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OCTOBER  
2021

# PSYCHEDELIC CANADA MAGAZINE

Exploring The New World  
of Psychedelics in Canada

# Lift & Co.

# Expo

Coming to Toronto  
November 18-21, 2021



## Looking for Cannabis 2.0 updates?

We're bringing together Canada's top business leaders, innovators, and regulators to share their perspectives and approaches on the most important issues facing Canada's cannabis and psychedelics business sector today.

## Lift Cannabis Business Conference & Industry Day

Nov. 18 - 19

14 In-Depth Sessions | 60+ Experts From Across Canada and Abroad | 200+ Exhibitors

## Watching the growth in psychedelics?

No matter what stage you're at, you can't miss the opportunity to dive into the world of psychedelics at Lift & Co. Expo. Register today for this brand new program focused on the most up-to-date business intelligence on today's 'psychedelic research renaissance'.

## Lift Psychedelics Business Summit

Nov. 19

6 Sessions diving into the new psychedelics industry | 25 industry experts | Access to the Industry Day Expo Hall

## Expo Hall

Experience the lively Expo Hall filled with all things cannabis and psychedelics, make sure to take in the vape showcase and grow show, as well as all the added fun and engaging activities, plus much, much more!

Visit [www.liftexpo.ca](http://www.liftexpo.ca) for tickets and info!



# MMRC Clinic

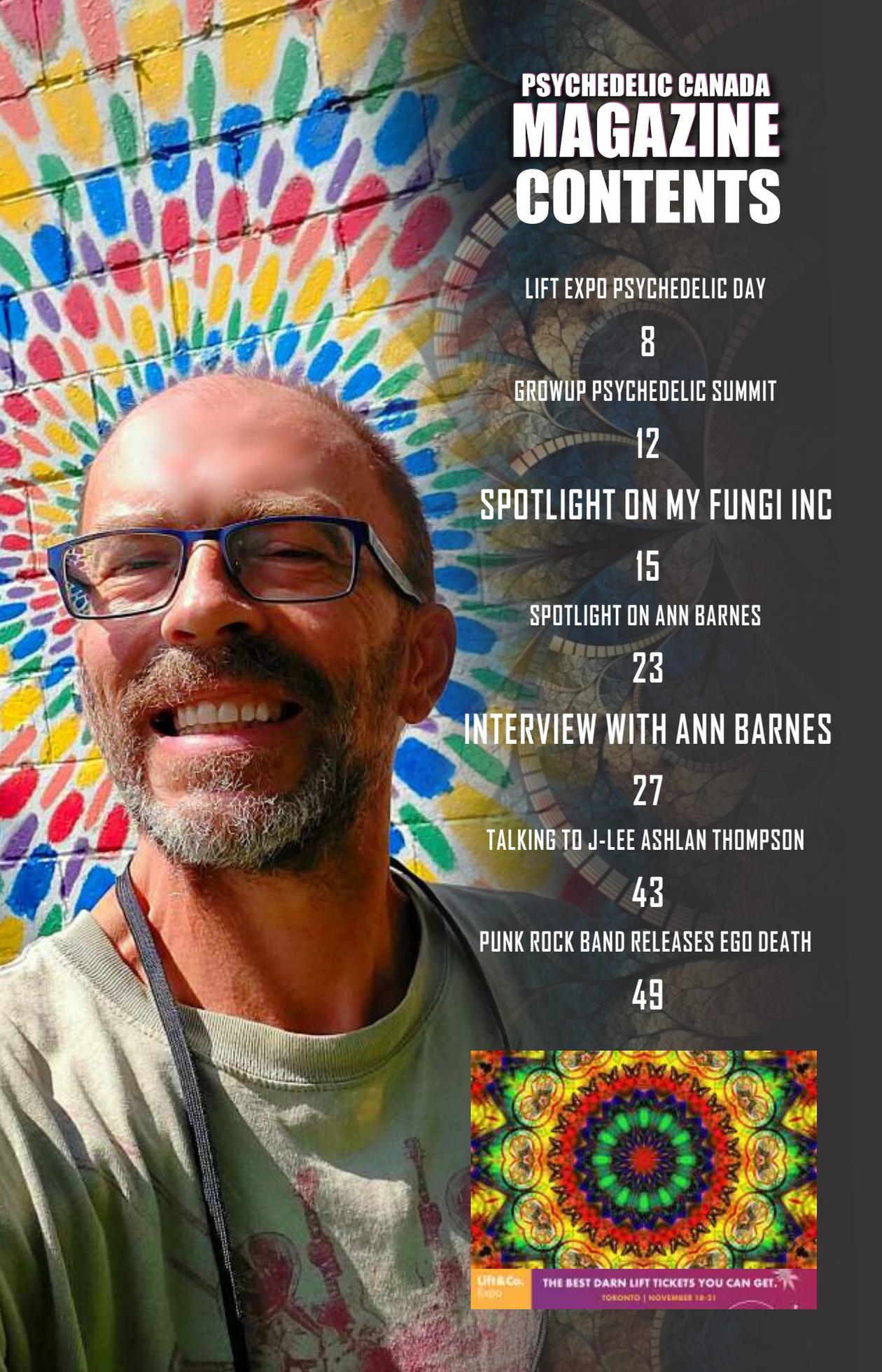
## *Medicinal Mushroom Resource Centre*

MMRC is a first of its kind Medicinal Mushroom Resource Centre for information and support in the use of medicinal mushrooms, for treatment of resistant health concerns and issues.

Subscribe today to find out how medicinal mushrooms can support you or your loved ones on their mental health journey.

Qualified patients will be granted access to legal psilocybin.





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TORONTO | NOVEMBER 18-21

# PSYCHEDELIC CANADA MAGAZINE

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TORONTO | NOVEMBER 18-21



# PSYCHEDELIC CANADA MAGAZINE

## OCT 2021 - ISSUE # 2

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Psychedelic Canada Magazine is distributed digitally and by subscription. Psychedelic Canada Magazine is intended to inform and educate adults over 21 about the complexities surrounding psychedelic culture, business, treatment, research, consumption, production and manufacturing.

# Lift & Co. Expo

Coming to Toronto

November 18-21, 2021

The Lift&Co. Expo Toronto 2021 is introducing an all-new, all-Canadian, full-day comprehensive conference.

## Lift Psychedelics Business Summit

Nov. 19

Canada's psychedelics business leaders, researchers and medical practitioners are gathering here.

The expansion of psychedelics research and the emergence of new and proposed therapies for psychedelics is creating unimagined treatments - and opportunities - for patients, healthcare professionals, and businesses. Register today for this limited seating business strategy, research and investing event!

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Business Strategy, Research, Innovation & Investing  
6 in-depth panel sessions | 25 industry leaders |  
Access to Lift&Co. Expo Industry Day Exhibits'

### Lift&Co. Expo Hall | Nov. 19 - 21

Experience the lively Expo Hall filled with all things cannabis and psychedelics, make sure to take in the vape showcase and grow show, as well as all the added fun and engaging activities, plus much, much more!

Visit [www.liftexpo.ca](http://www.liftexpo.ca) for tickets and info!



# Lift & Co. Expo

Coming to Toronto

November 18-21, 2021

The Lift&Co. Expo Toronto 2021 is introducing an all-new, all-Canadian, full-day comprehensive conference.

The Lift & Co. Expo is back helping Canada build responsible, prosperous cannabis and psychedelics businesses.

The Lift & Co. Expo Toronto, November 18-21, 2021, being held at the Metro Toronto Convention Centre, is much more than a tradeshow that accelerates cannabis and psychedelics brands. It is an educational conference series that offers delegates the opportunity to choose the professional learning that suit them best.

Whether it is the Lift Cannabis Business Conference, Nov. 18, Lift & Co. Expo's Industry Day or Consumer Days, Nov. 19-21, or the new Lift Psychedelics Business Summit, Nov. 19, these events are where Canada's cannabis and psychedelics professionals come to elevate their business strategy, refresh their perspectives, renew their energy, and collaborate with their peers.

Each day of the educational programming focuses on the unique challenges and



specific issues related to cannabis sector business strategy, psychedelics research and business development, operational excellence, regulatory compliance, as well as developing innovations for recreational and medical cannabis, plus new psychedelics therapies.

With this broad and diverse curriculum, delivered over four days, businesses can benefit from registering different

representatives on different days to gain a broad scope of learning, tips, tactics, and new approaches that are comprehensive, cutting-edge and can be shared with colleagues when they return to their office, lab, grow facility, and so on.

The aim of the conference series is to offer delegates more choice, more information, and more ideas, related to:

- New cannabis and psychedelics products, suppliers, and professional services
- Updates on related law, regulations, policies, guidelines, and compliance
- Proposed and new public health and safety requirements
- Changes to finance and banking practices and services for the cannabis and psychedelics sectors
- Educating health practitioners, regulators, insurers, employers, and the public
- Fresh approaches for GR, PR and maximizing marketing and promotion
- Workforce planning, skills training, talent recruiting and retention, and more.

Ticket sales, speakers, and an agenda can be found at: [www.liftexpo.ca](http://www.liftexpo.ca)

Join our distinguished faculty of speakers and network with top cannabis and psychedelics business executives, advisors, policymakers, regulators, researchers, industry suppliers and professional services, at Canada's leading business leadership and consumer event for the cannabis and psychedelics industries. Tickets are on sale now!



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# EDITORIAL

- Cy Williams -

I am a long time advocate of psychedelics, a champion of plant medicine, an advocate of cannabis and most of all, I believe people should be allowed every opportunity to live their best life.

This magazine represents an unique opportunity to learn about all the different types of psychedelics that exist out there, to check into the psychedelic research being done in Canada and abroad, to highlight the people and companies who are actively working to change the world using psychedelics and to highlight how psychedelics are going to disrupt the billion-dollar industry that is health and wellness globally I invite you to join us in our ongoing exploration of psychedelics in Canada.

Cy Williams  
Publisher/Editor -  
Psychedelic Canada  
Magazine  
email -

editor@highcanada.net



## PSYCHEDELIC CANADA MAGAZINE

**PSYCHEDELIC EXPERIENCE** The story of psychedelics  
www.psychedeliceexperience.net

**The history of psychedelics**

**Earliest evidence**

- DMT**: 1961-62: First isolation of DMT (N,N-Dimethyltryptamine) from the Amazonian rainforest.
- MDMA**: 1919: First synthesis of MDMA (3,4-Methylenedioxymethamphetamine) by Leo Sternbach.
- LSD**: 1938: First synthesis of LSD (Lysergic acid diethylamide) by Albert Hofmann.
- Psilocybin**: 1953: First synthesis of Psilocybin (5-Phosphoryloxytryptamine) by Albert Hofmann.
- Iboga**: 1961: First synthesis of Ibogaine (8-(8-hydroxy-3-methyl-8-azabicyclo[3.2.1]octan-3-yl)octan-3-amine) by Albert Hofmann.
- Ayahuasca**: 1961: First synthesis of Ayahuasca (N,N-Dimethyltryptamine + 6-Hydroxytryptamine) by Albert Hofmann.
- Salvia**: 1951: First synthesis of Salvia (Salvinorin A) by Albert Hofmann.
- Peyote**: 1953: First synthesis of Peyote (Mescaline) by Albert Hofmann.

**1950's and 1960's scientific research**

- Over 1000 scientific papers published.
- 40,000 people participated in research.
- 6 international conferences.
- Dr. Oscar Janiger conducted the first double-blind study of LSD (Lysergic acid diethylamide) in 1953.
- Conclusion: LSD can be safely administered to a wide range of people for the treatment of various mental health conditions.

**Mid 1960's prohibition**

- All scientific psychedelic research on humans banned in U.S.
- 1966: LSD was designated as a Schedule I controlled substance.
- 1967: The Controlled Substances Act (CSA) was passed, classifying LSD as a Schedule I controlled substance.
- 1970: The Controlled Substances Act (CSA) was passed, classifying Psilocybin as a Schedule I controlled substance.
- 1986: The Controlled Substances Act (CSA) was passed, classifying Ibogaine as a Schedule I controlled substance.

More information and resources: [psychedeliceexperience.net/story](http://psychedeliceexperience.net/story)

The story of psychedelics

1/4



# **GROWUP** **PSYCHEDELIC SUMMIT**

**Psychedelic Summit - December 1st, 2021**

**9:30 am – 10:30 am**

**Intro to Psychedelics: From Theory to Practice**

**10:35 am – 11:05 am**

**The Past and Future of Psychedelic Science**

**11:10 am – 11:55 pm**

**Legal and Regulatory Landscape  
in Canada and Abroad**

**12:40 pm – 1:10 pm**

**Honouring Indigenous Roots**

**1:15 pm – 1:45 pm**

**Psychedelic Medicine in Canada –  
Where Are We Now?**

**1:50 pm – 2:35 pm**

**Ethics and Drug Policy:  
What Policymakers Need To Know**

**2:50 pm – 3:05 pm**

**License to Deal – How to Start Your  
Own Psilocybin Mushroom Business**

**3:10 pm – 3:45 pm**

**Patenting in the Psilocybin Space**

**3:45 pm – 4:15 pm**

**How To Cultivate and Harvest Psychoactive Plants**

**4:20 pm – 5:00 pm**

**Psychedelic Outlook 2021:  
How Far Can This Industry Go?**

# GROWUP

CONFERENCE, AWARDS & EXPO  
NOV. 30 - DEC. 2, 2021 • NIAGARA FALLS, ON



## Grow Up Psychedelic Summit – Niagara Falls 2021

Join Grow Up at our Psychedelic Summit as we examine the cultural roots of the modern medical psychedelic renaissance along with a ‘psychedelic therapy 101’ for the neophyte. Psychedelic substances have been around for millenia used by cultures across the globe as medicines and in ceremonies. Now thanks to the persevering work of researchers, scientists, First Nations and therapists from all backgrounds we see these medicines being used to treat PTSD, depression, anxiety, eating disorders, addiction and more.

Our day long summit covers medicinal psychedelics, cultivation, policies, business insights, latest innovations and brings together some of the brightest minds in the psychedelic world. If you are looking to get involved in this new rising industry, which has been projected to reach 10.75 Billion by 2027, then Grow Up’s Psychedelic Summit is the place to be.



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10+ HIGH TIMES CANNABIS CUP WINNER  
(2019)

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### LEARN

With over 100 world-class speakers, our informative panels will bring you up-to-speed with what is happening in the cannabis cultivation and extraction industry, nationally and abroad. Our sessions are dedicated to the hottest topics, latest trends and the future of cannabis

### RECONNECT

Network with LPs, head growers, extractors, purchasing agents, distributors, suppliers, manufacturers and more. The VIP Industry pass includes access to all keynotes, panels and sessions, exhibition area, networking café, Meet the Exhibitors Networking Party.

### SCHEDULE OF EVENTS

VIP Industry Conference

Grow Up Awards Gala

Meet the Exhibitors Networking Party

Industry Conference and Expo

3rd Annual Grower's Lunch (invite only)

NEW Grow Up Psychedelic Summit

NEW Extraction Zone

Masterclass Technical Sessions

NEW! EXTRACTION ZONE  
RESERVE YOUR BOOTH  
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**AWARDS**  
TUESDAY OCT. 5 2021



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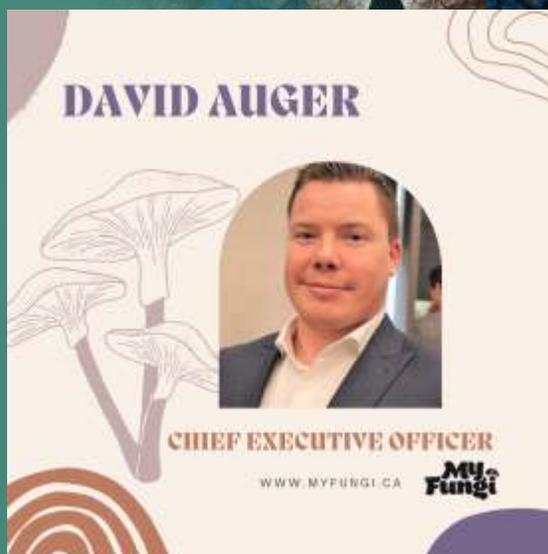
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# BUSINESS OF PSYCHEDELICS SPOTLIGHT ON

## My Fungi

**My Fungi Inc. grows beautiful and delicious Fresh Mushrooms and has developed high-yielding Grow-It-Yourself kits for growers of any size or application.**

**D**ave Auger is the Chief Executive Officer of My Fungi Inc.. Since 2013, Dave has owned and operated businesses in the Canadian cannabis industry. He has worked hands on extensively with the cannabis plant, and has assisted with the setup and buildout of licensed cannabis facilities throughout North America. Dave has consulted for and lead numerous cannabis companies throughout North America and founded Big League Genetics, a successful Canadian cannabis genetics company.

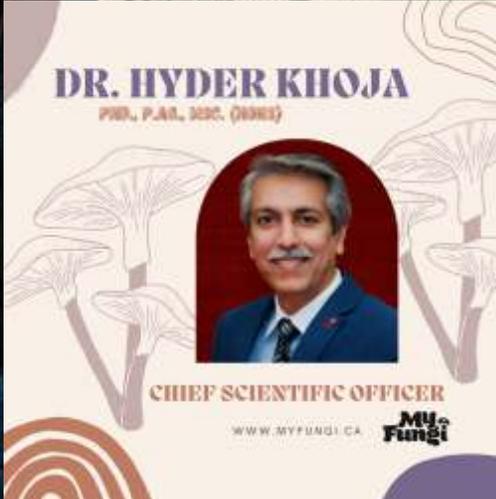


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DEC 1ST, 2021  
SPEAKING AT THE**

**GROWUP  
PSYCHEDELIC SUMMIT**

BUSINESS OF PSYCHEDELICS  
SPOTLIGHT ON

My  
Fungi



Dr. Hyder Khoja, PhD., P.Ag., MSc. (Hons), is our Chief Scientific Officer.

Dr. Khoja is an accomplished Global Life Science Executive with over 20 years of experience in the field Molecular Biology and Genetic Engineering. His expertise in science and policy domains has led him to a distinguished career in scientific research and business development for Health, Pharma, Nutraceutical, and Psychedelic industries with a broader vision for innovations in drug development.



He leverages his knowledge with a passion for drug discoveries and development from psychedelic plant extracts will help My fungi to validate and analyze consistent medical-grade plant based molecules for therapeutics. Dr. Khoja has done fascinating work in developing therapeutic potential for Coma research and has been developing Coma Resurrection Therapy (CRT) with psychedelics. Currently, he serves as the Chief Science Officer for My Fungi Inc., an exciting newcomer within the emerging sector of nutraceuticals and medicinal psychedelics.

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SPEAKING AT THE

GROWUP  
PSYCHEDELIC SUMMIT

**CHRIS JOHNSON**



**DIRECTOR OF CULTIVATION**

WWW.MYFUNGI.CA 

**CHRIS JOHNSON**



Chris has demonstrated excellence in gourmet mushroom cultivation and Fungi centric product development. Chris is experienced in spore plating and collection, isolation of a variety of mushroom species on an array of media, cloning, tissue culturing and propagation of foreign mushroom spores. Chris was the former Head of Security for a licensed cannabis producer in the Maritimes. He is experienced in controlled substance security regulations

**DIRECTOR OF CULTIVATION**

WWW.MYFUNGI.CA 

*I am a fungi,  
but I still do  
not have  
questionable  
morels.*






BUSINESS OF PSYCHEDELICS  
**SPOTLIGHT ON**

**My Fungi**

*Morel of the story:*

*A fungi always adds life to a party!*






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BUSINESS OF PSYCHEDELICS  
SPOTLIGHT ON



BETH RIDER



DIRECTOR OF QUALITY ASSURANCE

WWW.MYPUNGI.CA



BETH RIDER



Beth has a bachelor's degree in Chemistry with Pharmaceutical and Forensic Sciences from the University of Bradford, Yorkshire, England. During the past 20 years, Beth has held many roles in the international pharmaceutical industry. She has extensive experience in quality management systems, in Canadian cannabis, international pharmaceuticals, and food industries.

She is a certified quality auditor and a senior member of the ASQ (American Society for Quality). She is a third-party quality auditor specializing in manufacture, supporting services, and pharmacovigilance. Quality-related training includes GMP refresher, audit logistics, audit management.

DIRECTOR OF QUALITY ASSURANCE

WWW.MYPUNGI.CA



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*When the mushroom comedian made a few insensitive jokes, the audience said, "His jokes reflect his spore taste."*



# MY FUNGI INC. NAMED ONE OF 82 TOP AGTECH STARTUPS AND COMPANIES IN CANADA.



These startups and companies are taking a variety of approaches to innovating the Canadian AgTech industry, and now My Fungi Inc. has joined their ranks as standing out as the very best!

Companies were selected across the size spectrum from cutting edge startups to established brands.

These startups and companies were selected for exceptional performance in one of these categories:

## 1. Innovation

- Innovative ideas
- Innovative route to market
- Innovative product

## 2. Growth

- Exceptional growth
- Exceptional growth strategy
- Management

## 3. Societal impact



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Expo

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Toronto | November 18-21, 2021

# My Fungi



## A message from My Fungi

*My Fungi is excited to bring the mushroom growing experience to your kitchen. The mushroom grow kit is a fun way to impress your friends and expand your culinary horizon.*

*We hope you enjoy growing mushrooms as much as we do and share your experience with us on Instagram @MyFungi.ca*

*My Fungi Team*

**100% Guaranteed to grow**

**[www.myfungi.ca](http://www.myfungi.ca)**

# My Fungi

## GROW YOUR OWN MUSHROOM KIT

### BLUE OYSTER



*Blue oyster mushrooms are one of the most versatile culinary mushrooms in the world. With a mild woody flavor and meaty texture, blue oyster mushrooms are a great dish on their own or to compliment any meal. Here's one of our favorite recipes:*

### PINK OYSTER



*Pink oyster mushrooms are incredibly beautiful to look at and they taste even better. These deliciously delicate oyster mushrooms taste very similar to bacon or ham, and their flavor intensifies when cooked. Their flavor and succulent texture make them a wonderful meat substitute in many dishes. Here's one of our favorite recipes:*

# My Fungi

## YELLOW OYSTER



*Yellow Oyster mushrooms have a beautiful golden color with a sweet aroma. When raw, Yellow Oyster mushrooms can be quite bitter, but when cooked, they develop a balanced nutty flavor similar to cashews. Here's one of our favorite recipes:*

## LIONS MANE



*Lions Mane mushrooms are gorgeous gourmet mushrooms found in temperate climate regions around the world. When cooked, they have a delicate, juicy and meaty texture with flavors similar to lobster and crab. Here's one of our favorite recipes:*

# MEET ANN BARNES:



**PLANT-BASED ADVOCATE,  
HEMP PIONEER,  
CANNABIS TRAILBLAZER  
AND MUSHROOM MAVEN.**

By Cy Williams

**F**irst, let me give you a little bit of background on Ann Barnes. She has acted as corporate counsel and General Counsel for a number of private and publicly held companies, including Manulife Financial, TSN, Cott Corporation and Insight Sports. She specialized in corporate and security law. Since leaving her legal career to focus on her passion for plant based wellness, she founded and

operated a chia and hemp based superfood company, published two health food cookbooks and developed a social media following of over 31,000. She is a well respected public speaker with a popular Ted Talk and is an active advocate in the health and wellness space.

Ann is the founder, original investor and Chairman of the



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A person with a backpack is sitting on a large rock, looking out over a vast, green valley. The person is wearing a grey long-sleeved shirt, grey pants, and a grey cap. The background shows rolling hills and a clear sky.

first legally licensed  
medical cannabis  
company in Canada,  
Peace Naturals Project  
Inc. of which majority was  
sold to the Global  
Cannabis Company  
Cronos Group Inc. and  
subsequently bought out  
by Altira (Marlborough)  
(NASDAQ ticker: CRON).

[www.peacenaturals.com](http://www.peacenaturals.com)  
[www.thecronosgroup.co](http://www.thecronosgroup.co)

Ann is a Director of Red Light Holland Corp. (CSE ticker: T R I P), a legal producer and distributor of psilocybin truffles within the Netherlands. The company intends to contribute to the advancement and awareness of psilocybin and promote its potential for further research and study.

Ann is also a Director of Instadose Pharma (ticker: INSD ) Instadose Pharma (“IDP”) is a global commercial Cannabis producer and extractor. IDP enters countries where Cannabis has been previously illegal, and they work with federal and local governments, security, and farmers to legitimize their Cannabis crops and help them to export, process and sell into global supply chains.

Ann is currently the Founder and CEO of Edica Naturals. Edica Naturals creates plant-based supplements and beauty products to ensure an “Optimal You”.





# TALKING TO ANN BARNES

By Cy Williams



## **What inspired you to be Plant-Based?**

I became a vegetarian at the age of 17 due to IBS. Three years later, my Mom was diagnosed with aggressive cancer and was given 3 months to live. I stepped in to cook all of her meals and we rejected all hospital food. She battled cancer for 15 months until she passed away in both my and my sister's arms. I was 21. I believe that she lived another year because of her plant-based diet. That began my personal journey into understanding the true magic of plants.

## **Did you enter the Health and Wellness industry immediately after your Mom's passing?**

No. I was still chasing my ego at the time. In my 20's, I aggressively pursued corporate law,

## SPEAKER ANNOUNCEMENT

# ANN BARNES

Founder & CEO  
Edica Naturals



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became a Bay Street lawyer, and worked as in-house corporate counsel. I retained my love of plant-based foods and healing even though my alter ego was chasing fake prestige. I was a walking dichotomy.

### **What propelled you out of the corporate boardrooms and into Health and Wellness?**

My roles as Corporate Legal Counsel became quite unstimulating and made me feel like my soul was dying. So, I jumped at a new business opportunity that popped up regarding a then unknown South American seed called “Chia”. Chia is an amazing tiny seed with a ton of nutrients and is exceptionally high in Omega 3’s. I then launched the first North American chia company.



My passion for plant-based Omega 3's led me to discover the incredible benefits of Hemp seeds. I ended up meeting the most AMAZING group of founding Hemp growers. I then began operating one of Canada's initial Hemp based and superfood companies.

**How did you transition from being a Hemp company to a Cannabis producer?**

When I learned about the huge benefits of Hemp as a food, my next question was: "Why isn't everybody eating this?". After studying the history of Hemp, I realized

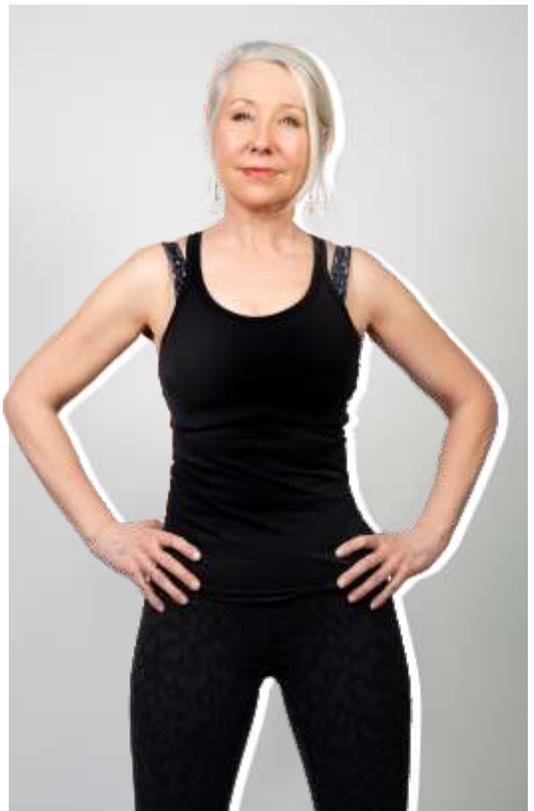
how this incredible plant had been suppressed for political and financial reasons. In the 1930's a few elite families (still around today) didn't want people to know about Hemp's benefits. Hemp is a miracle plant and would reduce profits in their various business interests (oil, gas, plastics, lumber, and processed foods). Cannabis and Hemp were criminalized and demonized for financial benefit to themselves – at a major cost to our society. As a society, we were forced to accept polluting fossil fuels and plastics rather than clean energy and carbon free Hemp packaging. I was irate and vowed to champion this incredible plant.

### **How did you come to champion Hemp and Cannabis?**

Through my Hemp-based health food company, I did a lot of speaking engagements and Hemp education seminars across Canada.

I also wrote two best-selling health and wellness books on how the body works and outlined the benefits of Hemp.

In 2014, when Health Canada replaced the Medical Marijuana Access Program with the Marijuana for Medical Purposes Regulations (“MMPR”), I immediately knew that I wanted to become a licensed producer and create true plant medicine. After my Mom's passing, I understood



how its compounds can help manage and reduce risks of various aspects of cancer and treatments (radiation and chemotherapy) and provide support for other medical issues. It was my “green dream” come true.



**Is that when you launched Canada’s first licensed Cannabis producer?**

Yes. I, along with my then partner, founded The Peace Naturals Project Inc. (“Peace Naturals”). We were granted the very first license in Canada to act as a licensed Cannabis grower. In fact, as Canada was at the forefront of legalization, Peace Naturals is technically the world’s first legal independent producer of commercial Cannabis.

**What was it like to be the first licensed Cannabis producer in the world?**

It may sound cool and sexy to be first but, truth be told, it

was hell on wheels. If you can imagine being on the worst LSD trip of your life and times that by 1000 that might actually be close. And I don’t even do LSD. It was horrible on every level imaginable.

**What were the major issues that you faced as the first Licensed Producer?**

First, the regulatory framework wasn’t there. Health Canada is Canada’s Cannabis regulator and I felt early on was “begrudgingly” regulating. The Canadian Government and Courts agreed to legalize – but no one knew what that was supposed to look like. Early on, Health Canada did not make it easy on any level. It

**Ann's love of plant-based everything is reflected in her founding and operating the plant based supplement company: Edica Naturals.**



was ridiculously stressful. Secondly, no one really understood Cannabis other than people that had lived in the gray or black markets. The industry initially attracted people who were passionate about the plant, but they were undercover for so long that there was little camaraderie. There was little trust between participants in the industry. At first, it was quite a paranoid kind of existence.

Thirdly, the industry attracted early “corporate adopters”. They had a very different interest in the industry than the gray market growers. Most of the capital-boys were in it for the money and prestige. It was driven by cash and not the desire to improve provide the best medicine possible. The influx of capital market money pushed early adopters into going public – an act I didn’t agree with, and we can see the lack of industry revenues to this day.

Corporate driven shareholders also had very different short-term and long-term goals. This led to constant battles over financials, corporate strategy, and production. We had constant legal letters and eventually lawsuits. We had 40 families financially depending upon us while money in the industry was drying up for refinancing. Towards the end of it, the financial and legal pressure was overwhelming.

Finally, I started Peace Naturals with my then “life-partner”. In the midst of all of this chaos, the relationship ended, and I was left with trying to keep my 2 children comforted and balanced. The entire communication process and internal politics of my own business became toxic and complicated. I was pretty happy to get out of this scenario.

**Are you still involved in the Cannabis industry?**

I stepped away from it for a while due to all of the stress from that experience. I developed PTSD like symptoms at the time as a result of all of it. This was all happening while I was a full-time single mother of two kids and trying to rebuild my life. My contacts in the Cannabis industry have been there for me and very supportive. I am eternally grateful for all of them as they are incredible people and I love them dearly.

A couple of years ago, one Cannabis grower friend asked me to blindly attend a meeting. I had no idea what I was walking into. The meeting ended up being with a company called Instadose Pharma (“IDP”). IDP is a global commercial Cannabis producer and extractor. IDP enters countries where Cannabis has been previously illegal, and they work with federal and local governments, security, and farmers to legitimize their Cannabis crops and help them to export, process and sell into global



supply chains. By doing so, IDP is able to produce large quantities of Cannabis with the potential for medical grade extraction production. In early 2021, I accepted their offer to act as Director as I wanted to be a part of this Global Cannabis vision.

### **How did you transition from Cannabis into the Psychedelic industry?**

It was actually an IDP business trip (no pun intended) that got me into Psychedelics. In December 2019, I was at the Las Vegas Cannabis Expo reviewing



potential medical grade extraction equipment for IDP.

I was in line waiting to board the red-eye flight home when the hair on the back of my neck stood up. I meditate a lot and my “Inner Voice” told me to “turn around as there’s somebody you’re supposed to meet”. I quickly turned around to see a tall, slim dude wearing mirrored sunglasses, flat hat, concert shirt, leather jacket, skinny jeans, and huge sneakers. I looked at him and smiled.

This is how the conversation went:

**Me: Hi**

Him: Hi

**Me: Cannabis conference?**

Him: Nope. Psychedelics.

**Me: Psychedelics?**

Him: Psilocybin.

**Me: Company?**

Him: Yes

**Me: Legally?**

Him: Legal.

**Me: Where?**

Him: Netherlands.

**Me: Private or public?**

Him: Soon to be public.

**Me: For real?**



Him: Yes.

**Me: When?**

Him: Six weeks.

**Me: Exchange?**

Him: TSE

**Me: Book open?**

Him: Closing soon.

**Me: I want in.**

Him: OK

**Me: You're my new best friend.**

I then said: "What's your name?" He smiled and said: "Todd Shapiro". I asked him what the company was, and he said: "Red Light Holland".

**What happened from wanting to invest in Red Light Holland to becoming a Director?**

Todd connected me with Red Light Holland's advisor. He supplied me with over 230 articles books, articles, research papers and movies on Psychedelics. I locked myself in my room, told my kids that 'I was going down the rabbit hole', and didn't sleep for 36 hours while I dug through all the information.

I had witnessed Cannabis' benefits for so many struggling with mental health issues and other medical conditions. Cannabis assisted in managing numerous medical conditions and symptoms. After researching Psychedelics, I quickly realized how Psychedelics could cure people from mental trauma and illnesses. Not just manage mental health symptoms, but actually bring a finality to peoples' trauma. One word: "WOW"!

I became an investor in Red Light Holland and was grateful to become a Director. Todd remains a good friend and I

enjoy working with him – he is an awesome, smart and driven human being and has an incredible team.

**Do you think that the advent of Psychedelics will reduce the focus on Cannabis' benefits?**

No, actually the opposite. The Psychedelic industry currently owes its life to the incredible researchers and advocates that fought long and hard to get this misinformation on Psychedelics reversed. It has been a long 25-year road for them, and I honour the trailblazers.



Unfortunately, research has not been the leader in the Cannabis world until the last few years. We now know that Cannabinoids do things that are

actually incredible, and I think that we have so little scientific evidence of what these brilliant compounds do. So much more work is needed. There are incredible people and companies leading the forefront on other technological aspects of the plant and the extraction processes of these compounds.

**What do you believe are the benefits of Psychedelics?**

Psychedelics is a game changer for mental health issues. Obviously, mental health is a major and growing issue. As humans, we try to create order in our minds out of the disorder in our world. When we can no longer make sense of things internally from the external, we can become locked within ourselves.

This is where patterns of thinking become negative, self defeating, and we become locked within negative thought loops. Anyone who suffers from anxiety, eating disorders, PTSD,



depression, or obsessive-compulsive disorder understands this internal oppression well.

Dr. Robin Carhart-Haris (Head of the Centre for Psychedelic Research, Division of Brain Sciences, Faculty of Medicine, Imperial College London) along with his colleague Dr. Richard Leech are world renowned neuroscientists, refer to this as the “entropic brain theory”.

To stop this entropic brain, we need to reroute and open up our synaptic pathways. Our brains literally need to be reset

to allow new parts of the brain to map new patterns that work for us—not against us.

Psychedelics can open up the brain to disrupt this entropic brain network locked in a default mode. Psychedelics, according to Dr. Carhart-Haris, allow for the opening up of “pivotal mental states”. This opening creates a heightened plasticity assisting rapid and deep learning. It can aid in psychological transformations. Psychedelics can help reconcile these entropic brain issues and assist in real healing by synthesising all aspects of the

brain. Simply put: our brain paradoxes become reconciled.

### **What do you see as the emerging trends out of the Psychedelic industry?**

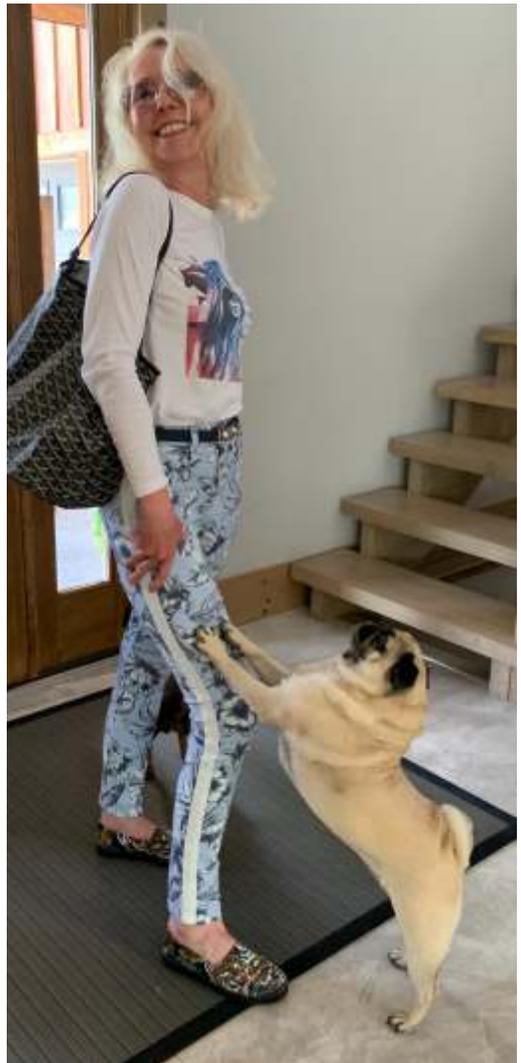
I see the Psychedelic industry as multilateral. Some companies have approached it as a biotech play using clinical trials to determine how particular Psychedelics (LSD, ayahuasca, N,N-dimethyltryptamine (DMT), MDMA, Psilocybin), help to resolve certain medical conditions such as: mental illness, eating disorders, PTSD, anxiety, depression, and addiction. Another business model focuses on Psychedelic clinical treatment centers. Others are focused on the production of Psychedelics. Many are developing technology to help with digital therapeutics and data management for mental health tracking. Also, some Psychedelic companies are entering the natural health market with functional mushrooms.

### **What are you doing in the Fungi space with Functional Mushrooms?**

I am in love with mushrooms. I have applied my new-found knowledge of the miraculous benefits to my plant-based supplement company Edica Naturals.

([www.edicanaturals.com](http://www.edicanaturals.com))

I am the Founder and CEO of Edica Naturals – as well as





company spokesperson and 'model'. The last one only because I am cheap to hire.

For over 4 years, I have worked with Health Canada and the FDA to get approvals / review of numerous plant-based formulations which I'm super proud of. Edica Naturals has many mushroom formulations that provide various health benefits including immunity, energy, intense focus, night-time regeneration, and my personal favourite: improved skin elasticity and reduction in wrinkles. The magic of mushrooms for anti-aging also motivated me to launch a plant-based skin line with mushroom extracts. My skin care line launches December 1 this year.

**Any advice to any newbie entrepreneurs entering these emerging markets?**

Don't give up. Use your intuition and understand that your true passion will drive you forward. Surround yourself with positive well-intentioned people. Love yourself and those around you. Don't be taken off route by financial promises or conditional 'carrots'. The money will come if you stay true to your sense of purpose. I truly believe that. If I didn't, I would not be doing what I'm doing today, nor probably even be here. Plants have saved my life and I now want to help others enrich theirs.

# HEMP - HEALTH - LIFE

## HIGH! CANADA

Dear Canada!

I have some exciting news to share with you! If you are anything like us, you've probably got a decent collection of masks to express yourself with the designs. We've found a healthier solution for longer periods spent behind the mask.

We've teamed up with a supplier for hemp masks & we're happy to share with you - that they are amazing for many reasons. The material is soft on the skin, it's imicrobial, naturally protecting you from the sun & the safest material to have over your mouth.



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Some masks can be harmful - like the breakdown of the microfibers, micropolymers & other harmful makeup materials you may be breathing in while breathing through the mask. When you've got to sit on a ferry for over 1 1/2 hours, this is the mask we use for comfort & health. They come in small/medium & large size. Add these to your Living Leaf order for a extra \$10 each. It also supports small business & healthy ideas.

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# **TALKING TO J-LEE ASHLAN THOMPSON**

**TYENDINAGA MOHAWK TERRITORY  
PERSPECTIVES ON PSILOCYBIN**

By Sabrina DeCurtis



**I**t was a gorgeous day in Deseronto, the sun was shining down on the recent grounds of The 2021 Indigenous Cannabis Cup where the days interview was soon to unfold. I was very excited to sit down with J-Lee Ashlan Thompson, a 23 year old with a vision for the future of psychedelic medicine that is mature beyond his years. It just so happens our meeting is a first for us both; my first interview as a writer and his first speaking engagement. He invited me to hang out with him and his friend Dante as we discussed what led him down this path and his goals and aspirations in this field. And so began our “trip” :)

**Thank you so much J Lee for sitting**

**down with me, I’ve heard great things about your recent research in mycology and that you are an up and coming expert in your field. Tell me a bit about your journey in psychedelics and what you see for the future.**

JLAT: First off, thank you for wanting to speak to me, I would say an expert is maybe an overstatement, I’ve only been growing and researching the effects of psilocybin as medical treatment for ailments such as for depression etc since January of this year. I chose to take a creative approach with my educational efforts and found my own methods of discovery led me to observing the combined impact of micelium deposited inside an ordinary

kitchen sponge. It was fascinating to see the transformation of this artificial material and the changes that took place.

J Lee goes on to say he's begun working on plans for his own company called Primordial Mycology, which will have a focus on discovering the yet-to-be identified uses of micellium, aside from its psychedelic properties. J Lee goes on to acknowledge that while its psychedelic use may be the primary focus currently, he is certain that with further research, we can uncover benefits far beyond what is on the surface today.

Very true! There is still much to be uncovered with mushroom science. You seem to be quite young, how old are you if you don't mind me asking? Do you see yourself as a role model for others your age who are curious about mushroom cultivation?

JLAT: I'm 23 years old, I don't really see myself as a role model per say... I kinda keep to myself and don't feel ready to pass on knowledge to someone else just yet. I look to the greats like Paul Stamets and North

Spore and Southwest Mushrooms etc. for great sources of knowledge.

Well I think you're off to a great start and I personally think you will inspire other young minds when they hear more about the great work you're doing. There's so much to know and you've done your homework in uncovering the best resources for fungi info. As the interview progressed, J Lee had a few bong tokes and I sparked a few personal joints as we continued on. He discussed how mushrooms have valuable properties as a leather alternative and the importance of preserving nature and finding ways to be kinder to our surroundings. There is a gentle compassionate side to mushrooms and room

for new discovery in sustainable marketplaces. Much of J Lee's research comes from online sources such as YouTube and learns from others all over the world with unique methods. It brings a new dimension to education when the classroom can be in unconventional settings taught by unconventional people. So is there is a particular variety of mushroom that you prefer growing more than others?

JLAT: Not really, every mushroom has its preferred uses, like you have your Lions Mane which is good for your mental capabilities, it helps to stave off Alzheimers and Dementia, then you have Red Reishi, which is really good for your immune system and is one of the most noted medicinal mushrooms ever. Psilocybin mushrooms are best suited for their mental and cognitive effect.



J Lee goes on to provide me with more mushroom tidbits of info I never knew before meeting him, "did you know that mushrooms are one of the first things to ever exist on earth? Very cool! He goes on to explain what the initial union of water and bacteria did along the shoreline is the catalyst that birthed the first algae along the water's edge and this is the earliest beginnings of all life, then moss and plants and animals and life as we know it. Mind blowing conversations for sure! I'm having visions in my head of cave people picking mushrooms in a land that exists only in our imaginations now. When our world was new and undiscovered.

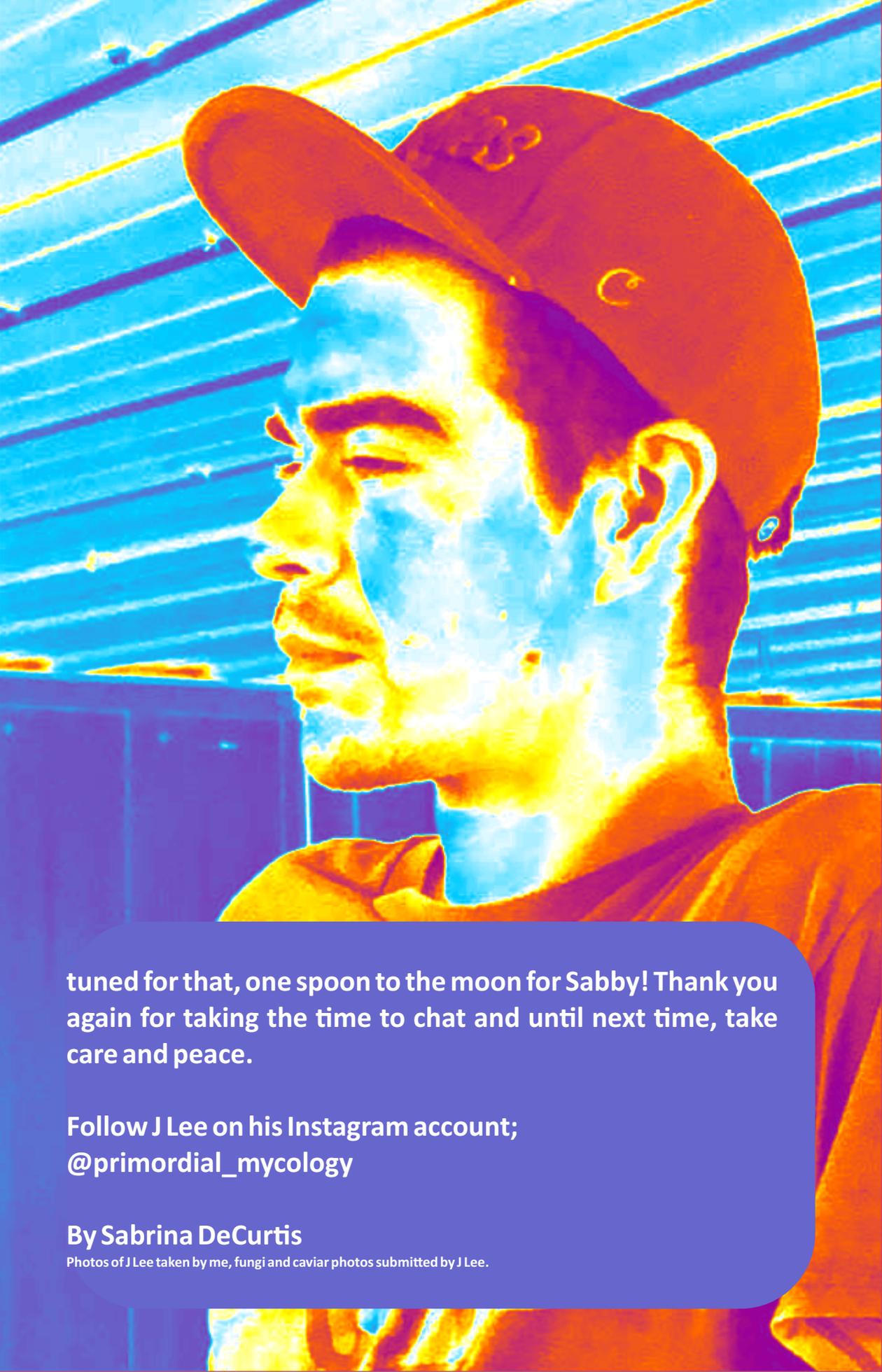
So to change directions a bit, I understand you've been invited to speak on the topic of Psychedelics at this year's Grow Up Conference. What sort of things are you looking forward to? Will this be your first speaking engagement? Have you done that before?

JLAT, Well at this point you've taken the honour of being my first speaking engagement! (phs:Awe! lol) I definitely am excited, I wasn't expecting it at all, I was working at the ICC and was approached with a chance to say a few words and I accepted the opportunity humbly. I know there are much more experienced people at this event and I'm looking forward to meeting and networking with industry professionals.

I think you'll do just fine. You'll meet people on the same path as you and you may even work with some or collaborate with in the future so it's great because there is a new burgeoning mushroom and psychedelics community out

there, just in the same way we've all been familiar with the Cannabis community and cannafam, we now have a new area ready for growth and development and seeing the development of a psychedelic community in a similar fashion would be fantastic. Exciting times for the shroom-minded most def.

This initial meeting with J Lee went great and I look forward to discussing psychedelics with him again soon! We went on to discuss lots more in depth but there isn't enough space to fit it all here lol! But we will revisit this discussion. Next time, we will talk about dialing in dosages and the R & D of each variety of fungi including J Lee's own molecular gastronomic creation... a mushroom tincture in a beautiful colourful caviar presentation! There is a photo of this, just simply amazing. Hahaha! well stay



tuned for that, one spoon to the moon for Sabby! Thank you again for taking the time to chat and until next time, take care and peace.

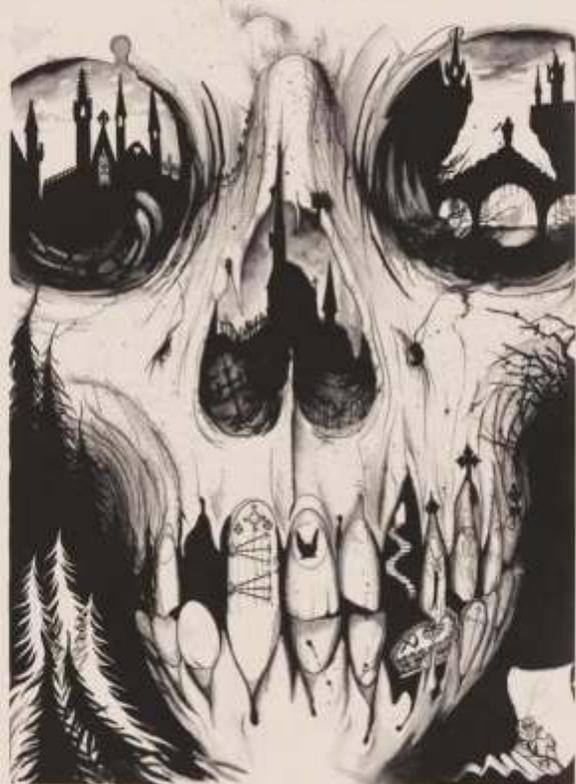
Follow J Lee on his Instagram account;  
[@primordial\\_mycology](https://www.instagram.com/primordial_mycology)

**By Sabrina DeCurtis**

Photos of J Lee taken by me, fungi and caviar photos submitted by J Lee.



# RULES



THE BUMMER CIRCUS COMES TO TRUTH CITY

# PSYCHEDELIC PUNK BAND RULES LAUNCH SHROOM INFUSED CHOCOLATE, EGO DEATH.

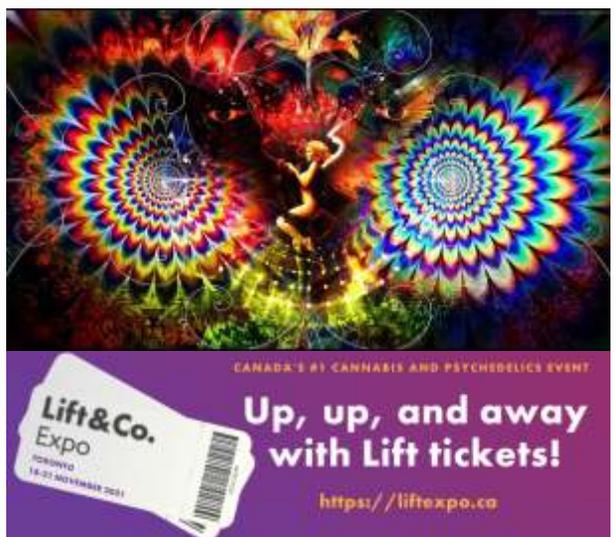
Hamilton, Ontario - Rules are a four piece psychedelic hard core punk band based in Southern Ontario. The group was formed in 2014 by critically acclaimed Canadian punk veterans Chuck Coles (The Creepshow, Organ Thieves), Ben Rispin (The Saint Alvia Cartel, The Video Dead), Adam Michael (Say Yes, Walk Off The Earth) and Alex Standen (The Penske File). Over the past six years, although primarily a side project, the band has managed to remain an entity despite heavy tour schedules amongst its founding members. In 2018, RULES entered Halo Studios in Hamilton, Ontario to record what is now known as The Bummer Circus Comes To Truth City, a title which references a joke between Coles and Rispin when they first met in the mid 2000's.

While tracking, the band performed the album in its entirety. A 35 minute assault on all senses, live off the floor and finished in three takes. An experiment in sound and temperament, The Bummer Circus Comes To Truth City was recorded by Roman Marcone in a traditional analog fashion, using a world class SSL4000 board, purchased from Doppler Studios in Atlanta. The very same board has recorded Kanye West, Pear Jam, No Doubt, Stevie Wonder, Justin Bieber,

Bruce Springsteen and so many more.

Post recording, Rules and Marcone sat on the record for a few years. With everyone focusing on different projects, The Bummer Circus Comes To Truth City sat on a hard drive until the Covid 19 pandemic forced most of the planet into lock down. This gave the band and Marcone the necessary time to revisit the project.

What fans of Rules may not know is that



The Bummer Circus Comes to Truth City was recorded in three takes on LSD. The band documented the recording, and will be releasing a companion documentary about the experience in the months to come.

“The acid definitely brought something to the recording experience” said Bassist and songwriter, Chuck Coles. “The music just vibed differently, you know? So much of the final product was instinct and just jamming. It was exciting to be so involved and the LSD definitely provided that.”

Producer Roman Marcone had this to add, “Psychedelics deliver energy from who the fuck knows where, and whatever these guys plugged into, delivered just the right amount of force to deliver this record in one single go. This was felt by everyone in the room. We were left vibrating on a whole other frequency than when it all started. I've never been there since and definitely had never been there before. Magic.”

Rules' love of psychedelics led them into a collaboration with **C y b i n D e p o t** ([www.Cybindepot.com](http://www.Cybindepot.com)). Cybin Depot are an online mushroom dispensary who are making waves nationally due to their exceptional customer service, great product, and easy to navigate website.

When asked how the collaboration began, Ben Rispin, front man and lead vocalist, who also co-hosts the popular Get Into The Weeds Podcast stated “The relationship with Rules and Cybin Depot started with me submitting some strain pictures of my favourite cubes to them. I enjoy taking pictures of dried mushrooms. I'm not sure why, I've never been much of a photographer. I guess you just really have to love the subject”, Rispin laughed. “I know the crew at Cybin Depot very well. I had already started using their Lions Mane / Golden Teacher microdose caps, a practice I've been committed to since 2016, when I followed up with some strain reviews of their products on my Instagram. Those reviews were received very well by my friends and I guess they

resonated well with Cybin Depot's audience too. So, conversations lead to the collaboration with Cybin Depot, Rules and Road Trip Brands"

Road Trip Brands are also making waves with their line-up of psilocybin infused chocolate. Rispin continued, "I was super excited that Road Trip was also on board. They're hands down my favourite Shroom chocolate. For the Rules Ego Death Bar, the base strain was Yeti and the strain quickly became a favourite amongst my friends and I. I should also submit that the flavour is amazing. The flavour we went with was cookies and cream and it's so tasty, you could easily eat a full bar without thinking twice. Which I'm not sure you want to do."

The Cybin Depot and Road Trip exclusive collaboration produced the Rules' Ego Trip Bars. Each bar contains 3.5 grams of Yeti Cubensis and sells for \$40 on [www.Cybindepot.com](http://www.Cybindepot.com).

Rules' ties to the psychedelic rock world go even further. The Bummer Circus Comes to Truth City also

marks the last works credited to legendary engineer Nick Blagona, who is known for his work with The Bee Gees and psychedelic rock legends Deep Purple.

"It's surreal to think that someone like Nick worked on our record. Not only because he worked with the Bee Gees and Deep Purple, but also with more contemporary bands like Alexisonfire. The entire global music community lost when Nick left this plane. If there was one person I could trip with, I think it would be him. He was a storyteller."

Visit [www.Cybindepot.com](http://www.Cybindepot.com) and check out their huge catalog of products and catch up with Rules on Instagram @rulesareaband. The Bummer Circus Comes To Truth City is available digitally on Stomp Records on all platforms and physical copies are available through Toronto start up, Cursed Blessings Records.

**By BM Gonzo**



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