



Is it Safe to Mix Alcohol with Psilocybin?



- What is psilocybin and how does it impact the body?
- What is alcohol and how does it impact the body?
- What are the expected effects from mixing alcohol and psilocybin?
- What is a safe amount of alcohol while using psilocybin?
- What are the general risks of polysubstance use?

Over the last twenty years, discussion about psychedelics (including psilocybin) has become increasingly more normalized, in both medical research and in day-to-day life. When coupled with shifting societal standards and small-scale pushes towards legalization, [Buy Psilocybin Canada](#) people have become more curious about the role psilocybin could play in their lives.

In spite of this renewed interest, there have been significant bottlenecks to researching psilocybin historically. It being listed as a Schedule 1 substance under the Controlled Substances Act made research almost impossible until the floodgates opened in the early 2000s.

This has also led to a rise in research into polysubstance [Microdose Online](#) use, and especially around mixing alcohol with psilocybin.

[Shroom Buy](#) In this article, we will briefly explain what psilocybin and alcohol are and how they impact the body. We'll also explore the literature that covers mixing psilocybin with alcohol and evaluate the relative safety concerns.

Disclaimer: Hey reader, we are not doctors! We're doing our due diligence to try and find the best resources available, but if you have questions about medical issues, you should consult your doctor

Psilocybin: What is it and what does it do in the body?

Psilocybin naturally appears in most psychedelic mushrooms, which grow primarily in subtropical humid forests but can be found naturally occurring on all continents but Antarctica. Psilocybin is present in both the caps and the stems of the mushrooms, with greater concentrations found in the caps.

Psilocybin itself is inactive in the body but it is very quickly metabolized into psilocin, the main psychoactive substance found in mushrooms. Psilocin acts as a serotonin receptor agonist and triggers those receptors in the same way that serotonin would. Serotonin is partially responsible for mood regulation, and triggering those receptors leads to a generally more positive mood and affect. [Microdosing Mushrooms Toronto](#) also makes the user more receptive to sensory input and more excitable towards that input.

While the experiences that people have after ingesting psilocybin vary widely depending on set and setting, the social, psychological, and cultural parameters that influence your experiences with psychedelics, there are a set of commonly occurring side effects. These include:

- Feelings of euphoria
- Restlessness
- Dilated pupils
- Muscular relaxation
- Visual and auditory hallucinations
- Potentially synesthesia, the involuntary triggering of secondary sensory experiences (hearing colours, seeing sounds)

Negative side effects could include:

- Heart rate modulation (typically increases, but decreases are also occasionally reported)
- Chills
- High body temperature
- Nausea

Bad Trips

Many of the experiences that we have described so far are self-reported, and there is a certain level of subjectivity to the experience. When people have so-called bad trips, they tend to report effects including increased anxiety, panic attacks, disturbing visions, or paranoia.

Research has been conducted around this phenomenon over the last ten years, and there are three studies that we found that help add some context to this discussion.

Visit us : <https://shroombros.co/>