



Welcome to a New Day!

If you're longing to have a deeper connection with your own soul, you're in the right place. Deep healing is root cause healing, and psychedelics may offer profound support for healing the psyche and nourishing neurochemistry in a totally new and restorative way. Microdosing is a marvelous first step to introduce compounds that can heal the body-mind-spirit in ways that can fast track results.

Many of our clients find that microdosing gives them:

- **Clarity**—Improved concentration and focus
- **Ease**—Getting into flow states easier and more quickly
- **Connection**—Increased desire to connect with others
- **Relief**—Reduced physical and emotional pain
- **Motivation**—Less procrastination, more goal oriented actions
- **Empowerment**—Living into your highest potential

The Holistic Caring & The Green Nurse approach to care creates an environment of “empathy, trust, spiritual intelligence, patient protection, ethical integrity, and proficiency in complementary healing techniques.”

Healing the mind, body, and spirit goes deeper than conventional care. At Holistic Caring & The Green Nurse (HC & GN), we educate and support both clients and clinicians who wish to understand psychedelics as tools for personal growth, emotional healing, physical relief, and neurochemical balance.

As expertly trained nurse coaches, we help to assure safety and structure as we educate, guide, and support you along your plant medicine journey. We help you prepare for any experience you pursue safely and intentionally with a ‘Pre & Post’

Plan, to maximize the benefits and minimize the side effects from using plant medicines.

Our nurse-led approach emphasizes safety, education, integration, and holistic preparation so that every experience—micro or macro—unfolds with intention, compassion, and care. Our ongoing coaching services help you meet your goals, stay accountable, and track your progress along the way.

An Overview on Psychedelic Medicines - For Longer Journeys or Macro-doses

Psychedelics at a Glance:				
Drug	Onset	Duration	MOA	Effects
LSD	20 min	10-12 hours	5-HT-2A	mystical, visuals, egoless, expansive
Psilocybin	20 min	4-6 hours	5-HT-2A	mystical, visuals, egoless, expansive
MDMA	20 min	4-6 hours	5-HT-1A, 1B	euphoria, empathy, relaxed / aroused
Ketamine	1 min IV	1-2 hours	LHB, BDNF	dissociative, dream like, mystical
DMT	1 min inhale	30 - 60 minutes	5-HT-2A, 1A	mystical, visuals, egoless, expansive
Ayahuasca	30 min	6-8 hours	5-HT-2A	mystical, visuals, egoless, expansive

Comparing Macro-dosing Versus Micro-dosing

The difference between macro-dosing and micro-dosing is quite drastic and each experience is nothing like the other. The macro-dose is a larger, psychedelic dose, with the intention of altering the senses, and the experience and outcomes vary depending upon the mental & emotional support a person has, and the process of integration after using a macro-dose. Macro-doses should always be facilitated in safe, supervised, legal contexts (e.g., retreats, research, clinical settings).

- **Macro-dosing Mushrooms** - The “Deep Dive” or a Macro-dose Full Trip is where some of the most transformational journeys occur where inspired consciousness for healing happens through mystical experiences. Macro-dosing tends to produce stronger, more intense effects, such as powerful visual sensory experiences, altered states of consciousness, and

out-of-body experiences.

- Dosing 2-5 grams of weighed mushrooms.
 - Form - Lemon Tek Tea, Chocolate or eating the raw mushrooms.
 - Hallucinogenic effects are produced within 30-90 min with a 2 gram + dose range.
 - Rapid increase in plasma plateaus for approximately one hour. Levels wane quickly, becoming barely detectable after 6 hours. Subjective effects may last between 4-6 hours depending on the method of administration and if doses were boosted.
- **Microdosing Mushrooms** - Microdosing means taking sub-perceptual doses of psychedelics such as psilocybin—roughly one-tenth of a full “heroic” or macrodose. The goal isn’t to “trip,” but to gently enhance mood, focus, creativity, and emotional balance through subtle neuroplastic shifts.
 - Typical range: 50–250 mg of dried psilocybin mushrooms.
 - Objective: Improved wellbeing without perceptual distortion.
 - Potential benefits:
 - Lifted mood & emotional stability
 - Greater focus and creativity
 - Reduced anxiety & rumination
 - Enhanced connection, empathy, and presence
 - Reduced physical pain & negative focus

Contraindications: psilocybin-containing mushrooms may *not* be safe for individuals with bipolar disorder, psychosis, schizophrenia, seizure disorders, cardiac conditions, or those on certain psychiatric medications. Always seek professional guidance. Call the nurse line with questions: 970-404-4673 (HOPE).

<u>Comparing Macro dosing and Micro dosing</u>	<u>Macro dosing (“Deep Dive”)</u>	<u>Micro dosing (“Daily Tune-Up”)</u>
<u>Purpose</u>	Transformational healing & mystical insight	Mood, focus, creativity, neurobalance
<u>Dose Range</u>	2–5 grams dried mushrooms (100 µg LSD +)	50–250 mg dried mushrooms (~1/10 heroic dose)
<u>Experience Level</u>	Advanced, guided, legal contexts only	Beginners welcome with education
<u>Duration</u>	4–6 hours active effects	Sub-perceptual, functional
<u>Environment</u>	Supervised ceremony / retreat / clinic	Home or daily routine
<u>Integration Focus</u>	Therapy + integration sessions	Journaling + tracking
<u>Risks</u>	Intense emotional release	Mild sensory shifts
<u>Recommended Support</u>	Licensed facilitator / nurse coach	HC & GN nurse line + coaching

Microdosing Protocols

Pick one and stick with it for a cycle of dosing. The dosing protocol or schedule determines which days you will take your microdose and which days you will take a break during your first 30 day container. Some common protocols are 1 day on, 1 day off; 1 day on, 2 days off; and 4 days on, 3 days off. More on these protocols below:

- **Fadiman Protocol**
 - Microdose - Every 3rd day
 - Cycle - 4 to 8 weeks
 - Reset - 2 to 4 weeks rest

- **Microdose Institute Protocol**
 - Microdose - Every other day
 - Cycle - 4 to 8 weeks
 - Reset - 2 to 4 weeks rest

- **Two Days a Week Protocol**
 - Microdose - Pick 2 fixed days
 - Cycle - 4 to 8 weeks
 - Reset - 2 to 4 weeks rest

- **Stamets Stacking Protocol - Advanced**
 - Morning dosing for daytime energy
 - DAY 1-4: stacking microdose days
 - DAY 5-7: transition days (off)
 - DAY 8-11: stacking microdose days
 - DAY 12-14: transition days (off)
 - Cycle - 4 weeks
 - Reset - 2 to 4 weeks rest

- **Night Cap Protocol - Nighttime - Mushrooms Only**
 - Nighttime dosing is not recommended for those with insomnia or sleep disorders, but may be ideal for those who fatigue easily from

daytime dosing. People often report more vivid dreams, and wake up feeling refreshed and brighter than before they began microdosing.

- Microdose Schedule - Two Choices
 - Every 3rd day 1 hour before bed (Fadiman)
 - Every other day 1 hour before bed (Microdose Institute)
- Cycle - 4 to 8 weeks
- Reset - 2 to 4 weeks off

<u>Microdosing Protocols at a Glance</u>	<u>Pattern</u>	<u>Ideal For</u>	<u>Cycle Length</u>	<u>Reset Break</u>	<u>Notes / Guidance</u>
<u>Fadiman</u>	1 day on / 2 days off	Emotional healing, beginners, trauma recovery	4–8 weeks	2–4 weeks	Gentle start; space for reflection
<u>Microdosing Institute</u>	Every other day	Mood, balance, self-awareness	4–8 weeks	2–4 weeks	Simple rhythm; moderate pace
<u>Two Days a Week</u>	Set 2 fixed days (e.g., Mon & Thu)	Busy schedules, maintenance	4–8 weeks	2–4 weeks	Predictable routine
<u>Stamets Stack</u>	4 days on / 3 off (AM dosing)	Focus, productivity, neuroplasticity	4 weeks	2–4 weeks	Advanced users only
<u>Night Cap</u>	1 hr before bed (EOD or every 3rd day)	Those fatigued by daytime dosing	4–8 weeks	2–4 weeks	Avoid if insomnia; expect vivid dreams

Green Nurse Tip

For individuals with a mental health condition or a history of trauma, we recommend starting with the Fadiman protocol on a day that you are not working like a Saturday. This approach allows you to develop a solid understanding of how microdosing affects you before considering the Stamets Stacking protocol. With both dosage and frequency, it's best to start low and adjust gradually. Remember to be gentle with your body and mind throughout the process, and tune into your own inner guidance.

Intention Setting

Before embarking on your microdosing journey, take a moment to set clear intentions. What do you hope to gain from this experience overall? What is calling you to begin microdosing? Whether it's gaining insight into a specific challenge or simply deepening your self-awareness, clarifying your intentions can amplify the guidance your intuition provides throughout your microdosing container.

- Set a daily intention when you microdose. This is your sacred time.
- Take your dose with a full glass of water in the morning on an empty stomach.
- Jot down your intention in a journal. Why are you taking a dose that day? What do you hope to gain from it? Meditate for a moment before your dose.

The following questions can help you come up with an intention for that day:

- What emotions do I want to experience today?
- What's important to me today?
- How do I hope this day will go?
- No matter what happens today, how do I want to show up?
- At the end of the day, what do I want to say looking back?

Set, Setting, and Support

3 elements determine the quality of every psychedelic experience—even microdosing.

- **Set** (Mindset): Your emotional and mental state before dosing. Begin on calm, grounded days. Avoid dosing on high-stress mornings as that could amplify the effects and lead to disorganized thoughts and feelings.
- **Setting** (Environment): Choose a peaceful space, free of clutter or distraction. Include light, calming music or nature sounds. Go for a slow

walk to tune into birds, clouds, and a beach or green space.

- **Support** (Community & Coaching): Having a trusted guide or nurse coach helps you interpret subtle changes, integrate insights, and maintain accountability. Community integration calls enhance growth and learning.

How to take your dose

- For optimal absorption, take your dose first thing in the morning on an empty stomach. Immediately after, dedicate a few moments to a personal ritual that establishes a positive tone for your day. This could involve 10 minutes of mindfulness, journaling, listening to inspiring music, or any practice that helps you feel focused and motivated.
- Begin by articulating your intention for the day in your journal. Consider: How do you wish to feel? What would you like to cultivate more of? What would truly make this a great day? Once your intention is clear and you feel calm, grounded, and ready, hold the dose close to your heart, meditate with it, or even whisper your intention into it. Take the dose with a glass of water to support hydration. You are welcome to continue with any other centering morning practices. After approximately 30 minutes, you may have breakfast or your usual morning sustenance.
- It is crucial to regard this microdosing period as sacred. The time you dedicate to grounding your body and quieting your mind can profoundly impact the effectiveness of your practice. Avoid introducing the dose into an environment of stress or agitation. Your microdosing morning is specifically for you – even if you only have ten minutes before your day officially begins.

Microdosing Morning Ritual Example = hydration, journaling, intention setting, calm music (like soundscapes, nature sounds, or meditation tracks).

- Hydrate with water and herbal teas and gently stretch your body.
- Write your intention for the day. “How do I want to feel today?”
- Take your dose with mindfulness and a brief meditation.
- Spend 10 minutes in quiet reflection.
- Avoid dosing on stressful mornings. If your morning is always stressed, it might be good to consider pairing with a full spectrum CBD product from Bloom Hemp to promote the relaxation response and support endocannabinoid system tone. Call the free nurse line

Nutraceuticals: Pharmacy Grade Supplements to Support Your Wellbeing

- Supplement care enhances the microbiome with probiotics, creates signaling with good fatty acids, lessens inflammation, and boosts the immune system's health and functionality. Complementing the effects of microdosing with carefully selected supplements adds power to the plant-based compounds, vitamins, and minerals. Optimize the microdosing experience, maximizing its potential benefits while minimizing any potential drawbacks. [Discounted FullScripts Supplements](#)

Mental Health Supportive Supplements

- **Magnesium** is a vital macro mineral that supports stress levels and nervous system health. It acts as a co-factor for over 3,700 enzymes in the body and plays a key role in cardiovascular health, muscle recovery, DNA regulation, tissue repair, and more. Many Americans are already deficient in magnesium, making it especially important for managing stress. A 2018 study by Dr. Burton Altura also found that magnesium levels drop as the body metabolizes psilocybin. Adding a magnesium supplement to your daily routine can help remineralize the body and may alleviate mood symptoms when microdosing.
- **Omega 3** containing EPA and DHA fatty acids, offers significant benefits for physical and mental health, particularly psychological well-being. Research highlights its antidepressant effects, with a meta-analysis from the National Institutes of Health finding Omega-3s beneficial for individuals with Major Depressive Disorder (MDD) or bipolar disorder. Studies even suggest Omega-3s can be as effective as some SSRI medications. Given its benefits for heart and brain health, consider discussing a quality fish oil supplement with your doctor. Omega 3 supports the endocannabinoid system's ability to provide systemic homeostasis.
- **Lion's Mane Mushroom:** Celebrated for its potential neuroprotective and cognitive-enhancing properties, Lion's Mane mushroom is frequently paired with psilocybin. This combination is believed to significantly boost

neuroplasticity and overall cognitive function. Key benefits of Lion's Mane include: improved cognitive function, support for nerve regeneration, enhanced mood, and anti-inflammatory effects. Dosing suggestion 400-600mg

- **Adaptogenic herbs** like Rhodiola Rosea or Ashwagandha may help the body to adapt to stress and to promote overall wellbeing.
- **Stamets Stack: Advanced Microdosing**
 - The Stamets Stack is considered an advanced microdosing practice, largely due to the careful consideration required when working with niacin. We apply the same principle to niacin as to psilocybin: always start with a low dosage and increase gradually to achieve the desired effects.
 - The Stamets Stack, named after renowned mycologist and researcher Paul Stamets, is one of the most frequently discussed combinations in microdosing literature and community forums. This stack typically includes psilocybin mushrooms, Lion's Mane mushroom (*Hericium erinaceus*), and niacin (vitamin B3).
 - Lion's Mane is prized for its potential cognitive benefits, particularly its ability to support nerve growth factor (NGF) production, which may promote neurogenesis and enhance cognitive function. Niacin is added to the stack to amplify the effects of the other components. It is believed to improve blood flow to the brain, potentially aiding the delivery of psilocybin and Lion's Mane for maximum effectiveness.

The Endocannabinoid System (ECS) Connection

Did you know that cannabis activates an innate system that regulates every physiology in the body? Now you do! The Endocannabinoid System (ECS) regulates mood, immunity, and neuroplasticity—the same networks influenced by psilocybin and serotonin. Supplementing your ECS with cannabis compounds can make microdosing smoother and more restorative. The endocannabinoid system plays a role in serotonin modulation (5-HT_{2A} cross-talk) with cannabinoid receptors. This may boost efficacy and prolong benefits from microdosing with CBD before and after larger doses and also supports those consumers who wish to microdose.

ECS Supportive tools include:

- Full-spectrum CBD, CBG, or CBN tinctures for relaxation and balance. These cannabinoids can prime the nervous system pre-trip and aid post-trip recovery - especially with larger doses of mushrooms.
 - Full-spectrum CBD pre-dose may reduce anxiety and reduce overstimulation.
 - CBD + CBG + CBN post-dose may promote integration and sleep.
 - Whatever mushroom dosage you choose, cannabinoids can be powerful healing facilitators that enhance the experience. Call the nurse line with your questions: 970-404-4673 (HOPE).
 - Check out the [Bloom Hemp Emotional Wellness Bundle](#)

<u>System / Compound</u>	<u>Primary Function</u>	<u>Synergy with Microdosing</u>	<u>HC & GN Support Tools</u>
CB1 Receptors	Mood, memory, neuroprotection	CBD pre-dose reduces anxiety & stabilizes mood	Bloom Hemp <i>Calming Oil</i>
CB2 Receptors	Immunity, inflammation	CBG & CBN aid post-dose recovery	Bloom Hemp <i>Digestive Oil / CBN Sleep Gummies</i>
5-HT2A Receptors	Serotonin signaling, neuroplasticity	Psilocybin + ECS support → enhanced resilience	CBD + Lion's Mane Stack
Omega-3 Fatty Acids	Membrane fluidity for CB / 5-HT sites	Boosts overall neurochemical communication	Fullscript EPA/DHA Fish Oil
Magnesium	Calms nervous system	Replenishes after psilocybin metabolism	Fullscript Magnesium Glycinate

The information provided is educational and not intended to diagnose or treat any medical condition. Consult a licensed clinician before use.

Supporting & Healing the Mind, Body & Spirit

- **Nutrition:** Eat whole, fresh, plant based, organic foods as much as possible. Avoid fast food, fried food, fake food, artificial flavors and coloring.

Intermittent fasting and an anti-inflammatory diet are very beneficial for body-mind-spirit healing.

- **Movement:** Motion is the lotion! Are you moving? What is your favorite way to move your body? Gentle yoga, stretching, walking, dancing, hiking, swimming, gym, sports - all of these support your healing journey.
- **Connection:** Who supports your journey? Social connection with family, friends and colleagues. Assess your work life balance, and determine who and what you will keep in your life and what you will eliminate. Keep in loving and supportive friends and family. Let go of the emotional drains that add to your stress.
 - Join the [Free Plant Medicine Support Group](#) at Holistic Caring Network.
- **Rest:** How well do you relax and get good restorative sleep? The relaxation response provides the body with a chance to heal, while prioritizing good sleep hygiene strengthens your resilience and sense of control during challenging times. Check out our recent article on [Ask The Green Nurse - Enhancing Sleep Naturally: The Impact of Sleep Hygiene, Cannabinoids and Hemp CBD | The Cannigma](#)

Interactions & Safety: Mental Health Medication Precautions

Many clients ask if it is okay to microdose in conjunction with psychiatric medicines. In a perfect world, one would work with their provider to taper their psychiatric medications.

In the real world, many are able to do so only with the help of microdosing. In clinical trials, patients taking macrodoses generally wean prior to their session, but not everyone can do that. It's okay, but other RX may change the experience (with macrodosing).

- *Never discontinue medications without medical supervision!*
- [Lithium](#) - Increases risk of seizures - changes signaling pathways in the brain.
- [Mood stabilizers](#) – Lamictal, Depakote, Tegretol – increased difficulty, challenging aspects of the trip reported subjectively by patients.
- [Benzodiazepines](#) - may diminish effects of psychedelics.

- [5-HT-2A blocking antipsychotics](#) - reduced effects of psychedelics.
- [Acute MAOI](#) use - may intensify effects of psychedelics.
- [Long term SSRI](#) or MAOI use - may diminish effects of psychedelics.
- *Serotonin syndrome warning for combining MAOIs + SSRIs + psychedelics.*

Microdosing mushrooms at very low doses can be instrumental in reducing the other medications in time, and open dialogue with your prescriber can establish an exit plan from conventional medicines. Not all providers are willing to do this because psychedelics are not FDA approved, and remain in early clinical trials.

Microdosing Tracking & Integration

Journaling is an essential practice to support microdosing. Journaling captures how your experience is unfolding in your own words. The ability to look back on your dosing days & weeks and have data around what emotions you're experiencing, how you're sleeping, how your stress levels change, and more will be incredibly helpful as you move into the intermediate and advanced stages of this practice.

<u>Date</u>	<u>Dose (mg / capsule)</u>	<u>Protocol Used</u>	<u>Mood (1-10)</u>	<u>Stress (1-10)</u>	<u>Energy (1-10)</u>	<u>Top 3 Emotions</u>	<u>Insights / Notes</u>

- [Use our 30-day tracker](#) (date, dose, emotions, sleep, stress and joy 1-10, notes).
- Make friends with your feelings (see wheel below)...feelings make us human!
- Track the medicine used, dose taken, time of day, stress levels in the morning, afternoon, and nighttime, top 3 emotions felt during the day, the range of feelings experienced, levels of joy, productivity, appetite, sleep, and side effects noted.
- Track the difference between micro- and macrodose effects and benefits.

- Post-session reflections in your journal or worksheets
- Community Integration sessions in our [FREE Plant Medicine Support Group](#).



Integration Practices:

- Integration is the process of turning the intentions and insights from a psychedelic experience into tangible, real-world change. This practice has two main goals: to maximize the benefits of the journey and to process any unexpected emotions that arise during or after.
- The term "integration" literally means "to make whole." Psychedelic integration, therefore, is about weaving the fragmented parts of your experience into a coherent sense of self, helping you achieve the wholeness

you initially sought.

- This process can involve a wide range of practices designed to care for your mind, body, and spirit. Examples include fundamentals like proper rest and nutrition, spiritual approaches such as tarot or water rituals, and embodied techniques like dance and singing. Therapeutic modalities like Holotropic Breathwork and Gestalt Therapy, as well as community-based integration circles that emphasize empathy and acceptance, are also valuable tools.
- Ultimately, integration is the practical, step-by-step journey from who and where you are now toward who and where you want to be. While a beautiful psychedelic experience is a gift in itself, most people seek this work to create significant, lasting change. If that is your goal, integration isn't just a part of the conversation—it's essential. The real work begins when the psychedelic experience ends, and without it, you won't achieve the profound transformation you're looking for.

Three Types of Integration Processes and Examples

- **Physical or Somatic Integration - Embodied Activity**
 - Sometimes the integration process is a highly physical one. Integration is focused on the body, taking care of your physical and mental health focusing on the sensations and feelings you have.
 - Examples - Going outside for a walk, movement, exercise, yoga, journey dancing, breathing exercises, artistic expression.
- **Psycho-Spiritual Integration - Reflections**
 - In other cases integration processes may revolve around how you view yourself, others, and the world, and the relationships between all of them. Relationships with your own mortality, your metaphysical relationship with existence, your relationship (or lack thereof) with religion and spirituality. These themes can present themselves in many ways through psychedelic experiences, and will take some integration work to process fully and integrate.
 - Examples - meditation, writing, journaling, gratitude list, psycho-therapy, support groups, integration circles.
- **Emotional integration - Processing Emotions**
 - Managing, processing, and regulating emotions are essential to your well-being and general affect. Psychedelic experiences can provide the insights that there is work to be done, and catalyzing the

recognition. The integration process is actually carrying out the emotional work - for yourself and your future.

- Examples - Grief, Gratitude and Forgiveness work. Cognitive behavioral therapy and support groups.

<u>Integration Domain</u>	<u>Focus Area</u>	<u>Example Practices</u>	<u>Purpose / Outcome</u>
Release (Physical)	Body awareness & movement	Walking, yoga, dance, breathwork	Ground energy & reduce tension
Reflect (Mental / Spiritual)	Meaning making & self-inquiry	Journaling, meditation, gratitude lists	Integrate insights into daily life
Reconnect (Emotional / Relational)	Connection & community	Support groups, therapy, creative expression	Sustain healing & accountability

Caring for the Endocannabinoid System = Integration

- *Food is Medicine - whole foods*
- *Adaptogens - supplements & herbs*
- *Regular Exercise - motion is the lotion*
- *Meditation & Prayer, Breathwork*
- *Mind/Body Medicine*
- *Vagus Nerve Stimulation*
- *Massage & therapeutic touch*
- *Acupuncture & Chiropractic care*
- *Essential oils & aromatherapy*
- *Energy - Reiki & Reconnective Healing*
- *Sound - Chanting, Music, Drumming*
- *Eliminate alcohol & quit smoking*
- *Restorative Sleep & Rest*
- *Social Connections*
- *Laughter & Play*
- **Low Dose Cannabis & Hemp Products**

The relaxation response cultivates an opportunity for the body to heal.



Legal & Ethical Considerations

- Currently, psilocybin mushrooms are a Schedule I substance (except local jurisdictions). Functional mushrooms are legal and widely available.
- At Holistic Caring & The Green Nurse and The Cannigma, we know that people have access to buying and using mushrooms, and many are even growing their own fungi.
- Our stance: education is needed to keep people safe, and to enhance quality of life when conventional options prove inadequate. We do not prescribe or dispense.
- Informed consent & personal responsibility is key. Know yourself, and keep up with legalities in your jurisdiction.

Resources

- [*The Psychedelic Explorer's Guide*](#) – James Fadiman, PhD
- [*How to Change Your Mind*](#) – Michael Pollan
- [*MAPS and the Johns Hopkins Center for Psychedelic & Consciousness Research*](#)
- [*Spirit Pharmacist*](#) (Dr. Ben Malcolm) – Rx interaction guidance
- [*Microdosing Institute*](#) – global research & protocols
- [*Holistic Caring Network Plant Medicine Support Group*](#)
- [*Journaling template link + the feeling wheel graphic.*](#)

Continuing Education for Professionals (CEUs for Nurses)

- Enroll in [**The Introduction to Psychedelics as Medicine Program**](#)
- Enroll in [**The Cannabis Nurse Health Coach \(CNHC+\) Program**](#)
- Enroll in the Newsletter and [**download a free Medical Cannabis Guide**](#)
- Register for our **HC & GN Professional Webinars via the newsletter!**

Conclusion and Support

We are: Educating. Empowering. Elevating Healthcare.

Healing is an act of courage. Whether you are a patient exploring new paths to wellness or a clinician expanding your toolkit, microdosing invites us to listen—to our bodies, our minds, and the intelligence of nature itself. Holistic Caring & The Green Nurse is here to guide you with education, empathy, and evidence. We've already walked the path, so let's explore a higher consciousness together.

Guidance with Holistic Caring & The Green Nurse

- 10 min Free Discovery Call on the Free Nurse Line: 970-404-4673 (HOPE)
- [30 min Coaching Call](#) - for your Q & A and Overview of Microdosing
- [60 min Coaching Call](#) - a full Microdosing consultation with a treatment plan

Holistic Caring & The Green Nurse Coaching Packages

- Education and information on incorporating psychedelics in your plan.
- Planning, preparing, analyzing, selecting, supporting, and guiding you.
- Questions & Answers
- Preparation for micro or macrodosing
- Education on safety, benefits, process
- Integration best practices
- Instruction on CBD, Endocannabinoidome care, nourishing the body.
- Instruction on THC, minimizing side effects, maximizing desired effects.
- Instruction on set and setting and how to have a good trip.
- Integration care, journaling, tips for therapy, aftercare & coaching.

FREE Plant Medicine Monthly Support Group

[Education, Support and Community Integration at The Holistic Caring Network](#)

***Disclaimer:** HC & GN does not supply psychedelic medicines or promote illegal use. Our work is educational, supportive, and focused on harm reduction and wellness optimization.*