

LSD to lift your mood or performance? Microdosing could become commonplace

Janet Lai Chang is one of many who have added a pinch of psychedelic drugs to their daily routine in recent years. Followers say this “microdosing” regime doesn’t send them tripping, but merely gives them a boost to improve their mood or performance.

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You would be forgiven for thinking your work performance might suffer under the influence of mind-warping illegal drugs. But microdoses, about a tenth of a recreational dose, don’t seem to induce hallucinations; instead, people who do this report in internet forums that they are happier, more creative and more productive.

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LSD and psilocybin, the active ingredient in magic mushrooms, achieve most of their effects by binding to serotonin receptors responsible for mood and cognition...[Neuroimaging studies](#) show that LSD and psilocybin change how different parts of the brain talk to each other. In particular, the visual cortex communicates more with other areas.

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People with depression appear to benefit from microdosing, whereas those with anxiety find it is less helpful or makes symptoms worse. Overall, the microdosers report feeling more determined, active, alert, proud and enthusiastic, but also more nervous and jittery. They report feeling less depressed, upset, guilty and afraid.

[Editor’s Note: Free account registration is required to access the original article.]

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: [Microdosers say tiny hits of LSD make your work and life better](#)