Podcast Introduction and Episode Overview

Welcome to the Health Fix Podcast where health junkies get their weekly fix of tips, tools, and techniques to have limitless energy, sharp minds, fit physiques, or life.

Hey health junkies, on this episode of the health fix podcast, we're going to be talking about micro dosing, microdosing Silas Simons to see how that can help with your nervous system.

And in particular, helping with overcoming chronic disease, chronic illness, Chronic mood disorders, things of that nature. So I brought on Casey Garrett.

She's a microdosing expert. She shares her personal journey with micro dosing and its profound effects on a seizure disorder. Pretty impressive. And of course, I share my personal story in here too, and I'm wondering if she might be able to help me with some micro-dossing.

We'll get to that on another podcast, but we discuss on this one the healing potential of microdosing, the importance of community support. So you know what you're doing.

You know, what to get into, you, know to track and how micro dosing can help individuals navigate trauma and chronic health conditions. Now Casey's going to explain the nuances of finding the right dosage, the subtle changes, that energy and vibration changes that you want to be looking for, and the integration of microdosing with other healing modalities like acupuncture, EFT tapping, Reiki, things of that nature.

So she gives some great advice in this podcast, especially for those who are beginners or even seasoned micro dosers to be able to really explore deeper what's going on when you're microdosing psilocybin and how you can really harness this potential to elevate your health.

Now, for Those of you who're a little skeptical, This is not talking about getting high. This was really about tapping into your nervous system to help it along the way to move past certain blocks, to rewire your brain, things of that nature.

So I highly recommend looking into and exploring this alternative healing method with us today.

Casey Garrett's Healing Journey and Seizure Recovery

Let's introduce you to Casey Garrett. Casey Garrett, welcome to the health fix podcast. Hi, thanks for having me. Oh my goodness, you know, we already hit on one of the biggest topics that surrounds my world is I've been known as the micro dosing queen, but not for mushrooms, not For what?

No, someone would think it's hormones micro dozer. But hey, You know what, I believe in microdosing on many levels, whether it supplements things of that nature, But yeah, like you had asked me, So I'm excited to talk about so many things.

But first and foremost, I always like to start off with how did you come to micro dosing? What was the process of figuring out that like, hmm, there's something to this microdosing business out here.

Thanks for asking. ISA is part serendipity part. fate. And so very long story short, grew up wanting to be a doctor. I thought my whole childhood I would be doctor and instead at 19 I took a hard left literally and moved across the country to California where I discovered alternative healing and went into Reiki and bodywork spent many years in that.

and I was interested, I heard about the spiritual emotional healing qualities of psychedelics, but I always fearful because I had a grand mal seizure disorder.

No matter how many modalities and medications I try just couldn't could it touch it so at some point I was introduced to serendipitously the idea of microdosing and I like huh okay this is a perceptual subthreshold I'm not gonna go anywhere I am not going to greatly destabilize my mind.

I. started and my seizures stopped. So I noticed after a few months and I really had no expectations because at the time I didn't really know anybody who had done it.

There had one been one mention about microdosing in Dr. Jim Fadiman's book but other than that it really wasn't well known at that time. And after about few month of practicing I notice my seizure had stopped, I had not had an aura.

and I had received a whole lot of other healing gifts and benefits. That's fascinating. And it's interesting that you mentioned you tried different things.

I think a lot people who come to this podcast in particular are looking for something that can help them, but maybe they might be afraid of big dosages.

Especially in hormones, I've found that less is more. Vitamins, minerals, herbs, so many different thing. This is why mushrooms kind of fit into that category.

It's an interesting, the grand mal seizures. because I would think that would have a lot of folks being really worried about trying many things, especially like marijuana, anything mind altering for sure.

My doctors were not for it, put it that way. Yeah, I was really, Shocked by how extreme their reaction was actually back then. I mean fast forward now.

It's so funny I have many many doctors and nurses and clinicians in my program my microdosing programs today But back, then it was very very different and it, was so fear-based and I was So fear based and It was, so lacking in curiosity that it really surprised me like nothing else has worked why, not try this And yeah, and, it worked.

I definitely want to get into microdosing a little bit, but of course I'm being a doc, I am a bit curious about, you know, health, why we end up with certain conditions.

And, we have this idea of like, okay, i got this because maybe it was genetic, or I got because there was some exposure. But then there's also that look into the nervous system and wiring maybe during your development, things of that nature.

Did you dive into like, okay, this worked for me. So energetic imbalances, of course, working with Reiki. What did you discover in that department? Because I love to hear how folks have kind of looked back and went, how did this happen?

Like how does this evolve? Or maybe even just an idea of what you're thinking. Great question. Yeah, I think, in hindsight, it's very clear. It's a very, very obvious and clear now in the hindsight.

But I was a kid, a sensitive kid. Very empathic kid and so I have a open blueprint energetically. Two things happened. I lost my father when I were seven years old.

And I remember I started getting headaches. That was how I processed my body. Was handling the grief. So I got terrible, terrible headaches through. my young childhood and then my seizure started when I was in, was a teen.

And then I got Epstein-Barr as a lot of kids too at 18, 19, I was a freshman in college, but mine rolled into a very serious health crisis. And I believe in hindsight, it was not tested, that I believed I had meningitis.

I as a college at the time that was still back in the day before there were vaccines and precautions for that. So that's what I think happened. My nervous system was already highly sensitive, highly dysregulated, and then I have an illness that really targeted the nervous systems.

That's why all the medications in the world and all of the treatments in world for epilepsy, that wasn't the root cause issue.

Nervous System, Trauma, and Chronic Illness

It was nervous system healing that I needed. You know, I haven't talked about this before on the podcast and I've really only started to share with my followers a little bit about my history.

I don't know how to describe it, it's not been diagnosed. And so of course I'm like, hmm, could microdosing be something to consider in this case? I have this odd thing that'll happen when I get pain, but not every time that I'll have a decent amount of pain I will have the seizure.

And also I've had it happen, when i don't have alot of pains, But if I look back, there's always been a time when, I'd been under more stress, i've been dehydrated, electrolytes were missing, things like that, so I looked back through it.

And so we never went down the pathway of medications because it wasn't such a frequent occurrence. However, it did impact me after graduating naturopathic school because the last one happened about probably two months before I graduated and they took my license.

My driver's license from me and I was like… What am I gonna do, right? Like how am gonna go from here? And so one of the things that I find very curious here is because I also, not Epstein-Barr, but I definitely ended up getting quite sick.

No one knew what it was. I'm thinking maybe cytomegalovirus. You know, some virus is my thought. And the reason I wanna keep highlighting this is cause I want folks to hear that connection.

Because so many people are coming to me saying, No one knows what's wrong with me. Can't figure it out. Nothing's working. And so it sets the stage for maybe we try something outside of the box.

So my fascination now is even more peaked from your story because I'm going, could it be that maybe this could benefit me too? Because I've tried microdosing.

I will be honest. wasn't fully into all of the neurological stuff yet. Wasn't working on all the grounding. I was doing acupuncture on that side of things.

Let's dive into talking a little bit about your process and how you came to realize, okay, this microdosing thing actually helped my seizures. What happened?

Did they get better prep progressively? Do they just stop completely? They just stopped. They had to stop. Yeah. And it was, I think at the beginning I didn't share this even after I started offering programs and supporting other people in practice.

It was about a year in and I remember sitting down with two friends and colleagues and they were saying, why don't you ever share openly about microdose and healing your seizures?

And I thought about it and was like, Why am I not sharing it? and i think there was part of me that was still, i didn' want to over promise. or set an expectation because it was seemingly so miraculous and it happened so immediately.

I didn't have to work for it. And I had to unpack a lot of like why I was withholding this. After I stopped and I openly

shared it, my friends were like, you need to share this, so other people can find this too.

So I've supported many, many people who come to me now are all kinds of nervous system dysregulation, psilocybin in particular of all the mushrooms. is so deeply healing for any kind of nervous system dysregulation.

It's and it's, you know, I think the dys regulation just keeps getting bigger and bigger, and more of a problem. I mean, it just read an article the other day where autoimmune conditions are 19, they're increasing by 19.1% every year.

And I'm like, this is auto, auto immune is definitely connected. to the nervous system. I don't identify with lupus but I have antibodies to it that will come up when I'm more stressed and have happened since I was a teen when these seizures started happening.

It's super fascinating to kind of start looking at my own health and putting the pictures together much like I do with my clients' pictures. I'm sure you've probably seen that connection too.

Absolutely, absolutely. It's really interesting. A lot of times people will have things just clear, but other times, people would have reactivate in order to clear.

They come up from the body, it's very interesting how mushrooms spring up. You know, we're both energy workers in various, various ways. And when I see people work with mushrooms, it kind of brings energy up and forth.

So people will have reactivations of Epstein-Barr or shingles or latent autoimmune to bring up, and clear it. Oftentimes they have memory surface with that.

Viral comeuppance is very interesting where a memory of when they got the virus is kind of entangled and coded in the body and comes up for release at the same time.

It's really fascinating. Oh my gosh. I'm happy you mentioned that because it is sometimes hard to explain to folks that you might get healing crises happening while your body's working through things because a lot of times it'll be misinterpreted as, oh, this made me worse.

That's one of the toughest things with our Western conditioning, to be honest is, is we are all so deeply heavily conditioned to suppress symptoms and we think that's healing.

It's actual real healing is quite the opposite of that. You know, it's so funny. I mean, I could go on for hours and our podcast is not going to be related to skin.

But you know the putting the corticosteroids when your skin itches, you've got a rash. It's like, oh wait, wait a minute. These are messages from your body saying, yo, pay attention to me.

And likely the seizures are massages. That's kind of what I've come to think about because at first when I was trying to explain this to my husband, and I don't know when they're going I don't know if they're gonna come.

And when he did finally see one, it was so out of the blue, you know? But if I look back, I could see the clear connections and I think for a lot of people looking at like, okay, i've got a rash or iIve got reactivation of Epstein-Barr, all of these different things.

If you're microdosing on your own, which is very common, because I'll have a lot of patients tell me that they decided they were just going to start micro dosing, you know, Which is great, but it's like, let's talk through this.

So let us talk about how you help support folks in your community who are micro-dossing. And, and you what, I'm going into that, But I am jumping up on the cart before the horse.

Let's maybe talk what micro dozing really means. And then we'll talk about how you support folks because I think

that's the biggest kicker here is having the support because a lot of times all of folks like I said tell me they're doing it and I want to help but I I'm not at a capacity to be able to which is why you're teaching folks Like me to do this.

So let's talk About microdosing first what that means and how how You vision it For sure, for sure. So microdosing in my little world is around mushrooms.

I began with mushrooms, particularly psilocybin mushrooms will always kind of be at the foundation of our community, but we also to support people in other mushroom micro dosing as well as some other plant medicine work depending on what they need.

As the world has shifted over the last five years, people have different needs, our systems have a different need, so it's nice to kind of have the whole apothecary of nature to draw upon.

When we talk about microdosing, it is typically a psychedelic, or we also call it an entheogenic medicine.

What Microdosing Means and How It Works

So it kind-of brings forth the divine within. and people come to practice for spiritual reasons, personal growth, emotional regulation and resilience, mental health reasons physical health conditions, nervous system regulations, stepping away from addictions and dependencies of all stripes.

And microdosing is taking about one-tenth of what would be a journey dose. so whatever the substance might be. So you're not feeling trippy, you are not feel stoned, outside of yourself in any way.

In most cases, if you in your sweet spot of dosing, your actually more at home within yourself than you've been. You're kind of more dialed in, more focused, articulate, expressive, and more clear.

And I think when we look at that sweet-spot, I mean that's what a lot of people are trying to figure out because, For lack of a better term, there's sometimes a mushroom guy around the corner.

And they're getting their mushrooms in a capsule from the guy round the corners. This is much what it was like in Tacoma at first when I was working with patients.

I found a guy who actually really was growing well. He was solid in terms of what he was doing and understanding. But the point is, is that that's where a lot of people, you know, come from.

And the person's like, well, this is what I take. So you follow that. How can you, how do you recommend for folks to kind of look at microdosing in terms of, do we do liquid extracts?

Are we doing, teas? are we are doing capsules? How do help folks kind to determine their sweet spot? Great question, especially now, like when I first started five years ago, the problem was there was no information, you know, and now there's almost too much information.

People go online and in the Reddit rooms and they're like, what? There's so much conflicting information and so there are so many different options and opportunities for sourcing now it can be really overwhelming to people.

That in part was why we were inspired to create our community. So people could step in as pure beginners and feel comfortable. You didn't have to start right away.

A place to where you could be with real people, real guides who are working with people who have a lot of experience to ask your questions and get them answered and kind of real practical answer tailored to oneself.

Most of the time with mushrooms, most people work with capsules, although there are tinctures, there's tablets, chocolates, gummies, lots of different formats.

Capsules I would say are the most common, and the common microdosing range is anywhere between 25 mg up to 300 mg. Our community tends to start at 50 mg, on the lower end and then kind of some people are at 100 milligrams.

I'm glad you brought that up because for what I had learned you know a lot of people were starting at 50 and that's the only option they had they were given you 30 capsules at fifty here you go this is what i do you Have fun.

And at the time I tried it, it was 50 milligrams. It was for an entire month. I felt nothing. i'm not 100% sure if I also because I wasn't fully awake to the nervous system, and I was doing things like inner size or brain tap or any other things.

So I don't know, you know? And I haven't done it since because I was like, I dunno if it really worked for me. So now I'm hearing up to 300 milligrams.

Okay, okay. Maybe the microdosing needed to be a little bit more macro on my micro. Usually if someone will start at 50, a lot of times we start a 25 or 50 just because.

I work with a lotta people who would never have imagined they're working with psychedelics. They're 80s kids or they are a lil bit shy or their nervous about losing control.

And so starting lower than they need to is very, very confident building for them. So they'll dose it 50 for maybe a week or two and go, you know, I'm not feeling a whole lot.

Do you think I can move up? And they will move to 100 until we hit their sweet spot. But ideally you'll notice you will start to feel cognitive benefits.

Typically first people just notice like I am really dialed in. I think better, my memory is better. Very productive, effortlessly productive. People feel an uplift and calm, typically, and oftentimes their dream life comes alive.

Lots of people start dreaming amazing dreams, very symbolic dreams. And that's fun for people because a lot of times these people who haven't dreamed in many years start dreamin again.

Wow. In Chinese medicine, we take that, you know, lack of dreams as being quite a deficient state. And there's different variations on a kidney blood deficiency, blood efficiency, things of that nature.

But the kidneys are most related to the adrenals and to this concept of no dreams happening, which I find very parallel with folks having given up on their dreams too.

Do you see that as well? Yes. A lot of times it's very common on intake forms in the last couple of years, people say to me, You know, I'm okay. Like I am okay, having a good life, but when I look out at the next 40 years, it's not good enough.

And so I don't want to stay where I am now. I still don''t really feel like I'm really fully living my life fully. And that's what's bringing them to practice.

That's really cool. It's cool to look at it that way. and I think we're definitely awake now where, I would say five, 10 years ago, even in the naturopathic medicine space, we weren't looking at health this way, you know, We were looking still pretty quite symptomatically, yes, root cause, but still taking this concept of the symptoms of being like, Could there be more to it?

And now I've gotten to the point and, you know, some of us joke that we get so far in practice and the protocols aren't working, things aren' working.

And then you're like, did I address the nervous system? No! And we have to go back to. So one of the big questions I get from a lot of folks, because obviously a lotta folks wanna work on their nervous system.

They've had past trauma, they've have past things happen, They're worried about things kind of coming up. Which is why I like, you know, hearing about communities.

I liked hearing that you can travel, go to a ceremony, but you've got care before and after those types of things. Now, in a microdosing situation, it sounds like it's not as likely.

But have you seen where folks have had some things come up where now we've got to figure out how to help them deal with it?

Finding the Right Dose and Noticing Subtle Effects

Beautiful, beautiful question. This is one of the things I love about microdose aid so much is psilocybin is beautiful medicine at bringing things up.

that have been stored in the body. It's beautiful for long-term trauma that's lodged in a body that no amount of talk therapy, no of anything else can get to access.

But a lot of people express that fear to me too, it's like I know I have these things and I want to heal from them but I don't have the bandwidth for it to completely destabilize my life.

I've too much going on. And that's one of the things I love about microdosing, it brings things forth in a way that is in bite-sized pieces. So you're doing the healing real-time, through your dreams, your relationships, emotions, day-to-day life, and it's much easier to integrate your healing than, say, if you do a psychedelic journey where it is a whole lot of truth all at once.

And then you kind of have to put back the pieces together into place. It's a beautiful companion. I do have a lot of people who go on to journey and do the big medicine and get the Big Transformative beautifully healing experience, but there's so much better served by preparing for that with microdosing to start to open up some of those threads and themes.

The other beautiful thing I've seen the way mushrooms work with microdosing, with trauma healing, I worked with a lot of people over the course of my career who had childhood abuse, childhood sexual abuse childhood physical abuse and so many of our narratives and our healing.

They had all been to therapy for many years. Lots of counseling, lots of group work, lot's of programs, but mushrooms work at an energetic level that goes beyond the words, beyond mind even.

It's an energy healing that happens. And so for people who have experienced great trauma, It helps you, rather than focusing on your trauma, it helps your transcend and expand beyond that trauma.

So rather then staying in the story of our trauma like a lot of healing modalities do, It kind of stretches and expands people's perspective over who they are.

They're no longer a survivor or a victim. This doesn't define their life anymore. It's just part of their human experience, part other human story, and they can move through life with a lightness that they didn't have before.

I think that's one of the biggest issues with our healthcare system and just how we've all been taught, you know, I too am in this world and it's a hard dance is problem focused, versus solution focused versus trying to just transcend all of it.

And with traumas, it's tough. But also with with things like autoimmune conditions, you know, chronic illness, when you don't feel well, a lot of times you want to put your middle finger up at the doctor and be like, look, I really don t care that you're trying t tell me to work on my nervous system.

You know just find let's find the problem. Let's hone in on the problems. Do you find that microdosing can help, in

chronic health conditions too, much like the trauma?

Get folks away from that paradigm of, I have to fix this issue. It's almost like weight loss. I half get the weight off. People are surprised by how all the things they were trying so hard to fixed and work on before they receive them.

But they're receiving them instead of efforting for them is much more effortless. Like I can't tell you how many people stop drinking alcohol. They don't even intend to, it just happens because mushrooms shift them energetically.

Their vibration is completely different. So they're sleeping better. And when they are sleeping, they eat better and when their eating better, their exercising more.

It's like this beautiful cascade effect that happens. They're not thinking about it so much. Its just kind of happening, which is the dream. Then we have to decondition from the idea that it's okay for this to be this easy.

Right? It doesn't have be so. problematic a problem to fix all the time as is in our systems it seems like I mean absolutely absolutely and of course some people will be like oh it's too good to be true but you know I'm in the camp of you don't know till you try and and you kind of go from there and I'll call myself out like i said I tried the one time I didn't do it again cuz life just Here we are.

Fast forward. Boom. You know, and I'm definitely curious about retrying the process now that I understand the system so much more. And, you know I think that's where your community comes into such a great need is you can really educate folks on like, this doesn't work, try that.

Kind of the troubleshooting. That's the best thing is the trouble shooting component. How big is your Community right now? How many folks do you have?

Global community, we have about 400 people in that now. Yeah, from 30 countries. That's pretty cool. Are you guys doing any meetups? Are going to do any in-person stuff ever?

Just out of curiosity. I just posed that question to them last week. We're just starting to think about that. A lot of people are feeling the call to be together in person again, so we'll see.

One of the things that I saw you had a podcast on and of course, guys, she has a pod cast. It's, you know, micro dosing for healing. And, and, of, course there's always a concern with nervous system and heart and my gosh, what's going to happen?

What, What do you find in terms of like a standard statement maybe, or no standard, that doesn't sound like fun. Like a broad statement that you can give to folks when if they're worried about their, their medications and maybe their doctor's not as quite open or even on knowing of what kind of things Could could come up at all.

Yes. Great question. This is one of the biggest misinformation pieces out there right now and all over the place. And so a lot of people think that they can't start microdosing until they get off all their other medications.

That's absolutely not the case. Absolutely not. So most of them are going to be fine. There are some medications that blunt the effect of psilocybin. So that's pretty much the issue is working together with someone who can help you assess which medication you're on, your dosage, how long you've been on it, and how we adjust your microdose so that you can receive the benefits and effects of psilocybin to overcome the blunting effects if some of the medications.

It's typically with antidepressants. And some sleeping medications are the biggest ones, but far and away, most medications. And the podcast episode that you're mentioning, my friend and colleague, Kristen Speer developed this really incredible tool at psychedelic interaction.com where it's just a user, you know, in seconds, so you can type into your medications and it will cross check it with psilocybin to give you a really detailed report of any contraindications with your specific meds.

That's huge. Thank you to her for doing that. I'm glad you brought her on. And so guys, you can check out that podcast over at Casey's website and we'll get all that in the podcast notes.

Microdosing for Trauma, Chronic Conditions, and Integration

Now, one of the things you mentioned prior to me kind of taking that little segue is when folks are microdosing, they're changing their energetic vibe.

They're changing their wiring, they're rewiring themselves. And I think for a lot of people that seems right, too good to be true. But at the same time, going to tie it into the meds, I have found for certain folks they've re-wired their vibes so much that they don't need the antidepressant, the sleep aid, blood pressure med, all these different things.

And I'm fascinated by it all the time. Let's talk a little bit more. And, I love your insights as a Reiki practitioner, but also as someone who works with microdosing and energetics.

What kind of things do you see when someone's slowly starting to change their vibe? What can folks from the podcast notice that, oh, it is working. It is happening.

This is a GC one. Great question. So it's very, very subtle. And this is the magic is in the subtlety. That's why it is so nice to have a guide, a coach, and a community to reflect because a lot of what can happen, we can miss it because it so subtle when you're doing it on your own.

When you shift your energetics, the world interacts with you differently. We have noticed that the most sensitive beings in this world notice first. You'll notice babies.

respond and react to you differently. Like you'll notice like you will be the one where a baby will just fixate on you when you're in an airport, you know, and they catch your eyes.

Also babies, children, animals. We have so many incredible stories of wild animals coming into proximity of a person and not having any fear, just hanging out.

And wild stories, lots and lots of birds. In particular, there's something very special when people start microdosing. We have lots of bird stories where birds land on people and hang out or sit next to people on hangout, which makes sense because they're the messengers between the worlds, right?

And have a strong mystical connection. Also, interestingly, children on the spectrum. So children. On the autism spectrum, have incredible gifts of sensitivity that we're just beginning to understand and appreciate.

And so we have noticed that when people are microdosing, children who are on the spectrum respond to them differently. But a lot of times people will say, I didn't really notice much shifting in me, but my kids are telling me I'm different.

My spouse is telling my I am different, and I've responding to things differently, like sometimes it's so subtle people, life has to happen and something has happened.

And they'll go, wow, I respond to that completely differently than I would have three months ago. So something's happening. That's cool. I recently had an experience where there were two deer in the road and they stopped and the one came over to my car and I'm like, whoa, so I rolled the window down and got to pet its nose.

Now I was like this is special. That's special. Yeah. So, you know, these kind of experiences are super huge. And I definitely want folks to be paying attention and noticing these because yeah, wow, birds.

I'm waiting for a bird to sit on my shoulder. That would be awesome. Oh, I love animals. Of course. I'm gonna want that. So what other you know, II know you have the the community we talked about that you do some some coaching as well.

And I am very curious just because I have folks out listen that are also coaches are you fitness coaches that our You know, various coaches of other different types.

Let's talk a little bit about the program you have for practitioners and, and how they can kind of see, you know of microdosing from a different level.

What, what are you doing with us kind folks? Yeah, happy to. So the facilitator training program came out of. We did 31 microdosing groups. We have a six week immersion program and out of those groups, a lot of people started supporting other people with practice.

They started, they kind of went from zero and six weeks later they were like, I think I want to do this and support other. It's profoundly healing for me.

And I wanted to share it with people. And so it was just time to create a formalized program to bring the skill into people's lives and so we do work with a lot of coaches and clinicians who are already in the healing arts in some capacity who want to weave microdosing into their existing practices.

So. It's really ideal. I mean, it's, you can microdose on your own. I did back in the day by necessity. You can microtose your on, but when you're micro dosing in, the container of a health professional, a coach, someone supporting you, who can kind of help you.

Recognize the patterns and connect the dots and just hold space for you while you're moving through the process It's infinitely more effective I can absolutely see that especially when someone's working with your health and already in one way or other I mean I give coaches fitness coaches huge props because they're dealing with a lot like their counselor and you know multiple things and and so I look at it and I'm like you really You see that this would be a great place going forward for a lot of people.

Now with sourcing, this is something that a lotta people are always kind of asking me, how do we know? What do look at? And I've noticed in Washington, there's a lots of communities now that are developing on sourcings.

How do you recommend for folks to look out sourcin? Beautiful question. It's really important. So I encourage people, first of all, to take your time with us.

Like don't go to the first option on Instagram where you don' know what you're getting. Your sourcing is everything. This medicine is a relationship. it's a being I considered it to living energy and spirit.

And so you want to. Take your and get sourced from a person who holds it with integrity and reverence and Truly cares for the work. That said, when we first started, we taught people how to grow their own because there wasn't a lot of sourcing out since out there.

And so I had a cultivation partner and we made kits for people so that at home, this was during the pandemic, people had lot a time on their hands to learn new hobbies.

and so, that was really beautiful. So you can always grow your own at. Get your kit, order your spores online and grow. Your own similar to kind of having your.

Herb garden. and creating a relationship with the medicine. After the pandemic, people got busy and went back to life-lifing and said, I don't have time anymore.

And thankfully, a lot of different cultivators and sources are now public. They have different protections. A lot have established churches and religious exemptions to be able to source people around the country.

So that is what enabled our community to really grow globally, is we have medicine sources around in support. So we have a wonderful medicine source in Canada, another here in the United States that people know that they can go to and get high quality, high integrity sourcing.

That's incredibly important these days. I mean, I just had someone last week get a supplement from Etsy and I'm like, i don't know why she was buying it from etsy, but you know, okay.

And it ended up being a knockoff. These kind of things are scary and we hear about it with Amazon and whatnot. But this is a problem. And that's why I'm always get to know your grower, get know at least a reputable place that is recommending a particular company.

Community Support, Medication Interactions, and Sourcing

Great advice. Yeah. So I think another big thing that I'd love to ask you is looking into your personal experience over all the years and looking with microdosing.

If someone's listening to this right now and they're like, I don't know. I am not really sure if this is for me. What kind of advice would you have for them to really kind of dive in, get some more information, go to your website, those kinds of things.

What kind things would you tell someone who's kind dabbling and wondering if this is going to be helpful for them? Yeah, I mean, my community and platform is designed for that person, honestly, because that was me.

I'm a very like cautious, careful researcher type person. And I take my time to dive into things, so I really built our platform for the person who is very cautious minded.

So there's lots of information and resources on our website. That are all vetted and we have a lot of podcast episodes to listen to so people if they're coming for a specific reason or condition, they can probably find an episode about that.

And then our community was designed for that too, so that people could step into the community. It's just month to month and it's really accessible. People can come to step in to those calls and ask questions made a bunch of practicing active guides.

around the world to get their questions answered. And also it's deeply empowering just to listen to people from all over the word, some of whom have been practicing for four or five years now and see what's possible.

That really builds your confidence fast. To make sense. I'm guessing within the community too, you're kind of helping folks get ready. for doing a microdosing round I'm guessing and and in terms of micro dosing too I think the other big question I get quite a bit is do I do one month and then I am done or do i do a cycle like what what's common in this I know, my guys who are in other parts of the world always laugh at us Americans, like we want everything done in 30 days.

Like, can't we be done? They're like, what's gonna happen in thirty days? You're working with lifetimes of healing, right? It's just us being us. But we do six week cycles in our community.

So six weeks is typically long enough for people, almost everybody is going to have some experience over six Some people are going to feel effects the very first day, and they're kind of off and running.

Other people, it takes a little while to connect with the medicine. Sometimes they'll have a motion come up to move and energy shifting. And then before they kind get in their flow with a medicine and then other people on different medications that blunt and it might take a bit longer to a connect.

We typically do six week cycle and I would say it's typical for people to dose consistently according to their protocol for about three months and then taking a break of a few weeks.

Okay. Yeah, that's a lot more than anyone's ever been able to tell me on it. So, you know, obviously being Americans, it would imagine someone from Europe being like, It's done when it is done.

You'll know when you're done and for American brain that is like Well, I don't know. Is that three months? Come on, 45 days? Like, i need the details.

I need to- God on. When are we there? When we gonna be there, yeah? Right, like a kid in the back of the car on a vacation. Are we here yet? Are there yet??

But it's funny, you know, that's how we are. And no fault of our own, we weren't taught this. You know medicine's definitely rapidly changing. It's coming.

We're getting there. Slowly but surely. we still have that that like we want the magic pill and we wanted now and you know if the micro dosing was a micro dose and it was one I mean everybody be on it but that's not the process right like you're saying and and those sorts are saying it's it a lifetime of things were were undoing and in a good way we're rewiring from that.

So one of the other big things that I was wanting to ask you about is, you know, I love to hear stories and I'd love hear like, we've, heard yours. Can you think of some folks that there were, it was just, whoa, It really spoke to you in terms of what happened when they microdosed and give us like just a little, and even if it's broad and you see it often, just for folks can hear just little bit more of when you are consistent with it.

When you're doing the work. What kind of things can you expect? That would be one thing. And then the other would, if there's anything aside to does acupuncture, have you seen it amplify results?

I mean, I personally am a little biased on that. I'm gonna say yes, but I want to hear what you see or like, does Reiki work with it? Does, you know, tapping, EFT tapping?

You know? What kinds of these can pair with microdosing too? that's another big question I always get. Let's start with the practice piece, all of the above, absolutely.

And that's one of beautiful things of microdosing is a lot of times it's such a novel thing people are stepping into that it opens them up to doing other novel things.

That they might not have tried before, so we've had so many people get acupuncture for the first time, do Qigong for, the artist's way process for. It's endless.

So once you tap into your intuition and your instinct again, people kind of get drawn. to a certain lifestyle practice that they need. You know, a lot of times people are like, do we have to journal?

Well, some people will love to Journal, but if you don't, aren't drawn to the journal, no. I mean, lot a times, people equidistant is bringing us back into balance.

So people get drawn, to what they get, drawn too. And it's often what they have been pushing down or neglecting, kind of tapping back. When people feel really stuck in the process of getting to that point, I'll often ask them, well, what were you into as a little kid?

Like, What was that weird thing you used to do when you were a kid that your family was like, whatever, okay. And a lot of time they'll go, oh gosh, i was always drumming.

Like I was just always strumming as little kids. So it is kind tapping into what our soul loves to and kind what our soul, how our souls loves to move.

So probably the thing I recommend the most over the course of the last five years would be somatic practices, acupuncture, reiki, polarity, body work, massage therapy, because so much of this work is getting back into our body, getting into back our spirit, energy starts to moves, and then it can be really really helpful, especially for those people who have a lot surfacing, to kind of move the energy out.

and bring the energy back into balance. So yes, yes to all the above. Awesome. Good. We can choose our own adventure here and see, try things on. And that's really the biggest thing that I like to highlight here is that there is no one protocol.

There is not one magic thing. And it sounds like, you know, You've seen people try all kinds of different things and probably multiple things in the course of this experience.

And of course, so of, course we have to tell folks about your community and we to give them some more details about you, where they can find you where, they, can work with you all of that.

Thanks. And it's so, I mean, there's nothing more empowering than hearing people's stories. So that's one of the most fun things about coming onto the community is people just come in and share.

And I swear, like I've never done a call where I'm not just kind of in awe of what people share and what's possible.

Practitioner Training, Resources, and Closing Remarks

If you're curious to hear people lived experience, that a great place to go. We're at microdustinforhealing.com. That's where everything lives. and we have a global community that is very accessible just month to month.

We have immersion programs, we have a podcast, and then we our professional facilitator training program. The next one will open up January 20th of 2026. So folks can join the community, figure out like, okay, what are these resources that I can use to source, you know, respectfully as well on that side of things.

And I know you're probably in agreement with that. And in your community, you will also let folks know if you guys decide that you're going to do a meetup of sorts.

Yes, indeed. All right, Casey, such good stuff here. Thank you so much for sharing your story and letting us know about the global microdosing community.

I think this is incredibly helpful for folks. Plus, it's online, really easy, accessible, and you've got world attendees, so anyone everywhere can attend.

One last question. You said you have your lives. When are they? They are Sundays. We always have them on Sundays to make it easy for people's schedules and we stagger them in different time zones.

So we have a lot of people down under, and then we some bunch of over in the Eastern part of the world. Yeah, we stagger them, but we mostly have to them Sundays or weekday evenings.

So easy guys, you know, trying to remove all the barriers, of course, to getting the support that you need. But I think this is really important and, and just something that can help folks to feel good in their bodies.

Cause I know that this time in life, it's, You know it, It's a heavy, a little heavy in the world right now. And if we can all raise our vibes, we Can overcome that.

I bet you, probably agree. Can see you nodding there. All right. Well, thank you so much for coming on, I appreciate it. Thank you. So much. For having me.

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Thanks again for Hey health junkies, wanted to let you know what I'm drinking while I am on the podcast. Today it is from Perfect Hydration, the perfect morning drink.

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my B vitamins. because now it's all in one drink.

So if you're looking for something that can help you simplify your morning routine, this is it. And if your old enough to remember the drink called Tang, that's what it tastes like, and much healthier, of course, in this case.

If you are interested in trying it out, you can head over to Perfect PRFCT, there we go, perfect.com.