

MARKETFY (HTTPS://MARKETFY.COM/?

_HSTC=258999573.3F22195513918AFD18BDB033ACDCF742.1630443286033.1637356041818.1637359327404.46&_HSSC=258999573.2.1637359327404&_HSFP=150452273)

PREMARKET PREP (HTTPS://WWW.BENZINGA.COM/PREMARKET-PREP/)

BENZINGA

(https://www.benzinga.com/)

News (/news) Markets (/markets) Ratings (/analyst-ratings) Ideas (/trading-ideas) Fintech (/topic/fintech)

Personal Finance (/money/investing/) Crypto (/markets/cryptocurrency) TV (/video/)

My Stocks(https://benzinga.com/profile/portfolio/?action=login) Tools (/calendars)

Premium (https://www.benzinga.com/premium-products)

000	BTC/USD	000	DIA	SPY	3.44	TLT	0.87	GLD	-1.30		
399.51	+ 0.56%	57780.30	+ 1.56%	362.79	-0.96%	470.60	-0.19%	145.26	+ 1.06%	175.24	-0.75%

How Nutrition Can Improve The Psychedelic Experience

by **Psychedelic Spotlight**
(https://www.benzinga.com/user/278337)
November 18, 2021 9:48 am

License (mailto:licensing@benzinga.com?subject=Content Licensing Inquiry - https://www.benzinga.com/markets/cannabis/21/11/23965381/how-nutrition-can-improve-the-psychedelic-experience)



FREE OPTIONS TRADING WORKSHOP: Full-time Options Trader Nic Chahine teaches you his winning formula that results in a 90% trade win-rate. **Click Here Now to Reserve your Spot (Limited Seating)** (https://go.benzinga.com/webinar-registration1627403519142?utm_source=campaignify)

This article was originally published on **Psychedelic Spotlight** (https://psychedelicspotlight.com/how-nutrition-can-improve-the-psychedelic-experience/) and appears here with permission.

Focus on these five key nutrients to better support your body and increase the likelihood of enjoying your psychedelic experience.

It's widely understood that nutrition is key for a healthy body and mind, but psychonauts, and those undergoing psychedelic-assisted therapy, should also consider how diet affects the psychedelic experience, as well.

FREE TRADER QUIZ:

Find out what trading strategy is best for you. It can be hard to focus on spiritual connectedness and inner healing when you're grappling with racing thoughts and a debilitating stomach ache — just a couple of not-so-welcome side effects one may experience after ingesting psychedelics.

Profit From Marijuana Stocks

Alan Brochstein's 420 Investor is the go-to community to help investors capitalize on cannabis.

START INVESTING (HTTPS://MARKETFY.COM)

Cannabis Movers

Gainers

Company

WEST ISLAND BRANDS INC by West Island Brands Inc. (https://quotes.benzinga.com/quote/WIBR)

Target Group (https://quotes.benzinga.com/quote/CBDY)

Earth Science Tech (https://quotes.benzinga.com/quote/ETSI)

MPX International (https://quotes.benzinga.com/quote/MPXOF)

Global Cannabis (https://quotes.benzinga.com/quote/FUAPF)

GreenGro Technologies (https://quotes.benzinga.com/quote/GRNH)

Affinor Growers (https://quotes.benzinga.com/quote/BSSFF)

Indiva (https://quotes.benzinga.com/quote/NDVAF)

See all cannabis stocks (/cannabis/stocks/)

Want Real Time Gainers? Start a free 14 day trial

While set and setting play a significant role in the nature of your psychedelic experience, there are a few things you can do to **offset uncomfortable physical and mental side effects** (<https://psychedelicspotlight.com/how-to-navigate-a-bad-psychedelic-trip/>) people associate with a so-called **“bad trip.”** (<https://psychedelicspotlight.com/bad-psychedelic-trip/>). And nutrition can be one of the best tools for improving your outcomes.

Nutrition and the Psychedelic Experiences

Everything you eat contains varying levels of specific nutrients. Whole, unprocessed or minimally processed fruits and vegetables are chock-full of vitamins and minerals that naturally support your physical well-being and your body’s ability to manage stress.

On the other hand, highly processed foods typically contain fewer nutrients and are often more challenging for your body to break down and use. So, if you’re eating a diet that’s heavily dependent on processed items, you may not be getting enough essential nutrition to support proper digestion and nervous system health.

Psychedelics like psilocybin, peyote, ayahuasca, MDMA, and LSD can deplete your body’s nutrient stores — especially if you’re working through stress and intense emotions. And, if you’re already running low on critical vitamins and minerals, this can make you feel ill during or after your psychedelic experience.

5 Key Nutrients to Improve Psychedelic Therapy

Observing a nutrient-dense diet can help support your body and mind while processing challenging emotions and trauma that may arise during a psychedelic experience. It’s also a good idea to avoid anything that could irritate your stomach or trigger anxiety or depression, such as caffeine and alcohol, in the hours before you take psychedelics. Here are key nutrients to focus on and how you can get them:

- **Vitamin D**

You’ve probably heard of serotonin — the powerful hormone and neurotransmitter that helps stabilize your mood and promotes feelings of happiness and well-being. When your body doesn’t produce enough serotonin, you can feel sad, hopeless, angry, anxious, and irritable.

Fortunately, your body can convert the essential amino acid tryptophan (found in several foods, including oats, soy, and eggs) into serotonin in the brain. But it needs a little help — and that’s where vitamin D comes in. **Research shows** (<https://www.sciencedaily.com/releases/2014/02/140226110836.htm>) this powerful nutrient activates the gene TPH2 that converts tryptophan into serotonin.

You can boost your vitamin D levels by spending time in the sun, taking a high-quality supplement, or by eating eggs, fatty fish, and mushrooms.

- **Omega-3s**

Your body needs fatty acids for all sorts of crucial processes. But omega-3 fatty acids are especially critical to your mental well-being, energy levels, immune system health, and the very structure of your cells. A diet that’s too low in omega-3s can lead to several issues, including fatigue, poor sleep, brain fog, and mood swings.

To ensure you’re giving your body the fuel it needs to support your mental health, focus on adding lots of omega-3-rich foods to your diet. Salmon and mackerel are two of the best sources but, if you observe a plant-based diet, you can get plenty of omega-3s by eating seaweed, chia seeds, walnuts, soybeans, hemp seeds, and kidney beans.

Increasing your intake of these foods before taking psychedelics can help stave off the poor mood some people experience after a trip and help foster the warm, connected feeling people associate with a good trip.

- **Folate**

Folate is a B-vitamin that plays an essential role in your body’s ability to synthesize serotonin, dopamine (the neurotransmitter that helps your body experience pleasure), and epinephrine (or adrenaline). As you can imagine, if your body is underproducing these chemicals, it could negatively impact your psychedelic experience (among other things).

To support your body in synthesizing these neurotransmitters, make sure you’re eating your greens — especially broccoli, brussels sprouts, spinach, kale, and collard greens.

You can also get folate from peas, kidney beans, chickpeas, and asparagus.

Benzinga is Hiring

We’re an experienced team that is looking for a smart

[APPLY \(HTTPS://WWW.BENZINGA.COM/GO/](https://www.benzinga.com/go/)

SIGN UP FOR OUR SECRET CANNABIS NEWS

Never miss out on the breaking news in the Cannabis

Top Cannabis Stories

(<https://www.benzinga.com/markets/cryptocurrency/a-better-1-year-return-than-tesla-apple/>

(https://www.benzinga.com/markets/cannabis/awarded-6-1m-in-cbd-lawsuit?itm_source=organic

(<https://www.benzinga.com/markets/cannabis/health-providers-including-blue-cross-of-ontario>

(<https://www.benzinga.com/markets/cannabis/growth-hexo-decibel-uscc-pelorus-egypt>

(<https://www.benzinga.com/markets/cannabis/of-record-to-attend-virtual-annual-meeting>

Sponsored Content

(<https://www.benzinga.com/news/21/healthcare/giants-reach-grows-where-is-this-headline>

(<https://www.benzinga.com/general/hallucinogenic-psychedelic-compounds>

(<https://www.benzinga.com/general/bio-pharmaceutical-company-says-it-delivers-drugs-exactly>

(<https://www.benzinga.com/markets/cannabis/industry-important-for-quality-of-life-in-cannabis>

(<https://www.benzinga.com/markets/cryptocurrency/bitcoin-mining-company-says-its-computer>

FREE TRADER QUIZ:
Find out what **Magnesium**
strategy is best for you!

Your nervous system relies on magnesium to effectively do its job, but **one study shows** (<https://www.pharmacytimes.com/view/study-half-of-all-americans-are-magnesium-deficient>) at least half of Americans are deficient in this vital mineral.

Magnesium deficiency can trigger depression, fatigue, irregular heartbeat, asthma, nausea, loss of appetite, muscle cramps, and more.

Luckily, it's pretty easy to get more magnesium into your diet if you have access to whole foods. Dark leafy greens like spinach and kale, nuts, seeds, legumes, whole grains, and avocados are excellent sources. Or you could treat yourself to some dark chocolate (72% cacao or more), which also contains magnesium.

- **Prebiotics and probiotics**

It seems like everywhere you turn, people are talking about gut health — but that's for a good reason. Your digestion plays a crucial role in your overall well-being, including your ability to absorb all the key nutrients we've discussed.

There are two things you can add to your diet to nourish your gut microbiome: prebiotics and probiotics.

Prebiotics are a dietary plant fiber that feeds the “good” gut bacteria, which aid in digestion and help fight off harmful, disease-causing bacteria. Onions, garlic, leeks, lentils, barley, oats, whole wheat, jicama, asparagus, and chicory root are all great prebiotics.

Probiotics are microorganisms you can add to the good bacteria in your gut microbiome. Sources of probiotics include fermented foods like yogurt (dairy and non-dairy), kefir, sauerkraut, kimchi, tempeh, kombucha, and miso.

Strive to get plenty of prebiotics and a fair amount of probiotics in your diet to support your gut health — and thus your holistic wellbeing.

Nutrition is only one element of the equation when it comes to how your body reacts to psychedelics. Make sure you're in a safe and comfortable environment and practice taking deep breaths with slow exhales. However, the better you nourish yourself physically and mentally, the more you're likely to benefit from a psychedelic journey.

For the latest in financial news, exclusive stories, memes follow **Benzinga** on [Twitter](https://twitter.com/benzinga) (<https://twitter.com/benzinga>), [Facebook](https://www.facebook.com/Benzinga/) (<https://www.facebook.com/Benzinga/>) & [Instagram](https://www.instagram.com/benzinga/) (<https://www.instagram.com/benzinga/>). For the best interviews, stock market talk & videos, subscribe to [Benzinga Podcasts](https://www.benzinga.com/podcasts) (<https://www.benzinga.com/podcasts>), and our [YouTube channel](https://www.youtube.com/benzinga) (<https://www.youtube.com/benzinga>).

© 2021 Benzinga.com. Benzinga does not provide investment advice. All rights reserved.

Posted-In: [Cannabis \(https://www.benzinga.com/taxonomy/term/123430\)](https://www.benzinga.com/taxonomy/term/123430)

[Markets \(https://www.benzinga.com/taxonomy/term/2\)](https://www.benzinga.com/taxonomy/term/2)

Related Articles

[How Crohn's Disease Opened My Eyes To The Healing Properties Of Cannabis](https://www.benzinga.com/node/24179374)

By: Sara Rotman, CEO and Founder at Wellfounded Botanicals

(<https://www.benzinga.com/node/24179374>)

[Chart: How Have Cannabis Industry Sectors Performed This Year And What Are Their Valuation Multiples? Do They Make Sense?](https://www.benzinga.com/node/24150014)

[Viridian Capital Advisors breaks the cannabis industry down into 12 sub sectors for purposes of tracking capital raises, M&A activity, valuation, and credit analysis by...](https://www.benzinga.com/node/24150014)

(<https://www.benzinga.com/node/24150014>)

[Parents Are Very Open To Ketamine Therapy For Kids, Study Finds](https://www.benzinga.com/node/23964929)

[This article was originally published on Psychedelic Spotlight and appears here with permission. "As parents maintain decision-making capacity of their child's medical...](https://www.benzinga.com/node/23964929)

(<https://www.benzinga.com/node/23964929>)

[Raw Marijuana Won't Get You Stoned, But It Does Have Some Interesting Benefits](https://www.benzinga.com/node/24101407)

[This article was originally published on The Fresh Toast and appears here with permission.](https://www.benzinga.com/node/24101407)

(<https://www.benzinga.com/node/24101407>)

(<https://mixi.media/>)

FREE TRADER QUIZ:

Find out what trading strategy is best for you

https://www.olxautos.com.mx/vende-tu-auto/?utm_source=Taboola&utm_medium=benzinga-campaign=Mx%7CC2B%7CALL%7CTB%7CPCROS%7CConversions%7CDesktop&utm_term=image%7Chand-oDi75i4ug-kk8522yZlYnCYREqJ-zSCORVQotriSn7eZzvmQAAQ#blciGiChNIPONfz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSCORVQotriSn7eZzvmQAAQ

Me decimos a qué precio puedes vender tu auto?

| Sponsored (https://popup.taboola.com/en/?template=colorbox&utm_source=benzinga-benzinga1&utm_medium=referr)

(https://www.olxautos.com.mx/vende-tu-auto/?utm_source=Taboola&utm_medium=benzinga-benzinga1&utm_campaign=MX%7CC2B%7CALL%7CTB%7CPRoS%7CConversions%7CDesktop&utm_term=image%7Chand:oDi75i4ug-kk8522yZlYnCYREqJ-zSCOrVQotriSn7eZzvmQAQ#tblciGiChNIP0Nfnz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSCOrVQotriSn7eZzvmQAQ)
(https://www.straitstimes.com/life/entertainment/actress-vivian-lai-breaks-silence-on-social-media-after-her-husband-was-charged?utm_source=Taboola&utm_medium=CPC&utm_campaign=Taboola_Remarketing&utm_term=benzinga-benzinga1&tblci=GiChNIP0Nfnz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSDxrkEozeCTmfm83eB6#tblciGiChNIP0Nfnz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSDxrkEozeCTmfm83eB6)

Actress Vivian Lai breaks silence on social media after her husband was charged

| Sponsored (https://popup.taboola.com/en/?template=colorbox&utm_source=benzinga-benzinga1&utm_medium=referr)

(https://www.straitstimes.com/life/entertainment/actress-vivian-lai-breaks-silence-on-social-media-after-her-husband-was-charged?utm_source=Taboola&utm_medium=CPC&utm_campaign=Taboola_Remarketing&utm_term=benzinga-benzinga1&tblci=GiChNIP0Nfnz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSDxrkEozeCTmfm83eB6#tblciGiChNIP0Nfnz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSDxrkEozeCTmfm83eB6)

(<https://www.benzinga.com/markets/cryptocurrency/21/11/24198873/anonymous-crypto-wallet-moves-874m-worth-of-bitcoin>)

Anonymous Crypto Wallet Moves \$874M Worth Of Bitcoin

What happened: \$874,571,794.00 worth of Bitcoin (CRYPTO: BTC) ...

Benzinga

(<https://www.benzinga.com/markets/cryptocurrency/21/11/24198873/anonymous-crypto-wallet-moves-874m-worth-of-bitcoin>)

(https://cat.da.us.criteo.com/delivery/ckn.php?cppv=3&cpp=daY5Jl_OvW9l0wZn1xt7eHwImpSVMSCVntdBtseKJLQQwLBMdW6uCA3kijwVH1ETQPvIOqSJWzAZbHjJmQhm6wJ4mxNB_8Xc2X63qDkK-vtEtaOs3oEiAvtcOZWlqGR4nW114CIRswW2JsEGZeutAb_Nnz2HK-aP9aabrlUOfovcX833JoA4nxsYz3WIMBAH9Lw_UleWUXcpW5xe5rsZN91aQrNsDLyLc6SznA7RlrcxYGC4C29kagHsCg8u946zgn65_xFVzWYGY5K-gCpuiKxwUkvURWVvnb2Eles4AOgJq8yw4Q_6_GBEJw8PzuXjxyhvdSZCao-nEV5UUG97K7Q0bdAEePpAuQxnMeA6bgfZFSddjyAWfMiwfVvcxXRSAQcEx06PkuvH6jdupQ-ZxfGqibi74TwnxKgTU0UaGawfyfgyCtn2eDnZp2V2LSKu58UVOR3zvvuLSwNSYJnyEPANHj12Bhok1gbAssAVMC1bWg&maxdpackets-lot-silica-gel-sachets-desiccant%2F708553860.html%3F%3Ddbm%7CCriteo%7CRMKT%7C2116%7C291320%7C708553860%7C%7C01902600700oDi75i4ug-kk8522yZlYnCYREqJ-zSDWjE4o7oTT0ui_r8Nh#tblciGiChNIP0Nfnz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSDWjE4o7oTT0ui_r8Nh)

100 Packets Lot Silica Gel Sachets Desiccant Pouches Drypack Ship Drier

\$4.60

DHGate.com | Sponsored (https://popup.taboola.com/en/?template=colorbox&utm_source=benzinga-benzinga1&utm_medium=referr)

(https://cat.da.us.criteo.com/delivery/ckn.php?click?pi=%2Fmarkets%2Fcannabis%2F21%2F11%2F23965381%2Fhow-nutrition-can-imp-cppv=3&cpp=daY5Jl_OvW9l0wZn1xt7eHwImpSVMSCVntdBtseKJLQQwLBMdW6uCA3kijwVH1ETQPvIOqSJWzAZbHjJmQhm6wJ4mxNB_8Xc2X63qDkK-vtEtaOs3oEiAvtcOZWlqGR4nW114CIRswW2JsEGZeutAb_Nnz2HK-aP9aabrlUOfovcX833JoA4nxsYz3WIMBAH9Lw_UleWUXcpW5xe5rsZN91aQrNsDLyLc6SznA7RlrcxYGC4C29kagHsCg8u946zgn65_xFVzWYGY5K-gCpuiKxwUkvURWVvnb2Eles4AOgJq8yw4Q_6_GBEJw8PzuXjxyhvdSZCao-nEV5UUG97K7Q0bdAEePpAuQxnMeA6bgfZFSddjyAWfMiwfVvcxXRSAQcEx06PkuvH6jdupQ-ZxfGqibi74TwnxKgTU0UaGawfyfgyCtn2eDnZp2V2LSKu58UVOR3zvvuLSwNSYJnyEPANHj12Bhok1gbAssAVMC1bWg&maxdpackets-lot-silica-gel-sachets-desiccant%2F708553860.html%3F%3Ddbm%7CCriteo%7CRMKT%7C2116%7C291320%7C708553860%7C%7C01902600700oDi75i4ug-kk8522yZlYnCYREqJ-zSDWjE4o7oTT0ui_r8Nh#tblciGiChNIP0Nfnz60M-oDi75i4ug-kk8522yZlYnCYREqJ-zSDWjE4o7oTT0ui_r8Nh) (<https://privacy.us.criteo.com/adchoices?cppv=3&cpp=qNf9wCfWwDwGthvAJFuTxQauc42uc048zNeNj63rPKoLBMlqtKlBmh1Ly2cfrGfkn2gVWAeuMUNVu64C0ltnQ92cuu7gJNjnG5KcDn90-xlf1E1p2xSgCxbRIkF0hHQPXwAjFJTJDUoyO4iT9BTheOSJvavgO4Jkgd2Dz3WvYwX>)

[\(https://www.benzinga.com/\)](https://www.benzinga.com/)

 [\(https://www.facebook.com/Benzinga/\)](https://www.facebook.com/Benzinga/)

 <https://www.linkedin.com/company/benzinga>

 <https://twitter.com/benzinga>

 <https://www.instagram.com/benzinga/?hl=en>



FREE TRADER QUIZ:
Find out what trading strategy is best for you!

<https://www.youtube.com/channel/UCqQs28K2zj2dOsc5NfXUKEg>

 <https://soundcloud.com/bztv>

Popular Channels

[PreMarket Prep](https://www.benzinga.com/premarket-prep/)
(<https://www.benzinga.com/premarket-prep/>)

[Press Releases](https://www.benzinga.com/pressreleases)
(<https://www.benzinga.com/pressreleases>)

[Analyst Ratings](https://www.benzinga.com/analyst-ratings) (<https://www.benzinga.com/analyst-ratings>)

[News](https://www.benzinga.com/news) (<https://www.benzinga.com/news>)

[Options](https://www.benzinga.com/markets/options)
(<https://www.benzinga.com/markets/options>)

[ETFs](https://www.benzinga.com/etfs) (<https://www.benzinga.com/etfs>)

Tools & Features

[Real Time Feed](https://www.benzinga.com/widgets/live-updates)
(<https://www.benzinga.com/widgets/live-updates>)

[Public RSS Feeds](https://www.benzinga.com/feeds/list)
(<https://www.benzinga.com/feeds/list>)

[Submit News Tips](https://www.benzinga.com/contact)
(<https://www.benzinga.com/contact>)

[Blog](https://pro.benzinga.com/blog/) (<https://pro.benzinga.com/blog/>)

[News Widget](https://www.benzinga.com/partners/widgets)
(<https://www.benzinga.com/partners/widgets>)

[Benzinga Catalyst](https://www.benzinga.com/partners/widgets)
(<https://www.benzinga.com/partners/widgets>)

Partners & Contributors

[Affiliate Program](https://benzinga.partnerstack.com/)
(<https://benzinga.partnerstack.com/>)

[Contributor Portal](https://www.benzinga.com/contribute/)
(<https://www.benzinga.com/contribute/>)

[Licensing & Syndication](https://www.benzinga.com/apis/)
(<https://www.benzinga.com/apis/>)

[Sponsored Content](https://www.benzinga.com/reach)
(<https://www.benzinga.com/reach>)

[Advertise With Us](https://www.benzinga.com/money/advertise-with-us/)
(<https://www.benzinga.com/money/advertise-with-us/>)

About Benzinga

[About Us](https://www.benzinga.com/about) (<https://www.benzinga.com/about>)

[Team](https://www.benzinga.com/cannabis/team/) (<https://www.benzinga.com/cannabis/team/>)

[Careers](https://jobs.benzinga.com/) (<https://jobs.benzinga.com/>)

[In The News](https://www.benzinga.com/inthenews) (<https://www.benzinga.com/inthenews>)

[Events](https://www.benzinga.com/events/) (<https://www.benzinga.com/events/>)

[Contact Us](https://www.benzinga.com/contact) (<https://www.benzinga.com/contact>)

[Advisor Marketing](https://investmentfirms.com/marketing/?utm_source=benzinga&utm_medium=footer&utm_campaign=advisor_marketing)
(https://investmentfirms.com/marketing/?utm_source=benzinga&utm_medium=footer&utm_campaign=advisor_marketing)

Benzinga International

[Benzinga Italia](https://it.benzinga.com) (<https://it.benzinga.com>)

[Benzinga España](https://es.benzinga.com) (<https://es.benzinga.com>)

[Benzinga France](https://fr.benzinga.com) (<https://fr.benzinga.com>)

[Terms & Conditions](https://www.benzinga.com/terms-and-conditions) (<https://www.benzinga.com/terms-and-conditions>)

[Do Not Sell My Personal Data/Privacy Policy](https://www.benzinga.com/page/privacy) (<https://www.benzinga.com/page/privacy>)

[Disclaimer](https://www.benzinga.com/disclaimer) (<https://www.benzinga.com/disclaimer>)

[Service Status](https://www.benzingastatus.com/) (<https://www.benzingastatus.com/>)

[Sitemap](https://www.benzinga.com/sitemap) (<https://www.benzinga.com/sitemap>)

© 2021 Benzinga | All Rights Reserved

[Advertiser Disclosure](https://www.benzinga.com/money/advertiser-disclosure/): (<https://www.benzinga.com/money/advertiser-disclosure/>) TD Ameritrade, Inc. and Accretive Capital LLC are separate, unaffiliated companies and are not responsible for each other's services and products.

Editorial Disclosure: Reviews are as determined by Benzinga Money. Opinions expressed here are solely the author's and have not been reviewed, approved or otherwise endorsed by reviewers.