
Magic Mushrooms Growers Guide

How to Grow Mushrooms from Scratch
 Microdosing Psilocybin Mushroom
 Psilocybin Mushroom
 Growing Psilocybin Mushrooms
 Cultivating Magic Mushrooms
 The Mushroom Cultivator
 The Magic Mushroom Bible
 Magic Mushroom Growers Guide
 Magic Mushroom Grower's Guide Simple Steps to Bulk Cultivation
 Essential Psilocybin (Magic Mushroom) Growers Guide
 Mycelium Running
 Psilocybin, Magic Mushroom Grower's Guide
 Psilocybin
 How to Grow Psilocybin Mushrooms
 The Essential Guide to Cultivating Mushrooms
 Psilocybin Mushrooms of the World
 Psilocybin: Magic Mushroom Grower's Guide
 How to Grow Psilocybin Mushrooms
 Psilocybin Mushroom Handbook
 A Guide to British Psilocybin Mushrooms
 The Archaic Revival
 The Mushroom Cultivator
 Magic Mushroom Cultivation
 Field Guide to Wild Mushrooms of Pennsylvania and the Mid-Atlantic
 Psilocybin Mushrooms
 Organic Mushroom Farming and Mycoremediation
 Your Psilocybin Mushroom Companion
 How to Grow Psilocybin Mushrooms
 Mushroom Cultivation
 The Psilocybin Mushroom Bible
 Psilocybin Mushroom Handbook
 How to Grow Magic Mushrooms
 Growing Gourmet and Medicinal Mushrooms
 The Grower's Guide to Psilocybin Mushroom: A Beginner's Handbook for Easy Indoor and Outdoor Cultivation
 Psilocybin Mushrooms
 Magic Mushrooms
 Magical Mushrooms, Mischievous Molds
 Forest Fungi in Ireland
 Shiitake Growers Handbook

Magic Mushrooms Growers Guide

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JEFFERSON MALIK

How to Grow Mushrooms from Scratch Psilocybin: Magic Mushroom Grower's Guide
 Psilocybin: Magic Mushroom Grower's Guide Ed Rosenthal
Microdosing Psilocybin Mushroom Princeton University Press
 First genuinely up-to-date guide to psychedelic mushroom cultivation in years, containing information on both indoor and outdoor varieties. Contains step-by-step photographs and illustrations with detailed directions for the cultivation of four different psilocybin species, a resource guide for supplies and an introduction to mushroom biology, plus essays on the use of psychoactive mushrooms in traditional and modern contexts and ethnobotanical advice exploring medicinal use and the plant-human relationship.
Psilocybin Mushroom Ed Rosenthal
 This exciting, in-depth guide to growing your own magic mushrooms is perfect for the budding mycologist, filled with chapters on where to start, how to start, what to grow, and how to make the experience worthwhile. Even if you have been

growing your own mushrooms for some time, there are always new things to learn, and new ways to do things. This book can be a valuable tool for you as well. Focusing mainly on the Psilocybin cubensis family, this book contains just about everything you need to grow your own mushrooms in the comfort of your own home. Readers will learn how to produce their own magic mushrooms quickly, safely, and effectively. The book features over 40 step-by-step photographic instruction guides to each step of the process, including: sterilizing the equipment to produce mushrooms; how to build the containers used during home mushroom cultivation; safety measures for preventing contamination of the mushroom cultures; and a guide to consuming magic mushrooms safely and enjoyably.

Growing Psilocybin Mushrooms Simon and Schuster
 Mushrooms magically spew forth from the earth in the hours that follow a summer rain. Fuzzy brown molds mischievously turn forgotten peaches to slime in the kitchen fruit bowl. And in thousands of other ways, members of the kingdom Fungi do their part to make life on Earth the miracle that it is. In this lively book, George Hudler leads us on a tour of an often-overlooked group of organisms, which differ radically from both animals and plants. Along the way the author stops to ponder the marvels of nature

and the impact of mere microbes on the evolution of civilization. Nature's ultimate recyclers not only save us from drowning in a sea of organic waste, but also provide us with food, drink, and a wide array of valuable medicines and industrial chemicals. Some fungi make deadly poisons and psychedelic drugs that have interesting histories in and of themselves, and Hudler weaves tales of those into his scientific account of the nature of the fungi. The role of fungi in the Irish potato famine, in the Salem Witch Trials, in the philosophical writings of Greek scholars, and in the creation of ginger snaps are just a few of the many great moments in history to grace these pages. Hudler moves so easily from discussing human history to exploring scientific knowledge, all with a sense of humor and enthusiasm, that one can well understand why he is an award-winning teacher both at Cornell University as well as nationally. Few, for instance, who read his invitation to "get out of your chair and take a short walk" will ever again look without curiosity and admiration at the "rotten" part of the world around them. *Magical Mushrooms, Mischievous Molds* is full of information that will satisfy history buffs, science enthusiasts, and anyone interested in nature's miracles. Everyone in Hudler's audience will develop a new appreciation of the debt they owe to the molds for such common products as penicillin, wine, and bread.

[Cultivating Magic Mushrooms](#) Storey Publishing, LLC

Yes, you can grow mushrooms from scratch! Why grow mushrooms? Mushrooms are a joy to grow—for food, as a garden feature, or just for fun—and it's easier than you think! *How to Grow Mushrooms from Scratch* covers 19 varieties, from button (always versatile) to reishi (a medicinal powerhouse). Plus, here are delicious recipes, preserving methods, and more. Where can you grow mushrooms? Mushrooms will thrive in your garden, on your windowsill, and even in your basement. The key is to pick the right growing medium for your mushroom—a log, a bale of hay, or a simple pot of dirt—and give it a little shade. *How to grow mushrooms!* Experts Magdalena and Herbert Wurth explain every step of cultivation—whether starting from a kit, a culture, or a grown mushroom you'd like to propagate. From protecting mushrooms in extreme weather, to troubleshooting pests, here is expert advice for beginners and experienced growers alike!

The Mushroom Cultivator Coford

Mycelium Running is a manual for the mycological rescue of the planet. That's right: growing more mushrooms may be the best thing we can do to save the environment, and in this groundbreaking text from mushroom expert Paul Stamets, you'll find out how. The basic science goes like this: Microscopic cells called "mycelium"—the fruit of which are mushrooms—recycle carbon, nitrogen, and other essential elements as they break down plant and animal debris in the creation of rich new soil. What Stamets has discovered is that we can capitalize on mycelium's digestive power and target it to decompose toxic wastes and pollutants (mycoremediation), catch and reduce silt from streambeds and pathogens from agricultural watersheds (mycofiltration), control insect populations (mycopesticides), and generally enhance the health of our forests and gardens (mycoforestry and myco-gardening). In this comprehensive guide, you'll find chapters detailing each of these four exciting branches of what Stamets has coined "mycorestoration," as well as chapters on the medicinal and nutritional properties of mushrooms, inoculation methods, log and stump culture, and species selection for various environmental purposes. Heavily referenced and beautifully illustrated, this book is destined to be a classic reference for bemushroomed generations to come.

[The Magic Mushroom Bible](#) Ten Speed Press

This brand-new second edition of the best-selling *The Psilocybin Mushroom Bible* is the most comprehensive source of information

on the market regarding mushroom cultivation, harvesting, and consumption. This book uses detailed, straightforward language and high-resolution color, step-by-step photos to ensure readers can understand and apply everything they need to know about growing mushrooms. *The Psilocybin Mushroom Bible* will teach readers the efficient, safe, and quick process of cultivating their own magic mushrooms. In 2015, *The Psilocybin Mushroom Bible* was the first new book on magic mushroom cultivation published since 2006. Since its publication, it has sold over 100,000 copies and has established itself as one of the most accessible, enjoyable, and informative books on the topic, with its authors directly assisting home growers through forums and courses in the years since. This new edition expands and revises the original, with brand new photos, "how to" photo essays, new chapters on both low tech and advanced growing methods, and additional indoor and outdoor techniques for new species. Processes include how to build containers and equipment at home and comprehensive instructions on multiple methods of producing magic mushrooms. This new edition also discusses current research on psilocybin as medicine, the recent decriminalization movements, as well as methods for consuming magic mushrooms, from simply eating them, to making tea or discreet pills, and even turning the mushrooms into delicious treats to be enjoyed with friends. The first edition of *The Psilocybin Mushroom Bible* was truly ground-breaking and this new edition not only expands on the previous topics with updated research but also provides new, in-depth information and methods that will ensure it continues to be the number one choice for anyone wanting to know as much as they want about psilocybin mushroom cultivation.

[Magic Mushroom Growers Guide](#) Carl E. Miller

How to grow Psilocybin Mushrooms better than anyone else even if you don't have any experience! A Psilocybin Mushroom is also known as a "Magic mushroom" or a psychedelic mushroom and is one of a polyphyletic group of fungi that contain psilocybin and psilocin. When you cultivate Magic Mushrooms, you will do so indoors. But have you ever considered developing outdoor mycelium too? This can have a number of advantages when growing mushrooms in your backyard or a similar area outdoors. You could expand the supply of shrooms for an entire year, and it'll be less costly! It isn't particularly difficult to grow magic mushrooms, especially if you grow your shrooms with a fully equipped grow kit. But if you want to grow shrooms from spores, there can be a learning curve, and a little more research may be needed. If you cultivate mushrooms, one of the main concerns is to prevent mold contamination. With a decent outdoor patch for growing in your greenhouse or backyard, you don't need to think about this and can look forward to good yields. You don't even need to have your own greenhouse if you want to cultivate magic mushrooms outdoors. You could also find a nice secluded spot in a wood. This give to you the benefit of free spreading your mushroom spores in the field, creating a "magic spot" where your shrooms can naturally grow over time! In this book of *Mushroom Bible*, you will learn: How to Successfully Grow Psychedelic Mushrooms The best place of mushroom Equipment and Supplies Needed for Mushroom Cultivation The Sterile Culture Technique for Mushroom Cultivation The PF TEK How to Work with Agar The Skill of Fruiting and Harvesting The Chemistry of Psilocybin Mushrooms Legal Status of Psilocybin Mushrooms Rewarding Experience: If you have ever grown your own food, then you will be aware of the sense of satisfaction after tasting that. A Hallucinogenic mushrooms cultivation is more than physical fruits; it's a spiritual experience that can induce incredible changes. How It's Used: Hallucinogenic mushrooms can be used either in fresh or dried form. People also eat them by mixing

them with their food They can also be added to brew them in a tea for drinking. Do mushrooms show up in drug test? Hallucinogenic mushrooms will not show in routine drug test, but certain special tests might be conducted to detect them. How this book will help me? Magic mushrooms are simple to grow without having any experience in the field of agriculture, they only need few specific parameters to be checked along with little patience. To experience a real sense of satisfaction by growing your mushrooms, read this book and improve your wonderful sensations. If you want to start growing Psilocybin Mushrooms and get all the answers of your queries, simply scroll up and click "Add to Cart" Button!

Magic Mushroom Grower's Guide Simple Steps to Bulk Cultivation Ten Speed Press

Have you heard about magic mushrooms and aren't sure what it really means, how to cultivate it or how to use? Are you interested to know how you can use the therapeutic benefits of psilocybin mushrooms to overcome anxiety, depression and other health problems? If the answer to any of these questions is yes, this book will answer of all them and show you in a step-by-step manner How To Cultivate The Magic Mushrooms And Use It. "The Magic Mushroom Bible" will take you by the hands and enlighten you more about psilocybin mushrooms, medicinal benefits and values, its connections to nature and humanity. This book totally highlights how psilocybin mushrooms works and how to use it without harm. In very simple tenses and language, "The Magic Mushrooms Bible" breaks down the usefulness and side effects of psilocybin: a fungus popularly referred to as the magic mushroom due to its strong psychoactive effects. So... if you are ready to discover: The most effective method to identify psilocybin mushrooms The health benefits and side effects of magic mushrooms How to use magic mushrooms safely How to have an amazing magic mushrooms trip How to grow magic mushrooms at home How to grow magic mushrooms outdoors How to make a magic mushroom spore print How to make money growing mushrooms And so much more! Then.. Scroll up to the top and hit that BUY BUTTON to get your copy of The Magic Mushrooms Bible!

Essential Psilocybin (Magic Mushroom) Growers Guide The Experiment

As with any other plants, magic mushrooms requires some guidelines and care to make them grow well. If you are new to psilocybin mushroom, this book is a comprehensive guide to all your needs to know about magic mushrooms. If you have not grown a mushrooms before, you may be tempted to begin with magic mushroom grow kit. These are ready to use packs that contains a living mycelium substrate (the material that helps mushroom growth), and this grower's kit need to be cared for. Also, your grower's kit needs to be free from any form of mushroom pest and diseases, to enable them grow well. This book has also outline how to make your grower's kit and mushroom farm free from pest and disease. Working with Agar is also detailed here.

Mycelium Running Harper Collins

From the author of GROWING GOURMET AND MEDICINAL MUSHROOMS comes the only identification guide exclusively devoted to the world's psilocybin-containing mushrooms. Detailed descriptions and color photographs for over 100 species are provided, as well as an exploration of their long-standing (and often religious) use by ancient peoples and their continued significance to modern-day culture. Some of the species included have just been discovered in the past year or two, and still others have never before been photographed in their natural habitats. Psilocybin, Magic Mushroom Grower's Guide Createspace Independent Publishing Platform

... The best source of information on growing mushrooms at home (back cover.).

Psilocybin Ed Rosenthal

Hallucinogenic mushrooms are just one of the many delights that nature spread throughout the Earth, for us to indulge into the blissful state of oneness and return with the knowledge of humility and gratitude for being part of this one special manifestation. They bring light unto the sacred interconnectivity of all life cells, dissolving code barriers and implementing a non-discriminative perception of reality. Some call it the revelation of God; others refer to it in more rational, scientific terms, as consciousness expanded to the limit of over-all clarity. For this reason, magic mushrooms have been considered sacred in all parts of the Earth, with cults and rituals devoted to them, revered with overwhelming respect for their mind-blowing capacity - portal to unknown universes, keepers of truth. Mushrooms like other hallucinogenic plants, used medicinally and ritualistically throughout our history, differ in effect from their chemically refined counterparts, by clearly establishing themselves as an enigmatic presence inside your trip scenario. A mystical guide usually projected as an archetypal figure of the collective unconscious, a spirit of Mother Nature that descended inside you to reveal her beauty, her wisdom and her laws. A universal soul contained in a seemingly plant organism. Here is a preview of what you'll learn: - PSILOCYBIN MUSHROOMS - GENERAL - PREPARATION - SPORE PRINT - PREPARING YOUR SPAWN - INOCULATION - INCUBATION - FRUITING - HARVEST *How to Grow Psilocybin Mushrooms* Createspace Independent Publishing Platform

This revised and expanded edition of mushroom expert Bill Russell's popular Field Guide to Wild Mushrooms of Pennsylvania and the Mid-Atlantic provides both novice and experienced mushroom foragers with detailed, easy-to-use information about more than one hundred species of these fungi, including twenty-five varieties not found in the previous guide. From the Morel to the Chanterelle to the aptly named Chicken of the Woods, mushrooms of the mid-Atlantic region can be harvested and enjoyed, if you know where to look. Each entry in this field guide contains a detailed description, current scientific classification, key updates and information from recent studies, and high-quality color photographs to aid in identification. Thoughtfully organized by season, the guide shows you how to locate and identify the most common mushrooms in the region and recognize look-alikes—and explains what to do with edible mushrooms once you've found them. Featuring over one hundred full-color illustrations and distilling Russell's fifty years of experience in hunting, studying, and teaching about wild mushrooms, Field Guide to Wild Mushrooms of Pennsylvania and the Mid-Atlantic is an indispensable reference for curious hikers, amateur biologists, adventurous chefs, and mycophiles of all stripes.

The Essential Guide to Cultivating Mushrooms

Independently Published

Get Ready to Learn How to Grow Magic Mushrooms and Experience the Potency and Vigor of the Psychedelic Effects of these Powerful Shrooms if You Consume Them Have you desired to cultivate these psilocybin mushrooms but do not know how to begin? There are varieties of these mushrooms but this guide will teach you how to get a grow kit and even develop your own strands by introducing mycelium substrates into the environment you want to use for growing your mush plants. If you are willing to get a professional lead on the techniques of growing magic mushrooms successfully Then, you need Growing Psilocybin Mushrooms: The Magic Mushroom Cultivation Guide for Enthusiastic Growers by Mari C. Alvarez is the recommended

book for you. Why not order a grow kit today and begin cultivating psilocybin mushrooms straightaway. If you carefully study this manual, growing these shrooms is very easy and affordable. All you need is to choose an environment comfortable and suitable for placing your mycelium substrates but growing magic mushrooms from scratch is the best using self-made substrate, which you prepare with dung, sawdust, ground coffee, and brown rice. However, the ideal substrate for growing your mush plants is brown rice flour made of three cups of water, nine cups of vermiculite, and three cups of brown rice with worm castings in an eight-ounce container. This book will teach you the step by step guides on how to cultivate psilocybin mushrooms such as: gathering the essential items and equipment needed Preparation Processes The Composition of Magic Mushroom Substrate The Jars Must Contain Substrate Removing All Pollutants from the Jars The Sterilization Process Adding Spores to the Sterile Substrates by Vaccination The Incubation Period The Fruiting Chamber Completing the Growth Circle The Harvesting Process An Exceptional Guidebook on How to Cultivate Magic Mushrooms for Enthusiastic Growers This invaluable book will provide accurate information on how to grow psilocybin mushrooms and harvest them successfully. Other facts you will learn in the book are various preservation methods to adopt in safeguarding your mush plants such as: Preservation by means of Refrigeration Preservation Using Food Vacuum Bag Preservation by Drying Preservation through Pre-Drying Process Preservation through Drying Process Preservation Using Chocolates Preservation by Freezing Psilocybin Mushrooms Preservation Using Freon What are you waiting for? Scroll up and click the orange "BUY NOW" button on the top right corner and download Now!!! You won't regret you did See you inside!!!

Psilocybin Mushrooms of the World Chelsea Green Publishing Readers will learn how to produce their own magic mushrooms quickly, safely, and effectively. This book by Arthur features step-by-step instruction guides to each step of the process, including: sterilizing the equipment to produce mushrooms; how to build the containers used during home mushroom cultivation; safety measures for preventing contamination of the mushroom cultures; and a guide to consuming magic mushrooms safely and enjoyably.

Psilocybin: Magic Mushroom Grower's Guide Ed Rosenthal Learn how to grow wild and exotic, medicinally important, sustainable, and deeply delicious mushrooms right at your own home, just as people throughout the world have been doing for centuries. Mushrooms are healthy, packed with vitamins and antioxidants; rich with flavor, an excellent source of the fifth flavor know as umami; and can be used medicinally in teas and tinctures. By growing your own, you can enjoy these benefits while also enriching your soil, speeding up your composting, and even suppressing weeds—though the biggest draw may be the magic of watching this unique form of life grow. Understanding how mushrooms grow is crucial to successfully cultivating them, and *Mushroom Cultivation* offers photo-illustrated instruction both on how mushrooms grow and how you can cultivate them yourself, with a focus on six types of mushroom—shiitake, oyster, wine cap, hericium, blewit, and agaricus. You'll learn how to: Grow mushrooms, step by step, in a variety of different mediums: logs, straw, wood chips and sawdust, and compost Troubleshoot problems, including identification, underwatering, overwatering, and insects Store, dry, and freeze your mushroom harvest Cook with mushrooms, including variety-specific cooking tips and 8 tasty recipes Find supplies and more information with the resources listed at the back of the book After reading *Mushroom Cultivation*, you'll discover that growing a mushroom is really no more difficult than growing a tomato. You just need a slightly

different set of skills. Picking your own fresh mushrooms at the peak of their flavor and nutrition is within your reach with this comprehensive, step-by-step guide.

How to Grow Psilocybin Mushrooms Ten Speed Press

Have you experienced the magical trip of psilocybin mushrooms before? Are you craving to go on another spiritual journey using psilocybin mushrooms? If so, this book is the perfect guide for you to learn everything you need to know about magic mushrooms. From the science behind it, the effects, all the way to growing your own magic mushrooms in your home. This book will contain all the necessary information you need to properly grow magic mushrooms successfully and how to use them as well. Over the recent years, there has been an increase in research studies done on magic mushrooms and their health benefits. Many researchers have found that magic mushrooms play a big role in helping those battle mental disorders like anxiety and depression. If you are looking to use magic mushrooms for a similar reason, this book will help you get a better understanding of it. This book will cover these following topics: The history of psilocybin mushrooms and the modern legality of them The science of psilocybin mushrooms and how it works Modern research surrounding psilocybin mushrooms Mental and physical effects of psilocybin mushrooms Different types of psilocybin mushrooms and the different uses for them Using psilocybin mushrooms to treat mental illness How to grow your own psilocybin mushrooms from home Different psilocybin mushroom cultivation methods A step by step guide on growing psilocybin mushrooms from your own home Locating and identifying psilocybin mushrooms in the wild How to properly use psilocybin mushrooms safely Precautions to take for those using psilocybin mushrooms How to micro-dose psilocybin mushrooms and what that actually entails Calculating proper dosage for micro-dosing These topics work hand in hand to help the reader get a better grasp on what exactly psilocybin mushrooms are and how they can help you improve your life. Many people have turned to psychedelics to help themselves get a better perspective on life. Rather than just teaching you about how to grow psilocybin mushrooms, it is important for you to understand all the intricacies behind this fungus. This book will act as a step by step guide for you, but it will also act as a handbook for everything you need to know regarding magic mushrooms. The more you know, the safer it is for you to use and grow them by yourself. Due to the emerging research studies about magic mushrooms, you may have noticed that more and more countries are adjusting their laws for them. Although it is hard to tell, it may not be too long until psilocybin mushrooms can be used for therapeutic uses for people that suffer from different diseases. So if you are ready to learn more about the magical mushroom and how you can utilize its many effects, purchase *How To Grow Psilocybin Mushrooms* today and begin your journey of using this natural psychedelic! You can learn to grow some from the comfort of your own home and have the ability to utilize it through methods like micro-dosing to treat ailments that you have been suffering from! Buy this book right now!

Psilocybin Mushroom Handbook Quarry Books

What would it take to grow mushrooms in space? How can mushroom cultivation help us manage, or at least make use of, invasive species such as kudzu and water hyacinth and thereby reduce dependence on herbicides? Is it possible to develop a low-cost and easy-to-implement mushroom-growing kit that would provide high-quality edible protein and bioremediation in the wake of a natural disaster? How can we advance our understanding of morel cultivation so that growers stand a better chance of success? For more than twenty years, mycology expert Tradd Cotter has been pondering these questions and conducting

trials in search of the answers. In *Organic Mushroom Farming and Mycoremediation*, Cotter not only offers readers an in-depth exploration of best organic mushroom cultivation practices; he shares the results of his groundbreaking research and offers myriad ways to apply your cultivation skills and further incorporate mushrooms into your life—whether your goal is to help your community clean up industrial pollution or simply to settle down at the end of the day with a cold Reishi-infused homebrew ale. The book first guides readers through an in-depth exploration of indoor and outdoor cultivation. Covered skills range from integrating wood-chip beds spawned with king stropharia into your garden and building a “trenched raft” of hardwood logs plugged with shiitake spawn to producing oysters indoors on spent coffee grounds in a 4x4 space or on pasteurized sawdust in vertical plastic columns. For those who aspire to the self-sufficiency gained by generating and expanding spawn rather than purchasing it, Cotter offers in-depth coverage of lab techniques, including low-cost alternatives that make use of existing infrastructure and materials. Cotter also reports his groundbreaking research cultivating morels both indoors and out, “training” mycelium to respond to specific contaminants, and perpetuating spawn on cardboard without the use of electricity. Readers will discover information on making tinctures, powders, and mushroom-infused honey; making an antibacterial mushroom cutting board; and growing mushrooms on your old denim jeans. Geared toward readers who want to grow mushrooms without the use of pesticides, Cotter takes “organic” one step further by introducing an entirely new way of thinking—one that looks at the potential to grow mushrooms on just about anything, just about anywhere, and by anyone.

A Guide to British Psilocybin Mushrooms Independently Published

You Are About To Discover An Even Better Way To Combat Stress, Fatigue, Depression, Anxiety And Terminal Illness That Doesn't Have To Do With Traditional Medicine! Are you looking for an alternative solution to modern medicine? Have you wondered if perhaps there was a better way to treat anxiety, depression, stress, or related ailments that had little to do with antidepressants, painkillers and other types of prescription drugs? Perhaps you've come across information about some mushrooms having potent properties that make them ideal for neutralizing stress, depression, anxiety and related problems and are looking for answers to questions running through your

mind.... How do they do it? What properties make some mushrooms great for fighting stress, anxiety, depression and related problems? What kind of mushrooms has these potent properties? Are there any risks associated with these mushrooms? What safety precautions do you need to observe when using these mushrooms? If you have these and other related questions about using mushrooms to fight stress, anxiety, depression and related problems, you are in for a treat so keep reading, More precisely, the book will teach you: The concept of psilocybin mushrooms, including what it is they have that makes them 'magical' The basics of prodrugs, including how useful they be What the psychedelic substance found in magic mushrooms is, and how it can be of spiritual value How LSDs and other hallucinogens, once used for medicinal research, came to be banned How hallucinogens found in fungi have been used by countless generations for religious purposes How and why hallucinogens shouldn't be misused or abused Psilocybin mushrooms and how they can be offered as "the medicine of happiness" to terminally ill people How and why magic mushrooms aren't nearly as dangerous as heroin, cocaine, alcohol, and methamphetamines Why the hallucinogen in psilocybin mushrooms is considered "God in a Pill" by the medical fraternity The false myths that you ought not to believe about psychedelic drugs 7 popular methods of extracting psilocybin from mushrooms Just how safe are psilocybin mushrooms? Ways that you can obtain magic mushrooms Other products that you can get from mushrooms 10 special things you need to keep in mind about mushrooms Ways that you can use mushrooms to conquer anxiety, depression, and stress 15 things to keep in mind while preparing mushrooms to use for healing purposes 5 Benefits of using magic mushrooms that you never knew about The side effects of using psilocybin mushrooms And much more I know you've heard a lot about prescription drugs... I know you've heard how sometimes doctors have prescribed the wrong medicine, which ultimately led to the worsening of a condition or even the demise of a patient. I know that you know that sometimes prescription drugs aren't always the right way to go, and that perhaps something less conventional could do better. That is what this book will prove to you: that you have been right all along. And how you can start putting that knowledge to work for you. Whether you are a complete beginner to the world of magic mushrooms or are an advanced psilocybin mushrooms user, you will find this book helpful! So why wait any longer?

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