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## Methods of Consumption

### Mushroom Tea Recipe

by PinkSharkMark

Just before you make the tea, dice the mushrooms into fine pieces – maybe twice the size of a sesame seed. The smaller they are, the more easily they will give up the psilocybin to the extracting liquid. Wait until you are ready to make the tea before dicing, as the psilocybin will degrade due to

exposure to oxygen.

Heat a cup or a cup and a half of water to boiling. Add about a teaspoon of lemon juice, remove pot from heat, wait about 30 seconds and toss in the shroom bits and 1500 mg of crushed up vitamin C tablets (any kind, but the chewable variety will probably taste better). Stir it every few minutes, squishing the mushroom bits against the bottom of the cup or the sides as you do so.

After ten or fifteen minutes, strain out the mushroom bits and toss them into a **SECOND** batch of almost-boiling water and half a teaspoon of lemon juice (no vitamin C this time). You won't need a full cup of water this time...maybe a half cup. Put the first cup of "tea" aside to cool further. Stir and squish as before.

After ten or fifteen minutes, strain out the shroom bits, pressing out as much water as you can, and discard the shroom bits. By this time most all the active ingredients will be in the water and lemon juice mixture.

Combine the two portions of "tea" into one big mug, toss in a spoonful or two of instant coffee and add enough sugar so that you don't gag when you drink the mix. **NO MILK** or **CREAM**, though, or anything fatty. Wait until the resulting mix is cool enough that you can drink it within five to ten minutes. The idea is to get all the psilocybin/psilocin into your bloodstream at the same time.

Essentially, you are extracting the psilocybin and psilocin from the mushroom tissue. The hot water does most of the work, but the lemon juice acidifies the water so that the extraction is more thorough. The coffee provides caffeine, which allows the body to absorb the psilocybin/psilocin more rapidly and completely. The vitamin C is an antioxidant to keep the fragile psilocin molecule from breaking down too rapidly.

Whether you make mushrooms into tea, dice them and mix with a glob of honey or molasses, or simply choke them down, the key is to do them on an EMPTY stomach. No food for two hours before, and the meal before taking the mushrooms must be fat free. No milk, no cream, no peanut butter, no olive oil, no cheese, no nuts, no avocados. Wait 90 minutes after taking the mushrooms before eating again; all the psilocybin and psilocin will be in your system by then.

## **Miqels Decoction**

Another recipe for maximum effectiveness and minimum offense:

Grind dose of dried mushrooms into a powder in a coffee grinder. Heat 3/4 cup water \*almost\* to boiling and let sit for 5 minutes.

Dump in mushroom powder and add 1/2 tsp of powdered vitamin C or squeeze in 1/2 of a lime or lemon. Stir for a little while and let

sit for 5 minutes

Strain the mix thru a fine mesh or a cheesecloth – strain it twice if necessary till you have a mostly chunk free liquid.

The C separates the psilocybin from the mushroom tissue rapidly (if it's ground up) – don't leave it sitting a long time or you will get more of the other stuff you don't want into the decoction.

Ideally you want to have as little carrier liquid as possible for the now extracted psilocybin. (about 1/3 of a cup or so).

When added to a strong flavored juice the taste and smell of the mushrooms (for me this is a nausea trigger) is absent; there is perhaps a very slight metallic aftertaste.

## **Encapsulate**

Some prefer grinding dried mushrooms into a powder, loading the powder into gelatin capsules and swallowing the capsule. This avoids the bad taste, but does not speed absorption.

Gel caps and supplies can be found at [www.capsuleconnection.com](http://www.capsuleconnection.com) and [www.cap-m-quick.com](http://www.cap-m-quick.com).

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