**Psychotropic Foods and Drinks: A Resurgence Marked by Microdosing**

Chapter 3 introduces the idea of psychotropic food and drink substances. Some of these substances have been consumed for centuries. Students might be interested to know of a recent return to psychotropic substances, and their investigation by medical professionals for treatment of various psychological conditions.

The use of the psychotropic substances is so subtle that there is little or no conscious impact of the drugs, a type of use called *microdosing*. Claims regarding the impacts of microdosing drugs like LSD and

“magic mushrooms” include creativity and improved mood symptoms.

Resources to introduce the topic include the following popular productions and publications:

* Recent rise in popularity and research on psychotropic food substances: <https://freakonomics.com/podcast/mount-sinai/>
* <https://www.scientificamerican.com/article/scientists-are-starting-to-test-claims-about-microdosing/>
* Silicon Valley, magic mushrooms: <https://www.forbes.com/sites/jackkelly/2020/01/17/silicon-valley-is-micro-dosing-magic-mushrooms-to-boost-their-careers/?sh=4eb1ac305822>
* Other business workplaces: <https://www.independent.co.uk/voices/lsd-microdosing-california-silicon-valley-california-drugs-young-professionals-a8259001.html>

**Related references:**

Cameron, L. P., Nazarian, A., & Olson, D. E. (2020). Psychedelic microdosing: prevalence and subjective effects. *Journal of psychoactive drugs*, *52*(2), 113-122.

Lea, T., Amada, N., & Jungaberle, H. (2020). Psychedelic microdosing: a subreddit analysis. *Journal of psychoactive drugs*, *52*(2), 101-112.

Lea, T., Amada, N., Jungaberle, H., Schecke, H., & Klein, M. (2020). Microdosing psychedelics: motivations, subjective effects and harm reduction. *International Journal of Drug Policy*, *75*, 102600.

Lea, T., Amada, N., Jungaberle, H., Schecke, H., Scherbaum, N., & Klein, M. (2020). Perceived outcomes of psychedelic microdosing as self-managed therapies for mental and substance use disorders. *Psychopharmacology*, 1-12.

Prochazkova, L., Lippelt, D. P., Colzato, L. S., Kuchar, M., Sjoerds, Z., & Hommel, B. (2018). Exploring the effect of microdosing psychedelics on creativity in an open-label natural setting. *Psychopharmacology*, *235*(12), 3401-3413.