

TERRY ROYCROFT Eveloping The New World

Exploring The New World of Psychedelics in Canada

-\/-MMRC Clinic

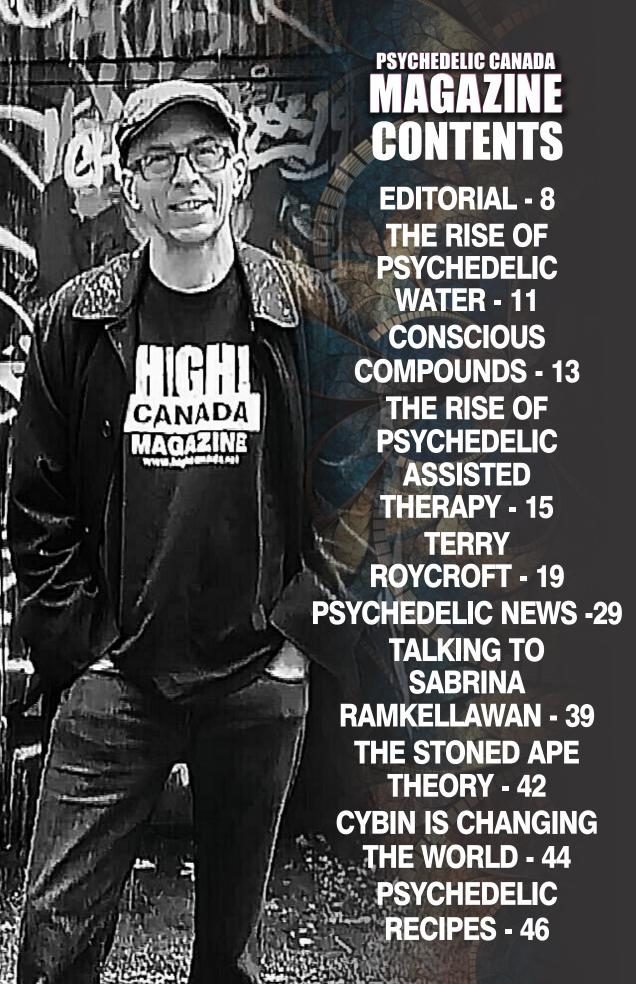
Medicinal Mushroom Resource Centre

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.







Simple Solutions for the Optimal You

Functional Mushrooms



cognitive function



unction

energy & stamina



immunity support





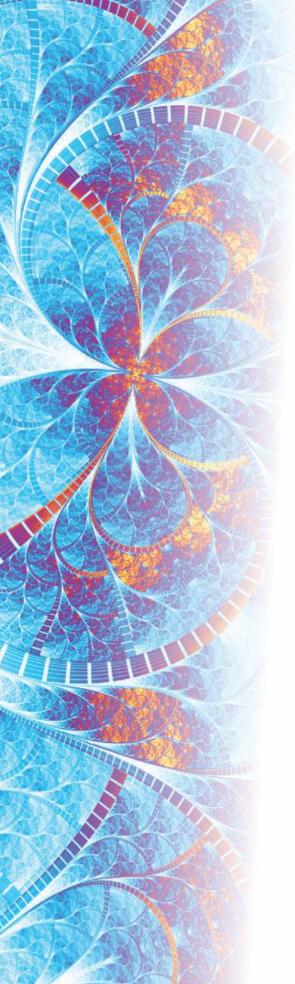




EdicaNaturals.com

Discount Code: PCM20 Valid Until December 10, 2021







DEC 2021 - ISSUE # 3

Psychedelic Canada Magazine is not responsible for the actions, services or quality of the products and services advertised within. We will not knowingly support hate or unethical practices of any advertiser or contributor. Psychedelic Canada Magazine does not support the illegal use of any of the products and services mentioned within these pages. Psychedelic Canada Magazine assumes no responsibility for any claims or representations contained within this publication. All material presented is intended for an adult only audience and is intended for entertainment purposes only unless of course you find it informational or educational. All rights reserved. Psychedelic Canada Magazine is owned and operated by High! Canada. Psychedelic Canada Magazine is printed and produced in Canada. For more information on the High Canada Magazine, High! Europe Magazine or Psychedelic Canada Magazine media groups please email editor@highcanada.net or visit us online at www.highcanada.net.

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.



CELEBRATING THE BEST IN CANNABIS



3 CATEGORIES • 36 AWARDS Vote for your favourite: growupawards.com



TICKETS ON SALE NOW. LIMITED CAPACITY



SCOTIABANK CONVENTION CENTRE, NIAGARA FALLS, ON



EDITORIAL

- Cy Williams -

s a long time a dvocate of psychedelics, a champion of plant medicine, an advocate of cannabis, I believe people should be provided every chance to live ahealthierhapier life.

This magazine represents a timely 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. We highlight the people and companies who are actively working to change the world using psychedelics. We 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 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?





Grow Up Psychedelic Summit – Niagara Falls 2021

oin 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.





ith Sober October an amazing success and many people successfully giving up drinking for that month, we have begun keeping our eyes on the disruptors behind this initiative as well as those responsible for the launch of the first legal psychedelic, mild mood-boosting, hangover-free fun: Psychedelic Water.

Lately, psychedelics have been in the media and touted for their benefits on mental health, depression, happiness, mood-stabilizing, and overall general wellbeing. Psychedelic Water is the world's first legal psychedelic blend of kava root, damiana leaf, and green tea leaf extract for an experience like no other.

As just featured on Yahoo!, VICE, Business Insider & Financial Post, the innovators behind this global psychedelic experience sold out their first production run and are rapidly expanding into retail stores nationwide.

Founder Keith Stein, Director of Marketing Ben Rogul, and CEO Pankaj Gogia are behind the booming "Summer of Psychedelics" that is a new herbal supplement unlike anything else with its unique mood-boosting experience. These independent thinkers and creative pioneers launched Psychedelic Water to offer a psychoactive, lightly carbonated fruit-forward blend that is a calming mood-enhancer that makes you feel good without messing you up, slowing you down, or leaving you hungover. It's better than seltzer-with healthy benefits.

Psychedelic Water, which just launched in February, has already done \$1 million in sales over the last few months. In addition to being available at www.psychedelicwater.com, you can now find it on Amazon and later this Fall in stores around the country.

They are projecting more than \$5 million in sales for the year, a number likely to rise as more channels are brought on.

The Benefits of Psychedelic Water (witv.com)



4TH ANNUAL

PREMIER GROWER'S CONFERENCE. AWARDS & EXPO

INTERNATIONAL GROWERS • SUPPLIERS • EXTRACTORS • MANUFACTURERS • DISTRIBUTORS



READY TO RECONNECT IN-PERSON

NOV 30TH-DEC 2ND, 2021 🍩 NIAGARA FALLS, ON



LEARN

With over 100 world-class speakers, our informative panels will bring you up-to-speed with what is happened 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 TODAY

PRESENTED BY
COLORALIMO MAGAZINO

TICKETS ON SALE NOW. LIMITED CAPACITY



SCOTIABANK CONVENTION CENTRE, NIAGARA FALLS, ON



SPOTLIGHTON

pragmatic approach to psychedelics. They are a life sciences drug discovery and development company, dedicated to supporting mental health and overall well being.

Conscious Compounds is the psychedelic evolution of My Fungi Inc. For the past year and a half My Fungi has been developing specialized products and services focused on the cultivation and exploration of specialty mushrooms and their abilities. Their multi-disciplinary team has been working with controlled substances, pharmaceuticals, and has been involved in psychedelic research for many years. As their business continues to grow, they will be offering services and products unique to the psychedelics industry and they wanted to create differentiation between their two brands.

Their psychedelic research facility has been built and designed to comply with international GMP requirements. Upon licensing (anticipated Q1 2022) they will offer consistent and compliant products and services to support this new and exciting frontier.



Happy Holidaze!

Keep Your Holidays Green & Give the Gift of Health

His & Hers Bundle



Get 20% off with code: HISHERS20







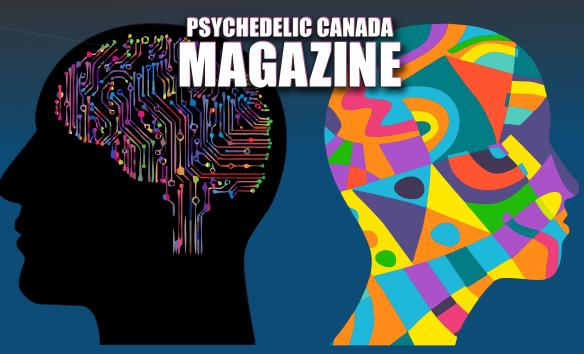


EdicaNaturals.com



Plant-Based Natural Supplements





THERISE OF PSYCHEDELIC ASSISTED THERAPY

BY XANDER LANDRY

sychadelic assisted Therapy, treating mental illness with mind-altering compounds.

Psychedelic, from the Greek words Psyche for mind and Delos for manifest. And although it might sound strange at first, might just be the next leap forward in the treatment of multiple mental disorders.

The stigma surrounding Psychedelics, much like Cannabis was in the past, has been largely disregarded in the past few decades by the mainstream medical and scientific community, but since the Legalization of Cannabis in countries around the world and the many medical benefits that came with it.

The world is starting to take notice of the Positive benefits of Psychedelics and with the new FDA Breakthrough Therapy Designation allowing for researching psychedelics and their effect on the human brain has led to breakthroughs in research for treating Depression, PTSD, and Addiction. As well as there being great interest in using psychedelic



therapeutics to improve end-of-life care for terminal patients.

And with Companies like Compass and Cybin coming out of the woodwork to help ease the way into psychedelic therapeutics as well as different universities and labs around the world conducting studies and research on the positive effect of psychedelics, MDMA - assisted Therapy could be approved for

medical use as early as 2023 with other psychedelics such as psilocybin and ketamine following closely behind.

With psychedelic-assisted therapy showing more and more positive results in studies and trials, governments are taking notice as more laws and regulations regarding psychedelics may need to be altered or legalized in the future.



WHAT IS PSYCHEDELIC INTEGRATION & WHY IS IT IMPORTANT?

By Navi Grewal

Psychedelic integration is a process by which a person endeavors to integrate their experiences on psychedelics, often with the help of a coach. Sessions are for those who have taken psychedelics, received visions, messages or insights, and need help determining their meaning and integrating their experience. A nonjudgmental space or approach is brought to the table in helping a client make sense of what they went through and to incorporate the lessons learned into their daily lives. Many believe a psychedelic experience in and of itself is healing, and that can give the process of integration more meaning.

Psychedelic integration is important to ensure a person can learn from their experience and avoid repeating past mistakes or prolonging whatever issue they were suffering from. A psychedelic integration session can also occur before psychedelics are taken, when advice is given to prevent harm and to properly prepare – also known as set and setting.

Why is pre-journey intention setting important?

Intention is everything in life. It helps clear the way to realize our goals and keeps us focused. It is doubly important when it comes to taking a psychedelic substance. Having a clear intention before an experience can put you in the right mindset and make your experience a more therapeutic one. To prepare properly for a psychedelic journey, set and setting are critical.

Set refers to the mindset of the individual: any personal beliefs, hopes, fears or expectations a person may have that can influence their experience. It refers to a state of mind, which will in

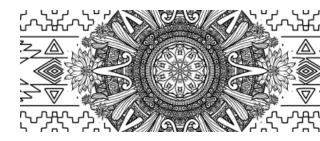
large part determine your experience. A good way to have the right mindset is to educate yourself beforehand, to eat properly and to prepare with meditation practice in the days or weeks leading up to it. It also helps to arrange for time off afterward. Setting is the environment in which the psychedelic experience takes place and can help to crystallize intention. The space should be private, quiet, safe, relaxing, and comfortable without having to worry about any interruptions. The space can include musical instruments, yoga mats, a playlist with appropriate music and headphones, eye masks, blankets, and a comfy spot to lay down, if need be, such as a bed or a reclinable couch. If one is partaking in this journey outside in nature, most of these factors can still apply.

Who is Psychedelic Integration for?

Psychedelic integration is there to support those individuals who independently choose to take psychedelics and need help making sense of their experiences. A coach makes them feel understood and shares a special kinship with them as they know that coach has firsthand experience with psychedelics and direct experience with integration. Integration can include processing positive insights into daily practice or learning from challenging or scary experiences. Whatever the situation, safety and support are prioritized in this relationship.

What are some examples of psychedelic integration?

Perhaps a person receives a message to spend more time with their family, or to be more loving toward a partner. Perhaps they are told they must take care of themselves more. Integration in these cases would mean implementing plans or actionable steps to make these things happen. A coach will help someone determine the best or more viable form these steps can take that work for this person in their life.



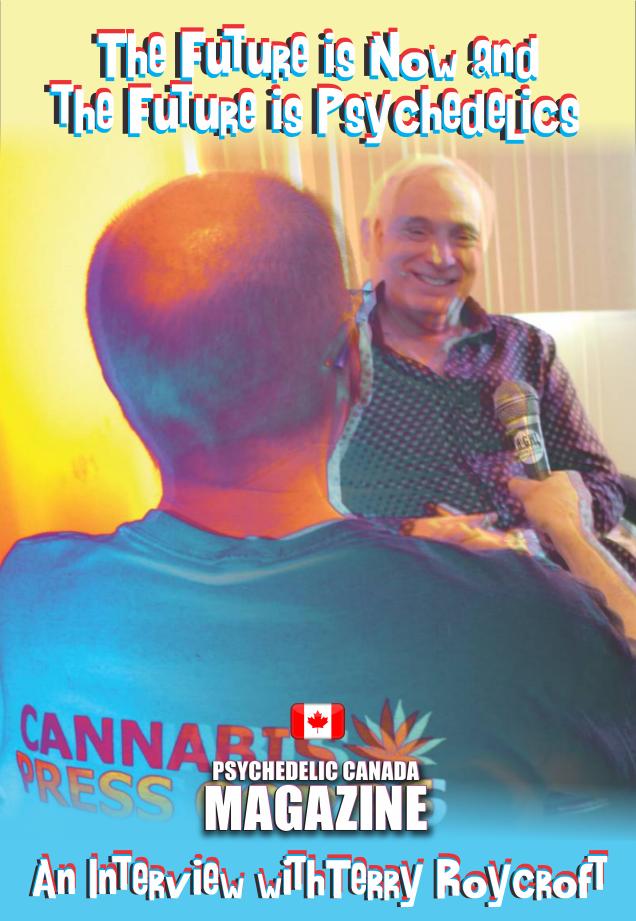
For something health related, integration can mean all kinds of things, depending on the situation, including a new exercise routine, re-organizing a day to find more time, or other forms of therapy such as meditation or yoga to a person's schedule.

How long does psychedelic integration take?

This depends entirely on the person taking the journey and their intentions on taking psychedelics in the first place. Sometimes integration can take years, some a lifetime and others fairly quickly. It really depends on what insights come up, how ready a person was to take their journey, and how motivated a person is to put in the work of integration after their experience. Because it does take a certain amount of work. A person must be willing to look honestly at themselves and at their lives. All this said, you cannot treat all threads of psychedelic integration the same. One may involve setting up an exercise routine and making it stick, a process that may take mere months. Another may be to find spiritual awakening or to be a better person – a process that is never-ending.

Navi Grewal is a Psychedelic Integration coach with Psychedelic Essence based out of Toronto ON. He is a member of the Canadian Psychedelic Association and has a profound connection with plant medicines and has witnessed first hand their healing and transformative effects. In his spare time you can catch him reading, traveling and spending time in nature.

https://www.linkedin.com/in/navigrewal/ https://www.psychedelicessence.com/



BY CY WILLIAMS

An inTerview with Terry Roycroft

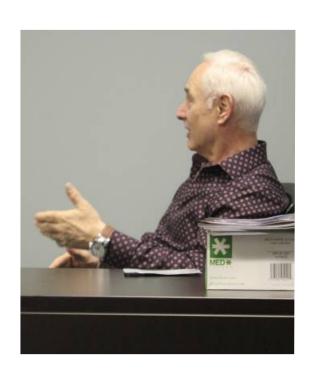
y Williams here. Psychedelic Canada magazine and it is our extreme honor to be sitting down here with Terry Roycroft. Terry has been one of the leaders in access to medical cannabis for a number of years all over Canada. Terry's also been heavily involved in the psychedelic industry and the rise of this grand new industry that we're seeing unfold around us. It's really an honor to be able to sit down and talk to you Terry about all the things that you've got going on.

Terry - Great! Thanks, it's my pleasure to be here. I know we go a long way back so you've been one of the leaders in covering all of these alternative medicines so it's really a pleasure to follow up and go down this new road with you.

Cy - Well thank you so much Terry. Terry if you could take a moment to bring our readers up to speed on some of the things you've done within the cannabis space and the health and wellness space that have led you to start your psychedelic journey that would be wonderful.

Terry - well I guess it stemmed back in 2007 when John Conroy and I had our initial conversation in regards to the issues with access to physicians and legal access to cannabis and so

from that point we just determined that you know a clinic geared strictly towards cannabis was something that we would want to do. During that time there had been a lot of people, a number of people that had been kicked out of their doctor's offices and Supreme Court rulings and all these things pushing us towards legalization but there had been no real open doors towards access to it and this is where we started MCRCI back in those days and that was a series of clinics that specialized in cannabis education and cannabis support for individuals that were not able to get that and so that was really the onset of it in '07. It was a difficult term, time at that point as we went through three different regimes in the cannabis industry. Starting off with the initial one that allowed growing and access then it went to the next one ACMPR (*MMPR?) which was the growing only, another support challenge with John Conroy now putting us into the third one, we are the



ACMPR which now allows everybody to grow and to access. So that was kind of the transition we went through all those different times with cannabis, the struggles with doctors and the colleges accepting doctors prescribing cannabis. The acceptance just in general from the medical profession as we went forward and so that really set the stages for what we wanted to do in the medical industry. So from there we you know gained access, gave people access, supported them for their grow licenses, educated people. We did talks around the world with doctors in Australia and we went to Berlin, we went to Thailand all spreading educational information to the physicians and healthcare professionals around the world and then came back to canada and really set up a major program that supported people as we moved along.

Cy - now fast forward to 2015 - 2017 at that point High! Canada Magazine was covering much of what was going on in Canada within the spectrum of medical cannabis and it was amazing to see that MCRCI was actually the standard that every other medical cannabis facility or clinic was using as its model.

Terry-Mmmhmm

Cy - so your model spread quickly and if you talk to anybody between 2016 and 2018 in the West Coast of Canada and asked them who helped them get their medical license nine times out of ten it was MCRCI



Terry - < Chuckles>

Cy - which is amazing or if you talk to clinics in Ontario, in Nova Scotia, in Quebec who was there if you ask them who was their inspiration or what model or mandate they used nine times out of ten, they will refer to MCRCI.

Terry - That's great. I'm glad that we have that legacy.

Cy - Well it is an amazing legacy and what I found really amazing is you were able to turn that cannabis legacy into something even grander and jump into the the health and wellness psychedelic space in such a big way. So what was the catalyst that led you to not change focus but add the psychedelic focus within your framework?

Terry - Right well I mean obviously things changed as we went to the legal market and so there was less people looking into cannabis

through that mechanism where they could just go and get it legally. So we did see a drop-off in the LP's support of cannabis, medical cannabis supply. A lot of them designed themselves just to be recreational producers and suppliers and so we saw a drop off in that so the model that we had had really worked hand-in-hand with licensed producers so when they decided not to go down that path we needed to augment other medical support and psilocybin was gaining a lot of popularity we've been aware of it for a while. The people I'd worked with been aware of it. As a matter of fact, it was one of my physicians that said to me "Listen I know we've been researching and hearing a lot of this but I would like to support that because I feel that psilocybin treatments could even be safer than cannabis treatments", and that was kind of the onset that promoted us to look at it from the medical side of things.

Cy - Okay so then when did you form an MMRC clinic?

Terry - MMRC was formed in about 2019. Early 2019 and we started to research, look at, you know what kind of programs could help people over and above cannabis. What we found was cannabis was great for a lot of the symptoms that people were dealing with PTSD, anxiety, things like that and it worked well but it was only based on symptomatic relief. When we started to look further into psychedelics we found out

that they can go to the root cause of what those problems were and that's what really interested us. We don't mind treating the symptoms of course but if we can get to the base root of it, create a solution for that so they don't have to actually rely on cannabis for those symptoms. We thought that was a great way and a great direction to go in and that's really what prompted us, was helping our cannabis patients that had a lot of mental health issues and this is where we saw the synchronicity is that rollover was the mental health issues more than just physical issues. And even though cannabis was helpful it didn't get to the deeper causes that were causing those issues and this is what we found psychedelics would be more beneficial in that way

Cy - Really bridging a gap and and identifying a need within the medical community and filling that. That's pretty amazing! What about some of the initiatives that you've that you've been launching through MMRC? Can you tell me a little bit about those?

Terry - Sure, Well what we do obviously is want to support people that come to us that have used cannabis, have asked us about psilocybin. We want to be able to transition them so what we've done is we've gone down the path working with therapists. We've got some therapists on board now, that are addiction therapist, a music therapist, a hypnotherapist.



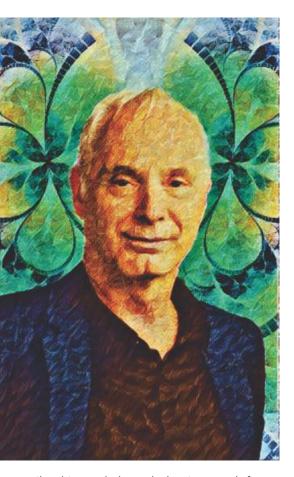
tripstoppersales@gmail.com | www.tripstopper.ca

They all have worked with mental health issues in the past and we're very interested in using psychedelics and adding that to their regime so we've worked with them. They've take some additional courses and so we offer access to those professionals for psychedelics. And access to psychedelics is something that is a problem. Health Canada has mandated and allowed therapists and certain patients to be able to get to use it legally but they haven't supplied an access point to it. So one of the only few legal access points is through the Reg 56 mandate where health canada will allow you to possess it legally. Now R&D facilities or dealers licensed groups that can do R&D are now starting to go down that path where they're creating psilocybin and different products under that section 56 and that is a legal access point for patients to be able to receive it on a legal basis but most of them are now still looking through the gray market to access it given that you know it grows out of the ground, very difficult for health canada to say no you can't use it when it could be growing in your front yard.

Cy - Absolutely so if somebody who is dealing with a end of life scenario or P TSD or mental health issues this would be a good health alternative for them to look into?

Terry - A lot of people have gone down that path.

They've been working on you know their health for years and have either plateaued or having difficulty maintaining an ongoing integration program with their therapist. So psilocybin can help push that in a much faster time frame. So in a



psilocybin can help push that in a much faster time frame. So in a weekend of treatment you could get six or seven months of traditional treatment response on that. So we found that people want to get to the root of it much faster, this allows you to get to the root of it much faster so that you can begin that kind of transition. So we've done is, we've got therapists that have been in that traditional model but they're now taking psilocybin training so they can add that to the regime so when you do a deep dive or you go down that path, the real important part is the integration that you bring into your life afterwards.

So you can have that, see some revelations, understand the sources of that issues may be but if you don't really integrate it and create a

lifestyle about it, you're just going to go back to your baseline and it's going to be back to normal in a period of time.

Cy - It sounds like the support that the MMRC clinic offers to people who are trying psilocybin is paramount to their recovery and success?

Terry - You really need that aftercare similar to cannabis and we're seeing you know the same program and the same type of scenario we saw with cannabis where people were just hearing about it. You didn't have the support of the medical industry, legal acts, legal access was very difficult. Health Canada took a while for them to get on board to allow this to happen and you know the law authorities, vthe legal authorities as well are we're backing off on it. So now we're seeing the same sort of scenario with psilocybin and the same kind of progress and process that we saw back there where Health Canada has now very quickly allowed access to end of life answers therapists. Whereas it took us 12 years of pushing them for cannabis. So you know we see cannabis as a door opening they're both spiritual plants. Health Canada has now got a much more open mind to see that because they know if they don't go along with this or they don't create avenues for people they're going to have the same resistance they did with cannabis, the same type of protest because this is very very important now. As we're seeing the COVID scenario, this is where we're really seeing a lot of mental health issues. We're seeing a lot of people in depression, anxiety, worried about the future and this is where we see



this type of scenario being much more accepted. Now we are going down the path here of working with cannabis with with pharmacies so that pharmacies again because we've seen a lack of access to the LPs, we see the pharmacies are now legally allowed with a sales license to actually supply cannabis. So one of the things we're doing is working with some pharmacies whom are willing to do this and when we do this, it'll also be opening up a section within a store within a store supporting them with cannabis but we'll also be doing the support for psilocybin out of those areas as well.

Cy - that's that's amazing to hear!

Terry - So when we see this crossover now we've seen you know thousands, tens of

thousands of patients and we've done a little bit of a survey ourselves to find out which ones would be interested in psilocybin and we've seen about a 20 to 25 response of cannabis users willing to go down there because they have more open mind

they've already used an alternative medicine that's that wasn't prescribed by the doctors at this point. Same sort of thing that's happening with psilocybin but the door is open now so more and more people are willing to go down that path.

Cy - I think that is that is just the most enlightening thing I've heard in a little while. So the success of the MMRC clinic, it's evident but I know that you are involved in a few legal brands as well within the psychedelic space and I was hoping you could tell us a little bit about these two brands.

Terry - Well what we've done is we've got a product that we developed, several products we have an NPN line of functional mushrooms

Cy - so that would be the Mushroom Medic?

Terry - that would be the Mushroom Medic line.

So what that does is that's got our lines

of Defense Blend, we have our Calm, our Energy
and our Mood Enhancer. So all of these are
geared towards the cerebral, the mental aspect

of people in mushrooms. Now functional mushrooms have been around, it's a billion dollar industry around the world you know, multi-million dollar industry in Canada and the States and so we see people you know looking at mushrooms as another a medicinal form of medicine. We know naturopaths will prescribe it. So what we've done but most of the time is done for; they don't talk about the mental part of it. They're talking about blood pressure, cardiovascular benefits, energy, things like that. Whereas our focus on these, is more of the cerebral side of it, so calming you down and then again in conjunction with that being able to talk to our therapist over and above that.

Now what we'd like to do as things move forward, we have a plan and we have formulas all ready for this psilocybin. So basically what we've done is we've created lines that when it's appropriate in the legal market, we'll be able to add psilocybin to those particular mushrooms. Basically the analogy we try to put here with cannabis is you know there's the entourage effect you can have many, many cannabinoids you're using that are non-psychoactive like the functional mushrooms but when you add the psychoactive aspect to it, THC that triggers all of the other hundred cannabinoids to have that entourage effect which is much more effective than just THC or CBD or any one of them alone. Psilocybin is the same sort of scenario with mushrooms whereby we have all the functional mushrooms in our package but when we add that psilocybin to it, it's going to kick those into gear so that now any of the neural pathways that Lion's Mane or Cordyceps could be helping are going to be enhanced by having psilocybin in it. So we're seeing that same sort of analogy towards it, adding psilocybin to typical functional mushrooms you're going to get an extra boost out of it and be more effective in combination using that.

Cy - that's amazing to see that entourage effect applies not only to cannabis but the psilocybin as well... What about Trip Stopper?

Terry - Well Trip Stopper is our legal line. Now what's happened and we've developed it for several reasons, one of it is for the recreational side of people that when they want to try it, they've haven't had experience with mushrooms before they've heard about the benefits that can happen. So they want to try it but they have some anxiety about how this may affect them. If they get too high, they don't want to be seeing things or hearing things.

Which on the other hand though, for deep dive that's what people want to have so they can get down to the root of their problems but on the initial stages of a naive user that's very difficult so we created Trip Stopper to take away those unwarranted effects if you're having too high of a trip. Now it works in a couple of ways. It does

work to mitigate the trip happening. It's got the valerian root in it which is the base root of Valium so it calms you down but in two-fold, it works knowing that you have that in your back pocket before you take that initial trip gives you the safety net and the comfort level that if it does go too far you've got a backup on it. So it allows people to take enough the first time to actually have some effect and not be kind of mitigating themselves to take a lot of little amounts and not getting to the point that they need to be Terry - or they feel that anxiety on the smaller dose that really happens when you're getting that initial reaction within your stomach. You're getting that anxiety effect and a lot of people don't want to go beyond that or that creates an effect that they can't get out of their head for the rest of the trip.

They're focusing on that anxiety, all they're doing is thinking about it. So Trip Stopper allows them to step away from that. And the other part of it is we have a program together Psych In and Psych Out. So we have another division we're going to be creating called Psych Meds and it's for psychology and for psychoactive accommodation. So we create Psych In and Psych Out, we've got a product that you can take before you take a deep dive. It's got electrolytes and other products in there to get your body ready for it. Once they take the deep trip that's great but then after there's a lot of anxiety and a lot of built up energy in your body that a lot of

people still feel uncomfortable when they when they come out of that deep dive and this is also they would take Trip Stopper

after to mellow themselves out for the down trip of that really deep dive as well. So you know we keep looking at different areas that can assist people in some of the uncomfortable positions you can get in with psychedelics if you're not familiar with it or if it takes a bad turn which again it's not always good.

When you talk about John Hopkins and they've done major research on this and the people that even had a bad trip still had the same results. So for instance someone that wanted to guit smoking, they did a deep dive. They didn't have a great trip but they still didn't smoke for a year after even though that initial trip was not in their minds great it still did the purpose that they needed at that point. So you know it even with, the not the happiest trip you can still get the effectiveness out of it and in a lot of cases there's side benefits. So she may have had an unpleasant trip because there was other things going on, not just the smoking and that ego that she still had or certain things like that could have created that sort of a trip. And so she may have found out, met her benefits in other parts of her life over and above that based upon that.

Cy - What are your future plans, the end of 2021 and leading into 2022 for MMRC or for the Mushroom Medic brand or the Trip Stopper brand, what do you have going on?



Terry - Well what we want to continue to do is create other add-ons that assist people through these type of trips. The Trip Stopper, we've got Trips Stopper Plus for cannabis and you know we'll be looking at other alternatives for maybe LSD, micro dosing that sort of thing as well. What we're doing now with MMRC is we're starting to get our take in patients starting to guide them through trips so we want to look at getting a larger facility that will be able to allow us to do that in-house. We want to work closer with a lawyer that we have that will do the Section 56 applications so that people that want to go down that particular path that qualify for it, we'll be able to get them legal access working with our two different R&D facilities, now that are going to be creating different brands. We may create our own brand and it may segue into another brand that is specifically geared for legal patients. So it would be a Reg 56 legal brand of mushrooms that would be curated by an R&D facility legally. We would have a therapist that's legally allowed to use it and handle it and then the patient who has the legal access to it would then get it. So we are working on a legal flow through in regards to getting legal mushrooms. On the other hand the people that don't qualify, we want to work with different groups that are at grass roots and ground level, that are working in that and be able to send our patients that want to access to it, we will give them all the legal support and guidance and therapy that we can but when it comes access to it we will be able to direct them to the groups that we know that have got vetted, you know good quality product that they can rely on.

Cy - So as always you are taking charge and leading the way for an entire industry as you did with cannabis and medical cannabis. So you're doing now with legal psilocybin and this is an amazing thing. It has been a real pleasure to sit down and talk with you today. Terry Roycroft will be speaking at the Grow up Conference on Psilocybin on December 1st. Thank you Terry!

Terry - My pleasure. Thanks very much! Hope to see you at Grow Up, It'll be a great show!

Cy - it will be. Thanks so much!

Terry - You're Welcome.

PSYCHEDELIC NEWS!

CALGARY MP ASKS HEALTH MINISTER TO STUDY POPPERS, POTENTIALLY OPENING DOOR FOR SAFE SUPPLY

Poppers, or alkyl nitrites, are essentially banned in Canada, but a study suggests the ban has led to increased risk for men who obtain the drugs through the grey market. A Calgary MP is asking for a study on the harms and benefits of poppers, to potentially create a safe supply. (Health Canada). A Calgary MP is asking the federal health minister to study the possible benefits or harms of "poppers" — a drug primarily used by men who have sex with men — with the possible outcome of creating a safe supply. Calgary Nose Hill MP Michelle Rempel Garner said in a letter to federal Health Minister Patty Hajdu that given the widespread use of poppers, or alkyl nitrites, their safety hasn't received adequate study or consideration. "The lack of research and attention to this issue is likely, at least in part, related to the stigmatization of LGBTQ+ health care," Rempel Garner wrote in the letter, which was sent Monday.

"Use of drugs used as sexual aids in other scenarios has been normalized (for example, Viagra, which is used for erectile dysfunction). However, discussion of pharmaceutical-based sexual aids for use in non-heteronormative situations, such as alkyl nitrites, are sometimes still subject to moralization in public discourse." Poppers have been essentially banned in Canada since 2013. They're classified as a prescription drug, meaning they can't be sold without Health Canada approval, and no products have been approved.

That move pushed the drugs into the grey market — with products being illicitly marketed as leather cleaners or nail polish remover despite actually being inhaled by users to relax muscles, reduce pain and increase sexual pleasure. Federal crackdown put men at risk, study suggests. A study last year from the British Columbia Centre on Substance Use suggested the federal crackdown hasn't limited consumption and instead put sexual minority men at risk by limiting access and leaving unregulated and potentially harmful products as the only option.

"The evidence is clear that this ban on poppers is both discriminatory and ineffective and must be reversed," said Richard Elliott, executive director of the Canadian HIV/AIDS Legal Network, in a release at the time.Len Tooley is with the Community-Based Research Centre (CBRC), which is campaigning for Health Canada to review its position on the drug based on existing scientific evidence."The current sort of ban on poppers prevents people from actually accessing a safe supply that they know what they're getting," Tooley

said. He knows this first-hand. Nearly a decade ago, he started experiencing retinal atrophy — a type of vision loss he was eventually able to trace back to the use of a specific formulation of poppers. The CBRC runs an annual census of men who have sex with men, which has found that one-in-three Canadian men surveyed report using poppers in the last six months. Health Canada has said that since it is difficult to control how much of the drug is inhaled, it can cause accidental overdose. Health Canada said people with certain medical conditions or taking other drugs are at increased risk.

"The line that we seem to be getting from Health Canada is that there are dangers associated with poppers and therefore poppers should not be used. But if you look at alcohol, tobacco, cannabis, we know that there are risks associated with those substances ... but that isn't used as a justification for prohibition of those substances," Tooley said.

"I think that there is a little bit of a double standard in terms of which substances are considered worthwhile ... and which ones aren't. And, you know, it's not necessarily a surprise that poppers, being more associated with the queer community, are subject to a little bit of a double standard there."

Rempel Garner asked Health Canada to undertake a comprehensive study on the drug's harms and benefits in collaboration with LGBTQ+ community leaders.

She said if the medical findings deem it appropriate, the study should lead to the creation of a system for safe access and supply, as well as a public education campaign on safe use.

The MP pointed to Australia, which recently allowed alkyl nitrites to be accessible only by prescription. That decision has been controversial in the country. While it's expected to create a safe path for access, some LGBTQ+ advocates have expressed concerns it could cause stigma to an already marginalized community. Tooley said another issue with Australia's policy is that no domestic manufacturers of poppers have jumped through the regulatory hurdles to sell the products, something that he's concerned could happen in Canada as well.

"From my perspective, the policy situation that makes the most sense is to treat poppers similar to how we treat alcohol ... which is as a consumer product, which allows for the packaging of the product to accurately describe the use. And generally that would, I think, prevent a lot of the potential harms," he said.

PSYCHEDELIC NEWS!

\$5 MILLION TO HELP CREATE PSYCHEDELIC RESEARCH CENTRE FOR MENTAL HEALTH

he potential of psychedelic therapy goes as far back as the 1950s when several pioneering psychiatrists experimented with LSD as a possible treatment for mental health disorders. Some of the earliest groundbreaking experiments and research happened in Saskatchewan. But studies into these drugs ended by the 1960s amid social and political backlash. For scientists, the new research centre represents potential for transformational change in mental health therapies and offers new hope for many patients.

"I was thrilled beyond belief because psychiatry hasn't had a real paradigm shift or a new opportunity at treatment in a long time," said Dr. Susan Abbey, psychiatrist-in-Chief for the Centre for Mental Health at UHN, in an interview. "There truly is a signal that there is something to this. And, really, every major academic center in mental health in the world is trying to begin to conduct research in psychedelic, particularly psychedelic assisted psychotherapy."

There are many disorders, including post-traumatic stress disorder and end-of-life distress, that are treatment resistant, says Abbey. Dr. Emma Hapke, a staff psychiatrist with UHN and lecturer at the University of Toronto agrees. "We haven't had a lot of new treatments in psychiatry in a long time. There seem to be more people suffering...struggling and there is an appetite for something new that might work," Hapke told CTV National News in a phone interview.

Traditional medications prescribed for mental health care typically suppress symptoms, Hapke said. While much more research is needed, there are suggestions that psychedelics work differently and do not require ongoing use. The centre is planning six to eight research projects, including psilocybin therapy for end-of-life grief, grief suffered by caregivers, families who have lost a child, and body dysmorphic disorder.

It also hopes to research a separate psychedelic called 5-MeO-DMT, also called "The God Molecule" due to the profound psychoactive effects on the user, as a potential therapy for PTSD. Found in a wide variety of plants, it is also secreted by the glands of the Sonoran Desert Toad. It is illegal in the United States but unregulated in Canada. BuzzFeed News once described it as "the most powerful psychedelic on the planet."

The centre is also looking at training programs for licensed therapists to learn how to work with psychedelics, since treatments will likely also involve therapy for patients to understand the insights that emerge with treatment.

Singhal grew up in a tumultuous household, and from a young age, built emotional walls around himself without

even realizing. If he encountered someone who clearly needed emotional comfort, his automatic response was escape.

"I was afraid of other people's emotions," Singhal said. After three psilocybin sessions, everything changed.

"Now, my instant thought is, I need to sit down with this person and comfort them, find out what's going on. That has been tremendously beneficial for my relationships."

Singhal's original intent when he decided to try psilocybin as a therapy was to find out why he sometimes drank too much and to get a handle on that aspect of his life. He had already been seeing a therapist for 20 years, and while it has helped him get through some of the most depressed periods of his life, psilocybin was different. Suddenly, he felt liberated, he said.

"The psilocybin took me on this circuitous journey of, no, let's explore what's really going on here," he said.

But Singhal is perhaps even more interested in the potential of 5-MeO-DMT, which is still in the drug development process phase and likely years away from clinical trial use.

One of the challenges with psilocybin and MDMA is that they are expensive treatments, Singhal explained. It takes four to six hours in a room with one or two trained therapists, licensed professionals, so a single treatment can run upwards of \$2,000 or more.

5-MeO-DMT lasts just 15 minutes, which makes potential treatment significantly more affordable, he said.

"You're not aware you're conscious, but you're not aware of what's going on so when you come back from that trip, all you know is something beautiful happens. And all of a sudden you feel better," Singhal said.

While much of the new research involving these psychedelics are still considered very early stage, Singhal's experience and newfound peace gives him hope.

"The apparent lack of adverse effects is reassuring and consistent with what we know about these compounds more generally – that when administered in a responsible manner, to suitable and prepared individuals, they are almost invariably well-tolerated," according to a research commentary on 5-MeO-DMT published in 2019 in The American Journal of Drug and Alcohol Abuse.

But it also added that "any conclusions pertaining to the antidepressant efficacy of 5-MeO-DMT must wait until the appropriate clinical trials are conducted."

PSYCHEDELIC NEWS!

THE PSYCHEDELICS INDUSTRY, **SECTOR BY SECTOR**

ccording to Psilocybin Alpha, there are eight major market segments (based on different stages in the supply chain) that make up the psychedelics industry today. The companies mentioned in the graphic exhibit substantial activity within each segment but it is not an exhaustive list. Some of them are also exploring different focus areas, and therefore may appear across numerous segments. Let's dive in.

Supply and Manufacture

[Cultivation, synthesis, and other production of psychedelics.] This segment includes companies in the industry that currently manufacture psychedelic drugs synthetically or operate cultivation facilities. Others that fall in this category possess (or plan to apply for) licenses to cultivate or produce psychedelics. When it comes to synthetic manufacturers, the companies operating in this space believe that this approach could generate more consistent pharmaceutical-grade yields at a lower cost compared to existing methods of extraction.

Clinics and Retreats

[The delivery of psychedelic therapies via clinics, retreats, etc.] Regulated psychedelic therapies are gaining popularity across the globe through ketamine clinics and psilocybin retreats to name a few. While access to legal therapies is not yet widespread, there are many companies in this space leading the way for regulated experiences. Amsterdam-based Synthesis, for example, partners with Imperial College London to collect and analyze guest data to improve the efficacy of these programs.

Adult Use and Microdosing

[Recreational use of legal psychedelics.]

While psilocybin, or magic mushrooms as they are more commonly referred to, are illegal in the Netherlands, magic truffles are not. Even though truffles and mushrooms are essentially just two different parts of fungi (truffles grow underground while mushrooms grow above ground), they each have different regulations in the Netherlands that companies like retail startup PharmaDrug are using to their advantage.

Drug Delivery Methods

[Drug delivery methods for psychedelic therapies.] Many of the companies in this segment have filed provisional patent applications for innovative drug delivery methods. These include hard-shell capsules, oral strips, and nasal sprays among others.

Industry Tech and Telemedicine

[Telehealth and software development.]Some of the largest psychedelics companies are increasing their focus on digital therapeutics and are therefore carving out a new path for the industry. As just one example, telehealth company Mindleap has created a platform that connects mental health professionals with patients seeking psychedelic-based therapy.

Nutraceuticals and Other CPGs

[Consumer packaged goods, such as functional mushrooms.] Considering the growing awareness of psychedelics to treat both mental and physical ailments, the consumer packaged goods segment of psychedelics has massive potential. However, this is still in its early stages. It is therefore unsurprising to find many psychedelics companies dabbling in the functional mushroom market as an additional source of revenue.

IP and Patents

[Companies building psychedelic patent portfolios.] Patent applications are ripe in the emerging psychedelics industry, especially in the biotech arena. Although the concept of patenting psychedelics is widely debated, companies operating in the psychedelics industry are using them as a distinct competitive advantage, while advancing innovation in the space at the same time.

R&D and Clinical Trials

[Research and development and/or clinical trials involving psychedelics.] While there are too many companies shepherding drug candidates through the clinical trials process to mention, there are over a dozen companies currently in Phase 2. Tryp Therapeutics for example expects to initiate at least two Phase 2a clinical trials in 2021, with others planning for 2022. The company can then apply for drug approval once Phase 3 trials have been completed.

Tryp Therapeutics: Pioneers in Psychedelic Medicine

Tryp Therapeutics is a pharmaceutical company focused on developing clinical stage compounds for diseases with high unmet medical needs.

By harnessing the power of psilocybin, Tryp Therapeutics is going beyond mental health to treat a wide range of chronic pain indications, such as fibromyalgia, phantom limb pain, complex regional pain syndrome, and eating disorders.

PSYCHEDELICS INDUSTRY

The psychedelics market has exploded in recent years, presenting new opportunities for investors as it continues to grow and evolve.

Our to its potential to revolutionise medicine as we know it, on sye-watering increase in capital flows has been purposed into the market, spurring its development further.



GLOBAL PSYCHEDELICS DRUG
MARKET FORECAST

\$4.7B
2020
CACR 12.3%

Source Street design 2014

But the industry itself is by no means easy to understand. Here is an overview of the several major sectors that make up the psychedelics industry and some of the biggest companies that operate within each of them.



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.

BEST LIFESTYLE BRAND

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.

Stay positive & keep supporting each other, we'll get through this together. Visit us on Facebook at www.facebook.com/livingleafremedies



LIVING LEAF REMEDIES

Medicinal Solutions





Ann is currently the Founder and CEO of Edica Naturals which provides anti-aging solutions with natural and plant based supplements and clean CBD products through the Windfall CBD product line.

www.edicanaturals.com







sweats, mood swings & bloating.

An easy answer to hot flashes, Take your energy and va-va-voom to a higher level!

WILFORDS CYNANCHUM *

- reduces night sweats & hot flashes
- balances mood swings
- decreases vaginal dryness



SOK-DAN *

- balances female hormones.
- boosts energy
- increases skin elasticity



GIANT ANGELICA*

- eases hot flashes
- lowers anxiety

GINGER

- soothes nausea
- lowers blood sugar

GREEN COFFEE BEAN

- lowers cholesterol
- high in antioxidants



KSM 66® (ASHWAGANDHA)

- increases libido and energy
- lowers blood sugar
- reduces cortisol

MACA

- boosts libido
- balances mood swings
- increases physical & mental energy

SAW PALMETTO

- regulates female hormones
- reduces hair loss
- decreases inflammation

L-ARGININE

- improves circulation,
- lowers stress & anxiety
- increases physical endurance







Keeping you nimble, flexible & pain free!

NEM® *

- reduces joint pain & stiffness in 7 days
- protects cartilage
- increases collagen

VITAMIN D3

- reduces joint inflammation
- improves muscle strength
- supports bone health

MAGNESIUM

- promotes joint flexibility
 maintains muscle and nerve function

BLACK COHOSH

- anti-inflammatory
- prevents bone degeneration

SILICON

- strengthens bones
- protects connective tissue

ASCORBIC ACID

- boosts immunity
- minimizes free radicals



*natural eggshell membrane



Keeps you focused, calm & provides a major memory kick.

PANAX GINSENG

- increases energy
- optimizes brain function

ROYAL JELLY

- supports brain function
- reduces inflammation & oxidative stress

GINKO BILOBA

- increases mental focus
- boosts stamina

SIBERIAN GINSENG

- lowers blood pressure
- reduces symptoms of chronic fatigue

L-THEANINE

- improves focus
- promotes calm

RHODIOLA

- increases mental clarity
- reduces anxiety and stres









Open up airways with this virus, flu & bacteria kickin' machine.

Pre-workout, post-workout, between the sheets & on the go!

BOSWELLIA SERRATA*

- increases immune response
- protects lower respitory system
- improves breathing for asthmatics

KSM 66® (ASHWAGANDHA)

- increases libido and vitality
- boosts testosterone
- lowers cortiso

AEGLE MARMELOS *

- antibacterial & anti-fungal
- reduces environmental damage
- lowers inflammation in immune cells

PYGEUM

- boosts libido
- aids in treatment of prostate issues

BLACK ELDERBERRY**

- antibacterial and antiviral
- · relieves hay fever, allergies and sinusitis
- reduces severity and length of cold & flu
- *Alvio Life®
- **Eldercraft®

- reduces inflammation

TRIBULUS

- boosts immunity
- builds muscle mass
- naturally increases testosterone

MACA

- increases energy
- boosts & supports libido
- optimizes physical performance



Simple Solutions for the Optimal You

Breathe Better

Upper & Lower Respiratory Support











EdicaNaturals.com

Discount Code: HCM20 Valid Until December 10, 2021





abrina Ramkellawan has a nursing background and has been working in clinical research for more than 15 years which has included conducting clinical trials to bring new drugs, treatments and devices to market. She has worked in the cannabis industry for 4.5 years with a focus on cannabis research and education. She helped set up a cannabis clinic in which she was responsible for overseeing all aspects including patient education and conducting cannabis research studies.

Sabrina has conducted many educational talks on medical cannabis with hospitals, at conferences, and to physicians, nurses and pharmacists. Sabrina developed a cannabis education webinar series for Michener Institute of Education at UHN and is currently developing the first full time cannabis educator program that will be an accredited through the Ministry of Health. In 2017, she founded the Canadian Institute for Medical Advancement where she and her research team helped a number of cannabis companies with the conduct of cannabis research studies and the development of education.

Can you tell us what is the most exciting part of your work?

I get to wake up every day and work with diverse clients and partners across the globe, all sharing one goal of moving psychedelic medicine forward through clinical trials. It's exciting to be a part of psychedelic clinical trials as these therapeutics have the potential to be the next significant leap forward in psychiatric medicine. As a registered nurse, we focused on patients' physical conditions and symptom management, and mental health fell to the wayside. I experienced this first-hand working in emergency departments, ICUs, and community health care. So, to be a part of a much-needed seismic shift in medicine and healthcare delivery utilizing sacred medicines that First Nations people have used for millennia is significant.

What's different for me is that I am in a much better place today than working in the cannabis industry. I was perhaps naïve in my pursuit to move cannabis research forward with the relentless goal to improve patient access and quality medical cannabis backed by research. Despite the many obstacles, I helped conduct 11 cannabis clinical research studies in the therapeutic areas of chronic pain, PTSD, and post-concussion, to name a few. However, I came out of the cannabis industry with some,



let's say, emotional "scars" as navigating an industry in its infancy that was predominantly male dominated with questionable business ethics took a

Today I am part of and co-founder of a female-led research company that has positioned itself to help psychedelic companies overcome the challenges of conducting psychedelic research. Navigating the complexities of clinical trial regulations, working with controlled and scheduled substances and the big one-helping companies get adequate funding and capital are the challenges we help our clients with. Let's just say we want to make sure psychedelic companies get it right. Building an international team of top specialists in clinical trials, medicine, cannabis and psychedelics while sharing the same ethos of doing good unbiased research has been the ultimate achievement in my career to get to this point.

Where do you see psychedelics five years from now?

Where psychedelics will be in five years depends on conducting clinical trials, from preclinical to completion of phase 3 clinical trials. I see the potential for MDMA to be approved in the next five years, but it may take longer for psilocybin. Getting the product approved to market is one major hurdle; the other is getting adoption from the medical community and part of the standard of care, which does not happen overnight.

The adage is that it takes ten years and several hundred million dollars to take a product to market. Having said that, we have a lot of encouraging trends happening in today's landscape that can speed up the process and help with the current psychedelic renaissance.

MDMA and Psilocybin clinical trials are well underway

FDA granted Breakthrough Therapy Designation to MDMA for the treatment of PTSD, and Psilocybin for **Treatment Resistant Depression**

Pharma has not focused on the development of new treatments and there has been a lack of mental health funding for clinical trials since SSRI drugs came to market in the late 80s. The medical community is ready since there has not been a new novel drug for depression in approx. 40 years

Traditional pharma approach is a "one size fits all" which is why we see people that are treatment resistant. Technology available today including the

use of Artificial Intelligence, genotyping, and biomarkers can help with fast tracking drug development and/or with more personalized medicine approaches I do also see further decriminalization happening globally and more regulations around patient/compassionate care

Do you see psychedelics therapy replacing regular pharmaceutical medicines or used in conjunction with what is currently available?

This is dependent on the data and outcomes from clinical trials and the reimbursement and the adoption from our medical practitioners. So far, we have seen promising data from phase 2 trials, but phase 3 trials happen over a much larger population, so we will have to wait and see.

I see the potential for both stand-alone with psychotherapy, especially in the case of treatmentresistant conditions and used as adjunct therapy with other drug therapies. We have the question if these psychedelics will have to accompany psychotherapy or if they will be given alone-we will have to see what the data shows in terms of efficacy.

I see the most significant barrier is reimbursement; the average patient can't afford approx. \$3,000 for therapy (estimate based on current treatments). The cost will determine patient access and how many clinicians will consider prescribing psychedelics. We need to see head-to-head clinical trials vs the gold standard to influence the decisionmakers from insurance companies, public reimbursement coverage to clinicians.

What age demographics of people do you think will benefit most from psychedelic therapy?

The age demographics will be primarily adults. If clinical trials can demonstrate safety and efficacy data in adults, I can see the age demographics possibly expanding to adolescence from age 15 to 18. With this younger population, there would have to be a harm versus benefits assessment. There is a potential for expanding the age demographics for conditions such as substance abuse, and eating disorders where there is a high prevalence in ages 15 to 24. I want to expand beyond age demographics, as we must consider ethnicity and race to ensure we have diversity in clinical trial populations. With the psychedelic clinical trials that have previously occurred (review of 18 studies from 1993 to 2017), demonstrates a lack of diversity showing 82.3% of the participants being non-Hispanic White.

Diversity and inclusion are essential pillars to how we conduct clinical trials, ensuring diverse study populations.

Imagine an organism that feeds you, heals you, reveals nature's mysteries, and could help save the planet... today.

It's right under your feet.

Fantastic Fungi The Magic Beneath Us

A film by Louie Schwartzberg Narrated by Brie Larson

MOVING ART PRESENTS

IN ASSOCIATION WITH ARTEMIS RISING FOUNDATION AND DIAMOND DOCS AND RECONSIDER AND AREAZSA A LOUIE SCHWARTZBERG FILM "FANTASTIC FUNGI" NABRATED BY BRIE LARSON OBIGINAL SCORE BY ADAM PETERS EDITED BY KEVIN KLAUBER, A.C.E. ANNIE WILKES DIRECTOR OF PHOTOGRAPHY LOUIE SCHWARTZBERG WRITTEN BY MARK MONROE PRODUCED BY LYN DAVIS LEAR LOUIE SCHWARTZBERG, P.C.A. ELEASE LUI STEMP, P.C.A. DIRECTOR BY LOUIE SCHWARTZBERG



AVAILABLE ON NETFLIX



BY XANDER LANDRY

One of the biggest unanswered questions in the scientific community is "How did the Human brain Triple in size over just 2 million years?" Ablip by evolutionary standards.

According to the Stoned Ape Theory developed by Terrence and his brother Dennis McKenna, theorizes that the persistent sustained consumption of psychedelic fungi by proto-humans over at minimum a few hundred thousand years could have been a vital component of the development of human consciousness and the invention of language.

The Stoned Aped Theory was not to stand as the lone factor in the development of human consciousness. but as one of the many factors that went into the evolution and development of the human brain over such a short amount of time

The psychedelic mushrooms that the protohumans would have consumed would have been some type of Psilocybe Cubensis {aka gold tops} which would grow on the dropping of the animals that early proto-humans would have hunted.

This theory is largely disregarded by the major scientific community as just another wild theory, but with new studies coming out about how psychedelic mushrooms interact with the brain and its correlation with finding new pathways that promote new and creative thinking.

Who knows, maybe the stoned ape theory is a litle more possible than you might have once thought.



THE BRIDGE TO MINDFUL HEALING

FUNCTIONAL MUSHROOM PRODUCT

⊙ @mushroom.medic ⊕ www.mmrc.care









Cybin Inc.is a company that's focused on integrating psychedelics and therapeutics by engineering innovative drug delivery systems and treatment regimens for mental health disorders. Founded in 2019, Cybin Corp has quickly become a leading force in the industry by creating safe and effective psychedelic therapeutics for patients to help address a variety of mental health issues.

Cybin is dedicated to helping the world through psychedelics. With its headquarters in Canada Cybin Corp reaches both here and abroad with operations in the USA, UK, and Ireland. With over a dozen patent filings that cover a range of novel psychedelic compounds of different classes such as Duetrated Psilocybin and Duerated Tryptamine. This leads to multiple studies being conducted on the effects and applications of these compounds and many positive results in treating therapy-resistant disorders such as addiction, depression, and PTSD.

Partnering with companies like Kernel with its Flow technology used for the real-time non-invasive recording of brain activity, as well as collaborating with Greenbrook on building mental health centres of excellence for the research and development of innovative psychedelic compound based therapeutics for patients suffering from treatment-resistant depression.

With psychedelics in the spotlight more than ever and the negative stigma of a controlled substance looming over coming to an end, positive companies that put patients first like Cybin Corp are what we need to help lead the way to psychedelics' full medical potential.

CYBIN AWARDS GRANT FOR PSYCHEDELIC TREATMENT CLINIC AT LENOX HILL HOSPITAL TO BENEFIT UNDERSERVED COMMUNITIES

Cybin Inc., a biopharmaceutical company focused on progressing "Psychedelics to Therapeutics™", today announced it has awarded a grant for the first psychedelic treatment clinic at Lenox Hill Hospital, part of Northwell Health, to serve marginalized and underserved communities on the Upper East Side of Manhattan, New York. The program aims to become one of the first hospital-based clinical sites to offer psychedelic medicine in the United States.

Lenox Hill Hospital is a 450-bed, acute care facility on Manhattan's Upper East Side and the flagship Manhattan hospital of Northwell Health — the largest healthcare system in New York State. Highlights of the program include:

- Founded by Kimia Pourrezaei, DO, and Gregory Mendoza, LCSW-R, of the Lenox Hill Hospital Outpatient Center for Mental Health, the clinical program is dedicated to addressing health inequities by prioritizing care for marginalized and underserved p o p u | a ti o n s ;
- The program will increase accessibility by offering treatment with no out of pocket cost for individuals who would otherwise be unable to afford this service; The clinic plans to also provide psychedelic treatments to frontline healthcare workers affected by COVID-19; Clinicians will receive training in MDMA-, ketamine-, and tryptamineassisted psychotherapy. Clinicians will also receive training in EMBARK, a transdiagnostic psychedelic psychotherapy model that can be adapted to address a range of clinical indications and populations. EMBARK is Cybin's psychotherapy model created by Dr. Alex Belser, Cybin's Chief Clinical Officer & Bill Brennan, Ph.D. (cand.).
- "Lenox Hill Hospital is excited by the potential of these modalities for the treatment of previously intractable conditions such as severe depression, chronic PTSD, and OCD," said David Roane, MD, Chairman of Psychiatry at Lenox Hill Hospital. "With this grant from Cybin, Lenox

Hill Hospital aims to become one of the first hospital-based clinical sites offering psychedelic medicine in the country and is dedicated to addressing health inequities by prioritizing care for marginalized and underserved populations. In particular, people of color are greatly underrepresented in psychedelic research studies and our team is committed to inclusive recruitment of patients."

 "It's time for psychedelic medicine to climb down from the ivory tower and into the community. We are honored to support this program at Lenox Hill Hospital to start a lowcost/no-cost psychedelic-clinic for marginalized and underserved communities in New York," said Dr. Alex Belser, Chief Clinical Officer of Cybin.

About Cybin

Cybin is a leading ethical biopharmaceutical company, working with a network of world-class partners and internationally-recognized scientists, on a mission to create safe and effective therapeutics for patients to address a multitude of mental health issues. Headquartered in Canada and founded in 2019, Cybin is operational in the USA, UK and Ireland. The Company is focused on progressing Psychedelics to Therapeutics by engineering proprietary drug discovery platforms, innovative drug delivery systems, novel formulation approaches and treatment regimens for mental health disorders.

About Lenox Hill Hospital

Lenox Hill Hospital, a member of Northwell Health, is a 450-bed, fully accredited, acute care hospital located on Manhattan's Upper East Side with a national reputation for outstanding patient care and innovative medical and surgical treatments. U.S. News & World Report has ranked Lenox Hill among the nation's best for cardiology and heart surgery; diabetes and endocrinology; ear, nose and throat; geriatrics; gynecology; neurology and neurosurgery; and orthopedics. In addition, the hospital received "high performing" designations from U.S. News for its performance in cancer, gastroenterology and GI surgery, pulmonology and lung surgery, and urology.

For more information, go to www.lenoxhill.northwell.edu.

Source: Cybin Inc.



HOMEMADE ART-ISAN BLUE MEANIE PSILOCYBIN CHOCOLATE BARS

These art-isan chocolate bars are made with 6grams of homemade Blue Meanie psilocybin tincture. The bars contain 24 squares, and each square equals out to a daily dose of .25g.

Depending on your needs/personal dosage you can adjust the recipe to suit.

You will need:
1 cup milk chocolate wafers
- 6 grams Blue Meanie psilocybin tincture
-Decorative white chocolates
- Sprinkles
- Chocolate Mold

*Melt wafers in a double boiler on the stove

*Remove melted chocolate from boiler, let stand for 1 minute
and then add the psilocybin tincture

*Pour melted chocolate mixture into mold and level out

*Use white chocolates and sprinkles to create a magical piece of
edible art *Let harden overnight and enjoy!

Psilocybin is regarded as safe to use and not addictive. The therapeutic and physical effects of psilocybin in large and micro doses are being researched further. Before using psilocybin check if there is a contradiction for medicine that you're using and your physical and mental condition. In general, be responsible for yourself!



THE BRIDGE TO MINDFUL HEALING

NPN CERTIFIED

MEDICALLY SUPPORTED BRAND - WHOLESALE & WHITE LABEL





A Pragmatic Approach to Psychedelics Coming soon...

www.consciouscompounds.ca