

The go to plan

Your step-by-step microdose guide



Introduction

Our three courses help you take the doses at the right times. Our courses for beginners, for experienced users and for advanced users help you choose the level at which you prefer to start. Use it to experience the effects, use it to become and stay more productive or to take your performance to the highest level.

Our courses help you choose the microdosing days and non-microdosing days. After a course of 1 to 2 months, rest for at least 2 to 4 weeks. That prevents tolerance, to ensure that you experience the power and healing effects again the next time.



COURSE

Beginner

Our beginners course is well suited to experience the benefits of microdosing. You choose a 3-day cycle that you use for 4 to 8 weeks. Try it for at least a month to see for yourself whether it provides you the benefits you are looking for.

DAY 01

Start microdosing

Start with the lightest dose at 10:00 AM in the morning. It is your first experience, which you can later make stronger as you wish. Preferably start on a day off. Avoid obligations and go for a nice walk in nature, for example. As long as you have not yet found your sweet spot, it is better not to drive or operate vehicles or other equipment.

DAY 02

Let the effects run out

This is your transition day. You are not taking a microdose. This day is very important, because the microdosing from day 1 continues to work in your brain for up to two days. Write down the subtle differences you experience today. Feel, experience and observe. And then listen to your mind again.

DAY 03

Non-microdosing

What follows is the 'normal day', again a non-microdosing day. By not taking microdosing again, you prevent tolerance from occurring. You prevent your body from getting used to it. It also helps you to experience the subtle difference with the other two days. Record again what you feel, experience and observe.



START OVER AGAIN



COURSE

Experienced

You know the benefits of microdosing, so you consistently want to be more productive, creative and energetic. With this course you choose a 4-day cycle that you use for 4 to 8 weeks. Try the course for at least a month to see if it suits you well.

DAY 01

Start microdosing

Take your first dose at 10:00 AM for a productive day. Use a microdose of 1 gram of fresh truffles.

DAY 02

Another microdosing day

Today you also take 1 gram of fresh truffles for a new microdosing. Preferably do this at the same time as the first day. That way you ensure an even dose over both days.

DAY 03

Transition day

Today you do not take microdosing. This day is meant to experience the subtle after-effects of two days of microdosing. Record your experiences and observations in a logbook or in an app. In this way, make changes transparent.

DAY 04

Take a day of

Then the normal day follows, again a non-microdosing day. By not taking microdosing again, you prevent tolerance from occurring. You prevent your body from getting used to it. Record again what you feel, experience and observe.



START OVER AGAIN



COURSE

Advanced

Our advanced course is especially suitable for anyone who has a lot of experience with microdosing. You know how your body reacts to microdoses of truffles. You want to perform optimally thanks to improved productivity, creativity and more energy.

DAY 01

Start microdosing

Take your first microdosing at 10:00 AM in the morning for a productive day. Use 1 gram of the fresh truffles. Or take the microdose in the evening before going to bed, to ensure a good night's sleep.

DAY 02 T/M 04

Microdosing days

On the second to fourth day, take 1 gram of truffles every day. Always keep to the same time as the day before. That ensures the microdoses with fresh truffles will be distributed well over the different days.

DAY 05 T/M 07

Days off

Then follow the normal days, the non-microdosing days. You do not take a microdosing for three days to prevent tolerance from occurring. You prevent your body from getting used to it. During these days, write down what you feel, experience and observe.



START OVER AGAIN

