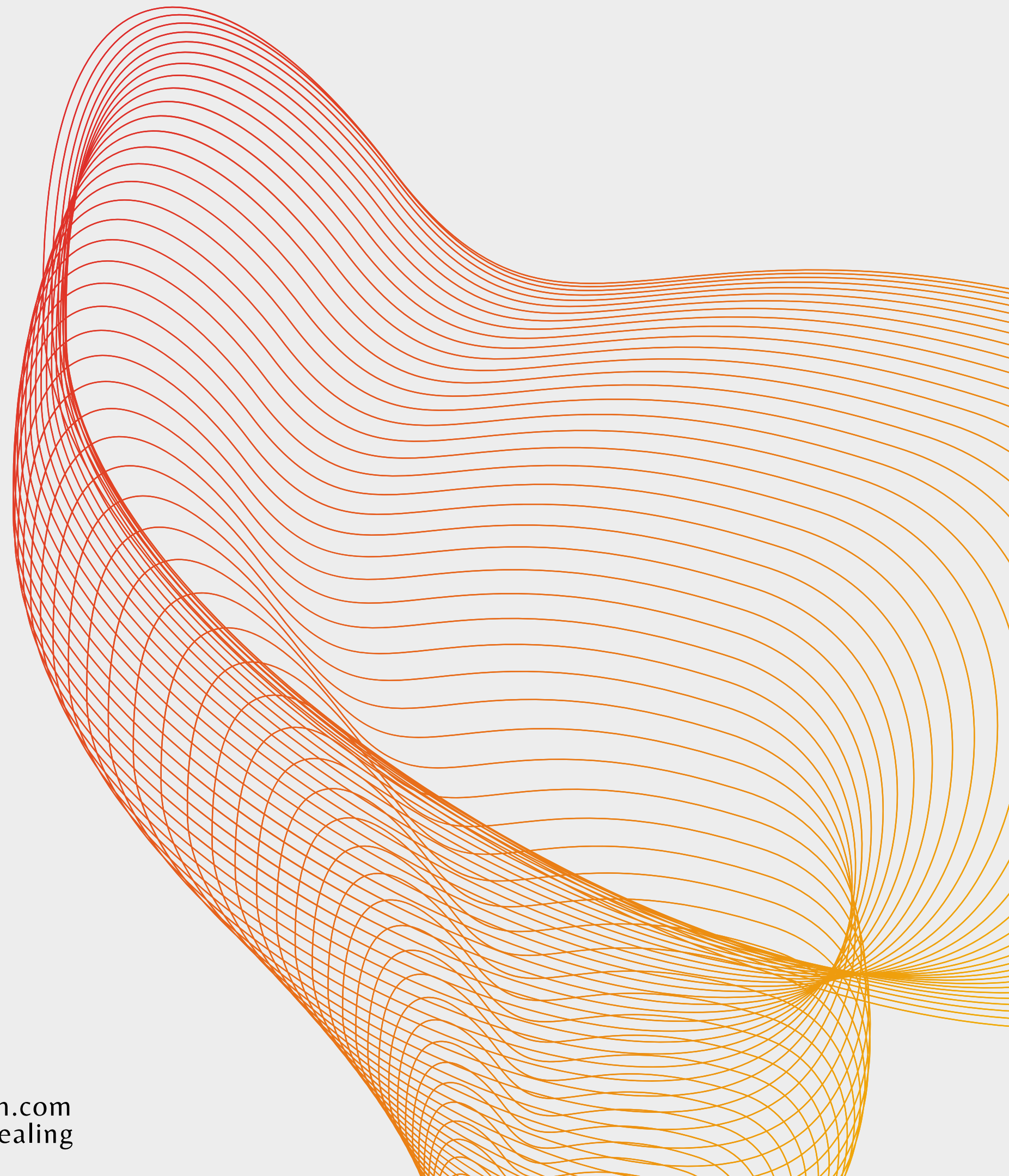


Plant Medicines for the Healing of Physicians



About Me

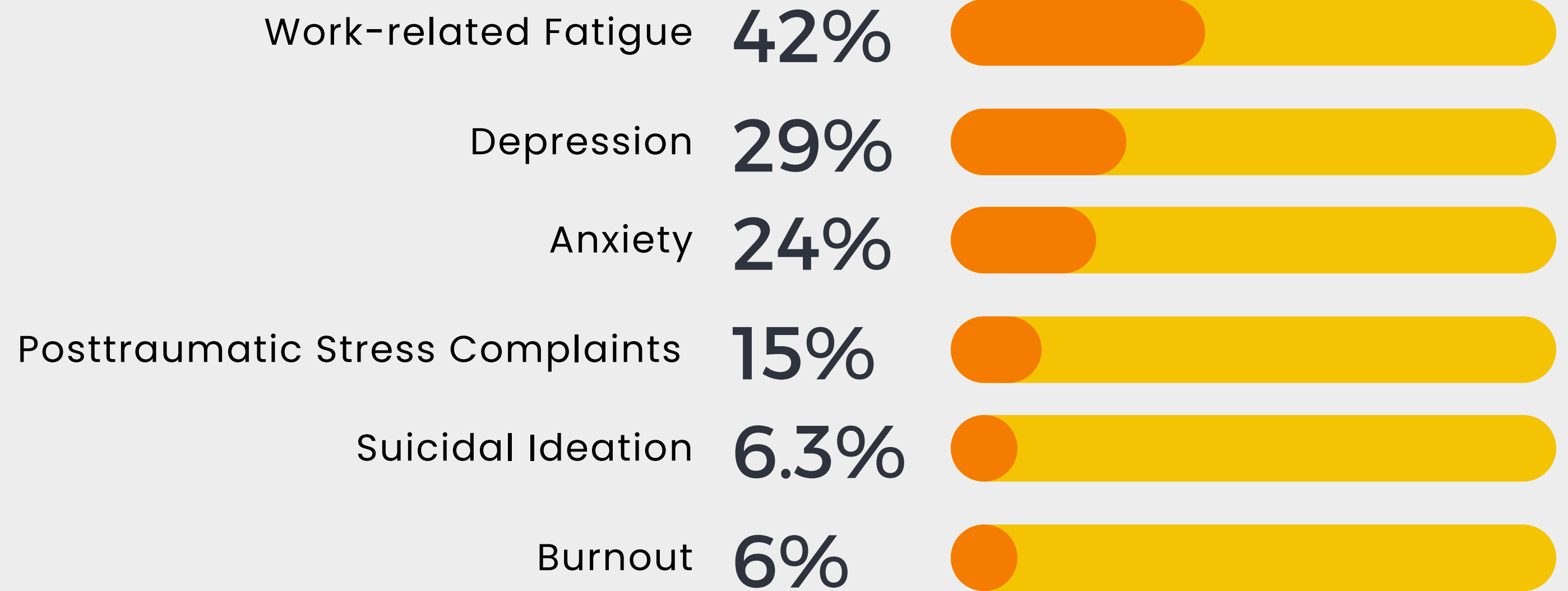
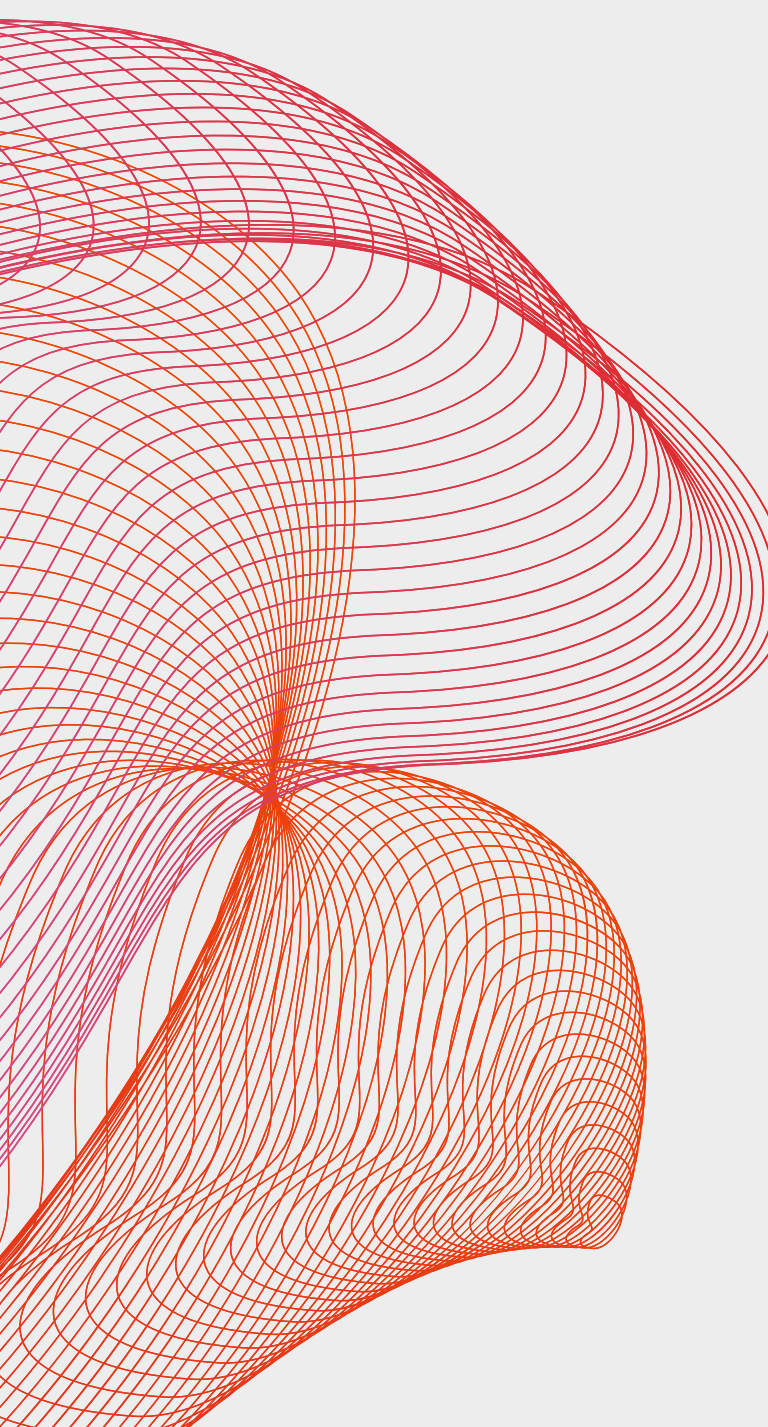
PAYAM, Somatic IFS-P, EWB-P


Bridging Psychedelic Medicines,
Shamanic and Western Medicine
Modalities in the treatment of Chronic
Pain, Trauma, Depression, Anxiety and
PTSD.



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Mental Health in Medicine





Microdose Protocols Benefits for Physicians

- Increased Neuroplasticity
- Decreased Social Anxiety + Professional
- Lowered Addictive Behavior
- Reduction of ADHD
- Relief from Migraine and Cluster Headache, Menstrual and Physical Pain
- Increased Flow and Creativity
- Decreased Trauma-based Triggers
- Improved Relational Skills
- Increased Introspection (Facilitating the resolution of inner conflict)
- Increased Extrospection (Creativity and Creative / New Insights about the Natural world)





Common Microdose Protocol Medicines

(1/20 – 1/10 of Threshold Dosage)

- Psilocybin .05 – .5 gs (5-HT2B Serotonin Receptor)
- LSD + LSD Analogues 5–20 μ (5-HT2B Serotonin Receptor)
- Ibogane (NMDA, kappa-opioid, sigma and nicotine)
- Ayahuasca (5-HT2B Serotonin Receptor)
- Mescaline (5-HT2A Serotonin Receptor + Dopamine)
- Ketamine (Glutamate NMDA Receptor)
- DMT – (5-HT2A Serotonin Receptor)



Decreased connectivity between the parahippocampal gyrus and retrosplenial cortex within this network has been shown to correlate with subjective ratings of “ego dissolution” and “altered meaning”, suggesting that changes to DMN connectivity drive the consciousness-altering effects of psychedelics.

Microdose Psychedelic Experience



Hapé Spirit Medicine



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Hapé

Rapé is sourced from a number of indigenous tribes in the Amazonian regions of Brazil and Peru, including the Apurina, Huitoto (or Witoto), Kanamari, Katukina, Kaxinawa, Kuntanawa, Matses, Nukini, Shanenawa, and the Yawanawa. Often, a blend's name will include the name of the tribe and sometimes the name of the shaman who made it

While rapé is often made of several Amazonian plants, the core of most rapé snuffs is the tobacco species *Nicotiana rustica*. This Amazonian tobacco, also known as mapacho, is used extensively in tribal rituals and is much stronger than *N. tabacum*, the type of tobacco found in cigarettes.

In addition to the tobacco, rapé usually includes the alkaline ashes of other plants such as cinnamon, tonka bean, clover, banana peel, or mint, but many shamans keep the exact ingredients of their particular rapé a secret.



Hapé

When Rapé enters your nose, it immediately permeates through your mucous membranes into your bloodstream. Although this is an admittedly uncomfortable part of the experience, some people say the pain is an integral part of the spiritual and physical cleansing process—by purging deep-seated toxins, you come out the other side of the experience feeling calmer, more focused, and more in line with your

True Self.

The constituents attach to nicotine receptors, resulting in increased production of dopamine, acetylcholine, and epinephrine. These chemical processes cause the person to feel relaxed and calm, yet aware and alert. It happens quickly and often feels like a jolt, yet it typically doesn't cause anxiety or fear.

That said, sometimes people experience crying, extra salivation, sneezing, vomiting, or the need to have a bowel movement. This is normal and part of the process, as one of the purposes of Rapé is to cleanse and purify the mind and body.

Hapé Spirit

Harmala Alkaloids

The particularly potent variety of tobacco called *Nicotiana rustica* contains high amounts of beta-carbolines, including the harmala alkaloids harmane and norharmane. These alkaloids are also found in the Amazonian vine *Banisteriopsis caapi*, one of the principal ingredients in ayahuasca. They are MAO-inhibitors that stimulate the body's central nervous system by inhibiting hormones like serotonin and norepinephrine. The presence of these harmala alkaloids supports evidence that tobacco has antidepressant properties similar to those of ayahuasca and other psychedelics.

Hapé Spirit

Harmala Alkaloids (con't)

These biochemical qualities would help explain the “grounding” feeling experienced by many people. Interestingly, the harmala alkaloids have been dubbed by studies as having neuroprotective, anti-cancer properties, contradictory to many studies done on tobacco smoking. While there is no cut-and-dry explanation for these contradictory results, some say the negative effects of tobacco lie in its other ingredients, while others blamed industrialized agriculture of tobacco and widespread use of pesticides and chemicals in the manufacture of cigarettes.

Hapé Spirit

Nicotine

There's no doubt that nicotine comes with a hefty reputation as a highly addictive substance, and any talk of the medicinal benefits of nicotine should be preempted with this disclaimer. However, studies show that nicotine has some effects that could be used for medicinal benefit, including increasing the flow of blood to the brain and activating the body's central nervous system. One study showed that smoking nicotine had a positive effect on people's attention and cognition, and this stimulating effect is what leaves a person feeling focused and alert.

Effects of Hapé

Mental and Spiritual

Rapé brings you to a place of acute attention and awareness. The mind becomes quieter, negativity clears out, and emotional tensions release.

People often feel more grounded during the experience, allowing them to clear up confusions or discomfort about an issue they may have been experiencing.

If you focus on the intention you set, you may easily find what you were looking for, be it a state of consciousness or an answer to a question.

Your mind gets purged of everything it needs to let go of. The body often follows suit.



Effects of Hapé

Physical

While many people may think of this as not an ideal situation, the purgative and expectorant properties of Rapé is why it's good for your immune system.

Through forcing a release of toxins, mucus, and other unwanted things in the body, Rapé helps purify your system. This strengthens your immunity and especially helps with congestion problems.

Along with this, the body can release physical tensions, resulting in a relaxed, peaceful state.



Contraindications

- Diminished Effect / Contra Indications SSRIs Benzodiazepines
 - Not recommended for Borderline and Bipolar Disorder
 - Not recommended for schizophrenia



Connect

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Resources + Citations

[Adults who microdose psychedelics report health related motivations and lower levels of anxiety and depression](#)

[MDLSD- study protocol for a randomised, double-masked, placebo-controlled trial of repeated microdoses of LSD](#)

[Facts About Microdosing Every Day](#)

[From Rapé to Mapacho- Uncovering the Ceremonial and Medicinal Benefits of Sacred Tobacco](#)





Thank You

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