WEBVTT

NOTE duration:”01:05:29”

NOTE recognizability:0.785

NOTE language:en-us

NOTE Confidence: 0.96580994

00:00:02.340 --> 00:00:05.856 OK. Thank you to everyone

NOTE Confidence: 0.96580994

00:00:05.856 --> 00:00:07.600 for joining us today.

NOTE Confidence: 0.96580994

00:00:07.600 --> 00:00:10.372 We're excited to have the one and only false.

NOTE Confidence: 0.96580994

00:00:10.380 --> 00:00:14.604 Damitz Paul is the author of seven books.

NOTE Confidence: 0.96580994

00:00:14.610 --> 00:00:16.863 He is an invention ambassador for

NOTE Confidence: 0.96580994

00:00:16.863 --> 00:00:18.828 the American Association for the

NOTE Confidence: 0.96580994

00:00:18.828 --> 00:00:20.846 Advancement of Science and was

NOTE Confidence: 0.96580994

00:00:20.846 --> 00:00:22.766 inducted into the Explorers Club,

NOTE Confidence: 0.96580994

00:00:22.770 --> 00:00:25.417 an international organization dedicated

NOTE Confidence: 0.96580994

00:00:25.417 --> 00:00:27.789 to the advancement of field research,

NOTE Confidence: 0.96580994

00:00:27.790 --> 00:00:29.620 scientific exploration,

NOTE Confidence: 0.96580994

00:00:29.620 --> 00:00:31.531 and resource conservation.

NOTE Confidence: 0.96580994

00:00:31.531 --> 00:00:34.079 He's received numerous awards,

NOTE Confidence: 0.96580994

00:00:34.080 --> 00:00:36.048 including the National Mycologist

NOTE Confidence: 0.96580994

00:00:36.050 --> 00:00:38.874 Award from the North American

NOTE Confidence: 0.96580994

00:00:38.874 --> 00:00:40.462 Mycological Association and the

NOTE Confidence: 0.96580994

00:00:40.462 --> 00:00:43.205 Gordon and Tina Wasson Award from

NOTE Confidence: 0.96580994

00:00:43.205 --> 00:00:45.700 the Mycological Society of America.

NOTE Confidence: 0.96580994

00:00:45.700 --> 00:00:47.839 He's named 4 new species

NOTE Confidence: 0.96580994

00:00:47.840 --> 00:00:49.442 of psilocybin mushrooms,

NOTE Confidence: 0.96580994

00:00:49.442 --> 00:00:52.646 and his work has entered the

NOTE Confidence: 0.96580994

00:00:52.646 --> 00:00:54.859 mainstream of popular culture.

NOTE Confidence: 0.96580994

00:00:54.860 --> 00:00:58.110 In the new Star Trek Discovery series on CBS,

NOTE Confidence: 0.96580994

00:00:58.110 --> 00:01:01.060 the Science officer is portrayed

NOTE Confidence: 0.96580994

00:01:01.060 --> 00:01:02.660 by an Astro mycologist,

NOTE Confidence: 0.96580994

00:01:02.660 --> 00:01:05.380 a Lieutenant Paul Stamets,

NOTE Confidence: 0.96580994

00:01:05.380 --> 00:01:07.834 so Paul's work with mycelium has

NOTE Confidence: 0.96580994

00:01:07.834 --> 00:01:10.589 become a central theme of the series.

NOTE Confidence: 0.96580994

00:01:10.590 --> 00:01:11.460 Very cool, Paul.

NOTE Confidence: 0.96580994

00:01:11.460 --> 00:01:13.200 Thank you so much for joining

NOTE Confidence: 0.96580994

00:01:13.200 --> 00:01:15.445 us today at the Yale Seminar

NOTE Confidence: 0.96580994

00:01:15.445 --> 00:01:16.579 and Psychedelic Medicine.

NOTE Confidence: 0.96580994

00:01:16.580 --> 00:01:17.624 And whenever you're ready,

NOTE Confidence: 0.96580994

00:01:17.624 --> 00:01:18.407 take it away.

NOTE Confidence: 0.928618872

00:01:19.740 --> 00:01:20.856 All right. Well,

NOTE Confidence: 0.928618872

00:01:20.856 --> 00:01:23.460 thank you very much for inviting me.

NOTE Confidence: 0.928618872

00:01:23.460 --> 00:01:25.878 I'm in a remote island and

NOTE Confidence: 0.928618872

00:01:25.878 --> 00:01:28.240 desolation sound in British Columbia,

NOTE Confidence: 0.928618872

00:01:28.240 --> 00:01:30.416 where I spend the majority of my time.

NOTE Confidence: 0.928618872

00:01:30.420 --> 00:01:33.416 It's literally, that's my land behind me.

NOTE Confidence: 0.928618872

00:01:33.420 --> 00:01:35.204 I've found paradise and

NOTE Confidence: 0.928618872

00:01:35.204 --> 00:01:37.434 I rarely like to leave,

NOTE Confidence: 0.928618872

00:01:37.440 --> 00:01:39.174 but I've been involved in solsiden

NOTE Confidence: 0.928618872

00:01:39.174 --> 00:01:41.159 mushrooms since for a very long time,

NOTE Confidence: 0.928618872

00:01:41.160 --> 00:01:44.436 literally since I was about 14 years of age.

NOTE Confidence: 0.928618872

00:01:44.440 --> 00:01:45.960 But I would like to.

NOTE Confidence: 0.928618872

00:01:45.960 --> 00:01:47.316 I have a presentation.

NOTE Confidence: 0.928618872

00:01:47.316 --> 00:01:49.720 I'm really excited to bring this data.

NOTE Confidence: 0.928618872

00:01:49.720 --> 00:01:51.295 Especially to neuroscientists.

NOTE Confidence: 0.928618872

00:01:51.295 --> 00:01:52.870 I'm at mycologist,

NOTE Confidence: 0.928618872

00:01:52.870 --> 00:01:54.710 I'm not a neuroscientist,

NOTE Confidence: 0.928618872

00:01:54.710 --> 00:01:57.740 but I do dive deep, you know,

NOTE Confidence: 0.928618872

00:01:57.740 --> 00:01:59.565 into the vortex of propelled,

NOTE Confidence: 0.928618872

00:01:59.570 --> 00:02:02.870 but my curiosity into this subject.

NOTE Confidence: 0.928618872

00:02:02.870 --> 00:02:04.780 And sometimes I think in

NOTE Confidence: 0.928618872

00:02:04.780 --> 00:02:05.926 many scientific disciplines,

NOTE Confidence: 0.928618872

00:02:05.930 --> 00:02:07.695 it takes somebody thinking outside

NOTE Confidence: 0.928618872

00:02:07.695 --> 00:02:10.284 of the box, in the periphery.

NOTE Confidence: 0.928618872

00:02:10.284 --> 00:02:13.332 Oftentimes what we don't know that

NOTE Confidence: 0.928618872

00:02:13.332 --> 00:02:17.198 can steer us to novel discoveries that

NOTE Confidence: 0.928618872

00:02:17.198 --> 00:02:20.338 are not entrenched in conventional.

NOTE Confidence: 0.928618872

00:02:20.340 --> 00:02:24.173 Scholarship so I would like

NOTE Confidence: 0.928618872

00:02:24.173 --> 00:02:26.159 to to March on forward here.

NOTE Confidence: 0.928618872

00:02:26.160 --> 00:02:27.970 Something to share a screen.

NOTE Confidence: 0.928618872

00:02:27.970 --> 00:02:31.764 My apologies, I'm still learning all this.

NOTE Confidence: 0.928618872

00:02:31.770 --> 00:02:32.118 OK,

NOTE Confidence: 0.928618872

00:02:32.118 --> 00:02:33.858 what is going on here?

NOTE Confidence: 0.88554685

00:02:36.020 --> 00:02:37.400 Let's see. Hold on.

NOTE Confidence: 0.900884934

00:02:38.220 --> 00:02:40.240 Looks like another lovely location.

NOTE Confidence: 0.722760074

00:02:41.480 --> 00:02:42.980 Let me stop sharing again,

NOTE Confidence: 0.722760074

00:02:42.980 --> 00:02:47.920 OK? Let's see. And.

NOTE Confidence: 0.8590987

00:02:51.310 --> 00:02:52.030 OK.

NOTE Confidence: 0.789370266666667

00:02:58.950 --> 00:03:00.276 Don't know why it's so small.

NOTE Confidence: 0.890614502

00:03:05.090 --> 00:03:06.476 Do you have any ideas, Jessica?

NOTE Confidence: 0.890614502

00:03:06.476 --> 00:03:10.199 I got a postage stamp. I do see

NOTE Confidence: 0.84340397

00:03:10.210 --> 00:03:13.118 it small in the corner things are happening.

NOTE Confidence: 0.87548392

00:03:14.640 --> 00:03:16.350 That's not gonna be helpful though.

NOTE Confidence: 0.80656172

00:03:18.700 --> 00:03:19.369 There we go.

NOTE Confidence: 0.69623455

00:03:19.460 --> 00:03:21.698 There it's going, there we go.

NOTE Confidence: 0.697099150166667

00:03:22.490 --> 00:03:24.626 See, folks, I'm. I'm a Luddite,

NOTE Confidence: 0.697099150166667

00:03:24.630 --> 00:03:28.038 alright? I have no freaking

NOTE Confidence: 0.697099150166667

00:03:28.038 --> 00:03:29.850 clue what just happened. OK,

NOTE Confidence: 0.759991375

00:03:30.830 --> 00:03:31.778 we're there. We're there.

NOTE Confidence: 0.632280545

00:03:32.810 --> 00:03:35.010 So I'm presenting mushrooms

NOTE Confidence: 0.632280545

00:03:35.010 --> 00:03:37.210 as medicines for neurogenesis.

NOTE Confidence: 0.632280545

00:03:37.210 --> 00:03:39.410 So here are my disclosures.

NOTE Confidence: 0.632280545

00:03:39.410 --> 00:03:40.522 You know, frankly, folks,

NOTE Confidence: 0.632280545

00:03:40.522 --> 00:03:41.912 I don't know the difference

NOTE Confidence: 0.632280545

00:03:41.912 --> 00:03:43.932 between my avocation, my vocation,

NOTE Confidence: 0.632280545

00:03:43.932 --> 00:03:48.118 but I own a business started in the basement,

NOTE Confidence: 0.632280545

00:03:48.118 --> 00:03:49.546 packing boxes by myself.

NOTE Confidence: 0.632280545

00:03:49.550 --> 00:03:51.638 I was accepted at 4 graduate

NOTE Confidence: 0.632280545

00:03:51.638 --> 00:03:53.469 schools and couldn't afford to go.

NOTE Confidence: 0.632280545

00:03:53.470 --> 00:03:55.640 I had a married woman 11 years older than me,

NOTE Confidence: 0.632280545

00:03:55.640 --> 00:03:56.792 with four children,

NOTE Confidence: 0.632280545

00:03:56.792 --> 00:03:59.070 so I adopted them too.

NOTE Confidence: 0.632280545

00:03:59.070 --> 00:04:00.550 Too expensive.

NOTE Confidence: 0.632280545

00:04:00.550 --> 00:04:02.685 So I was confined to the basement.

NOTE Confidence: 0.632280545

00:04:02.690 --> 00:04:05.394 You know, we created a little

NOTE Confidence: 0.632280545

00:04:05.394 --> 00:04:06.318 scientific mail order business,

NOTE Confidence: 0.632280545

00:04:06.320 --> 00:04:08.810 and I have 145 employees.

NOTE Confidence: 0.632280545

00:04:08.810 --> 00:04:10.665 We do about $40 million in sales.

NOTE Confidence: 0.632280545

00:04:10.670 --> 00:04:12.938 I own 100% of no doubt.

NOTE Confidence: 0.632280545

00:04:12.940 --> 00:04:14.000 Is my dream come true?

NOTE Confidence: 0.632280545

00:04:14.000 --> 00:04:15.884 I created the business in order

NOTE Confidence: 0.632280545

00:04:15.884 --> 00:04:17.140 to do scientific research.

NOTE Confidence: 0.632280545

00:04:17.140 --> 00:04:19.288 That was my entire motivation is

NOTE Confidence: 0.632280545

00:04:19.288 --> 00:04:21.480 to buy Petri dishes wholesale.

NOTE Confidence: 0.632280545

00:04:21.480 --> 00:04:24.120 I can do that if I buy 10 cases at a time.

NOTE Confidence: 0.632280545

00:04:24.120 --> 00:04:26.025 So I recently cofounded Michael

NOTE Confidence: 0.632280545

00:04:26.025 --> 00:04:27.930 Medical Life Sciences as a

NOTE Confidence: 0.632280545

00:04:27.999 --> 00:04:29.548 public benefit corporation.

NOTE Confidence: 0.632280545

00:04:29.548 --> 00:04:32.060 We've raised $60 million.

NOTE Confidence: 0.632280545

00:04:32.060 --> 00:04:33.620 We've been in stealth mode.

NOTE Confidence: 0.632280545

00:04:33.620 --> 00:04:35.870 You can't find really anything else

NOTE Confidence: 0.632280545

00:04:35.870 --> 00:04:38.259 about us except for my lectures.

NOTE Confidence: 0.632280545

00:04:38.260 --> 00:04:39.940 So we've been under the radar.

NOTE Confidence: 0.632280545

00:04:39.940 --> 00:04:42.868 But we are at michaelmedica.com you can see.

NOTE Confidence: 0.632280545

00:04:42.870 --> 00:04:47.470 Sort of a skeleton synopsis of who we are.

NOTE Confidence: 0.632280545

00:04:47.470 --> 00:04:49.762 I've been awarded about 40 patents

NOTE Confidence: 0.632280545

00:04:49.762 --> 00:04:52.249 on the on the serial inventor

NOTE Confidence: 0.632280545

00:04:52.249 --> 00:04:54.877 and I have 3 patents recently

NOTE Confidence: 0.632280545

00:04:54.877 --> 00:04:56.790 issued on Seoul Syven.

NOTE Confidence: 0.632280545

00:04:56.790 --> 00:04:58.590 I have written seven books,

NOTE Confidence: 0.632280545

00:04:58.590 --> 00:05:00.970 but six books describe saltybet

NOTE Confidence: 0.632280545

00:05:00.970 --> 00:05:03.810 mushrooms and as I stated in,

NOTE Confidence: 0.632280545

00:05:03.810 --> 00:05:08.059 I would dare just ask just philosophically.

NOTE Confidence: 0.632280545

00:05:08.060 --> 00:05:10.532 Every one of us has a bias because

NOTE Confidence: 0.632280545

00:05:10.532 --> 00:05:12.270 we're driven by our interest.

NOTE Confidence: 0.632280545

00:05:12.270 --> 00:05:13.590 And if you didn't have any

NOTE Confidence: 0.632280545

00:05:13.590 --> 00:05:14.470 interest in the subject,

NOTE Confidence: 0.632280545

00:05:14.470 --> 00:05:15.811 you wouldn't have a bias, right?

NOTE Confidence: 0.632280545

00:05:15.811 --> 00:05:16.293 So anyway,

NOTE Confidence: 0.632280545

00:05:16.293 --> 00:05:17.980 I I kind of kind of amusing

NOTE Confidence: 0.632280545

00:05:18.035 --> 00:05:19.680 when people want to say to bias

NOTE Confidence: 0.632280545

00:05:19.680 --> 00:05:21.410 and they say they have no bias,

NOTE Confidence: 0.632280545

00:05:21.410 --> 00:05:23.150 but they're employed by the university,

NOTE Confidence: 0.632280545

00:05:23.150 --> 00:05:24.134 they pull a paycheck,

NOTE Confidence: 0.632280545

00:05:24.134 --> 00:05:25.118 they're doing the research

NOTE Confidence: 0.632280545

00:05:25.118 --> 00:05:26.110 and they're publishing.

NOTE Confidence: 0.632280545

00:05:26.110 --> 00:05:27.804 I think you have a bias even

NOTE Confidence: 0.632280545

00:05:27.804 --> 00:05:29.558 if you work at a university.

NOTE Confidence: 0.632280545

00:05:29.560 --> 00:05:32.507 So the we have echoes from archaeology

NOTE Confidence: 0.632280545

00:05:32.507 --> 00:05:34.940 of the interest and mushrooms,

NOTE Confidence: 0.632280545

00:05:34.940 --> 00:05:36.653 putatively solsiden mushrooms,

NOTE Confidence: 0.632280545

00:05:36.653 --> 00:05:39.508 and from the Mesoamerican mushroom

NOTE Confidence: 0.632280545

00:05:39.508 --> 00:05:42.216 stones that were made for about

NOTE Confidence: 0.632280545

00:05:42.216 --> 00:05:44.397 1000 years to most interesting,

NOTE Confidence: 0.632280545

00:05:44.397 --> 00:05:46.792 the northern Algeria that's a

NOTE Confidence: 0.632280545

00:05:46.792 --> 00:05:49.320 silly cave art 7000 years ago,

NOTE Confidence: 0.632280545

00:05:49.320 --> 00:05:52.435 at a time when the Rotarian ecosystem

NOTE Confidence: 0.632280545

00:05:52.435 --> 00:05:54.922 was flush with deciduous trees and

NOTE Confidence: 0.632280545

00:05:54.922 --> 00:05:57.310 woods before climate change and the

NOTE Confidence: 0.632280545

00:05:57.379 --> 00:05:59.569 encroaching of the Sahara desert.

NOTE Confidence: 0.632280545

00:05:59.570 --> 00:06:01.058 In a very,

NOTE Confidence: 0.632280545

00:06:01.058 --> 00:06:03.925 very interesting relief of Demeter

NOTE Confidence: 0.632280545

00:06:03.925 --> 00:06:06.721 giving Persephone a mushroom which

NOTE Confidence: 0.632280545

00:06:06.721 --> 00:06:08.467 suggests the onset of the seasons

NOTE Confidence: 0.632280545

00:06:08.467 --> 00:06:10.456 when she goes into the underworld

NOTE Confidence: 0.632280545

00:06:10.456 --> 00:06:12.568 and then winter and the Eleusinian

NOTE Confidence: 0.632280545

00:06:12.568 --> 00:06:14.485 Mysteries have been very well described

NOTE Confidence: 0.632280545

00:06:14.485 --> 00:06:16.646 by Karl Rock and Jonathan Hott,

NOTE Confidence: 0.632280545

00:06:16.646 --> 00:06:19.876 Albert Hoffman and other researchers.

NOTE Confidence: 0.632280545

00:06:19.880 --> 00:06:22.897 What's really interesting to me is coin.

NOTE Confidence: 0.632280545

00:06:22.900 --> 00:06:24.660 Incidentally, when the Mesoamerican

NOTE Confidence: 0.632280545

00:06:24.660 --> 00:06:26.992 mushroom stones being made, you know,

NOTE Confidence: 0.632280545

00:06:26.992 --> 00:06:29.280 in the new world at the same time,

NOTE Confidence: 0.632280545

00:06:29.280 --> 00:06:31.956 persisting for more than 1000 years,

NOTE Confidence: 0.632280545

00:06:31.960 --> 00:06:33.520 was the Eleusinian Mysteries.

NOTE Confidence: 0.632280545

00:06:33.520 --> 00:06:35.470 So it was very interesting.

NOTE Confidence: 0.632280545

00:06:35.470 --> 00:06:35.746 There,

NOTE Confidence: 0.632280545

00:06:35.746 --> 00:06:37.678 on two different regions of the world,

NOTE Confidence: 0.632280545

00:06:37.680 --> 00:06:39.725 there is a strong suggestions

NOTE Confidence: 0.632280545

00:06:39.725 --> 00:06:41.770 of use of magic mushrooms.

NOTE Confidence: 0.7800387174

00:06:41.770 --> 00:06:43.726 So we must give credit to

NOTE Confidence: 0.7800387174

00:06:43.726 --> 00:06:45.030 Allah to Maria Sabina.

NOTE Confidence: 0.7800387174

00:06:45.030 --> 00:06:47.250 Maria Sabina is the Mazatec shaman.

NOTE Confidence: 0.7800387174

00:06:47.250 --> 00:06:48.650 But I present to you,

NOTE Confidence: 0.7800387174

00:06:48.650 --> 00:06:49.850 she's more than just a shaman.

NOTE Confidence: 0.7800387174

00:06:49.850 --> 00:06:51.154 She was a mycologist.

NOTE Confidence: 0.7800387174

00:06:51.154 --> 00:06:53.110 She went out into the Wilds.

NOTE Confidence: 0.7800387174

00:06:53.110 --> 00:06:57.150 She went in and out in the wild and found

NOTE Confidence: 0.7800387174

00:06:57.150 --> 00:06:59.039 on the mushroom that she preferred was.

NOTE Confidence: 0.7800387174

00:06:59.040 --> 00:07:02.040 Philosophy is zapato quorum.

NOTE Confidence: 0.7800387174

00:07:02.040 --> 00:07:03.348 And this is the mushroom that

NOTE Confidence: 0.7800387174

00:07:03.348 --> 00:07:04.660 she used in her rituals.

NOTE Confidence: 0.7800387174

00:07:04.660 --> 00:07:07.117 Most of you know about our Gordon

NOTE Confidence: 0.7800387174

00:07:07.117 --> 00:07:08.700 Wasson and Valentino Watson,

NOTE Confidence: 0.7800387174

00:07:08.700 --> 00:07:10.325 but Valentino was a mycologist

NOTE Confidence: 0.7800387174

00:07:10.325 --> 00:07:12.630 and my Valentina was a physician.

NOTE Confidence: 0.7800387174

00:07:12.630 --> 00:07:14.004 She died, unfortunately,

NOTE Confidence: 0.7800387174

00:07:14.004 --> 00:07:16.752 1958, just the same year the

NOTE Confidence: 0.7800387174

00:07:16.752 --> 00:07:18.718 Life magazine came out.

NOTE Confidence: 0.7800387174

00:07:18.720 --> 00:07:20.020 But she knew mushrooms

NOTE Confidence: 0.7800387174

00:07:20.020 --> 00:07:21.320 by their Latin binomials.

NOTE Confidence: 0.7800387174

00:07:21.320 --> 00:07:23.010 She could identify mushrooms or

NOTE Confidence: 0.7800387174

00:07:23.010 --> 00:07:25.040 Gordon Wasson was fearful of them.

NOTE Confidence: 0.7800387174

00:07:25.040 --> 00:07:28.160 And that dialectic led to the

NOTE Confidence: 0.7800387174

00:07:28.160 --> 00:07:30.324 the new words Michael Ophelia

NOTE Confidence: 0.7800387174

00:07:30.324 --> 00:07:31.968 from the Russians and.

NOTE Confidence: 0.7800387174

00:07:31.970 --> 00:07:34.460 Phobia from the English and from

NOTE Confidence: 0.7800387174

00:07:34.460 --> 00:07:36.672 that dialectic that began this

NOTE Confidence: 0.7800387174

00:07:36.672 --> 00:07:39.037 amazing career and love affair

NOTE Confidence: 0.7800387174

00:07:39.037 --> 00:07:40.929 they had with ethnomusicology.

NOTE Confidence: 0.7800387174

00:07:40.930 --> 00:07:42.934 But as these women mycologists that

NOTE Confidence: 0.7800387174

00:07:42.934 --> 00:07:44.725 have not been fully recognized

NOTE Confidence: 0.7800387174

00:07:44.725 --> 00:07:46.650 or appreciated that have really

NOTE Confidence: 0.7800387174

00:07:46.650 --> 00:07:49.457 led the charge and our Gordon

NOTE Confidence: 0.7800387174

00:07:49.457 --> 00:07:52.202 Washington sense was passed on

NOTE Confidence: 0.7800387174

00:07:52.202 --> 00:07:54.132 the responsibility from Valentina.

NOTE Confidence: 0.7800387174

00:07:54.132 --> 00:07:56.628 But I think it's really important

NOTE Confidence: 0.7800387174

00:07:56.628 --> 00:07:57.870 to recognize this.

NOTE Confidence: 0.7800387174

00:07:57.870 --> 00:07:59.991 So this losophy ZAP at the quorum

NOTE Confidence: 0.7800387174

00:07:59.991 --> 00:08:01.900 was the primary species of use.

NOTE Confidence: 0.7800387174

00:08:01.900 --> 00:08:04.420 By Maria Sabina I also look at a

NOTE Confidence: 0.7800387174

00:08:04.420 --> 00:08:07.006 shout out to my friend Andrew Weil,

NOTE Confidence: 0.7800387174

00:08:07.010 --> 00:08:08.774 who graduated from Harvard

NOTE Confidence: 0.7800387174

00:08:08.774 --> 00:08:10.824 Medical School in 1977.

NOTE Confidence: 0.7800387174

00:08:10.824 --> 00:08:13.734 He published this in the

NOTE Confidence: 0.7800387174

00:08:13.734 --> 00:08:15.112 Harvard Botanical Museum.

NOTE Confidence: 0.7800387174

00:08:15.112 --> 00:08:16.696 Leaflets about this sudden

NOTE Confidence: 0.7800387174

00:08:16.696 --> 00:08:18.761 interest in souls have mushrooms

NOTE Confidence: 0.7800387174

00:08:18.761 --> 00:08:20.417 in the Pacific Northwest.

NOTE Confidence: 0.7800387174

00:08:20.420 --> 00:08:23.600 Heretofore it was not well known

NOTE Confidence: 0.7800387174

00:08:23.600 --> 00:08:25.160 that you could find still 7

NOTE Confidence: 0.7800387174

00:08:25.160 --> 00:08:26.200 mushrooms in Washington state,

NOTE Confidence: 0.7800387174

00:08:26.200 --> 00:08:28.840 Oregon, Northern California.

NOTE Confidence: 0.7800387174

00:08:28.840 --> 00:08:31.315 Then there was, as you many of you know,

NOTE Confidence: 0.7800387174

00:08:31.320 --> 00:08:33.408 thousands of people went to wahaca

NOTE Confidence: 0.7800387174

00:08:33.408 --> 00:08:35.234 and search for Maria Sabina

NOTE Confidence: 0.7800387174

00:08:35.234 --> 00:08:37.079 and to take magic mushrooms.

NOTE Confidence: 0.7800387174

00:08:37.080 --> 00:08:38.514 Little did they know that many

NOTE Confidence: 0.7800387174

00:08:38.514 --> 00:08:39.885 of them have these mushrooms

NOTE Confidence: 0.7800387174

00:08:39.885 --> 00:08:41.675 growing perhaps in their backyard,

NOTE Confidence: 0.7800387174

00:08:41.680 --> 00:08:44.860 if not just, you know, down the street.

NOTE Confidence: 0.7800387174

00:08:44.860 --> 00:08:47.070 So Andy would, you know,

NOTE Confidence: 0.7800387174

00:08:47.070 --> 00:08:48.995 synopsis of this was important.

NOTE Confidence: 0.7800387174

00:08:49.000 --> 00:08:50.675 Even though the mushrooms that

NOTE Confidence: 0.7800387174

00:08:50.675 --> 00:08:52.015 he describes were misidentified,

NOTE Confidence: 0.7800387174

00:08:52.020 --> 00:08:54.882 the whole history of the taxonomy

NOTE Confidence: 0.7800387174

00:08:54.882 --> 00:08:57.787 of silicide mushrooms is speckled

NOTE Confidence: 0.7800387174

00:08:57.787 --> 00:08:59.599 with misidentifications.

NOTE Confidence: 0.7800387174

00:08:59.600 --> 00:09:01.220 So how many species are there?

NOTE Confidence: 0.7800387174

00:09:01.220 --> 00:09:01.573 Well,

NOTE Confidence: 0.7800387174

00:09:01.573 --> 00:09:03.338 there's about 140 known species

NOTE Confidence: 0.7800387174

00:09:03.338 --> 00:09:04.750 that are soulside inactive.

NOTE Confidence: 0.903798538333333

00:09:06.800 --> 00:09:11.938 5682 reported collections from 1800 to 2022.

NOTE Confidence: 0.903798538333333

00:09:11.938 --> 00:09:15.122 So I think there's no doubt we all

NOTE Confidence: 0.903798538333333

00:09:15.122 --> 00:09:17.692 came from Africa. Humans migrated,

NOTE Confidence: 0.903798538333333

00:09:17.692 --> 00:09:20.758 Sloshy Compenses is native to Africa

NOTE Confidence: 0.903798538333333

00:09:20.758 --> 00:09:24.508 is now found of course in Mesoamerica,

NOTE Confidence: 0.903798538333333

00:09:24.510 --> 00:09:26.462 thought to be brought over with by the

NOTE Confidence: 0.903798538333333

00:09:26.462 --> 00:09:27.930 Spaniards when they brought cattle.

NOTE Confidence: 0.903798538333333

00:09:27.930 --> 00:09:30.162 But it's loss to be convinced this is the

NOTE Confidence: 0.903798538333333

00:09:30.162 --> 00:09:32.139 primary species of use is found in India,

NOTE Confidence: 0.903798538333333

00:09:32.140 --> 00:09:34.510 Australia you know, South Africa,

NOTE Confidence: 0.903798538333333

00:09:34.510 --> 00:09:37.408 Mid Africa, South America, Middle America,

NOTE Confidence: 0.903798538333333

00:09:37.410 --> 00:09:38.826 Texas, Louisiana, Mississippi.

NOTE Confidence: 0.903798538333333

00:09:38.826 --> 00:09:40.714 So it's really circumpolar

NOTE Confidence: 0.903798538333333

00:09:40.714 --> 00:09:43.150 is that that species has a.

NOTE Confidence: 0.903798538333333

00:09:43.150 --> 00:09:45.555 Broadest range of any suicidal

NOTE Confidence: 0.903798538333333

00:09:45.555 --> 00:09:47.479 mushroom is so far.

NOTE Confidence: 0.903798538333333

00:09:47.480 --> 00:09:50.777 Now my brother John went to Yale.

NOTE Confidence: 0.903798538333333

00:09:50.780 --> 00:09:53.228 And I was only 14 years of age,

NOTE Confidence: 0.903798538333333

00:09:53.230 --> 00:09:54.826 and he came back with this book.

NOTE Confidence: 0.903798538333333

00:09:54.830 --> 00:09:56.162 Altered states of consciousness

NOTE Confidence: 0.903798538333333

00:09:56.162 --> 00:09:58.328 was one of his textbooks. At Yale.

NOTE Confidence: 0.903798538333333

00:09:58.328 --> 00:10:00.320 We living in a small town called Columbiana.

NOTE Confidence: 0.903798538333333

00:10:00.320 --> 00:10:03.350 OH, a very conservative town.

NOTE Confidence: 0.903798538333333

00:10:03.350 --> 00:10:05.170 But John and the family,

NOTE Confidence: 0.903798538333333

00:10:05.170 --> 00:10:07.650 we had an entire laboratory in the basement.

NOTE Confidence: 0.903798538333333

00:10:07.650 --> 00:10:08.790 It was, I mean, seriously,

NOTE Confidence: 0.903798538333333

00:10:08.790 --> 00:10:11.604 it's 4 rows, 3 rows and chemicals.

NOTE Confidence: 0.903798538333333

00:10:11.610 --> 00:10:13.610 John was a serious chemist.

NOTE Confidence: 0.903798538333333

00:10:13.610 --> 00:10:16.038 I've got accepted into Yale and

NOTE Confidence: 0.903798538333333

00:10:16.038 --> 00:10:17.886 I could be in the laboratory,

NOTE Confidence: 0.903798538333333

00:10:17.890 --> 00:10:20.642 but I was too young and I was, you know.

NOTE Confidence: 0.903798538333333

00:10:20.642 --> 00:10:22.679 Not as sincere as he was or,

NOTE Confidence: 0.903798538333333

00:10:22.680 --> 00:10:23.244 you know,

NOTE Confidence: 0.903798538333333

00:10:23.244 --> 00:10:24.936 and he was a serious chemist.

NOTE Confidence: 0.903798538333333

00:10:24.940 --> 00:10:27.622 But we got the my father served on the

NOTE Confidence: 0.903798538333333

00:10:27.622 --> 00:10:29.990 intrepid aircraft carrier and we got

NOTE Confidence: 0.903798538333333

00:10:29.990 --> 00:10:31.940 the intrepid aircraft carrier radio,

NOTE Confidence: 0.903798538333333

00:10:31.940 --> 00:10:33.980 the main radio on this aircraft

NOTE Confidence: 0.903798538333333

00:10:33.980 --> 00:10:35.540 carrier from World War Two.

NOTE Confidence: 0.903798538333333

00:10:35.540 --> 00:10:36.860 And that was in our basement.

NOTE Confidence: 0.903798538333333

00:10:36.860 --> 00:10:38.420 So I was parked in the corner and

NOTE Confidence: 0.903798538333333

00:10:38.420 --> 00:10:40.239 I could just listen to the coded

NOTE Confidence: 0.903798538333333

00:10:40.239 --> 00:10:41.619 messages behind the Iron Curtain.

NOTE Confidence: 0.903798538333333

00:10:41.620 --> 00:10:43.294 I could be where my brother John he was.

NOTE Confidence: 0.903798538333333

00:10:43.300 --> 00:10:46.760 He was a huge hero in my life and mentor.

NOTE Confidence: 0.903798538333333

00:10:46.760 --> 00:10:49.073 And John lent me this book and he was

NOTE Confidence: 0.903798538333333

00:10:49.073 --> 00:10:51.432 on break and then two weeks later he

NOTE Confidence: 0.903798538333333

00:10:51.432 --> 00:10:54.068 had to come back to Yale and I he said

NOTE Confidence: 0.903798538333333

00:10:54.068 --> 00:10:56.589 please give it back to me and and I read it.

NOTE Confidence: 0.903798538333333

00:10:56.590 --> 00:10:58.998 You know my and my best friend Ryan

NOTE Confidence: 0.903798538333333

00:10:58.998 --> 00:11:01.052 borrowed it and Ryan borrowed it and

NOTE Confidence: 0.903798538333333

00:11:01.052 --> 00:11:03.677 and time is a days are going by and

NOTE Confidence: 0.903798538333333

00:11:03.677 --> 00:11:05.822 I tell Ryan please return the book,

NOTE Confidence: 0.903798538333333

00:11:05.822 --> 00:11:06.938 return the book.

NOTE Confidence: 0.903798538333333

00:11:06.938 --> 00:11:08.798 He kept avoiding the question.

NOTE Confidence: 0.903798538333333

00:11:08.800 --> 00:11:10.588 And finally John was pressuring me

NOTE Confidence: 0.903798538333333

00:11:10.588 --> 00:11:12.545 to return his textbook and I asked

NOTE Confidence: 0.903798538333333

00:11:12.545 --> 00:11:14.190 Ryan and demanded that he give it

NOTE Confidence: 0.903798538333333

00:11:14.251 --> 00:11:15.979 back to me and he said I'm sorry,

NOTE Confidence: 0.903798538333333

00:11:15.980 --> 00:11:17.030 I can't give it back to you.

NOTE Confidence: 0.903798538333333

00:11:17.030 --> 00:11:20.397 My father found it and burned it.

NOTE Confidence: 0.903798538333333

00:11:20.400 --> 00:11:22.865 So I said your father

NOTE Confidence: 0.903798538333333

00:11:22.865 --> 00:11:24.837 burned my brother's book.

NOTE Confidence: 0.903798538333333

00:11:24.840 --> 00:11:26.716 And I, and he was very authoritarian,

NOTE Confidence: 0.903798538333333

00:11:26.720 --> 00:11:28.104 conservative person, very concerned

NOTE Confidence: 0.903798538333333

00:11:28.104 --> 00:11:29.834 about other states of consciousness.

NOTE Confidence: 0.903798538333333

00:11:29.840 --> 00:11:31.208 And I thought, well,

NOTE Confidence: 0.903798538333333

00:11:31.208 --> 00:11:34.119 this is a subject I'm going to explore.

NOTE Confidence: 0.903798538333333

00:11:34.120 --> 00:11:39.256 So on the right is my first book.

NOTE Confidence: 0.903798538333333

00:11:39.260 --> 00:11:41.678 It was published 44 years ago.

NOTE Confidence: 0.903798538333333

00:11:41.680 --> 00:11:43.320 I began writing it when I was 21.

NOTE Confidence: 0.903798538333333

00:11:43.320 --> 00:11:44.555 I published my first book

NOTE Confidence: 0.903798538333333

00:11:44.555 --> 00:11:47.108 when I was 23 years of age.

NOTE Confidence: 0.903798538333333

00:11:47.108 --> 00:11:50.808 Philosophy, mushrooms and their allies.

NOTE Confidence: 0.903798538333333

00:11:50.810 --> 00:11:53.501 And I was living in a remote cabin in

NOTE Confidence: 0.903798538333333

00:11:53.501 --> 00:11:56.218 the Cascades and or volcano snow capped

NOTE Confidence: 0.903798538333333

00:11:56.218 --> 00:11:57.888 volcano called White Horse Mountain.

NOTE Confidence: 0.867646284

00:11:57.890 --> 00:11:59.306 And I would come down to

NOTE Confidence: 0.867646284

00:11:59.306 --> 00:12:00.250 Seattle to visit John.

NOTE Confidence: 0.867646284

00:12:00.250 --> 00:12:01.825 He went the University of

NOTE Confidence: 0.867646284

00:12:01.825 --> 00:12:02.770 Washington Medical School.

NOTE Confidence: 0.867646284

00:12:02.770 --> 00:12:04.576 And so the yalies will then come

NOTE Confidence: 0.867646284

00:12:04.576 --> 00:12:06.605 up into the Cascades and we would

NOTE Confidence: 0.867646284

00:12:06.605 --> 00:12:08.758 trip on Sullivan and but John was

NOTE Confidence: 0.867646284

00:12:08.758 --> 00:12:10.552 really excited that I I learned

NOTE Confidence: 0.867646284

00:12:10.552 --> 00:12:12.719 this because he inspired me from

NOTE Confidence: 0.867646284

00:12:12.719 --> 00:12:15.241 his trips to Mexico and Colombia

NOTE Confidence: 0.867646284

00:12:15.241 --> 00:12:17.743 and came back with his astonishing

NOTE Confidence: 0.867646284

00:12:17.743 --> 00:12:19.844 tales of magic mushrooms. So.

NOTE Confidence: 0.867646284

00:12:19.844 --> 00:12:22.116 He really kind of laid the spore or

NOTE Confidence: 0.867646284

00:12:22.116 --> 00:12:24.856 seed in my brain to continue this journey.

NOTE Confidence: 0.867646284

00:12:24.860 --> 00:12:27.079 I also want to acknowledge my father,

NOTE Confidence: 0.867646284

00:12:27.080 --> 00:12:28.952 you know, and he taught me

NOTE Confidence: 0.867646284

00:12:28.952 --> 00:12:30.200 a lot about science.

NOTE Confidence: 0.867646284

00:12:30.200 --> 00:12:30.790 You know,

NOTE Confidence: 0.867646284

00:12:30.790 --> 00:12:32.855 John unfortunately passed away in 2014 and

NOTE Confidence: 0.95492279

00:12:35.040 --> 00:12:36.820 my mother also passed away,

NOTE Confidence: 0.95492279

00:12:36.820 --> 00:12:38.468 you know, more recently.

NOTE Confidence: 0.95492279

00:12:38.468 --> 00:12:40.116 So these three individuals

NOTE Confidence: 0.95492279

00:12:40.116 --> 00:12:41.660 were hugely important.

NOTE Confidence: 0.95492279

00:12:41.660 --> 00:12:44.080 But my mycological mentors was

NOTE Confidence: 0.95492279

00:12:44.080 --> 00:12:46.500 Doctor Daniel stunts kit skates,

NOTE Confidence: 0.95492279

00:12:46.500 --> 00:12:49.836 Doctor Michael Bugg and Alexander Smith,

NOTE Confidence: 0.95492279

00:12:49.840 --> 00:12:52.036 1978. We received a DEA license

NOTE Confidence: 0.95492279

00:12:52.036 --> 00:12:54.350 under Michael Bue and myself and

NOTE Confidence: 0.95492279

00:12:54.350 --> 00:12:57.059 Jeremy Big Wood and Michael Bugs were

NOTE Confidence: 0.95492279

00:12:57.059 --> 00:12:59.180 covered by the Sullivan license.

NOTE Confidence: 0.95492279

00:12:59.180 --> 00:13:00.770 There was allowed me to collect

NOTE Confidence: 0.95492279

00:13:00.770 --> 00:13:02.626 and cultivate, and thereupon we

NOTE Confidence: 0.95492279

00:13:02.626 --> 00:13:04.836 began publishing quite a bit.

NOTE Confidence: 0.95492279

00:13:04.840 --> 00:13:06.496 I went on to discovered 4

NOTE Confidence: 0.95492279

00:13:06.496 --> 00:13:07.960 new species and named them,

NOTE Confidence: 0.95492279

00:13:07.960 --> 00:13:09.220 as long as we assure Russians,

NOTE Confidence: 0.95492279

00:13:09.220 --> 00:13:10.510 the most potent source of

NOTE Confidence: 0.95492279

00:13:10.510 --> 00:13:11.800 the mushroom in the world.

NOTE Confidence: 0.95492279

00:13:11.800 --> 00:13:12.268 Putatively,

NOTE Confidence: 0.95492279

00:13:12.268 --> 00:13:15.076 there's some competition based on analysis,

NOTE Confidence: 0.95492279

00:13:15.080 --> 00:13:16.724 linear formans, variety marijuana,

NOTE Confidence: 0.95492279

00:13:16.724 --> 00:13:17.916 Sonic fibrosis, philosophy.

NOTE Confidence: 0.95492279

00:13:17.916 --> 00:13:20.844 Wiley I, which I named after Andrew Weil.

NOTE Confidence: 0.95492279

00:13:20.850 --> 00:13:22.780 So as long as we signed us as one of

NOTE Confidence: 0.95492279

00:13:22.842 --> 00:13:24.678 the most popular wood chip silicide

NOTE Confidence: 0.95492279

00:13:24.678 --> 00:13:26.650 mushrooms here in the Pacific Northwest

NOTE Confidence: 0.95492279

00:13:26.650 --> 00:13:28.708 and Canada where I am Washington,

NOTE Confidence: 0.95492279

00:13:28.710 --> 00:13:30.170 Oregon and Northern California

NOTE Confidence: 0.95492279

00:13:30.170 --> 00:13:32.360 down to the San Francisco Bay

NOTE Confidence: 0.95492279

00:13:32.422 --> 00:13:34.366 area a little bit further South,

NOTE Confidence: 0.95492279

00:13:34.370 --> 00:13:35.678 they're called WAVY caps.

NOTE Confidence: 0.95492279

00:13:35.678 --> 00:13:37.640 It was also discovered by a

NOTE Confidence: 0.95492279

00:13:37.710 --> 00:13:39.690 great woman in my collagist LLC,

NOTE Confidence: 0.95492279

00:13:39.690 --> 00:13:40.812 Wakefield in 1946.

NOTE Confidence: 0.95492279

00:13:40.812 --> 00:13:42.682 Again another example that the

NOTE Confidence: 0.95492279

00:13:42.682 --> 00:13:44.761 women in my colleges have really

NOTE Confidence: 0.95492279

00:13:44.761 --> 00:13:47.046 led the way and are under a

NOTE Confidence: 0.95492279

00:13:47.046 --> 00:13:48.656 recognized and it's important that

NOTE Confidence: 0.95492279

00:13:48.656 --> 00:13:51.117 I think we we do recognize them.

NOTE Confidence: 0.95492279

00:13:51.117 --> 00:13:53.062 So there's a bluing reaction

NOTE Confidence: 0.95492279

00:13:53.062 --> 00:13:55.330 that is related to psilocin.

NOTE Confidence: 0.95492279

00:13:55.330 --> 00:13:57.670 Silybin is a prodrug to salicin.

NOTE Confidence: 0.95492279

00:13:57.670 --> 00:13:59.074 Silybin dephosphorylates enzymes

NOTE Confidence: 0.95492279

00:13:59.074 --> 00:14:01.882 in your gut and digestive juices

NOTE Confidence: 0.95492279

00:14:01.882 --> 00:14:04.114 and then the Marcellus and

NOTE Confidence: 0.95492279

00:14:04.114 --> 00:14:06.224 degrades this blue pigment forms.

NOTE Confidence: 0.95492279

00:14:06.230 --> 00:14:08.906 So the stronger the bluing reaction,

NOTE Confidence: 0.95492279

00:14:08.910 --> 00:14:11.510 how is it indication of

NOTE Confidence: 0.95492279

00:14:11.510 --> 00:14:14.110 how potent it once was.

NOTE Confidence: 0.95492279

00:14:14.110 --> 00:14:16.768 So they're interesting and metric there.

NOTE Confidence: 0.95492279

00:14:16.770 --> 00:14:18.954 So since many of you have may have

NOTE Confidence: 0.95492279

00:14:18.954 --> 00:14:20.530 not collected sinus is a short,

NOTE Confidence: 0.95492279

00:14:20.530 --> 00:14:21.769 I think 32nd.

NOTE Confidence: 0.95492279

00:14:21.769 --> 00:14:24.247 Video and just what they look

NOTE Confidence: 0.95492279

00:14:24.247 --> 00:14:27.098 like in the wild is very popular

NOTE Confidence: 0.95492279

00:14:27.098 --> 00:14:29.894 to create your own soul saving

NOTE Confidence: 0.95492279

00:14:29.894 --> 00:14:32.397 mushroom patch in your backyard.

NOTE Confidence: 0.95492279

00:14:32.400 --> 00:14:35.575 My book mycelium running has

NOTE Confidence: 0.95492279

00:14:35.575 --> 00:14:37.480 techniques for transplantation.

NOTE Confidence: 0.95492279

00:14:37.480 --> 00:14:38.485 You take those little Rison

NOTE Confidence: 0.95492279

00:14:38.485 --> 00:14:39.909 morphs at the base of the stem.

NOTE Confidence: 0.95492279

00:14:39.910 --> 00:14:41.765 You can cut the stem risorse off,

NOTE Confidence: 0.95492279

00:14:41.770 --> 00:14:43.914 put them in the wood chips and then

NOTE Confidence: 0.95492279

00:14:43.914 --> 00:14:46.004 grow your own mushroom pouch and then

NOTE Confidence: 0.95492279

00:14:46.004 --> 00:14:48.510 you feed it every year with wood chips.

NOTE Confidence: 0.95492279

00:14:48.510 --> 00:14:48.935 Interestingly,

NOTE Confidence: 0.95492279

00:14:48.935 --> 00:14:51.485 these soul type of mushrooms were

NOTE Confidence: 0.95492279

00:14:51.485 --> 00:14:54.000 not well known by even mycologists

NOTE Confidence: 0.95492279

00:14:54.000 --> 00:14:56.340 until the advent of beauty bark.

NOTE Confidence: 0.95492279

00:14:56.340 --> 00:14:58.489 In the 60s where they started wood

NOTE Confidence: 0.95492279

00:14:58.489 --> 00:15:00.478 chipping and putting it as landscaping,

NOTE Confidence: 0.95492279

00:15:00.480 --> 00:15:02.460 suddenly these solsiden mushrooms come,

NOTE Confidence: 0.95492279

00:15:02.460 --> 00:15:04.490 came out of the woodwork, so to speak.

NOTE Confidence: 0.95492279

00:15:04.490 --> 00:15:05.360 Many of us,

NOTE Confidence: 0.95492279

00:15:05.360 --> 00:15:07.495 my colleagues think that they're into fights.

NOTE Confidence: 0.95492279

00:15:07.500 --> 00:15:09.310 They're actually inside the trees

NOTE Confidence: 0.95492279

00:15:09.310 --> 00:15:11.628 and and now we have instances

NOTE Confidence: 0.95492279

00:15:11.628 --> 00:15:13.783 of Beavers and these silicide

NOTE Confidence: 0.95492279

00:15:13.783 --> 00:15:16.459 mushrooms coming out of Beaver holes

NOTE Confidence: 0.95492279

00:15:16.459 --> 00:15:18.659 where Beavers are chipping wood.

NOTE Confidence: 0.95492279

00:15:18.660 --> 00:15:20.748 But it's the advent of beauty bark that

NOTE Confidence: 0.95492279

00:15:20.748 --> 00:15:22.303 suddenly made these things prolific

NOTE Confidence: 0.95492279

00:15:22.303 --> 00:15:23.933 all over the Pacific Northwest,

NOTE Confidence: 0.95492279

00:15:23.940 --> 00:15:27.148 associated with universities, prisons.

NOTE Confidence: 0.95492279

00:15:27.148 --> 00:15:29.382 Courthouses you can imagine around.

NOTE Confidence: 0.95492279

00:15:29.382 --> 00:15:31.172 You know Microsoft is very

NOTE Confidence: 0.95492279

00:15:31.172 --> 00:15:33.083 interesting when they where these

NOTE Confidence: 0.95492279

00:15:33.083 --> 00:15:34.943 silicide mushrooms tend to localize.

NOTE Confidence: 0.95492279

00:15:34.950 --> 00:15:37.071 It seems to be a very important

NOTE Confidence: 0.95492279

00:15:37.071 --> 00:15:38.863 Nexus points the other species

NOTE Confidence: 0.95492279

00:15:38.863 --> 00:15:40.913 is very popular philosophy Simon

NOTE Confidence: 0.95492279

00:15:40.913 --> 00:15:42.143 Sieta Liberty caps

NOTE Confidence: 0.72313171

00:15:42.210 --> 00:15:44.464 now this one does not bruise bluish

NOTE Confidence: 0.72313171

00:15:44.464 --> 00:15:46.432 rarely and it's packed full of

NOTE Confidence: 0.72313171

00:15:46.432 --> 00:15:48.436 soul sibin and almost no salicin.

NOTE Confidence: 0.72313171

00:15:48.440 --> 00:15:51.870 Psilocybin is very stable, psilocin is not.

NOTE Confidence: 0.72313171

00:15:51.870 --> 00:15:54.471 This is why Silybin is a prodrug is presented

NOTE Confidence: 0.72313171

00:15:54.471 --> 00:15:56.867 in the clinical studies this silybin.

NOTE Confidence: 0.72313171

00:15:56.870 --> 00:15:59.278 And it is much more stable than salicin,

NOTE Confidence: 0.72313171

00:15:59.280 --> 00:16:01.576 but this is a species that's also very,

NOTE Confidence: 0.72313171

00:16:01.580 --> 00:16:03.556 very popular and it grows in the field.

NOTE Confidence: 0.72313171

00:16:03.560 --> 00:16:05.312 So there's two habitats,

NOTE Confidence: 0.72313171

00:16:05.312 --> 00:16:07.940 peeled pastures near ponds in particular,

NOTE Confidence: 0.72313171

00:16:07.940 --> 00:16:10.754 wet areas and wood chips around buildings.

NOTE Confidence: 0.72313171

00:16:10.760 --> 00:16:12.874 Those are two primary areas that are

NOTE Confidence: 0.72313171

00:16:12.874 --> 00:16:15.174 found from the second week of September

NOTE Confidence: 0.72313171

00:16:15.174 --> 00:16:17.166 to the second week of November.

NOTE Confidence: 0.72313171

00:16:17.170 --> 00:16:18.762 So we started organizing,

NOTE Confidence: 0.72313171

00:16:18.762 --> 00:16:21.150 I started organizing my two friends,

NOTE Confidence: 0.72313171

00:16:21.150 --> 00:16:22.795 a group of mushroom conferences

NOTE Confidence: 0.72313171

00:16:22.795 --> 00:16:24.873 and a sense this little discussion

NOTE Confidence: 0.72313171

00:16:24.873 --> 00:16:27.099 we're having today is a continuation

NOTE Confidence: 0.72313171

00:16:27.099 --> 00:16:29.050 of that threat of knowledge.

NOTE Confidence: 0.72313171

00:16:29.050 --> 00:16:30.555 So we started doing these

NOTE Confidence: 0.72313171

00:16:30.555 --> 00:16:31.759 mushroom conferences in 19.

NOTE Confidence: 0.72313171

00:16:31.760 --> 00:16:35.830 Actually 1978 was the 1st 1197079

NOTE Confidence: 0.72313171

00:16:35.830 --> 00:16:36.850 you see here.

NOTE Confidence: 0.72313171

00:16:36.850 --> 00:16:39.076 There's Gaston Guzman who wrote a

NOTE Confidence: 0.72313171

00:16:39.076 --> 00:16:41.745 world monograph on the Gina Salazar by

NOTE Confidence: 0.72313171

00:16:41.745 --> 00:16:43.870 Jonathan OTT some of you may have known,

NOTE Confidence: 0.72313171

00:16:43.870 --> 00:16:45.445 and Stephen Pollock at the far end,

NOTE Confidence: 0.72313171

00:16:45.450 --> 00:16:47.748 there he was, he was killed.

NOTE Confidence: 0.72313171

00:16:47.750 --> 00:16:48.749 Unfortunately, in Texas,

NOTE Confidence: 0.72313171

00:16:48.749 --> 00:16:51.080 some of my books and then Terence

NOTE Confidence: 0.72313171

00:16:51.144 --> 00:16:53.100 McKenna and I became good friends.

NOTE Confidence: 0.72313171

00:16:53.100 --> 00:16:55.210 Terence McKenna is quite it

NOTE Confidence: 0.72313171

00:16:55.210 --> 00:16:56.898 was quite the character,

NOTE Confidence: 0.72313171

00:16:56.900 --> 00:16:57.650 very controversial,

NOTE Confidence: 0.72313171

00:16:57.650 --> 00:17:00.275 and his speculations one of the had

NOTE Confidence: 0.72313171

00:17:00.275 --> 00:17:03.121 one of the best commands of the English

NOTE Confidence: 0.72313171

00:17:03.121 --> 00:17:05.065 language I've ever heard enunciated.

NOTE Confidence: 0.72313171

00:17:05.065 --> 00:17:07.690 But like his brother said,

NOTE Confidence: 0.72313171

00:17:07.690 --> 00:17:10.192 if only 1% of what Terrence said is true,

NOTE Confidence: 0.72313171

00:17:10.200 --> 00:17:11.442 it's indeed profound.

NOTE Confidence: 0.72313171

00:17:11.442 --> 00:17:13.926 So Terrence was a risk taker

NOTE Confidence: 0.72313171

00:17:13.926 --> 00:17:16.460 as a psychedelic philosopher,

NOTE Confidence: 0.72313171

00:17:16.460 --> 00:17:19.012 and I would just say 90% of what he said.

NOTE Confidence: 0.72313171

00:17:19.012 --> 00:17:20.204 Pure ******** you know,

NOTE Confidence: 0.72313171

00:17:20.204 --> 00:17:23.328 but it it is that 1% that he actually,

NOTE Confidence: 0.72313171

00:17:23.328 --> 00:17:25.760 I think, tuned into something that I

NOTE Confidence: 0.72313171

00:17:25.760 --> 00:17:28.278 think we're all beginning to see as well.

NOTE Confidence: 0.72313171

00:17:28.280 --> 00:17:31.060 These conferences continued in 1998.

NOTE Confidence: 0.72313171

00:17:31.060 --> 00:17:32.836 There's Albert Hoffman in the center,

NOTE Confidence: 0.72313171

00:17:32.840 --> 00:17:33.784 there's myself,

NOTE Confidence: 0.72313171

00:17:33.784 --> 00:17:35.200 there's saucer Shulgin.

NOTE Confidence: 0.72313171

00:17:35.200 --> 00:17:37.706 So there's a thread here of knowledge

NOTE Confidence: 0.72313171

00:17:37.706 --> 00:17:39.948 that goes back really from the

NOTE Confidence: 0.72313171

00:17:39.948 --> 00:17:42.138 Sicily cave artist who we believe

NOTE Confidence: 0.72313171

00:17:42.138 --> 00:17:44.681 the the reason why that art is

NOTE Confidence: 0.72313171

00:17:44.681 --> 00:17:47.014 so profound is mushrooms are kept

NOTE Confidence: 0.72313171

00:17:47.014 --> 00:17:49.212 in into hunting for preservation.

NOTE Confidence: 0.72313171

00:17:49.212 --> 00:17:52.054 That's a long tradition in in Europe,

NOTE Confidence: 0.72313171

00:17:52.060 --> 00:17:54.802 it's a long tradition and in

NOTE Confidence: 0.72313171

00:17:54.802 --> 00:17:56.173 Mexico and Mesoamerica,

NOTE Confidence: 0.72313171

00:17:56.180 --> 00:17:57.384 and there's an interesting

NOTE Confidence: 0.72313171

00:17:57.384 --> 00:17:58.889 thing that I'd love for.

NOTE Confidence: 0.72313171

00:17:58.890 --> 00:18:00.770 Researchers look into further the

NOTE Confidence: 0.72313171

00:18:00.770 --> 00:18:02.650 Bavarian Bureau of Purity after

NOTE Confidence: 0.72313171

00:18:02.650 --> 00:18:04.782 1516 specifically bans mushrooms

NOTE Confidence: 0.72313171

00:18:04.782 --> 00:18:07.447 from being put into beer.

NOTE Confidence: 0.72313171

00:18:07.450 --> 00:18:09.676 So some of us think it's the

NOTE Confidence: 0.72313171

00:18:09.676 --> 00:18:11.724 psychoactive meds are the Pagan rituals

NOTE Confidence: 0.72313171

00:18:11.724 --> 00:18:14.125 of the of us from Germanic ancestry.

NOTE Confidence: 0.72313171

00:18:14.130 --> 00:18:16.350 And they and these Pagan ritual

NOTE Confidence: 0.72313171

00:18:16.350 --> 00:18:18.286 rituals are using Sullivan mushrooms

NOTE Confidence: 0.72313171

00:18:18.286 --> 00:18:20.231 or other mushrooms that were

NOTE Confidence: 0.72313171

00:18:20.231 --> 00:18:22.749 and and concocted into honey to

NOTE Confidence: 0.72313171

00:18:22.749 --> 00:18:24.090 create psychoactive meats.

NOTE Confidence: 0.72313171

00:18:24.090 --> 00:18:27.548 Again, speculative, we don't know for sure.

NOTE Confidence: 0.72313171

00:18:27.550 --> 00:18:29.296 So because I knew the psychedelic

NOTE Confidence: 0.72313171

00:18:29.296 --> 00:18:32.110 researchers, I also am a deadhead.

NOTE Confidence: 0.72313171

00:18:32.110 --> 00:18:33.482 And I'm part I'm a I'm a

NOTE Confidence: 0.72313171

00:18:33.482 --> 00:18:34.929 prankster with a merry pranksters.

NOTE Confidence: 0.72313171

00:18:34.930 --> 00:18:36.090 I I have the plaque,

NOTE Confidence: 0.72313171

00:18:36.090 --> 00:18:38.645 I passed the electric acid kool-aid test.

NOTE Confidence: 0.72313171

00:18:38.650 --> 00:18:40.756 But of those of you know about the Beat

NOTE Confidence: 0.72313171

00:18:40.756 --> 00:18:42.158 Generation, Jack Kerouac, you know,

NOTE Confidence: 0.72313171

00:18:42.158 --> 00:18:43.910 one flew over the Cuckoo's Nest.

NOTE Confidence: 0.606871861666667

00:18:43.910 --> 00:18:47.786 But Ken Keesey teasing the pranksters

NOTE Confidence: 0.606871861666667

00:18:47.790 --> 00:18:49.800 were very much into psychedelics.

NOTE Confidence: 0.606871861666667

00:18:49.800 --> 00:18:51.350 Since I knew the scientists

NOTE Confidence: 0.606871861666667

00:18:51.350 --> 00:18:52.590 and the psychedelic Rangers,

NOTE Confidence: 0.606871861666667

00:18:52.590 --> 00:18:55.512 I brought them together at this

NOTE Confidence: 0.606871861666667

00:18:55.512 --> 00:18:57.474 incredible conference in 1999.

NOTE Confidence: 0.606871861666667

00:18:57.474 --> 00:19:00.932 Where Ken Kesey and zoster Trogan first

NOTE Confidence: 0.606871861666667

00:19:00.932 --> 00:19:04.720 met and it was a it was quite the thing.

NOTE Confidence: 0.606871861666667

00:19:04.720 --> 00:19:06.820 If you've seen the latest Netflix

NOTE Confidence: 0.606871861666667

00:19:06.820 --> 00:19:08.888 series and how to change your mind

NOTE Confidence: 0.606871861666667

00:19:08.890 --> 00:19:10.954 episode 2 is on sale sibin then it

NOTE Confidence: 0.606871861666667

00:19:10.954 --> 00:19:12.977 did much better job than I expected

NOTE Confidence: 0.606871861666667

00:19:12.977 --> 00:19:15.614 and there was a short clip from that

NOTE Confidence: 0.606871861666667

00:19:15.614 --> 00:19:18.350 conference in in that Netflix series.

NOTE Confidence: 0.606871861666667

00:19:18.350 --> 00:19:20.170 So philosophy consensus is a

NOTE Confidence: 0.606871861666667

00:19:20.170 --> 00:19:21.990 species that's the most commonly

NOTE Confidence: 0.606871861666667

00:19:22.055 --> 00:19:24.636 used around the world grows also an

NOTE Confidence: 0.606871861666667

00:19:24.636 --> 00:19:27.730 elephant dung as goes on yak dung.

NOTE Confidence: 0.606871861666667

00:19:27.730 --> 00:19:29.735 Because of course on horse

NOTE Confidence: 0.606871861666667

00:19:29.735 --> 00:19:31.740 Dong and and Cal Dong.

NOTE Confidence: 0.606871861666667

00:19:31.740 --> 00:19:34.120 So it's a coprophagic species.

NOTE Confidence: 0.606871861666667

00:19:34.120 --> 00:19:36.045 It's it has a double walled spore

NOTE Confidence: 0.606871861666667

00:19:36.045 --> 00:19:38.406 which allows it to get through the

NOTE Confidence: 0.606871861666667

00:19:38.406 --> 00:19:39.886 gastrointestinal tract and then

NOTE Confidence: 0.606871861666667

00:19:39.886 --> 00:19:41.640 the stimulation in determination.

NOTE Confidence: 0.606871861666667

00:19:41.640 --> 00:19:44.853 But this is the most prevalent soulside

NOTE Confidence: 0.606871861666667

00:19:44.853 --> 00:19:46.750 mushroom being consumed today.

NOTE Confidence: 0.606871861666667

00:19:46.750 --> 00:19:46.991 Now,

NOTE Confidence: 0.606871861666667

00:19:46.991 --> 00:19:48.678 I'm gonna show you four different surveys,

NOTE Confidence: 0.606871861666667

00:19:48.680 --> 00:19:51.812 actually a fifth one, and this is these are,

NOTE Confidence: 0.606871861666667

00:19:51.820 --> 00:19:54.730 you know, informing these surveys.

NOTE Confidence: 0.606871861666667

00:19:54.730 --> 00:19:55.510 They're mental surveys.

NOTE Confidence: 0.606871861666667

00:19:55.510 --> 00:19:57.614 Of course, we're not clinical studies,

NOTE Confidence: 0.606871861666667

00:19:57.614 --> 00:20:01.197 but they're surveys just to get a gauge of

NOTE Confidence: 0.606871861666667

00:20:01.197 --> 00:20:03.477 the uses and practices and associations.

NOTE Confidence: 0.606871861666667

00:20:03.480 --> 00:20:04.150 Now association,

NOTE Confidence: 0.606871861666667

00:20:04.150 --> 00:20:06.160 you can say is not causation,

NOTE Confidence: 0.606871861666667

00:20:06.160 --> 00:20:08.860 but it can be, it can be a blend of both.

NOTE Confidence: 0.606871861666667

00:20:08.860 --> 00:20:11.320 And this is very interesting.

NOTE Confidence: 0.606871861666667

00:20:11.320 --> 00:20:14.130 27% decrease odds of larceny.

NOTE Confidence: 0.606871861666667

00:20:14.130 --> 00:20:16.878 22% decrease odds of property crime.

NOTE Confidence: 0.606871861666667

00:20:16.880 --> 00:20:20.600 18% reduced odds of violent crime if you

NOTE Confidence: 0.606871861666667

00:20:20.600 --> 00:20:23.300 had one psilocybin or psychedelic experience.

NOTE Confidence: 0.606871861666667

00:20:23.300 --> 00:20:24.644 I believe LSD and SILYBIN were

NOTE Confidence: 0.606871861666667

00:20:24.644 --> 00:20:26.110 the two that were correlated.

NOTE Confidence: 0.606871861666667

00:20:26.110 --> 00:20:27.898 Psilocybin had the greatest

NOTE Confidence: 0.606871861666667

00:20:27.898 --> 00:20:29.239 correlation of significance.

NOTE Confidence: 0.606871861666667

00:20:29.240 --> 00:20:30.920 These are prisoners.

NOTE Confidence: 0.606871861666667

00:20:30.920 --> 00:20:33.660 480 eighty 5000 people.

NOTE Confidence: 0.606871861666667

00:20:33.660 --> 00:20:35.280 Another survey,

NOTE Confidence: 0.606871861666667

00:20:35.280 --> 00:20:37.710 12166 community members,

NOTE Confidence: 0.606871861666667

00:20:37.710 --> 00:20:39.822 one use of psychedelic,

NOTE Confidence: 0.606871861666667

00:20:39.822 --> 00:20:42.462 and only silybin stood up.

NOTE Confidence: 0.606871861666667

00:20:42.470 --> 00:20:44.198 There's a significant reduction

NOTE Confidence: 0.606871861666667

00:20:44.198 --> 00:20:45.926 to partner partner violence.

NOTE Confidence: 0.606871861666667

00:20:45.930 --> 00:20:47.958 Think of that.

NOTE Confidence: 0.606871861666667

00:20:47.960 --> 00:20:52.616 Association be between opioid use disorder.

NOTE Confidence: 0.606871861666667

00:20:52.620 --> 00:20:55.280 And so oxygen and this sample size

NOTE Confidence: 0.606871861666667

00:20:55.280 --> 00:20:57.535 214,000 people only soul siphon

NOTE Confidence: 0.606871861666667

00:20:57.535 --> 00:20:59.790 was the only psychedelic associated

NOTE Confidence: 0.606871861666667

00:20:59.867 --> 00:21:02.131 with a statistically significant

NOTE Confidence: 0.606871861666667

00:21:02.131 --> 00:21:05.220 reduction in post use of opioids

NOTE Confidence: 0.606871861666667

00:21:05.220 --> 00:21:09.030 once from a solar sybian experience.

NOTE Confidence: 0.606871861666667

00:21:09.030 --> 00:21:11.550 So you start and then so we've heard

NOTE Confidence: 0.606871861666667

00:21:11.550 --> 00:21:14.019 for so long that silybin could,

NOTE Confidence: 0.606871861666667

00:21:14.020 --> 00:21:17.435 could treat addiction and could

NOTE Confidence: 0.606871861666667

00:21:17.435 --> 00:21:20.167 also help fight depression.

NOTE Confidence: 0.606871861666667

00:21:20.170 --> 00:21:22.781 And now we have two very good

NOTE Confidence: 0.606871861666667

00:21:22.781 --> 00:21:23.792 clinical studies, placebo-controlled,

NOTE Confidence: 0.606871861666667

00:21:23.792 --> 00:21:25.888 double-blind, many of you are aware of this,

NOTE Confidence: 0.606871861666667

00:21:25.890 --> 00:21:28.092 but there's an interesting trend now

NOTE Confidence: 0.606871861666667

00:21:28.092 --> 00:21:30.420 and reducing the amount of salicylic.

NOTE Confidence: 0.606871861666667

00:21:30.420 --> 00:21:33.332 So 1% of solicitan approximately in the

NOTE Confidence: 0.606871861666667

00:21:33.332 --> 00:21:36.377 mushrooms by dried weight is 10 milligrams.

NOTE Confidence: 0.606871861666667

00:21:36.380 --> 00:21:38.220 So now you're down to,

NOTE Confidence: 0.606871861666667

00:21:38.220 --> 00:21:41.148 you know about basically.

NOTE Confidence: 0.606871861666667

00:21:41.150 --> 00:21:41.710 Pardon.

NOTE Confidence: 0.8479639725

00:21:44.520 --> 00:21:47.760 I'm sorry. So 15 milligrams is low dose.

NOTE Confidence: 0.8479639725

00:21:47.760 --> 00:21:50.484 You're approaching 1 gram of philosophy

NOTE Confidence: 0.8479639725

00:21:50.484 --> 00:21:52.265 convinces 1 gram of philosophy convinced

NOTE Confidence: 0.8479639725

00:21:52.265 --> 00:21:54.068 us that 1% is is 10 milligrams.

NOTE Confidence: 0.8479639725

00:21:54.068 --> 00:21:55.909 So you look at about 1 1/2

NOTE Confidence: 0.8479639725

00:21:55.909 --> 00:21:57.757 grams as long as week events us.

NOTE Confidence: 0.8479639725

00:21:57.760 --> 00:22:00.178 So another study that came out,

NOTE Confidence: 0.8479639725

00:22:00.180 --> 00:22:02.556 it shows a very strong reduction

NOTE Confidence: 0.8479639725

00:22:02.556 --> 00:22:04.820 in binge drinking of alcohol.

NOTE Confidence: 0.8479639725

00:22:04.820 --> 00:22:06.654 OK, there's a, there's a narrative here,

NOTE Confidence: 0.8479639725

00:22:06.660 --> 00:22:09.327 folks, and you could dispute each study

NOTE Confidence: 0.8479639725

00:22:09.327 --> 00:22:12.420 or survey not being clinically relevant.

NOTE Confidence: 0.8479639725

00:22:12.420 --> 00:22:15.185 But now we are getting clinical studies

NOTE Confidence: 0.8479639725

00:22:15.185 --> 00:22:18.095 that are showing a very interesting cause

NOTE Confidence: 0.8479639725

00:22:18.095 --> 00:22:21.728 and effect and that there are many more.

NOTE Confidence: 0.8479639725

00:22:21.730 --> 00:22:25.528 In Q. I checked yesterday.

NOTE Confidence: 0.8479639725

00:22:25.528 --> 00:22:28.808 There's 116 clinical trials using

NOTE Confidence: 0.8479639725

00:22:28.808 --> 00:22:31.173 soul cybin at clinicaltrials.gov.

NOTE Confidence: 0.8479639725

00:22:31.173 --> 00:22:31.916 Unprecedented.

NOTE Confidence: 0.8479639725

00:22:31.916 --> 00:22:37.117 11 trials including yales are using niacin

NOTE Confidence: 0.8479639725

00:22:37.117 --> 00:22:40.538 opposite salsaman as an active placebo.

NOTE Confidence: 0.8479639725

00:22:40.540 --> 00:22:42.884 The concept was well the patients want to

NOTE Confidence: 0.8479639725

00:22:42.884 --> 00:22:44.996 feel something or expect to feel something.

NOTE Confidence: 0.8479639725

00:22:45.000 --> 00:22:46.644 So like nicotinic acid

NOTE Confidence: 0.8479639725

00:22:46.644 --> 00:22:48.288 niacin the flushing form,

NOTE Confidence: 0.8479639725

00:22:48.290 --> 00:22:50.906 you feel you start feeling hot and you

NOTE Confidence: 0.8479639725

00:22:50.906 --> 00:22:52.858 feel something within 1520 minutes,

NOTE Confidence: 0.8479639725

00:22:52.860 --> 00:22:56.416 just about the same onset of silybin.

NOTE Confidence: 0.8479639725

00:22:56.420 --> 00:22:58.948 But I will present to you that I

NOTE Confidence: 0.8479639725

00:22:58.948 --> 00:23:01.419 think that is fundamentally flawed.

NOTE Confidence: 0.8479639725

00:23:01.420 --> 00:23:04.396 And typically the doses are between 25 and

NOTE Confidence: 0.8479639725

00:23:04.396 --> 00:23:08.960 40 milligrams of cell cybin in these trials.

NOTE Confidence: 0.8479639725

00:23:08.960 --> 00:23:12.327 So I'm very much, I'm involved in

NOTE Confidence: 0.8479639725

00:23:12.327 --> 00:23:15.319 several committees and as as an advisor,

NOTE Confidence: 0.8479639725

00:23:15.320 --> 00:23:17.819 and I very much also subscribe that

NOTE Confidence: 0.8479639725

00:23:17.819 --> 00:23:19.979 soul Simon should be rescheduled.

NOTE Confidence: 0.8479639725

00:23:19.980 --> 00:23:21.205 I don't think there's any

NOTE Confidence: 0.8479639725

00:23:21.205 --> 00:23:22.940 argument to keep it on schedule.

NOTE Confidence: 0.8479639725

00:23:22.940 --> 00:23:24.380 It's not addictive.

NOTE Confidence: 0.8479639725

00:23:24.380 --> 00:23:26.300 It does have medical.

NOTE Confidence: 0.8479639725

00:23:26.300 --> 00:23:29.360 Applications so schedule one substances

NOTE Confidence: 0.8479639725

00:23:29.360 --> 00:23:30.584 have neither.

NOTE Confidence: 0.8479639725

00:23:30.590 --> 00:23:32.442 Insulsa even has both.

NOTE Confidence: 0.8479639725

00:23:32.442 --> 00:23:34.757 So Johns Hopkins researchers read,

NOTE Confidence: 0.8479639725

00:23:34.760 --> 00:23:36.307 led by my good friend Roland Griffiths,

NOTE Confidence: 0.8479639725

00:23:36.310 --> 00:23:37.070 you know,

NOTE Confidence: 0.8479639725

00:23:37.070 --> 00:23:37.450 publicist,

NOTE Confidence: 0.8479639725

00:23:37.450 --> 00:23:38.970 to reschedule it from

NOTE Confidence: 0.8479639725

00:23:38.970 --> 00:23:40.899 schedule one to schedule 4.

NOTE Confidence: 0.8479639725

00:23:40.900 --> 00:23:42.832 So I know the Biden administration

NOTE Confidence: 0.8479639725

00:23:42.832 --> 00:23:44.931 is now looking at rescheduling

NOTE Confidence: 0.8479639725

00:23:44.931 --> 00:23:46.419 psychedelics currently.

NOTE Confidence: 0.8479639725

00:23:46.420 --> 00:23:49.864 There are 21 states that have

NOTE Confidence: 0.8479639725

00:23:49.864 --> 00:23:53.150 bills that are being have going

NOTE Confidence: 0.8479639725

00:23:53.150 --> 00:23:55.860 in various stages of progress.

NOTE Confidence: 0.8479639725

00:23:55.860 --> 00:23:58.002 You know Colorado and Oregon being

NOTE Confidence: 0.8479639725

00:23:58.002 --> 00:24:00.214 the tattoo where the bills have

NOTE Confidence: 0.8479639725

00:24:00.214 --> 00:24:02.713 actually passed and become law and in

NOTE Confidence: 0.8479639725

00:24:02.713 --> 00:24:04.950 Oregon they are now actually involved

NOTE Confidence: 0.8479639725

00:24:04.950 --> 00:24:07.525 in the therapeutic distribution of

NOTE Confidence: 0.8479639725

00:24:07.525 --> 00:24:10.639 sulci even as of this this month.

NOTE Confidence: 0.8479639725

00:24:10.640 --> 00:24:13.706 So this is a wave that's happening

NOTE Confidence: 0.8479639725

00:24:13.706 --> 00:24:15.020 across the world.

NOTE Confidence: 0.8479639725

00:24:15.020 --> 00:24:17.232 So let's look at some of the

NOTE Confidence: 0.8479639725

00:24:17.232 --> 00:24:18.180 most interesting tryptamines,

NOTE Confidence: 0.8479639725

00:24:18.180 --> 00:24:20.568 the active tryptamines,

NOTE Confidence: 0.8479639725

00:24:20.568 --> 00:24:22.956 psilocybin and solson.

NOTE Confidence: 0.8479639725

00:24:22.960 --> 00:24:25.300 You know cause, intoxication,

NOTE Confidence: 0.8479639725

00:24:25.300 --> 00:24:27.640 North Charleston basis and

NOTE Confidence: 0.8479639725

00:24:27.640 --> 00:24:30.200 Norberto system and originalism.

NOTE Confidence: 0.8479639725

00:24:30.200 --> 00:24:32.399 Definitely do not.

NOTE Confidence: 0.8479639725

00:24:32.400 --> 00:24:36.770 Probably broken down by MO's.

NOTE Confidence: 0.8479639725

00:24:36.770 --> 00:24:39.608 And in the question of having

NOTE Confidence: 0.8479639725

00:24:39.608 --> 00:24:41.331 MAOI inhibitors and MO's,

NOTE Confidence: 0.8479639725

00:24:41.331 --> 00:24:44.040 of course you know is is a subject of

NOTE Confidence: 0.8479639725

00:24:44.110 --> 00:24:46.770 conversation amongst many researchers.

NOTE Confidence: 0.8479639725

00:24:46.770 --> 00:24:49.466 So I I got involved this microdose study,

NOTE Confidence: 0.8479639725

00:24:49.470 --> 00:24:51.731 all of you have the articles that

NOTE Confidence: 0.8479639725

00:24:51.731 --> 00:24:53.485 we published in Nature Scientific

NOTE Confidence: 0.8479639725

00:24:53.485 --> 00:24:55.977 reports and we wanted to do a

NOTE Confidence: 0.8479639725

00:24:55.977 --> 00:24:58.057 survey basically on use of people's

NOTE Confidence: 0.8479639725

00:24:58.057 --> 00:25:00.646 use of of soul sybian for another

NOTE Confidence: 0.8479639725

00:25:00.646 --> 00:25:02.050 drugs for microdosing.

NOTE Confidence: 0.8479639725

00:25:02.050 --> 00:25:03.610 What are you microdosing with?

NOTE Confidence: 0.8479639725

00:25:03.610 --> 00:25:04.510 How much do you're taking?

NOTE Confidence: 0.8479639725

00:25:04.510 --> 00:25:05.870 If it's sold cybin,

NOTE Confidence: 0.8479639725

00:25:05.870 --> 00:25:08.170 how frequently are are you taking it?

NOTE Confidence: 0.8479639725

00:25:08.170 --> 00:25:10.200 Is it pre, is it pre weighed?

NOTE Confidence: 0.8479639725

00:25:10.200 --> 00:25:11.350 Do you make it yourself?

NOTE Confidence: 0.8479639725

00:25:11.350 --> 00:25:12.139 Are you stocking?

NOTE Confidence: 0.8479639725

00:25:12.139 --> 00:25:13.980 And I have a stock that I

NOTE Confidence: 0.738933985555555

00:25:14.049 --> 00:25:16.809 like called Lions mane and niacin with salsa.

NOTE Confidence: 0.738933985555555

00:25:16.810 --> 00:25:19.348 Seven, many of you may have heard about it,

NOTE Confidence: 0.738933985555555

00:25:19.350 --> 00:25:22.836 but this became the most popular stack

NOTE Confidence: 0.738933985555555

00:25:22.836 --> 00:25:26.444 currently in the world and we found that

NOTE Confidence: 0.738933985555555

00:25:26.444 --> 00:25:29.596 when looking at the results we have fantastic

NOTE Confidence: 0.738933985555555

00:25:29.596 --> 00:25:32.447 results in reducing depression and anxiety.

NOTE Confidence: 0.738933985555555

00:25:32.450 --> 00:25:36.570 Now it's not placebo survey cannot be placebo

NOTE Confidence: 0.738933985555555

00:25:36.570 --> 00:25:40.300 double-blind controlled well typically so.

NOTE Confidence: 0.738933985555555

00:25:40.300 --> 00:25:41.772 The criticism of expectancy

NOTE Confidence: 0.738933985555555

00:25:41.772 --> 00:25:43.980 is is a good one you,

NOTE Confidence: 0.738933985555555

00:25:43.980 --> 00:25:46.758 but expectancy can enhance the medicine.

NOTE Confidence: 0.738933985555555

00:25:46.760 --> 00:25:49.720 You go to a doctor to get a medicine,

NOTE Confidence: 0.738933985555555

00:25:49.720 --> 00:25:51.250 an antibiotic because you have an

NOTE Confidence: 0.738933985555555

00:25:51.303 --> 00:25:52.748 infection you expect the doctor's

NOTE Confidence: 0.738933985555555

00:25:52.748 --> 00:25:54.840 antibiotic is going to be efficacious.

NOTE Confidence: 0.738933985555555

00:25:54.840 --> 00:25:57.648 So you can have a enhancement of the

NOTE Confidence: 0.738933985555555

00:25:57.648 --> 00:25:59.688 real medicine from expectancy with

NOTE Confidence: 0.738933985555555

00:25:59.688 --> 00:26:02.214 depression and anxiety is a very,

NOTE Confidence: 0.738933985555555

00:26:02.220 --> 00:26:04.800 very complicated because it's very subjective

NOTE Confidence: 0.738933985555555

00:26:04.800 --> 00:26:07.416 and so even though we had significance there,

NOTE Confidence: 0.738933985555555

00:26:07.420 --> 00:26:09.454 we really started looking at something

NOTE Confidence: 0.738933985555555

00:26:09.454 --> 00:26:11.680 that had was outside of expectancy.

NOTE Confidence: 0.738933985555555

00:26:11.680 --> 00:26:13.720 And we had the tap test,

NOTE Confidence: 0.738933985555555

00:26:13.720 --> 00:26:15.554 which is the test used for Alzheimer's,

NOTE Confidence: 0.738933985555555

00:26:15.560 --> 00:26:19.470 dementia, Parkinson's and other types

NOTE Confidence: 0.738933985555555

00:26:19.470 --> 00:26:22.292 of neurodegenerative progressions where

NOTE Confidence: 0.738933985555555

00:26:22.292 --> 00:26:26.674 the ability of you to tap decreases,

NOTE Confidence: 0.738933985555555

00:26:26.680 --> 00:26:27.952 especially in age.

NOTE Confidence: 0.738933985555555

00:26:27.952 --> 00:26:30.336 Even if you're healthy, you're not.

NOTE Confidence: 0.738933985555555

00:26:30.336 --> 00:26:33.080 You can't tap as frequently as you can

NOTE Confidence: 0.738933985555555

00:26:33.080 --> 00:26:36.860 when you're 75 versus when you're 25.

NOTE Confidence: 0.738933985555555

00:26:36.860 --> 00:26:40.310 So anyhow, the tap test gave us

NOTE Confidence: 0.738933985555555

00:26:40.310 --> 00:26:42.135 a signal that was surprising.

NOTE Confidence: 0.738933985555555

00:26:42.140 --> 00:26:44.148 So let's go back and look at in

NOTE Confidence: 0.738933985555555

00:26:44.148 --> 00:26:46.145 this survey and the reason why the

NOTE Confidence: 0.738933985555555

00:26:46.145 --> 00:26:48.110 editors of Nature liked it so much.

NOTE Confidence: 0.738933985555555

00:26:48.110 --> 00:26:51.494 We had 14,000 people in this initial survey.

NOTE Confidence: 0.738933985555555

00:26:51.500 --> 00:26:54.664 I think we're up to 25,000 people now,

NOTE Confidence: 0.738933985555555

00:26:54.664 --> 00:26:58.265 but 88% of the people were taking a micro

NOTE Confidence: 0.738933985555555

00:26:58.265 --> 00:27:00.979 dose and that's 110th of a liftoff dose,

NOTE Confidence: 0.738933985555555

00:27:00.980 --> 00:27:01.776 10 milligrams,

NOTE Confidence: 0.738933985555555

00:27:01.776 --> 00:27:04.960 1 gram of Sophie Conventus at one percent,

NOTE Confidence: 0.738933985555555

00:27:04.960 --> 00:27:06.796 10 milligrams, that's a lift off.

NOTE Confidence: 0.738933985555555

00:27:06.800 --> 00:27:08.350 Because you can feel it.

NOTE Confidence: 0.738933985555555

00:27:08.350 --> 00:27:09.442 By definition of microdose

NOTE Confidence: 0.738933985555555

00:27:09.442 --> 00:27:10.807 means you cannot feel it.

NOTE Confidence: 0.738933985555555

00:27:10.810 --> 00:27:12.421 It's sub intoxication.

NOTE Confidence: 0.738933985555555

00:27:12.421 --> 00:27:15.106 I would say substance Orium,

NOTE Confidence: 0.738933985555555

00:27:15.110 --> 00:27:17.450 but actually people do science.

NOTE Confidence: 0.738933985555555

00:27:17.450 --> 00:27:20.246 The colors are brighter, they're happier.

NOTE Confidence: 0.738933985555555

00:27:20.250 --> 00:27:21.588 So I think that's a sense.

NOTE Confidence: 0.738933985555555

00:27:21.590 --> 00:27:24.315 But basically a microdose is

NOTE Confidence: 0.738933985555555

00:27:24.315 --> 00:27:27.667 1/10 of an intoxicating dose and

NOTE Confidence: 0.738933985555555

00:27:27.667 --> 00:27:30.297 you do not feel intoxication.

NOTE Confidence: 0.738933985555555

00:27:30.300 --> 00:27:31.475 The majority of people microdose

NOTE Confidence: 0.738933985555555

00:27:31.475 --> 00:27:32.910 three to five times per week.

NOTE Confidence: 0.738933985555555

00:27:32.910 --> 00:27:35.238 This is really important go to

NOTE Confidence: 0.738933985555555

00:27:35.240 --> 00:27:36.524 clinicaltrials.gov look at their

NOTE Confidence: 0.738933985555555

00:27:36.524 --> 00:27:37.808 articles been published that

NOTE Confidence: 0.738933985555555

00:27:37.808 --> 00:27:39.000 have discounted microdosing.

NOTE Confidence: 0.738933985555555

00:27:39.000 --> 00:27:40.765 They are so disconnected from

NOTE Confidence: 0.738933985555555

00:27:40.765 --> 00:27:42.177 the real world use.

NOTE Confidence: 0.738933985555555

00:27:42.180 --> 00:27:44.142 There's one study that usually they

NOTE Confidence: 0.738933985555555

00:27:44.142 --> 00:27:46.250 microdose one time and they said oh,

NOTE Confidence: 0.738933985555555

00:27:46.250 --> 00:27:47.342 they didn't have enough.

NOTE Confidence: 0.738933985555555

00:27:47.342 --> 00:27:49.599 Another study of micro dose one time a

NOTE Confidence: 0.738933985555555

00:27:49.599 --> 00:27:51.297 month later they microdosed again and

NOTE Confidence: 0.738933985555555

00:27:51.297 --> 00:27:52.939 the Microdose was even a microdose,

NOTE Confidence: 0.738933985555555

00:27:52.940 --> 00:27:55.082 it was like 5 equivalent to 5

NOTE Confidence: 0.738933985555555

00:27:55.082 --> 00:27:57.199 milligrams of of the solar sybian.

NOTE Confidence: 0.738933985555555

00:27:57.200 --> 00:27:59.396 So it's just astonishing to us

NOTE Confidence: 0.738933985555555

00:27:59.396 --> 00:28:00.494 that the clinicians.

NOTE Confidence: 0.738933985555555

00:28:00.500 --> 00:28:02.112 Designing these these clinical

NOTE Confidence: 0.738933985555555

00:28:02.112 --> 00:28:04.127 studies where microdosing are not

NOTE Confidence: 0.738933985555555

00:28:04.127 --> 00:28:05.790 following the real world world

NOTE Confidence: 0.738933985555555

00:28:05.790 --> 00:28:07.590 practice of what people are doing.

NOTE Confidence: 0.738933985555555

00:28:07.590 --> 00:28:07.942 Moreover,

NOTE Confidence: 0.738933985555555

00:28:07.942 --> 00:28:10.054 they're using soap in the molecule

NOTE Confidence: 0.738933985555555

00:28:10.054 --> 00:28:11.949 versus soul siphon the mushrooms.

NOTE Confidence: 0.738933985555555

00:28:11.950 --> 00:28:16.716 And I dare to say that 99.999% of the

NOTE Confidence: 0.738933985555555

00:28:16.716 --> 00:28:18.760 people using soul sibin are not using

NOTE Confidence: 0.738933985555555

00:28:18.823 --> 00:28:21.127 the molecule they're using the mushrooms.

NOTE Confidence: 0.738933985555555

00:28:21.130 --> 00:28:23.205 Another example where there's a

NOTE Confidence: 0.738933985555555

00:28:23.205 --> 00:28:25.227 disconnect between science and and and

NOTE Confidence: 0.738933985555555

00:28:25.227 --> 00:28:27.040 and this reduction is thinking of 1

NOTE Confidence: 0.7988019985

00:28:27.098 --> 00:28:28.918 molecule versus what is actually

NOTE Confidence: 0.7988019985

00:28:28.918 --> 00:28:30.738 happening because what I believe.

NOTE Confidence: 0.7988019985

00:28:30.740 --> 00:28:33.290 These other tryptamines are beneficial.

NOTE Confidence: 0.7988019985

00:28:33.290 --> 00:28:35.838 The other species that's being used is

NOTE Confidence: 0.7988019985

00:28:35.838 --> 00:28:37.616 philosophy mexicana, also philosophy

NOTE Confidence: 0.7988019985

00:28:37.616 --> 00:28:39.708 tampanensis form these sporozoa,

NOTE Confidence: 0.7988019985

00:28:39.710 --> 00:28:44.156 which tend to be much lower in in solsiden,

NOTE Confidence: 0.7988019985

00:28:44.160 --> 00:28:45.162 very little saucin,

NOTE Confidence: 0.7988019985

00:28:45.162 --> 00:28:47.166 but they're very stable and because

NOTE Confidence: 0.7988019985

00:28:47.166 --> 00:28:49.527 of a loophole in the law and Holland,

NOTE Confidence: 0.7988019985

00:28:49.530 --> 00:28:51.850 these could be legally sold.

NOTE Confidence: 0.7988019985

00:28:51.850 --> 00:28:53.160 They call them truffles with

NOTE Confidence: 0.7988019985

00:28:53.160 --> 00:28:54.470 this terrible name for them.

NOTE Confidence: 0.7988019985

00:28:54.470 --> 00:28:56.647 They you know, they're not really truffles,

NOTE Confidence: 0.7988019985

00:28:56.650 --> 00:28:59.386 but they form these small rosha

NOTE Confidence: 0.7988019985

00:28:59.390 --> 00:29:01.215 and these sclerotia are easy

NOTE Confidence: 0.7988019985

00:29:01.215 --> 00:29:03.214 to grow and they did contain.

NOTE Confidence: 0.7988019985

00:29:03.214 --> 00:29:05.600 All time, but I said no solution.

NOTE Confidence: 0.7988019985

00:29:05.600 --> 00:29:08.752 So I popularized on Joe Rogan and actually

NOTE Confidence: 0.7988019985

00:29:08.752 --> 00:29:12.339 I came up with this in in 2015, two 1014.

NOTE Confidence: 0.7988019985

00:29:12.339 --> 00:29:15.300 I announced it at the Maps Conference

NOTE Confidence: 0.7988019985

00:29:15.383 --> 00:29:18.115 and I thought a patent July 23rd,

NOTE Confidence: 0.7988019985

00:29:18.115 --> 00:29:22.140 2016 on the STACK combining Stillson Lions

NOTE Confidence: 0.7988019985

00:29:22.140 --> 00:29:24.992 main molecules called arronax scenes.

NOTE Confidence: 0.7988019985

00:29:24.992 --> 00:29:27.832 Arenaceous come from the mushroom

NOTE Confidence: 0.7988019985

00:29:27.832 --> 00:29:29.920 mycelium and nicotinic acid.

NOTE Confidence: 0.7988019985

00:29:29.920 --> 00:29:32.146 Now I chose nicotinic acid because

NOTE Confidence: 0.7988019985

00:29:32.146 --> 00:29:34.282 soul cycle, the values of constrictor,

NOTE Confidence: 0.7988019985

00:29:34.282 --> 00:29:36.324 nicotinic acid, niacin and vasodilator.

NOTE Confidence: 0.7988019985

00:29:36.324 --> 00:29:39.460 And when you take the nicotinic acid,

NOTE Confidence: 0.7988019985

00:29:39.460 --> 00:29:42.520 you know, 50 milligrams or more,

NOTE Confidence: 0.7988019985

00:29:42.520 --> 00:29:43.798 you started tingling.

NOTE Confidence: 0.7988019985

00:29:43.798 --> 00:29:45.471 And I thought, wow,

NOTE Confidence: 0.7988019985

00:29:45.471 --> 00:29:47.426 because of neuropathies oftentimes present

NOTE Confidence: 0.7988019985

00:29:47.426 --> 00:29:49.570 themselves in the constrictions and the

NOTE Confidence: 0.7988019985

00:29:49.570 --> 00:29:51.418 deadening of the fingertips of the toes.

NOTE Confidence: 0.7988019985

00:29:51.420 --> 00:29:53.660 If your vascular system could be enhanced,

NOTE Confidence: 0.7988019985

00:29:53.660 --> 00:29:56.402 then you would have more delivery

NOTE Confidence: 0.7988019985

00:29:56.402 --> 00:29:58.230 of these neurogenic potential

NOTE Confidence: 0.7988019985

00:29:58.312 --> 00:30:00.417 compounds and that I thought.

NOTE Confidence: 0.7988019985

00:30:00.420 --> 00:30:02.466 Would enhance the activity of sulfide.

NOTE Confidence: 0.7988019985

00:30:02.470 --> 00:30:05.984 Moreover, I presented it as a form,

NOTE Confidence: 0.7988019985

00:30:05.990 --> 00:30:08.108 as a model similar to antabuse.

NOTE Confidence: 0.7988019985

00:30:08.110 --> 00:30:10.210 If people to try to take a

NOTE Confidence: 0.7988019985

00:30:10.210 --> 00:30:12.330 macro dose with a lot of niacin,

NOTE Confidence: 0.7988019985

00:30:12.330 --> 00:30:14.532 the adverse reaction would be so

NOTE Confidence: 0.7988019985

00:30:14.532 --> 00:30:16.666 strong they wouldn't have likely do

NOTE Confidence: 0.7988019985

00:30:16.666 --> 00:30:19.050 it again because as many of you know,

NOTE Confidence: 0.7988019985

00:30:19.050 --> 00:30:20.930 if you taking 500 milligrams

NOTE Confidence: 0.7988019985

00:30:20.930 --> 00:30:22.810 of of nicotinic acid niacin,

NOTE Confidence: 0.7988019985

00:30:22.810 --> 00:30:24.134 it's very, very uncomfortable.

NOTE Confidence: 0.7988019985

00:30:24.134 --> 00:30:25.732 You flush red, you're itching,

NOTE Confidence: 0.7988019985

00:30:25.732 --> 00:30:27.538 all your clothes feel like wool

NOTE Confidence: 0.7988019985

00:30:27.538 --> 00:30:29.396 and you want to take them off.

NOTE Confidence: 0.7988019985

00:30:29.400 --> 00:30:29.835 Interestingly,

NOTE Confidence: 0.7988019985

00:30:29.835 --> 00:30:32.880 28% of the stockers use this formula.

NOTE Confidence: 0.7988019985

00:30:32.880 --> 00:30:33.668 The stock.

NOTE Confidence: 0.7988019985

00:30:33.668 --> 00:30:36.032 So we published the first article

NOTE Confidence: 0.7988019985

00:30:36.032 --> 00:30:39.245 was more of a horizontal article in

NOTE Confidence: 0.7988019985

00:30:39.245 --> 00:30:41.464 microdosing and national scientific reports.

NOTE Confidence: 0.7988019985

00:30:41.464 --> 00:30:44.996 It's zoomed in the top 1% of all

NOTE Confidence: 0.7988019985

00:30:44.996 --> 00:30:47.286 articles in nature publication ecosystem.

NOTE Confidence: 0.7988019985

00:30:47.290 --> 00:30:49.828 And we chose Lions main because

NOTE Confidence: 0.7988019985

00:30:49.828 --> 00:30:52.210 there's about 5 clinical studies,

NOTE Confidence: 0.7988019985

00:30:52.210 --> 00:30:54.376 three or four which are placebo,

NOTE Confidence: 0.7988019985

00:30:54.380 --> 00:30:55.412 double-blind controlled.

NOTE Confidence: 0.7988019985

00:30:55.412 --> 00:30:59.024 I populate a website for scientists and

NOTE Confidence: 0.7988019985

00:30:59.024 --> 00:31:00.186 physicians at mushroomreferences.com,

NOTE Confidence: 0.7988019985

00:31:00.186 --> 00:31:01.930 please go to that.

NOTE Confidence: 0.7988019985

00:31:01.930 --> 00:31:05.409 It's, it's hundreds of pages long now.

NOTE Confidence: 0.7988019985

00:31:05.410 --> 00:31:06.700 It's very quick for scientists to

NOTE Confidence: 0.7988019985

00:31:06.700 --> 00:31:08.554 be able to look into the medicinal

NOTE Confidence: 0.7988019985

00:31:08.554 --> 00:31:09.499 properties of mushrooms.

NOTE Confidence: 0.7988019985

00:31:09.500 --> 00:31:11.510 It's non branded, no advertising,

NOTE Confidence: 0.7988019985

00:31:11.510 --> 00:31:13.110 just a labor of love.

NOTE Confidence: 0.7988019985

00:31:13.110 --> 00:31:15.566 And once a month that we upload it,

NOTE Confidence: 0.7988019985

00:31:15.570 --> 00:31:16.986 but we have.

NOTE Confidence: 0.7988019985

00:31:16.986 --> 00:31:19.818 We have about 700 strains of

NOTE Confidence: 0.7988019985

00:31:19.818 --> 00:31:22.517 mushrooms in my cultural library.

NOTE Confidence: 0.7988019985

00:31:22.520 --> 00:31:22.998 You know,

NOTE Confidence: 0.7988019985

00:31:22.998 --> 00:31:25.841 I have a I have a lot of scientists and

NOTE Confidence: 0.7988019985

00:31:25.841 --> 00:31:28.844 we test these trains and the mycelium

NOTE Confidence: 0.7988019985

00:31:28.844 --> 00:31:31.034 provides these arenas scenes which

NOTE Confidence: 0.7988019985

00:31:31.034 --> 00:31:33.776 which then stimulate nerve growth factors.

NOTE Confidence: 0.7988019985

00:31:33.776 --> 00:31:36.146 And this is really interesting

NOTE Confidence: 0.7988019985

00:31:36.146 --> 00:31:38.400 because the small clinical studies

NOTE Confidence: 0.7988019985

00:31:38.400 --> 00:31:40.613 are very positive showing that these

NOTE Confidence: 0.7988019985

00:31:40.613 --> 00:31:42.438 aerona seems present and lions, mane,

NOTE Confidence: 0.7988019985

00:31:42.438 --> 00:31:43.778 mycelium, not the fruit bodies,

NOTE Confidence: 0.598279604

00:31:43.780 --> 00:31:47.810 the fruit bodies don't contain Aaron Nations.

NOTE Confidence: 0.598279604

00:31:47.810 --> 00:31:49.818 So as I mentioned,

NOTE Confidence: 0.598279604

00:31:49.818 --> 00:31:52.830 we had significant results in improving

NOTE Confidence: 0.598279604

00:31:52.923 --> 00:31:56.649 mood and decreasing depression and anxiety.

NOTE Confidence: 0.598279604

00:31:56.650 --> 00:31:58.768 But then the expectancy of course

NOTE Confidence: 0.598279604

00:31:58.768 --> 00:32:00.180 is the confounder here.

NOTE Confidence: 0.598279604

00:32:00.180 --> 00:32:01.472 What does that mean?

NOTE Confidence: 0.598279604

00:32:01.472 --> 00:32:03.829 So our second study is more vertical

NOTE Confidence: 0.598279604

00:32:03.829 --> 00:32:06.629 and it's like looking at A cause and

NOTE Confidence: 0.598279604

00:32:06.629 --> 00:32:08.584 effect microdoses compared to non

NOTE Confidence: 0.598279604

00:32:08.584 --> 00:32:10.990 microdoses was really amazing to us

NOTE Confidence: 0.598279604

00:32:11.063 --> 00:32:13.979 which is harder still to wrap my mind around.

NOTE Confidence: 0.598279604

00:32:13.980 --> 00:32:17.543 We had more non micro dosers in

NOTE Confidence: 0.598279604

00:32:17.543 --> 00:32:20.948 reporting that we had micro dosers.

NOTE Confidence: 0.598279604

00:32:20.950 --> 00:32:22.646 With advertised for microdosing

NOTE Confidence: 0.598279604

00:32:22.646 --> 00:32:25.190 or you know popularized for it.

NOTE Confidence: 0.598279604

00:32:25.190 --> 00:32:26.891 So I I think a lot of people wanted

NOTE Confidence: 0.598279604

00:32:26.891 --> 00:32:28.723 to get their baseline was being

NOTE Confidence: 0.598279604

00:32:28.723 --> 00:32:30.313 citizen scientists they said before

NOTE Confidence: 0.598279604

00:32:30.370 --> 00:32:32.218 I microdose I'm going to enter into

NOTE Confidence: 0.598279604

00:32:32.218 --> 00:32:34.202 the microdose dot Me app and and

NOTE Confidence: 0.598279604

00:32:34.202 --> 00:32:36.397 you know code for my baseline and

NOTE Confidence: 0.598279604

00:32:36.397 --> 00:32:38.763 then start microdosing on top of it.

NOTE Confidence: 0.598279604

00:32:38.770 --> 00:32:40.471 I I really we just really haven't

NOTE Confidence: 0.598279604

00:32:40.471 --> 00:32:41.900 been able to disambiguate this

NOTE Confidence: 0.598279604

00:32:41.900 --> 00:32:43.832 but that's the other reason why

NOTE Confidence: 0.598279604

00:32:43.832 --> 00:32:45.674 the editors at nature like this

NOTE Confidence: 0.598279604

00:32:45.674 --> 00:32:47.384 is a very weighted evenly weighted

NOTE Confidence: 0.598279604

00:32:47.390 --> 00:32:50.897 study that we had so many people.

NOTE Confidence: 0.598279604

00:32:50.900 --> 00:32:55.376 Balance of non microdoses versus microdoses.

NOTE Confidence: 0.598279604

00:32:55.380 --> 00:32:59.355 So. This is the result that stood out.

NOTE Confidence: 0.598279604

00:32:59.360 --> 00:33:01.988 And this is the top test.

NOTE Confidence: 0.598279604

00:33:01.990 --> 00:33:04.614 And now this is showing with 55 plus

NOTE Confidence: 0.598279604

00:33:04.614 --> 00:33:07.349 year olds one month after microdosing,

NOTE Confidence: 0.598279604

00:33:07.350 --> 00:33:09.270 three to five times per week.

NOTE Confidence: 0.598279604

00:33:09.270 --> 00:33:10.482 Like I mentioned,

NOTE Confidence: 0.598279604

00:33:10.482 --> 00:33:12.906 88% of the people taking that

NOTE Confidence: 0.598279604

00:33:12.906 --> 00:33:15.910 that you know 1/10 to 1/3 of a

NOTE Confidence: 0.598279604

00:33:15.910 --> 00:33:17.430 gram of philosophy commences.

NOTE Confidence: 0.598279604

00:33:17.430 --> 00:33:20.085 The tap test significantly showed

NOTE Confidence: 0.598279604

00:33:20.085 --> 00:33:23.190 that stacking the solicitan lines made

NOTE Confidence: 0.598279604

00:33:23.190 --> 00:33:28.244 of niacin has a a major increase in

NOTE Confidence: 0.598279604

00:33:28.244 --> 00:33:32.230 the ability of individuals to tap.

NOTE Confidence: 0.598279604

00:33:32.230 --> 00:33:33.922 Compared to sole zyban by itself

NOTE Confidence: 0.598279604

00:33:33.922 --> 00:33:35.930 or soul siphon with any other form,

NOTE Confidence: 0.598279604

00:33:35.930 --> 00:33:38.429 and also compared to non micro dosers,

NOTE Confidence: 0.598279604

00:33:38.430 --> 00:33:40.338 the PCV values significance.

NOTE Confidence: 0.598279604

00:33:40.338 --> 00:33:43.826 You know this one in 250 chances

NOTE Confidence: 0.598279604

00:33:43.826 --> 00:33:47.662 that it is noise or just random.

NOTE Confidence: 0.598279604

00:33:47.670 --> 00:33:50.088 So this got us very excited.

NOTE Confidence: 0.598279604

00:33:50.090 --> 00:33:51.944 In fact our coauthors would not

NOTE Confidence: 0.598279604

00:33:51.944 --> 00:33:54.342 let us have this data until they

NOTE Confidence: 0.598279604

00:33:54.342 --> 00:33:56.538 attacked it three different ways and

NOTE Confidence: 0.598279604

00:33:56.538 --> 00:33:58.778 also got other skeptics involved.

NOTE Confidence: 0.598279604

00:33:58.780 --> 00:34:00.621 They're going to have a crunch the

NOTE Confidence: 0.598279604

00:34:00.621 --> 00:34:03.471 data and so the data changed from .001.

NOTE Confidence: 0.598279604

00:34:03.471 --> 00:34:06.176 .004 but nevertheless it remained

NOTE Confidence: 0.598279604

00:34:06.176 --> 00:34:07.258 highly significant.

NOTE Confidence: 0.598279604

00:34:07.260 --> 00:34:10.338 So this really stimulated my curiosity.

NOTE Confidence: 0.598279604

00:34:10.340 --> 00:34:12.236 This is a cycle motor benefit.

NOTE Confidence: 0.598279604

00:34:12.240 --> 00:34:13.932 There's no placebo that can code

NOTE Confidence: 0.598279604

00:34:13.932 --> 00:34:15.884 for 55 plus year olds increasing

NOTE Confidence: 0.598279604

00:34:15.884 --> 00:34:17.416 their their finger tops.

NOTE Confidence: 0.598279604

00:34:17.420 --> 00:34:19.020 If you know of one let me know.

NOTE Confidence: 0.598279604

00:34:19.020 --> 00:34:20.826 Expectancy for they can't come in here.

NOTE Confidence: 0.598279604

00:34:20.830 --> 00:34:22.588 This is certainly an objective test

NOTE Confidence: 0.598279604

00:34:22.588 --> 00:34:24.579 that's already being used for Alzheimer's,

NOTE Confidence: 0.598279604

00:34:24.580 --> 00:34:25.470 Parkinson's etcetera.

NOTE Confidence: 0.598279604

00:34:25.470 --> 00:34:28.585 So what could cause this and this

NOTE Confidence: 0.598279604

00:34:28.585 --> 00:34:31.516 is really my imagination going and

NOTE Confidence: 0.598279604

00:34:31.516 --> 00:34:33.196 so I tasked my scientists.

NOTE Confidence: 0.598279604

00:34:33.200 --> 00:34:35.195 We dove deep and we looked at

NOTE Confidence: 0.598279604

00:34:35.195 --> 00:34:35.765 map Connections,

NOTE Confidence: 0.598279604

00:34:35.770 --> 00:34:38.410 track ABC and Jack ones I'm

NOTE Confidence: 0.598279604

00:34:38.410 --> 00:34:40.170 going to report on.

NOTE Confidence: 0.598279604

00:34:40.170 --> 00:34:43.005 And these all, you know as you well know,

NOTE Confidence: 0.598279604

00:34:43.010 --> 00:34:46.232 stimulate neurons to grow or stem

NOTE Confidence: 0.598279604

00:34:46.232 --> 00:34:49.230 cells to become newborn neurons.

NOTE Confidence: 0.598279604

00:34:49.230 --> 00:34:51.480 So there's, there's.

NOTE Confidence: 0.598279604

00:34:51.480 --> 00:34:52.230 Neurogenesis,

NOTE Confidence: 0.598279604

00:34:52.230 --> 00:34:54.480 newborn there's neurodegeneration,

NOTE Confidence: 0.598279604

00:34:54.480 --> 00:34:55.025 neuroregeneration,

NOTE Confidence: 0.598279604

00:34:55.025 --> 00:34:57.750 and these are all different

NOTE Confidence: 0.598279604

00:34:57.750 --> 00:35:01.354 aspects of of the of neurological

NOTE Confidence: 0.598279604

00:35:01.354 --> 00:35:03.349 health and development.

NOTE Confidence: 0.598279604

00:35:03.350 --> 00:35:06.575 So we're looking at synergy

NOTE Confidence: 0.598279604

00:35:06.575 --> 00:35:08.824 coefficients then the track a

NOTE Confidence: 0.598279604

00:35:08.824 --> 00:35:11.230 as a receptor for Norco factors

NOTE Confidence: 0.719025387857143

00:35:11.323 --> 00:35:14.130 and so it's Allison by itself and

NOTE Confidence: 0.719025387857143

00:35:14.130 --> 00:35:17.296 that's a micro dose 3.3 milligrams is

NOTE Confidence: 0.719025387857143

00:35:17.296 --> 00:35:21.062 is a microdose also over the 88% of

NOTE Confidence: 0.719025387857143

00:35:21.062 --> 00:35:23.138 the people are using approximately and

NOTE Confidence: 0.719025387857143

00:35:23.138 --> 00:35:25.909 niacin a little bit of binding affinity

NOTE Confidence: 0.719025387857143

00:35:25.909 --> 00:35:27.924 there is predicted additive sun.

NOTE Confidence: 0.719025387857143

00:35:27.930 --> 00:35:30.212 Yeah, we use eurofins and and this

NOTE Confidence: 0.719025387857143

00:35:30.212 --> 00:35:32.714 has been a long term project and

NOTE Confidence: 0.719025387857143

00:35:32.714 --> 00:35:35.327 you can see a stocking shows synergy

NOTE Confidence: 0.719025387857143

00:35:35.327 --> 00:35:38.738 of 4.8 and a 6.4 going up to 10

NOTE Confidence: 0.719025387857143

00:35:38.738 --> 00:35:41.199 milligrams which is a lift off dose.

NOTE Confidence: 0.719025387857143

00:35:41.200 --> 00:35:44.950 So then we start looking at ohh, yeah,

NOTE Confidence: 0.842835404285714

00:35:45.040 --> 00:35:46.286 Chris here. I'm sorry I was late,

NOTE Confidence: 0.842835404285714

00:35:46.290 --> 00:35:47.614 but I'm really enjoying

NOTE Confidence: 0.842835404285714

00:35:47.614 --> 00:35:48.938 your presentation in that.

NOTE Confidence: 0.842835404285714

00:35:48.940 --> 00:35:50.655 What exactly are you looking at here?

NOTE Confidence: 0.842835404285714

00:35:50.660 --> 00:35:54.900 Is this in cells? Is it in mind?

NOTE Confidence: 0.66714224875

00:35:54.900 --> 00:35:57.777 Too busy to do this is using

NOTE Confidence: 0.66714224875

00:35:57.777 --> 00:35:59.726 ecoli and you can go to your

NOTE Confidence: 0.66714224875

00:35:59.726 --> 00:36:01.250 friend's website for map Kinesis.

NOTE Confidence: 0.66714224875

00:36:01.250 --> 00:36:03.930 They have an extensive.

NOTE Confidence: 0.66714224875

00:36:03.930 --> 00:36:06.450 Background paper support this is being

NOTE Confidence: 0.66714224875

00:36:06.450 --> 00:36:09.041 used now by hundreds of scientists

NOTE Confidence: 0.66714224875

00:36:09.041 --> 00:36:11.141 looking at different receptors and

NOTE Confidence: 0.66714224875

00:36:11.141 --> 00:36:14.178 they use a surrogate E coli and then

NOTE Confidence: 0.66714224875

00:36:14.178 --> 00:36:16.550 they they use that for the expression

NOTE Confidence: 0.66714224875

00:36:16.550 --> 00:36:18.860 of of of of these compounds that

NOTE Confidence: 0.66714224875

00:36:18.860 --> 00:36:21.236 bind with map kinases and I would

NOTE Confidence: 0.66714224875

00:36:21.236 --> 00:36:23.590 just recommend that you go and look

NOTE Confidence: 0.66714224875

00:36:23.590 --> 00:36:25.528 at the European side they describe

NOTE Confidence: 0.66714224875

00:36:25.528 --> 00:36:27.168 what they've published widely on

NOTE Confidence: 0.66714224875

00:36:27.168 --> 00:36:29.430 this and it's it's well it's been

NOTE Confidence: 0.708245805555556

00:36:29.440 --> 00:36:31.281 well yeah I'll look at the the

NOTE Confidence: 0.708245805555556

00:36:31.281 --> 00:36:32.635 technical things because coli doesn't

NOTE Confidence: 0.708245805555556

00:36:32.635 --> 00:36:34.177 express track as they must be.

NOTE Confidence: 0.708245805555556

00:36:34.180 --> 00:36:35.930 Putting it in exogenous, but that's fine.

NOTE Confidence: 0.708245805555556

00:36:35.930 --> 00:36:37.130 So it's a, it's a,

NOTE Confidence: 0.708245805555556

00:36:37.130 --> 00:36:39.390 it's a blab bacterial acid.

NOTE Confidence: 0.708245805555556

00:36:39.390 --> 00:36:41.196 The reason that I'm what what

NOTE Confidence: 0.708245805555556

00:36:41.196 --> 00:36:43.098 struck me is since this is a,

NOTE Confidence: 0.708245805555556

00:36:43.100 --> 00:36:44.828 you know, a test tube assay,

NOTE Confidence: 0.708245805555556

00:36:44.830 --> 00:36:46.350 the original hypothesis was that

NOTE Confidence: 0.708245805555556

00:36:46.350 --> 00:36:48.223 niacin is leading to vasodilation and

NOTE Confidence: 0.708245805555556

00:36:48.223 --> 00:36:51.380 that's increasing delivery of the.

NOTE Confidence: 0.708245805555556

00:36:51.380 --> 00:36:52.100 There's no

NOTE Confidence: 0.596831161666667

00:36:52.110 --> 00:36:54.018 password system. That's why this is,

NOTE Confidence: 0.596831161666667

00:36:54.020 --> 00:36:55.994 This is why I think it's even

NOTE Confidence: 0.596831161666667

00:36:55.994 --> 00:36:57.568 more exciting because there's no

NOTE Confidence: 0.596831161666667

00:36:57.568 --> 00:36:59.528 vascular system in vitro, you know,

NOTE Confidence: 0.596831161666667

00:36:59.528 --> 00:37:01.098 using this map kinase test.

NOTE Confidence: 0.596831161666667

00:37:01.100 --> 00:37:03.944 So what we want to show is clinically is

NOTE Confidence: 0.596831161666667

00:37:03.944 --> 00:37:06.690 This is why I went into this, you know,

NOTE Confidence: 0.596831161666667

00:37:06.690 --> 00:37:09.035 and was quite surprised and I thought,

NOTE Confidence: 0.596831161666667

00:37:09.040 --> 00:37:10.606 Oh my gosh, with the vascular

NOTE Confidence: 0.596831161666667

00:37:10.606 --> 00:37:11.960 component added on to this,

NOTE Confidence: 0.596831161666667

00:37:11.960 --> 00:37:15.558 this should make Suleiman even more active

NOTE Confidence: 0.596831161666667

00:37:15.558 --> 00:37:18.680 for neurogenesis or neurodegeneration.

NOTE Confidence: 0.596831161666667

00:37:18.680 --> 00:37:21.664 So yes, there's no vascular system in vitro.

NOTE Confidence: 0.596831161666667

00:37:21.670 --> 00:37:24.238 Equaline this test but this this

NOTE Confidence: 0.596831161666667

00:37:24.238 --> 00:37:26.370 exceeds my my skill set.

NOTE Confidence: 0.596831161666667

00:37:26.370 --> 00:37:28.440 My scientists you know know this

NOTE Confidence: 0.596831161666667

00:37:28.440 --> 00:37:30.476 subject inside and out and then

NOTE Confidence: 0.596831161666667

00:37:30.476 --> 00:37:32.527 I refer you to your fans website.

NOTE Confidence: 0.596831161666667

00:37:32.530 --> 00:37:34.906 As many of you probably know there are

NOTE Confidence: 0.596831161666667

00:37:34.906 --> 00:37:38.850 multi billion dollar pre drug Discovery lab.

NOTE Confidence: 0.596831161666667

00:37:38.850 --> 00:37:39.246 OK.

NOTE Confidence: 0.596831161666667

00:37:39.246 --> 00:37:42.414 Is that does that answer your question Chris?

NOTE Confidence: 0.809888411428571

00:37:42.760 --> 00:37:43.964 I guess I have one other question.

NOTE Confidence: 0.809888411428571

00:37:43.970 --> 00:37:45.716 In the previous slide you were

NOTE Confidence: 0.809888411428571

00:37:45.716 --> 00:37:47.886 saying that by this essay when you

NOTE Confidence: 0.809888411428571

00:37:47.886 --> 00:37:49.782 combine this low dose salicin with

NOTE Confidence: 0.809888411428571

00:37:49.790 --> 00:37:51.806 with the niacin with the stack,

NOTE Confidence: 0.809888411428571

00:37:51.810 --> 00:37:54.702 you get something equivalent to 10

NOTE Confidence: 0.809888411428571

00:37:54.702 --> 00:37:57.780 milligrams of soloson whilst 10 milligrams.

NOTE Confidence: 0.809888411428571

00:37:57.780 --> 00:37:59.790 Am I reading this correctly?

NOTE Confidence: 0.809888411428571

00:37:59.790 --> 00:38:01.152 So 10 milligrams not a microdose

NOTE Confidence: 0.809888411428571

00:38:01.152 --> 00:38:02.619 as you were pointing out earlier?

NOTE Confidence: 0.70551810125

00:38:02.890 --> 00:38:05.066 No, it's it's it's getting up to the,

NOTE Confidence: 0.70551810125

00:38:05.070 --> 00:38:06.820 I would call it a minor dose,

NOTE Confidence: 0.821436735

00:38:06.860 --> 00:38:09.196 right? But it's not, it's not sub perceptual,

NOTE Confidence: 0.866680385714286

00:38:09.270 --> 00:38:13.855 right? But 3.3 milligrams is sub perceptual.

NOTE Confidence: 0.866680385714286

00:38:13.860 --> 00:38:16.240 You start crossing over.

NOTE Confidence: 0.866680385714286

00:38:16.240 --> 00:38:18.115 Around 5 milligrams is where

NOTE Confidence: 0.866680385714286

00:38:18.115 --> 00:38:20.270 most people begin to feel it.

NOTE Confidence: 0.866680385714286

00:38:20.270 --> 00:38:24.764 At 10 milligrams, everyone feels it OK.

NOTE Confidence: 0.866680385714286

00:38:24.770 --> 00:38:27.020 This this part of the subject

NOTE Confidence: 0.866680385714286

00:38:27.020 --> 00:38:29.261 I know inside and out. OK.

NOTE Confidence: 0.866680385714286

00:38:29.261 --> 00:38:31.307 And so then we started getting

NOTE Confidence: 0.866680385714286

00:38:31.307 --> 00:38:32.870 some really interesting results.

NOTE Confidence: 0.866680385714286

00:38:32.870 --> 00:38:35.686 Now this is this is when each of

NOTE Confidence: 0.866680385714286

00:38:35.686 --> 00:38:37.526 the components Aaron AC from Lions,

NOTE Confidence: 0.866680385714286

00:38:37.526 --> 00:38:40.160 mane, mycelium.

NOTE Confidence: 0.866680385714286

00:38:40.160 --> 00:38:43.106 Psilocin and niacin have no binding

NOTE Confidence: 0.866680385714286

00:38:43.106 --> 00:38:45.440 affinities being being reported here

NOTE Confidence: 0.866680385714286

00:38:45.440 --> 00:38:48.660 on track A, but in combination they do.

NOTE Confidence: 0.866680385714286

00:38:48.660 --> 00:38:50.580 This is the gunpowder analogy.

NOTE Confidence: 0.866680385714286

00:38:50.580 --> 00:38:53.058 It's a gating.

NOTE Confidence: 0.866680385714286

00:38:53.060 --> 00:38:54.740 It's a it's a gating test

NOTE Confidence: 0.866680385714286

00:38:54.740 --> 00:38:55.580 for apartment ability.

NOTE Confidence: 0.866680385714286

00:38:55.580 --> 00:38:57.068 At the Patent Office, it's called,

NOTE Confidence: 0.866680385714286

00:38:57.070 --> 00:38:59.746 uh, it's called the 1A access.

NOTE Confidence: 0.866680385714286

00:38:59.750 --> 00:39:01.532 When you can show 3 components

NOTE Confidence: 0.866680385714286

00:39:01.532 --> 00:39:02.423 of no activity,

NOTE Confidence: 0.866680385714286

00:39:02.430 --> 00:39:05.586 the center distinctly show activity together.

NOTE Confidence: 0.866680385714286

00:39:05.590 --> 00:39:08.030 That's surprising.

NOTE Confidence: 0.866680385714286

00:39:08.030 --> 00:39:10.837 So this is called maximum calculable value

NOTE Confidence: 0.866680385714286

00:39:10.837 --> 00:39:12.880 within neither component has activity,

NOTE Confidence: 0.866680385714286

00:39:12.880 --> 00:39:15.512 but when combined they do this is

NOTE Confidence: 0.866680385714286

00:39:15.512 --> 00:39:18.136 that one thousandth of a standard

NOTE Confidence: 0.866680385714286

00:39:18.136 --> 00:39:19.555 therapeutic Sullivan dose.

NOTE Confidence: 0.866680385714286

00:39:19.560 --> 00:39:21.445 So we're talking an extremely

NOTE Confidence: 0.866680385714286

00:39:21.445 --> 00:39:24.077 small amount now when I show you

NOTE Confidence: 0.866680385714286

00:39:24.077 --> 00:39:26.081 this at 1 thousandths and that

NOTE Confidence: 0.866680385714286

00:39:26.081 --> 00:39:28.540 show it to you at 10 milligrams,

NOTE Confidence: 0.866680385714286

00:39:28.540 --> 00:39:31.390 there is a spectrum here.

NOTE Confidence: 0.866680385714286

00:39:31.390 --> 00:39:33.030 Of concentrations that are

NOTE Confidence: 0.866680385714286

00:39:33.030 --> 00:39:34.260 all having activities.

NOTE Confidence: 0.866680385714286

00:39:34.260 --> 00:39:36.024 So it's just not a one off.

NOTE Confidence: 0.866680385714286

00:39:36.030 --> 00:39:37.068 And let me,

NOTE Confidence: 0.866680385714286

00:39:37.068 --> 00:39:38.798 I'll show you more why.

NOTE Confidence: 0.866680385714286

00:39:38.800 --> 00:39:41.012 So we started then growing out Neurites

NOTE Confidence: 0.866680385714286

00:39:41.012 --> 00:39:43.637 and I'm sorry this slide is so cluttered,

NOTE Confidence: 0.866680385714286

00:39:43.640 --> 00:39:47.000 but I the combination of these

NOTE Confidence: 0.866680385714286

00:39:47.000 --> 00:39:50.026 compounds with a PC-12 cells

NOTE Confidence: 0.866680385714286

00:39:50.026 --> 00:39:54.064 coming from a rat adrenal glands.

NOTE Confidence: 0.866680385714286

00:39:54.070 --> 00:39:56.464 Move to the right brain and this is right.

NOTE Confidence: 0.866680385714286

00:39:56.470 --> 00:39:58.280 In that formulation of 500

NOTE Confidence: 0.866680385714286

00:39:58.280 --> 00:39:59.728 milligrams lions made mycelium,

NOTE Confidence: 0.866680385714286

00:39:59.730 --> 00:40:02.150 3 milligrams of solson and

NOTE Confidence: 0.866680385714286

00:40:02.150 --> 00:40:04.086 25 milligrams of niacin.

NOTE Confidence: 0.866680385714286

00:40:04.090 --> 00:40:06.222 We approached nearly the

NOTE Confidence: 0.866680385714286

00:40:06.222 --> 00:40:08.788 positive control of of NGF's.

NOTE Confidence: 0.866680385714286

00:40:08.788 --> 00:40:11.784 This in vitro washing the cells grow

NOTE Confidence: 0.866680385714286

00:40:11.784 --> 00:40:14.630 moreover the synaptogenesis occurring.

NOTE Confidence: 0.866680385714286

00:40:14.630 --> 00:40:16.686 So it's not only the length of the

NOTE Confidence: 0.866680385714286

00:40:16.686 --> 00:40:18.541 neurons but it's the cross hatching

NOTE Confidence: 0.866680385714286

00:40:18.541 --> 00:40:20.455 and that's got us really excited.

NOTE Confidence: 0.866680385714286

00:40:20.460 --> 00:40:22.662 Now we have software to be

NOTE Confidence: 0.866680385714286

00:40:22.662 --> 00:40:25.420 able to to to analyze this.

NOTE Confidence: 0.866680385714286

00:40:25.420 --> 00:40:28.420 But we're seeing also right in this range,

NOTE Confidence: 0.866680385714286

00:40:28.420 --> 00:40:31.270 we're having increases in neurite

NOTE Confidence: 0.866680385714286

00:40:31.270 --> 00:40:33.550 outgrowth but substantially that

NOTE Confidence: 0.866680385714286

00:40:33.550 --> 00:40:35.628 these three compounds together

NOTE Confidence: 0.866680385714286

00:40:35.628 --> 00:40:38.478 gave us the base best result.

NOTE Confidence: 0.866680385714286

00:40:38.480 --> 00:40:41.175 So then we started looking at other

NOTE Confidence: 0.866680385714286

00:40:41.175 --> 00:40:43.430 tryptamines norbo system and niacin for

NOTE Confidence: 0.866680385714286

00:40:43.430 --> 00:40:45.380 track at two different concentrations.

NOTE Confidence: 0.866680385714286

00:40:45.380 --> 00:40:49.496 We saw also is synergistic effects.

NOTE Confidence: 0.866680385714286

00:40:49.500 --> 00:40:50.790 Then we looked at track B,

NOTE Confidence: 0.866680385714286

00:40:50.790 --> 00:40:52.728 which I'm most excited about because

NOTE Confidence: 0.866680385714286

00:40:52.728 --> 00:40:54.740 of neurogenesis in the hippocampus.

NOTE Confidence: 0.866680385714286

00:40:54.740 --> 00:40:57.540 Again, no activity of either one of these.

NOTE Confidence: 0.866680385714286

00:40:57.540 --> 00:41:01.416 Together we have maximum calculable value.

NOTE Confidence: 0.866680385714286

00:41:01.420 --> 00:41:04.514 So now just to let you know,

NOTE Confidence: 0.866680385714286

00:41:04.520 --> 00:41:06.452 this is we've seen it now and

NOTE Confidence: 0.866680385714286

00:41:06.452 --> 00:41:08.398 in this case what Jack wants,

NOTE Confidence: 0.866680385714286

00:41:08.400 --> 00:41:11.494 which is a promoter of Interleukin 10s,

NOTE Confidence: 0.866680385714286

00:41:11.500 --> 00:41:14.560 which is a neuro anti-inflammatory

NOTE Confidence: 0.866680385714286

00:41:14.560 --> 00:41:17.626 has also been suggested for their

NOTE Confidence: 0.866680385714286

00:41:17.626 --> 00:41:19.159 preventing viral inflammation.

NOTE Confidence: 0.866680385714286

00:41:19.160 --> 00:41:21.926 So we also find maximum countable

NOTE Confidence: 0.866680385714286

00:41:21.926 --> 00:41:24.400 value also with these components

NOTE Confidence: 0.866680385714286

00:41:24.400 --> 00:41:26.548 looking at Jack ones.

NOTE Confidence: 0.866680385714286

00:41:26.550 --> 00:41:28.290 But to give you an idea,

NOTE Confidence: 0.866680385714286

00:41:28.290 --> 00:41:30.888 and this is Chris's in particular,

NOTE Confidence: 0.866680385714286

00:41:30.890 --> 00:41:33.440 I have hundreds of these.

NOTE Confidence: 0.866680385714286

00:41:33.440 --> 00:41:37.899 I have thousands of no good results.

NOTE Confidence: 0.866680385714286

00:41:37.900 --> 00:41:41.659 I have hundreds of maximum calculable values.

NOTE Confidence: 0.866680385714286

00:41:41.660 --> 00:41:43.410 Don't know if you can see the

NOTE Confidence: 0.866680385714286

00:41:43.410 --> 00:41:44.160 far right part

NOTE Confidence: 0.851656010769231

00:41:44.223 --> 00:41:46.360 of the screen. If you can't then

NOTE Confidence: 0.851656010769231

00:41:46.360 --> 00:41:48.740 move our windows here so you can.

NOTE Confidence: 0.851656010769231

00:41:48.740 --> 00:41:52.060 But these combinations of lions,

NOTE Confidence: 0.851656010769231

00:41:52.060 --> 00:41:54.040 mane and Salah, sibin,

NOTE Confidence: 0.851656010769231

00:41:54.040 --> 00:41:57.848 lions mane and and niacin we have

NOTE Confidence: 0.851656010769231

00:41:57.848 --> 00:42:00.800 maximum calculated values across.

NOTE Confidence: 0.851656010769231

00:42:00.800 --> 00:42:03.953 All of these track a, B's and C's.

NOTE Confidence: 0.851656010769231

00:42:03.953 --> 00:42:07.390 So my hypothesis is that niacin is

NOTE Confidence: 0.851656010769231

00:42:07.390 --> 00:42:09.465 a catalyst for neurogenic factors

NOTE Confidence: 0.851656010769231

00:42:09.465 --> 00:42:12.329 with suicide and related tryptamines.

NOTE Confidence: 0.851656010769231

00:42:12.330 --> 00:42:13.930 We have I have it with North Charleston,

NOTE Confidence: 0.851656010769231

00:42:13.930 --> 00:42:15.646 I have it with nervous system,

NOTE Confidence: 0.851656010769231

00:42:15.650 --> 00:42:17.270 I have it with regional ISON.

NOTE Confidence: 0.851656010769231

00:42:17.270 --> 00:42:18.410 Just for the sake of time,

NOTE Confidence: 0.851656010769231

00:42:18.410 --> 00:42:21.514 I'm not going to show you 100 slides

NOTE Confidence: 0.851656010769231

00:42:21.514 --> 00:42:23.349 basically underscoring the same thing.

NOTE Confidence: 0.851656010769231

00:42:23.350 --> 00:42:25.966 We have a clinically we should be able

NOTE Confidence: 0.851656010769231

00:42:25.966 --> 00:42:29.001 to show that niacin is vasodilation helps

NOTE Confidence: 0.851656010769231

00:42:29.001 --> 00:42:31.828 the delivery of these compounds that

NOTE Confidence: 0.851656010769231

00:42:31.828 --> 00:42:34.504 increase nerve growth factors and BDNF.

NOTE Confidence: 0.851656010769231

00:42:34.510 --> 00:42:36.820 And the lower doses of society and

NOTE Confidence: 0.851656010769231

00:42:36.820 --> 00:42:38.641 these tryptamine may be beneficial

NOTE Confidence: 0.851656010769231

00:42:38.641 --> 00:42:40.945 and the entourage effects of these

NOTE Confidence: 0.851656010769231

00:42:40.945 --> 00:42:42.497 compounds using multiple trip

NOTE Confidence: 0.851656010769231

00:42:42.497 --> 00:42:44.657 communities I think is greater than

NOTE Confidence: 0.851656010769231

00:42:44.657 --> 00:42:46.904 silicon or silicon if you will,

NOTE Confidence: 0.851656010769231

00:42:46.904 --> 00:42:48.047 will by itself.

NOTE Confidence: 0.851656010769231

00:42:48.050 --> 00:42:50.420 We obviously need clinical trials

NOTE Confidence: 0.851656010769231

00:42:50.420 --> 00:42:52.790 to prove to prove efficacy.

NOTE Confidence: 0.851656010769231

00:42:52.790 --> 00:42:54.470 Now there's adverse events,

NOTE Confidence: 0.851656010769231

00:42:54.470 --> 00:42:56.150 variabilities and possible causes.

NOTE Confidence: 0.851656010769231

00:42:56.150 --> 00:42:58.190 This is something I really want to address.

NOTE Confidence: 0.851656010769231

00:42:58.190 --> 00:42:59.690 The difference is in the consensus.

NOTE Confidence: 0.851656010769231

00:42:59.690 --> 00:43:01.862 Also having silson now bear in

NOTE Confidence: 0.851656010769231

00:43:01.862 --> 00:43:03.770 mind with the tap test.

NOTE Confidence: 0.851656010769231

00:43:03.770 --> 00:43:06.410 That's totally uncontrolled.

NOTE Confidence: 0.851656010769231

00:43:06.410 --> 00:43:09.658 That significance of going from 48 tops to

NOTE Confidence: 0.851656010769231

00:43:09.658 --> 00:43:13.486 68 tops in 55 plus year olds after 30 days,

NOTE Confidence: 0.851656010769231

00:43:13.490 --> 00:43:15.115 people are sourcing this whole

NOTE Confidence: 0.851656010769231

00:43:15.115 --> 00:43:16.090 Sabina underground market,

NOTE Confidence: 0.851656010769231

00:43:16.090 --> 00:43:17.102 variable concentrations,

NOTE Confidence: 0.851656010769231

00:43:17.102 --> 00:43:19.126 variable amounts of niacin,

NOTE Confidence: 0.851656010769231

00:43:19.130 --> 00:43:21.188 variable amounts of of of lions,

NOTE Confidence: 0.851656010769231

00:43:21.190 --> 00:43:22.264 mane, different sources.

NOTE Confidence: 0.851656010769231

00:43:22.264 --> 00:43:25.133 The fact that we get that signal and

NOTE Confidence: 0.851656010769231

00:43:25.133 --> 00:43:27.198 that benefit of the top test suggests

NOTE Confidence: 0.851656010769231

00:43:27.198 --> 00:43:29.867 to me that the results are understated

NOTE Confidence: 0.851656010769231

00:43:29.870 --> 00:43:31.346 because if there are more controlled,

NOTE Confidence: 0.851656010769231

00:43:31.350 --> 00:43:33.190 I think we'd see greater,

NOTE Confidence: 0.851656010769231

00:43:33.190 --> 00:43:34.864 greater positive effect.

NOTE Confidence: 0.851656010769231

00:43:34.864 --> 00:43:37.096 There's a genomic idiosyncrasies.

NOTE Confidence: 0.851656010769231

00:43:37.100 --> 00:43:38.094 Microbiome Constitution,

NOTE Confidence: 0.851656010769231

00:43:38.094 --> 00:43:42.070 what I call the climate of the microbiome.

NOTE Confidence: 0.851656010769231

00:43:42.070 --> 00:43:42.343 Persons,

NOTE Confidence: 0.851656010769231

00:43:42.343 --> 00:43:44.254 admixtures and I think we all know

NOTE Confidence: 0.851656010769231

00:43:44.254 --> 00:43:46.109 about that sentence setting therapeutic

NOTE Confidence: 0.851656010769231

00:43:46.109 --> 00:43:47.426 preparation quality providers.

NOTE Confidence: 0.851656010769231

00:43:47.426 --> 00:43:50.938 Many of us know people have taken high

NOTE Confidence: 0.851656010769231

00:43:50.938 --> 00:43:53.626 doses of solsiden mushrooms, 5 grams,

NOTE Confidence: 0.851656010769231

00:43:53.626 --> 00:43:56.112 50 milligram equivalent, no effect.

NOTE Confidence: 0.851656010769231

00:43:56.112 --> 00:43:58.367 Their partner right beside them,

NOTE Confidence: 0.851656010769231

00:43:58.370 --> 00:44:00.060 they're on the floor going,

NOTE Confidence: 0.851656010769231

00:44:00.060 --> 00:44:02.590 you know, going into hyperspace.

NOTE Confidence: 0.851656010769231

00:44:02.590 --> 00:44:05.006 So it's really interesting,

NOTE Confidence: 0.851656010769231

00:44:05.006 --> 00:44:06.818 the individual sensitivities.

NOTE Confidence: 0.851656010769231

00:44:06.820 --> 00:44:09.076 So the things I want to point out,

NOTE Confidence: 0.851656010769231

00:44:09.080 --> 00:44:10.660 which is really important,

NOTE Confidence: 0.851656010769231

00:44:10.660 --> 00:44:12.240 unfortunately and unfortunately the

NOTE Confidence: 0.851656010769231

00:44:12.240 --> 00:44:14.125 majority of the clinical studies

NOTE Confidence: 0.851656010769231

00:44:14.125 --> 00:44:15.860 right now with solzi mushrooms,

NOTE Confidence: 0.851656010769231

00:44:15.860 --> 00:44:17.432 these people are just not experts

NOTE Confidence: 0.851656010769231

00:44:17.432 --> 00:44:18.218 in this field.

NOTE Confidence: 0.851656010769231

00:44:18.220 --> 00:44:20.542 They're just jumping into this because

NOTE Confidence: 0.851656010769231

00:44:20.542 --> 00:44:23.427 bees locking the honey of a subject matter.

NOTE Confidence: 0.851656010769231

00:44:23.430 --> 00:44:25.200 And the mushrooms in the foreground

NOTE Confidence: 0.851656010769231

00:44:25.200 --> 00:44:27.230 and the mushrooms in the background.

NOTE Confidence: 0.851656010769231

00:44:27.230 --> 00:44:29.458 That's about four hours.

NOTE Confidence: 0.851656010769231

00:44:29.458 --> 00:44:31.686 Mushrooms grow that fast.

NOTE Confidence: 0.851656010769231

00:44:31.690 --> 00:44:33.382 Sporulation causes.

NOTE Confidence: 0.851656010769231

00:44:33.382 --> 00:44:34.228 Allergies,

NOTE Confidence: 0.851656010769231

00:44:34.228 --> 00:44:36.766 especially in children,

NOTE Confidence: 0.851656010769231

00:44:36.770 --> 00:44:40.448 asthmatic children 100% of asthmatic children

NOTE Confidence: 0.851656010769231

00:44:40.450 --> 00:44:43.066 reacted to sloshy comments of spores.

NOTE Confidence: 0.851656010769231

00:44:43.070 --> 00:44:45.780 I have a good friend whose wife.

NOTE Confidence: 0.851656010769231

00:44:45.780 --> 00:44:48.630 Died in his arms this year

NOTE Confidence: 0.851656010769231

00:44:48.630 --> 00:44:50.898 from the asthma attack.

NOTE Confidence: 0.851656010769231

00:44:50.900 --> 00:44:54.280 Asthmatic children become asthmatic adults.

NOTE Confidence: 0.851656010769231

00:44:54.280 --> 00:44:55.850 If you're using soulside mushroom,

NOTE Confidence: 0.851656010769231

00:44:55.850 --> 00:44:58.706 they should be in the left great

NOTE Confidence: 0.851656010769231

00:44:58.706 --> 00:45:00.899 sporulating just to minimize

NOTE Confidence: 0.851656010769231

00:45:00.899 --> 00:45:02.678 that potential reaction,

NOTE Confidence: 0.851656010769231

00:45:02.680 --> 00:45:04.200 which is another confounder.

NOTE Confidence: 0.851656010769231

00:45:04.200 --> 00:45:06.100 But this is the subject,

NOTE Confidence: 0.851656010769231

00:45:06.100 --> 00:45:07.752 and this is the subject I want

NOTE Confidence: 0.851656010769231

00:45:07.752 --> 00:45:08.460 all of you

NOTE Confidence: 0.889559545714286

00:45:08.520 --> 00:45:10.094 to drill down on, please.

NOTE Confidence: 0.889559545714286

00:45:10.094 --> 00:45:12.470 Look at the references.

NOTE Confidence: 0.889559545714286

00:45:12.470 --> 00:45:14.460 The most common thing that

NOTE Confidence: 0.889559545714286

00:45:14.460 --> 00:45:16.052 I hear about valvulopathy.

NOTE Confidence: 0.889559545714286

00:45:16.060 --> 00:45:18.308 Which is just extraordinarily

NOTE Confidence: 0.889559545714286

00:45:18.308 --> 00:45:20.556 exaggerated in my opinion.

NOTE Confidence: 0.889559545714286

00:45:20.560 --> 00:45:23.080 When you look at the binding affinities with

NOTE Confidence: 0.889559545714286

00:45:23.080 --> 00:45:26.560 5H2B and it compared to thin floor amine.

NOTE Confidence: 0.889559545714286

00:45:26.560 --> 00:45:29.557 Then for me is being taken twice a day,

NOTE Confidence: 0.889559545714286

00:45:29.560 --> 00:45:31.576 14 milligrams a day.

NOTE Confidence: 0.889559545714286

00:45:31.576 --> 00:45:34.180 It's 160 to 96 milligrams per week.

NOTE Confidence: 0.889559545714286

00:45:34.180 --> 00:45:35.860 A micro dose is 1 milligram.

NOTE Confidence: 0.889559545714286

00:45:35.860 --> 00:45:38.296 Five times a week, that's 5 milligrams.

NOTE Confidence: 0.889559545714286

00:45:38.300 --> 00:45:40.930 Look at the binding affinities

NOTE Confidence: 0.889559545714286

00:45:40.930 --> 00:45:43.410 of of solson with 5HQ2B.

NOTE Confidence: 0.889559545714286

00:45:43.410 --> 00:45:45.630 Now I've so I've been there.

NOTE Confidence: 0.889559545714286

00:45:45.630 --> 00:45:47.226 This is an in vitro test still,

NOTE Confidence: 0.889559545714286

00:45:47.230 --> 00:45:48.553 so I've been does not make it

NOTE Confidence: 0.889559545714286

00:45:48.553 --> 00:45:49.889 to the heart valve receptors.

NOTE Confidence: 0.889559545714286

00:45:49.890 --> 00:45:50.704 It's dephosphorylated,

NOTE Confidence: 0.889559545714286

00:45:50.704 --> 00:45:53.146 so you can't use the binding

NOTE Confidence: 0.889559545714286

00:45:53.146 --> 00:45:54.809 affinity of cell cyclin.

NOTE Confidence: 0.889559545714286

00:45:54.810 --> 00:45:56.694 They're the references there

NOTE Confidence: 0.889559545714286

00:45:56.694 --> 00:45:58.107 and it's extraordinary.

NOTE Confidence: 0.889559545714286

00:45:58.110 --> 00:46:01.344 I mean, if you're gonna say that, silson.

NOTE Confidence: 0.889559545714286

00:46:01.344 --> 00:46:04.680 Can cause value opathy.

NOTE Confidence: 0.889559545714286

00:46:04.680 --> 00:46:06.678 Well so then then serotonin does

NOTE Confidence: 0.889559545714286

00:46:06.678 --> 00:46:08.500 and this doesn't speak at all,

NOTE Confidence: 0.889559545714286

00:46:08.500 --> 00:46:10.817 but what happens past the cell wall?

NOTE Confidence: 0.889559545714286

00:46:10.820 --> 00:46:13.790 There are many drugs for higher

NOTE Confidence: 0.889559545714286

00:46:13.790 --> 00:46:16.264 binding affinities with 5H22B that

NOTE Confidence: 0.889559545714286

00:46:16.264 --> 00:46:19.216 do not call cause cause valvulopathy.

NOTE Confidence: 0.889559545714286

00:46:19.220 --> 00:46:21.355 So this is something that you know

NOTE Confidence: 0.889559545714286

00:46:21.355 --> 00:46:23.378 we have drilled very deeply down.

NOTE Confidence: 0.889559545714286

00:46:23.380 --> 00:46:25.270 I hear these positions bring this up

NOTE Confidence: 0.889559545714286

00:46:25.270 --> 00:46:27.512 and again it just boggles my mind that

NOTE Confidence: 0.889559545714286

00:46:27.512 --> 00:46:29.499 someone has not done the math here.

NOTE Confidence: 0.889559545714286

00:46:29.500 --> 00:46:31.492 Now ultimately we do not know

NOTE Confidence: 0.889559545714286

00:46:31.492 --> 00:46:33.251 because it's much more complex

NOTE Confidence: 0.889559545714286

00:46:33.251 --> 00:46:35.435 than just binding affinities on a

NOTE Confidence: 0.889559545714286

00:46:35.435 --> 00:46:38.990 receptor with a heart valve, but.

NOTE Confidence: 0.889559545714286

00:46:38.990 --> 00:46:42.007 Look at this, look at the references,

NOTE Confidence: 0.889559545714286

00:46:42.010 --> 00:46:44.690 look at the data that we've put together,

NOTE Confidence: 0.889559545714286

00:46:44.690 --> 00:46:47.093 and if you can improve on this or you

NOTE Confidence: 0.889559545714286

00:46:47.093 --> 00:46:49.590 have criticisms, we'd love to hear it.

NOTE Confidence: 0.889559545714286

00:46:49.590 --> 00:46:51.838 Five of us worked on this or well

NOTE Confidence: 0.889559545714286

00:46:51.838 --> 00:46:54.649 over a month just to give this result.

NOTE Confidence: 0.889559545714286

00:46:54.650 --> 00:46:57.374 There's no one yet has approached

NOTE Confidence: 0.889559545714286

00:46:57.374 --> 00:47:00.049 this subject in the same way.

NOTE Confidence: 0.889559545714286

00:47:00.050 --> 00:47:02.210 So I just wanna end.

NOTE Confidence: 0.889559545714286

00:47:02.210 --> 00:47:05.850 This is a very common way of delivery.

NOTE Confidence: 0.889559545714286

00:47:05.850 --> 00:47:08.970 People making chocolates with lions,

NOTE Confidence: 0.889559545714286

00:47:08.970 --> 00:47:12.648 mane and niacin and then that's

NOTE Confidence: 0.889559545714286

00:47:12.648 --> 00:47:13.874 your microdose.

NOTE Confidence: 0.889559545714286

00:47:13.880 --> 00:47:15.924 A lot of people are doing this

NOTE Confidence: 0.889559545714286

00:47:15.924 --> 00:47:17.980 as a very convenient way.

NOTE Confidence: 0.889559545714286

00:47:17.980 --> 00:47:20.178 Please label your jar lacks it over

NOTE Confidence: 0.889559545714286

00:47:20.178 --> 00:47:22.550 something so your kids don't get into it.

NOTE Confidence: 0.889559545714286

00:47:22.550 --> 00:47:25.925 So this study just came out two days ago.

NOTE Confidence: 0.889559545714286

00:47:25.930 --> 00:47:28.270 One in four.

NOTE Confidence: 0.889559545714286

00:47:28.270 --> 00:47:31.511 Over the age of 65 are interested

NOTE Confidence: 0.889559545714286

00:47:31.511 --> 00:47:33.720 in microdosing to improve.

NOTE Confidence: 0.889559545714286

00:47:33.720 --> 00:47:34.770 Their mental health.

NOTE Confidence: 0.895786831

00:47:36.920 --> 00:47:39.270 And under the age of 65 is 1 in 10.

NOTE Confidence: 0.846556493333333

00:47:41.430 --> 00:47:42.550 That's extraordinary.

NOTE Confidence: 0.846556493333333

00:47:42.550 --> 00:47:46.470 There's so much interest in this subject.

NOTE Confidence: 0.846556493333333

00:47:46.470 --> 00:47:49.566 So the stock I think is exciting and

NOTE Confidence: 0.846556493333333

00:47:49.566 --> 00:47:52.410 this needs to be proved clinically.

NOTE Confidence: 0.846556493333333

00:47:52.410 --> 00:47:55.000 Again, I'm in my collagist, I'm a researcher.

NOTE Confidence: 0.846556493333333

00:47:55.000 --> 00:47:57.340 I'm just driven by my curiosity.

NOTE Confidence: 0.846556493333333

00:47:57.340 --> 00:47:59.848 But I think I'm onto something that

NOTE Confidence: 0.846556493333333

00:47:59.848 --> 00:48:02.416 other others have not seen yet.

NOTE Confidence: 0.846556493333333

00:48:02.420 --> 00:48:05.060 So here is our research staff.

NOTE Confidence: 0.846556493333333

00:48:05.060 --> 00:48:07.310 I have 11 scientists full-time,

NOTE Confidence: 0.846556493333333

00:48:07.310 --> 00:48:09.378 5 PHD's I have.

NOTE Confidence: 0.846556493333333

00:48:09.378 --> 00:48:11.963 We have 77 peer review

NOTE Confidence: 0.846556493333333

00:48:11.963 --> 00:48:13.700 publications amongst us.

NOTE Confidence: 0.846556493333333

00:48:13.700 --> 00:48:15.104 I challenge them all the time

NOTE Confidence: 0.846556493333333

00:48:15.104 --> 00:48:16.529 to take me to the mat.

NOTE Confidence: 0.846556493333333

00:48:16.530 --> 00:48:19.070 We go back and forth and so it's a very,

NOTE Confidence: 0.846556493333333

00:48:19.070 --> 00:48:22.556 very good group of inspired young

NOTE Confidence: 0.846556493333333

00:48:22.556 --> 00:48:25.671 scientists who are really are

NOTE Confidence: 0.846556493333333

00:48:25.671 --> 00:48:28.427 passionate about this research.

NOTE Confidence: 0.846556493333333

00:48:28.430 --> 00:48:30.680 So I found these two quotes

NOTE Confidence: 0.846556493333333

00:48:30.680 --> 00:48:31.805 by Albert Einstein.

NOTE Confidence: 0.846556493333333

00:48:31.810 --> 00:48:34.050 I like it because there's

NOTE Confidence: 0.846556493333333

00:48:34.050 --> 00:48:35.842 a leap in consciousness.

NOTE Confidence: 0.846556493333333

00:48:35.850 --> 00:48:39.350 This is, some people call it intuition.

NOTE Confidence: 0.846556493333333

00:48:39.350 --> 00:48:41.779 And I think it's this second comment

NOTE Confidence: 0.846556493333333

00:48:41.779 --> 00:48:44.292 is really interesting is is that the

NOTE Confidence: 0.846556493333333

00:48:44.292 --> 00:48:46.057 most influential people first become

NOTE Confidence: 0.846556493333333

00:48:46.057 --> 00:48:48.038 aligned with their spiritual nature

NOTE Confidence: 0.846556493333333

00:48:48.038 --> 00:48:49.998 and then their physical selves.

NOTE Confidence: 0.846556493333333

00:48:50.000 --> 00:48:52.840 So my acknowledgments are

NOTE Confidence: 0.846556493333333

00:48:52.840 --> 00:48:57.038 here and that is it for now.

NOTE Confidence: 0.846556493333333

00:48:57.038 --> 00:48:57.686 Stay tuned.

NOTE Confidence: 0.846556493333333

00:48:57.686 --> 00:49:01.249 We do have a lot more research coming out.

NOTE Confidence: 0.846556493333333

00:49:01.250 --> 00:49:03.658 We have 4 papers in queue on Lions

NOTE Confidence: 0.846556493333333

00:49:03.658 --> 00:49:05.840 made on nerve growth factors.

NOTE Confidence: 0.846556493333333

00:49:05.840 --> 00:49:07.424 Also on synergy,

NOTE Confidence: 0.846556493333333

00:49:07.424 --> 00:49:11.771 we have about 1000 more test results coming

NOTE Confidence: 0.846556493333333

00:49:11.771 --> 00:49:17.020 back from several of contract laboratories.

NOTE Confidence: 0.846556493333333

00:49:17.020 --> 00:49:19.600 Many, many of you know these

NOTE Confidence: 0.846556493333333

00:49:19.600 --> 00:49:20.890 laboratories beside Eurofins.

NOTE Confidence: 0.846556493333333

00:49:20.890 --> 00:49:23.424 And now we're progressing with Michael Medica

NOTE Confidence: 0.846556493333333

00:49:23.424 --> 00:49:25.952 to launch clinical studies comparing silybin,

NOTE Confidence: 0.846556493333333

00:49:25.952 --> 00:49:26.934 the molecule,

NOTE Confidence: 0.846556493333333

00:49:26.934 --> 00:49:27.916 the silybin,

NOTE Confidence: 0.846556493333333

00:49:27.920 --> 00:49:31.136 the mushrooms with and without niacin.

NOTE Confidence: 0.846556493333333

00:49:31.140 --> 00:49:35.214 And so we'll be looking at specifically

NOTE Confidence: 0.846556493333333

00:49:35.220 --> 00:49:38.076 neurocognitive decline in Parkinson's,

NOTE Confidence: 0.846556493333333

00:49:38.076 --> 00:49:42.360 but there is this is fundamentally

NOTE Confidence: 0.846556493333333

00:49:42.360 --> 00:49:45.792 you know can I think can help your

NOTE Confidence: 0.846556493333333

00:49:45.792 --> 00:49:48.152 neurological health and we're just

NOTE Confidence: 0.846556493333333

00:49:48.152 --> 00:49:50.689 at the beginning beginning of this.

NOTE Confidence: 0.846556493333333

00:49:50.690 --> 00:49:53.826 I have personally spent more than $1,000,000

NOTE Confidence: 0.846556493333333

00:49:53.826 --> 00:49:56.518 on the research that you've seen.

NOTE Confidence: 0.846556493333333

00:49:56.520 --> 00:49:58.634 This is why I created my company.

NOTE Confidence: 0.846556493333333

00:49:58.640 --> 00:50:01.195 It's so hard to get research funding.

NOTE Confidence: 0.846556493333333

00:50:01.200 --> 00:50:03.800 So we have it just a cascade of

NOTE Confidence: 0.846556493333333

00:50:03.800 --> 00:50:06.237 new data coming down the pipe.

NOTE Confidence: 0.846556493333333

00:50:06.240 --> 00:50:09.320 We are going into my studies here in

NOTE Confidence: 0.846556493333333

00:50:09.320 --> 00:50:12.650 about a month and then from there we'll

NOTE Confidence: 0.846556493333333

00:50:12.650 --> 00:50:14.680 progress into human clinical studies.

NOTE Confidence: 0.846556493333333

00:50:14.680 --> 00:50:16.276 So I thank you for your attention.

NOTE Confidence: 0.846556493333333

00:50:16.280 --> 00:50:17.724 I'm happy to take.

NOTE Confidence: 0.846556493333333

00:50:17.724 --> 00:50:18.807 A few questions.

NOTE Confidence: 0.871532631111111

00:50:23.050 --> 00:50:25.320 Thank you Paul for taking

NOTE Confidence: 0.871532631111111

00:50:25.320 --> 00:50:27.136 us through this journey.

NOTE Confidence: 0.871532631111111

00:50:27.140 --> 00:50:29.338 Something that I'm struck by is the

NOTE Confidence: 0.871532631111111

00:50:29.338 --> 00:50:31.220 mean something you're reminding us of,

NOTE Confidence: 0.871532631111111

00:50:31.220 --> 00:50:34.640 which I think is really great is the

NOTE Confidence: 0.871532631111111

00:50:34.640 --> 00:50:36.770 importance of the complexity, right?

NOTE Confidence: 0.871532631111111

00:50:36.770 --> 00:50:38.220 I mean, as in science,

NOTE Confidence: 0.871532631111111

00:50:38.220 --> 00:50:39.828 we often simplify things,

NOTE Confidence: 0.871532631111111

00:50:39.828 --> 00:50:41.034 the single molecule,

NOTE Confidence: 0.871532631111111

00:50:41.040 --> 00:50:42.495 the single outcome,

NOTE Confidence: 0.871532631111111

00:50:42.495 --> 00:50:44.435 and that's incredibly powerful.

NOTE Confidence: 0.871532631111111

00:50:44.440 --> 00:50:45.889 And in the real world were played

NOTE Confidence: 0.871532631111111

00:50:45.889 --> 00:50:47.282 by a complexity where there multiple

NOTE Confidence: 0.871532631111111

00:50:47.282 --> 00:50:48.969 you know the mushroom as you pointed

NOTE Confidence: 0.871532631111111

00:50:49.018 --> 00:50:50.411 has multiple compounds in it and and

NOTE Confidence: 0.871532631111111

00:50:50.411 --> 00:50:51.902 it has you know may have multiple

NOTE Confidence: 0.871532631111111

00:50:51.902 --> 00:50:53.240 physiological effects at the same time.

NOTE Confidence: 0.871532631111111

00:50:53.240 --> 00:50:55.400 So that's just a real tension that I

NOTE Confidence: 0.871532631111111

00:50:55.400 --> 00:50:57.744 that I see in I mean in psychiatry

NOTE Confidence: 0.871532631111111

00:50:57.744 --> 00:51:00.187 in general but in this field in

NOTE Confidence: 0.871532631111111

00:51:00.187 --> 00:51:02.427 particular is is how do we make

NOTE Confidence: 0.871532631111111

00:51:02.427 --> 00:51:04.818 progress is it by simplifying or is

NOTE Confidence: 0.871532631111111

00:51:04.818 --> 00:51:06.282 it by embracing the complexity but

NOTE Confidence: 0.871532631111111

00:51:06.282 --> 00:51:07.972 then also embracing that the data

NOTE Confidence: 0.871532631111111

00:51:07.972 --> 00:51:09.700 are more difficult to to interpret.

NOTE Confidence: 0.871532631111111

00:51:09.700 --> 00:51:10.680 It's hard to know what's going on.

NOTE Confidence: 0.871532631111111

00:51:10.680 --> 00:51:13.098 I think the answer is both.

NOTE Confidence: 0.871532631111111

00:51:13.100 --> 00:51:14.276 And and try to you know,

NOTE Confidence: 0.871532631111111

00:51:14.280 --> 00:51:15.967 have hope hope that the two routes

NOTE Confidence: 0.871532631111111

00:51:15.967 --> 00:51:16.982 to knowledge complement each

NOTE Confidence: 0.871532631111111

00:51:16.982 --> 00:51:17.946 other going forward but.

NOTE Confidence: 0.835877256

00:51:18.950 --> 00:51:21.694 Yeah, I see. I see health and disease

NOTE Confidence: 0.835877256

00:51:21.694 --> 00:51:23.976 is being a multifactorial equation

NOTE Confidence: 0.835877256

00:51:23.976 --> 00:51:26.511 with our coefficient variables on

NOTE Confidence: 0.835877256

00:51:26.511 --> 00:51:29.390 one side that lead to an outcome.

NOTE Confidence: 0.835877256

00:51:29.390 --> 00:51:31.630 We did not grow up in a single

NOTE Confidence: 0.835877256

00:51:31.630 --> 00:51:34.026 molecule universe. We consumed foods.

NOTE Confidence: 0.835877256

00:51:34.026 --> 00:51:35.250 We've evolved.

NOTE Confidence: 0.835877256

00:51:35.250 --> 00:51:37.710 It seems only obvious to me

NOTE Confidence: 0.835877256

00:51:37.710 --> 00:51:39.350 that this Symphony effect,

NOTE Confidence: 0.835877256

00:51:39.350 --> 00:51:42.250 the entourage of these compounds

NOTE Confidence: 0.835877256

00:51:42.250 --> 00:51:45.150 related to soil cybin biosynthesis,

NOTE Confidence: 0.835877256

00:51:45.150 --> 00:51:48.470 would activate other receptors and

NOTE Confidence: 0.835877256

00:51:48.470 --> 00:51:51.790 cause having a neurological effect.

NOTE Confidence: 0.835877256

00:51:51.790 --> 00:51:53.140 I think the challenge is

NOTE Confidence: 0.835877256

00:51:53.140 --> 00:51:54.740 how do we dial this in?

NOTE Confidence: 0.835877256

00:51:54.740 --> 00:51:57.701 How do we get the all these

NOTE Confidence: 0.835877256

00:51:57.701 --> 00:51:59.270 coefficient multipliers dialed in?

NOTE Confidence: 0.835877256

00:51:59.270 --> 00:52:00.785 To optimize on the other

NOTE Confidence: 0.835877256

00:52:00.785 --> 00:52:01.997 side of the equation,

NOTE Confidence: 0.835877256

00:52:02.000 --> 00:52:03.760 the best possible mental

NOTE Confidence: 0.835877256

00:52:03.760 --> 00:52:05.520 health or physical health.

NOTE Confidence: 0.835877256

00:52:05.520 --> 00:52:07.788 So I think that's the challenge

NOTE Confidence: 0.835877256

00:52:07.788 --> 00:52:10.300 and the idea of the single

NOTE Confidence: 0.835877256

00:52:10.300 --> 00:52:12.595 bullet magic molecule and if,

NOTE Confidence: 0.835877256

00:52:12.600 --> 00:52:14.931 if if you those of you are

NOTE Confidence: 0.835877256

00:52:14.931 --> 00:52:16.730 not involved in business.

NOTE Confidence: 0.835877256

00:52:16.730 --> 00:52:18.730 It is amazing to me.

NOTE Confidence: 0.835877256

00:52:18.730 --> 00:52:20.346 I wouldn't say foolish,

NOTE Confidence: 0.835877256

00:52:20.346 --> 00:52:22.366 but how ill informed people

NOTE Confidence: 0.835877256

00:52:22.366 --> 00:52:25.116 are investors and investing in

NOTE Confidence: 0.835877256

00:52:25.116 --> 00:52:27.380 companies creating new synthetic

NOTE Confidence: 0.835877256

00:52:27.380 --> 00:52:29.330 molecules unknown to nature.

NOTE Confidence: 0.835877256

00:52:29.330 --> 00:52:31.794 If you experience with the FDA then

NOTE Confidence: 0.835877256

00:52:31.794 --> 00:52:33.811 I'll approach a billion dollars

NOTE Confidence: 0.835877256

00:52:33.811 --> 00:52:36.463 and toxicity studies compared to a

NOTE Confidence: 0.835877256

00:52:36.463 --> 00:52:38.916 molecule that has been consumed by

NOTE Confidence: 0.835877256

00:52:38.916 --> 00:52:41.154 humans for thousands of years and

NOTE Confidence: 0.835877256

00:52:41.160 --> 00:52:43.206 the President in like soul syven.

NOTE Confidence: 0.835877256

00:52:43.210 --> 00:52:45.219 So it's just started you know as

NOTE Confidence: 0.835877256

00:52:45.219 --> 00:52:46.915 much as scientists are driven

NOTE Confidence: 0.835877256

00:52:46.915 --> 00:52:48.845 academically to have new discoveries,

NOTE Confidence: 0.835877256

00:52:48.850 --> 00:52:50.768 the reality of getting that drug to

NOTE Confidence: 0.835877256

00:52:50.768 --> 00:52:52.929 market to have a positive impact on

NOTE Confidence: 0.835877256

00:52:52.929 --> 00:52:55.090 the population is is huge with a

NOTE Confidence: 0.835877256

00:52:55.090 --> 00:52:57.085 with a synthetic molecule not found

NOTE Confidence: 0.835877256

00:52:57.085 --> 00:52:59.920 in nature compared to these other compounds.

NOTE Confidence: 0.835877256

00:52:59.920 --> 00:53:01.636 This is these tryptamines that have

NOTE Confidence: 0.835877256

00:53:01.636 --> 00:53:03.290 been consumed by thousands of people.

NOTE Confidence: 0.7498383

00:53:11.320 --> 00:53:12.810 Stunned silence.

NOTE Confidence: 0.90525607

00:53:18.780 --> 00:53:20.720 Any other questions or comments?

NOTE Confidence: 0.7013147325

00:53:30.650 --> 00:53:34.168 Yeah, everyone, I think you raised a great

NOTE Confidence: 0.7013147325

00:53:34.170 --> 00:53:37.078 question about the placebo and I know.

NOTE Confidence: 0.7013147325

00:53:37.078 --> 00:53:38.598 You know, you're not exactly

NOTE Confidence: 0.7013147325

00:53:38.598 --> 00:53:40.300 in a clinical trial space,

NOTE Confidence: 0.7013147325

00:53:40.300 --> 00:53:41.630 but that and that sort of works,

NOTE Confidence: 0.7013147325

00:53:41.630 --> 00:53:44.078 so I'm not expecting.

NOTE Confidence: 0.7013147325

00:53:44.080 --> 00:53:46.215 You know magic, that's a great answer,

NOTE Confidence: 0.7013147325

00:53:46.220 --> 00:53:48.236 like a well formed answer anything.

NOTE Confidence: 0.7013147325

00:53:48.240 --> 00:53:50.735 But what do we do about the placebo, right.

NOTE Confidence: 0.7013147325

00:53:50.735 --> 00:53:52.800 I think we're all kind of asking

NOTE Confidence: 0.7013147325

00:53:52.800 --> 00:53:54.905 this question one way or another for

NOTE Confidence: 0.7013147325

00:53:54.905 --> 00:53:56.649 these clinical trials and I'd just

NOTE Confidence: 0.7013147325

00:53:56.649 --> 00:53:58.521 love to hear what you think on it

NOTE Confidence: 0.7013147325

00:53:58.521 --> 00:54:00.360 and more more on your thoughts on

NOTE Confidence: 0.7013147325

00:54:00.360 --> 00:54:01.770 niacin and all that sort of stuff.

NOTE Confidence: 0.783928172

00:54:02.290 --> 00:54:04.340 Let's get real here folks.

NOTE Confidence: 0.783928172

00:54:04.340 --> 00:54:07.360 Is it medically, ethically?

NOTE Confidence: 0.783928172

00:54:07.360 --> 00:54:09.838 Right, that you give a placebo to

NOTE Confidence: 0.783928172

00:54:09.838 --> 00:54:12.860 somebody who has a mental illness or a

NOTE Confidence: 0.783928172

00:54:12.860 --> 00:54:15.380 mental disease or depression or anxiety,

NOTE Confidence: 0.783928172

00:54:15.380 --> 00:54:17.916 and then 20 minutes later they know you

NOTE Confidence: 0.783928172

00:54:17.916 --> 00:54:20.080 tricked them and you got the placebo?

NOTE Confidence: 0.783928172

00:54:20.080 --> 00:54:22.030 Don't you exacerbate their depression

NOTE Confidence: 0.783928172

00:54:22.030 --> 00:54:23.980 and anxiety because they're the

NOTE Confidence: 0.783928172

00:54:24.045 --> 00:54:25.875 unfortunate ones who got the placebo

NOTE Confidence: 0.783928172

00:54:25.875 --> 00:54:28.180 as opposed to the active ingredient?

NOTE Confidence: 0.783928172

00:54:28.180 --> 00:54:30.765 Are placebos really relevant in

NOTE Confidence: 0.783928172

00:54:30.765 --> 00:54:33.350 clinical studies for mental health?

NOTE Confidence: 0.783928172

00:54:33.350 --> 00:54:35.695 When there is such a strong effect

NOTE Confidence: 0.783928172

00:54:35.695 --> 00:54:37.910 with the active ingredient socin.

NOTE Confidence: 0.783928172

00:54:37.910 --> 00:54:40.535 And there's no effect with the placebo.

NOTE Confidence: 0.783928172

00:54:40.540 --> 00:54:42.905 Doesn't your background contrast of

NOTE Confidence: 0.783928172

00:54:42.905 --> 00:54:45.812 your data now exacerbated by the

NOTE Confidence: 0.783928172

00:54:45.812 --> 00:54:47.648 unfortunate number of individuals

NOTE Confidence: 0.783928172

00:54:47.648 --> 00:54:50.388 who got no medicine when they

NOTE Confidence: 0.783928172

00:54:50.388 --> 00:54:52.608 were hoping to get a medicine?

NOTE Confidence: 0.783928172

00:54:52.610 --> 00:54:55.658 Where's the studies that disambiguate that?

NOTE Confidence: 0.783928172

00:54:55.660 --> 00:54:57.588 So I think there's.

NOTE Confidence: 0.731300815714286

00:54:59.280 --> 00:55:01.485 I mean, the clinical trials design it.

NOTE Confidence: 0.731300815714286

00:55:01.490 --> 00:55:03.430 It is unethical to withhold

NOTE Confidence: 0.731300815714286

00:55:03.430 --> 00:55:04.206 effective treatment.

NOTE Confidence: 0.731300815714286

00:55:04.210 --> 00:55:07.577 It's not unethical to give up to

NOTE Confidence: 0.731300815714286

00:55:07.577 --> 00:55:09.624 a placebo-controlled trial when

NOTE Confidence: 0.731300815714286

00:55:09.624 --> 00:55:12.229 you're doing a an intervention

NOTE Confidence: 0.731300815714286

00:55:12.229 --> 00:55:14.730 that isn't considered proven yet.

NOTE Confidence: 0.731300815714286

00:55:14.730 --> 00:55:16.557 So that's where the that's where the line is.

NOTE Confidence: 0.731300815714286

00:55:16.560 --> 00:55:19.250 But you're absolutely right that

NOTE Confidence: 0.731300815714286

00:55:19.250 --> 00:55:21.544 withholding effective treatments when a

NOTE Confidence: 0.731300815714286

00:55:21.544 --> 00:55:23.229 good effective treatment is available,

NOTE Confidence: 0.731300815714286

00:55:23.230 --> 00:55:24.810 it raises ethical issues.

NOTE Confidence: 0.731300815714286

00:55:24.810 --> 00:55:26.785 I think the question is,

NOTE Confidence: 0.731300815714286

00:55:26.790 --> 00:55:29.590 is in and I'm talking very specifically

NOTE Confidence: 0.731300815714286

00:55:29.590 --> 00:55:31.690 about the clinical context now.

NOTE Confidence: 0.731300815714286

00:55:31.690 --> 00:55:33.586 Are these substances proven to be

NOTE Confidence: 0.731300815714286

00:55:33.586 --> 00:55:35.388 effective to the standards of the

NOTE Confidence: 0.731300815714286

00:55:35.388 --> 00:55:37.082 FDA and to the standards of the

NOTE Confidence: 0.731300815714286

00:55:37.082 --> 00:55:38.593 medical establishments? Proof.

NOTE Confidence: 0.731300815714286

00:55:38.593 --> 00:55:41.977 And I think the answer there is no.

NOTE Confidence: 0.731300815714286

00:55:41.980 --> 00:55:43.678 I'm extremely impressed by the small

NOTE Confidence: 0.731300815714286

00:55:43.678 --> 00:55:45.135 studies that have been published

NOTE Confidence: 0.731300815714286

00:55:45.135 --> 00:55:47.018 to date and I think they're very

NOTE Confidence: 0.731300815714286

00:55:47.018 --> 00:55:48.435 promising and that's why we're

NOTE Confidence: 0.731300815714286

00:55:48.435 --> 00:55:49.815 doing research in this field.

NOTE Confidence: 0.731300815714286

00:55:49.820 --> 00:55:51.703 But that in terms of the ethics

NOTE Confidence: 0.731300815714286

00:55:51.703 --> 00:55:53.697 of giving a placebo that's that's

NOTE Confidence: 0.731300815714286

00:55:53.697 --> 00:55:55.119 the answer is that that's why

NOTE Confidence: 0.731300815714286

00:55:55.119 --> 00:55:56.516 giving a placebo is considered

NOTE Confidence: 0.731300815714286

00:55:56.516 --> 00:55:57.796 ethically acceptable in this,

NOTE Confidence: 0.731300815714286

00:55:57.800 --> 00:55:58.790 in this context

NOTE Confidence: 0.737967658

00:55:58.800 --> 00:56:01.439 I think the answer I think a

NOTE Confidence: 0.737967658

00:56:01.439 --> 00:56:03.046 better placebo environment is

NOTE Confidence: 0.737967658

00:56:03.046 --> 00:56:04.638 having a staged microdose,

NOTE Confidence: 0.737967658

00:56:04.640 --> 00:56:07.870 microdose, microdose. Are there

NOTE Confidence: 0.906145774166667

00:56:07.880 --> 00:56:09.868 other ways to try to isolate pharmacological

NOTE Confidence: 0.906145774166667

00:56:09.868 --> 00:56:11.310 effects other than the placebo?

NOTE Confidence: 0.906145774166667

00:56:11.310 --> 00:56:13.155 And placebo is profoundly problematic

NOTE Confidence: 0.906145774166667

00:56:13.155 --> 00:56:15.000 when you're studying a substance

NOTE Confidence: 0.906145774166667

00:56:15.060 --> 00:56:16.980 that has a psychological, you know,

NOTE Confidence: 0.906145774166667

00:56:16.980 --> 00:56:18.180 an unmistakable psychological effect.

NOTE Confidence: 0.906145774166667

00:56:18.180 --> 00:56:20.856 Especially if, as many people believe,

NOTE Confidence: 0.906145774166667

00:56:20.860 --> 00:56:22.635 the psychological effect is fundamental

NOTE Confidence: 0.906145774166667

00:56:22.635 --> 00:56:24.445 to the therapeutic benefit, right.

NOTE Confidence: 0.906145774166667

00:56:24.445 --> 00:56:26.370 If the psychological effect is

NOTE Confidence: 0.906145774166667

00:56:26.370 --> 00:56:28.420 fundamental to the therapeutic benefit,

NOTE Confidence: 0.906145774166667

00:56:28.420 --> 00:56:29.662 then the whole concept of placebo

NOTE Confidence: 0.906145774166667

00:56:29.662 --> 00:56:30.680 goes out the window, right?

NOTE Confidence: 0.906145774166667

00:56:30.680 --> 00:56:32.010 Because the idea of a placebo is

NOTE Confidence: 0.906145774166667

00:56:32.010 --> 00:56:33.380 you take the drug and it doesn't,

NOTE Confidence: 0.906145774166667

00:56:33.380 --> 00:56:35.104 that you have indistinguishable

NOTE Confidence: 0.906145774166667

00:56:35.104 --> 00:56:37.259 psychological effects between the two.

NOTE Confidence: 0.906145774166667

00:56:37.260 --> 00:56:37.642 That's it.

NOTE Confidence: 0.906145774166667

00:56:37.642 --> 00:56:38.597 I think where the field,

NOTE Confidence: 0.906145774166667

00:56:38.600 --> 00:56:40.640 that's where we really found her.

NOTE Confidence: 0.906145774166667

00:56:40.640 --> 00:56:41.372 And and this is,

NOTE Confidence: 0.906145774166667

00:56:41.372 --> 00:56:42.690 there's not unanimity in the field here.

NOTE Confidence: 0.906145774166667

00:56:42.690 --> 00:56:44.874 It may be that the psychological effects

NOTE Confidence: 0.906145774166667

00:56:44.874 --> 00:56:46.525 and the neurotrophic and antidepressant

NOTE Confidence: 0.906145774166667

00:56:46.525 --> 00:56:48.493 and other effects are separable and

NOTE Confidence: 0.906145774166667

00:56:48.493 --> 00:56:50.450 there are billions of dollars of

NOTE Confidence: 0.906145774166667

00:56:50.450 --> 00:56:52.322 capital going into companies that are,

NOTE Confidence: 0.906145774166667

00:56:52.330 --> 00:56:52.876 you know,

NOTE Confidence: 0.906145774166667

00:56:52.876 --> 00:56:53.968 based on that presumption.

NOTE Confidence: 0.906145774166667

00:56:53.970 --> 00:56:55.566 Or it may be that they're not

NOTE Confidence: 0.906145774166667

00:56:55.566 --> 00:56:57.096 separable and the psychological effect

NOTE Confidence: 0.906145774166667

00:56:57.096 --> 00:56:58.688 is fundamentally not dissociable

NOTE Confidence: 0.906145774166667

00:56:58.688 --> 00:57:00.280 from the therapeutic effect.

NOTE Confidence: 0.906145774166667

00:57:00.280 --> 00:57:02.176 In which case we got a huge problem

NOTE Confidence: 0.906145774166667

00:57:02.176 --> 00:57:03.437 with placebo because it's not

NOTE Confidence: 0.906145774166667

00:57:03.437 --> 00:57:04.913 a problem of choice of placebo

NOTE Confidence: 0.906145774166667

00:57:04.913 --> 00:57:06.549 or design or technical things.

NOTE Confidence: 0.906145774166667

00:57:06.550 --> 00:57:07.790 It's something quite fundamental.

NOTE Confidence: 0.726176194076923

00:57:07.860 --> 00:57:09.379 Yeah, this is, This is why with

NOTE Confidence: 0.726176194076923

00:57:09.379 --> 00:57:11.050 microdosing is it any different country?

NOTE Confidence: 0.726176194076923

00:57:11.050 --> 00:57:13.038 Because it's substance orium,

NOTE Confidence: 0.726176194076923

00:57:13.038 --> 00:57:14.529 it's non intoxicating,

NOTE Confidence: 0.726176194076923

00:57:14.530 --> 00:57:18.250 much easier to do at cycle motor benefits.

NOTE Confidence: 0.726176194076923

00:57:18.250 --> 00:57:20.878 That. That's not subjective,

NOTE Confidence: 0.726176194076923

00:57:20.878 --> 00:57:22.310 that's objective.

NOTE Confidence: 0.726176194076923

00:57:22.310 --> 00:57:24.368 So if you look at psychomotor

NOTE Confidence: 0.726176194076923

00:57:24.368 --> 00:57:25.740 benefits substance Dorian with

NOTE Confidence: 0.726176194076923

00:57:25.805 --> 00:57:28.130 the placebo substance thorium with

NOTE Confidence: 0.726176194076923

00:57:28.130 --> 00:57:29.525 microdosing substance storium,

NOTE Confidence: 0.726176194076923

00:57:29.530 --> 00:57:31.595 you've evened out the data set then

NOTE Confidence: 0.726176194076923

00:57:31.595 --> 00:57:35.047 to be able to see if there's a real

NOTE Confidence: 0.726176194076923

00:57:35.047 --> 00:57:36.298 world benefit neurophysiologically

NOTE Confidence: 0.726176194076923

00:57:36.298 --> 00:57:38.189 based on psychomotor skills.

NOTE Confidence: 0.726176194076923

00:57:38.190 --> 00:57:40.334 Or tests and that's the area that I'm,

NOTE Confidence: 0.726176194076923

00:57:40.340 --> 00:57:42.088 I'm particularly fascinated with.

NOTE Confidence: 0.897823568

00:57:42.100 --> 00:57:43.692 But as you point out, if you're microdosing,

NOTE Confidence: 0.897823568

00:57:43.692 --> 00:57:45.610 if you're using substance sorial doses then

NOTE Confidence: 0.897823568

00:57:45.656 --> 00:57:47.315 the problem with placebo goes away then,

NOTE Confidence: 0.897823568

00:57:47.320 --> 00:57:48.478 then you know then a placebo,

NOTE Confidence: 0.897823568

00:57:48.480 --> 00:57:51.088 then you can just use a traditional placebo

NOTE Confidence: 0.897823568

00:57:51.088 --> 00:57:53.328 without any complexity and you don't need

NOTE Confidence: 0.897823568

00:57:53.328 --> 00:57:55.916 to use you and you can use a mood outcome.

NOTE Confidence: 0.897823568

00:57:55.920 --> 00:57:57.891 And so I I agree with you that that

NOTE Confidence: 0.897823568

00:57:57.891 --> 00:58:00.333 the microdosing studies to date in the

NOTE Confidence: 0.897823568

00:58:00.333 --> 00:58:02.679 scientific literature are are the controlled,

NOTE Confidence: 0.897823568

00:58:02.680 --> 00:58:04.710 you know biomedical controlled microdosing

NOTE Confidence: 0.897823568

00:58:04.710 --> 00:58:07.282 studies are are inadequate and I think

NOTE Confidence: 0.897823568

00:58:07.282 --> 00:58:09.194 that's an area where we need a lot.

NOTE Confidence: 0.897823568

00:58:09.200 --> 00:58:11.160 A lot more work because because I do

NOTE Confidence: 0.897823568

00:58:11.160 --> 00:58:13.153 think that addresses the placebo issue.

NOTE Confidence: 0.897823568

00:58:13.153 --> 00:58:14.868 It's completely different clinical context,

NOTE Confidence: 0.897823568

00:58:14.870 --> 00:58:16.522 the big you know single macro dose

NOTE Confidence: 0.897823568

00:58:16.522 --> 00:58:17.810 versus the regular microdosing.

NOTE Confidence: 0.897823568

00:58:17.810 --> 00:58:20.858 But but the placebo issues aren't as complex.

NOTE Confidence: 0.532405726

00:58:21.250 --> 00:58:23.250 Our teammates that quantified citizen,

NOTE Confidence: 0.532405726

00:58:23.250 --> 00:58:25.301 we have millions and millions of data

NOTE Confidence: 0.532405726

00:58:25.301 --> 00:58:27.472 points and we have such a large data

NOTE Confidence: 0.532405726

00:58:27.472 --> 00:58:29.539 set that we have not been able to

NOTE Confidence: 0.532405726

00:58:29.539 --> 00:58:31.646 dive into the entire data set to be

NOTE Confidence: 0.532405726

00:58:31.646 --> 00:58:33.718 able to see what other signals that

NOTE Confidence: 0.532405726

00:58:33.718 --> 00:58:36.210 could be resident within the data set.

NOTE Confidence: 0.532405726

00:58:36.210 --> 00:58:39.582 It's just it's too much information we just.

NOTE Confidence: 0.532405726

00:58:39.582 --> 00:58:41.934 Focus on what cycle motor tests that

NOTE Confidence: 0.532405726

00:58:41.934 --> 00:58:44.980 we have that would be independent of

NOTE Confidence: 0.532405726

00:58:44.980 --> 00:58:47.290 expectancy that would be an objective

NOTE Confidence: 0.532405726

00:58:47.290 --> 00:58:50.239 test of motor of cycle motor benefit

NOTE Confidence: 0.532405726

00:58:50.240 --> 00:58:52.956 and we thought we found that it

NOTE Confidence: 0.532405726

00:58:52.956 --> 00:58:55.086 was still Sivan with niacin and

NOTE Confidence: 0.532405726

00:58:55.086 --> 00:58:57.340 lions mane that's the only one that

NOTE Confidence: 0.532405726

00:58:57.407 --> 00:58:59.617 achieved any level of significance.

NOTE Confidence: 0.532405726

00:58:59.620 --> 00:59:02.116 The other ones were non significant.

NOTE Confidence: 0.532405726

00:59:02.120 --> 00:59:04.536 So I think it's it's an early signal,

NOTE Confidence: 0.532405726

00:59:04.540 --> 00:59:07.420 it has to be approved clinically how do

NOTE Confidence: 0.532405726

00:59:07.420 --> 00:59:10.207 we design the clinical trials but if.

NOTE Confidence: 0.532405726

00:59:10.210 --> 00:59:12.098 This bear is out.

NOTE Confidence: 0.532405726

00:59:12.098 --> 00:59:14.930 This is a breakthrough in medicine.

NOTE Confidence: 0.532405726

00:59:14.930 --> 00:59:17.723 This is a way of improving your

NOTE Confidence: 0.532405726

00:59:17.723 --> 00:59:19.992 neurological health as you age and

NOTE Confidence: 0.532405726

00:59:19.992 --> 00:59:22.839 the loss of the body intellect of our

NOTE Confidence: 0.532405726

00:59:22.839 --> 00:59:25.294 Society of literally Einstein's getting

NOTE Confidence: 0.532405726

00:59:25.294 --> 00:59:28.104 dementia or have neurocognitive decline.

NOTE Confidence: 0.532405726

00:59:28.110 --> 00:59:30.175 NO takes away a library of knowledge

NOTE Confidence: 0.532405726

00:59:30.175 --> 00:59:31.790 that the next generation needs

NOTE Confidence: 0.532405726

00:59:31.790 --> 00:59:35.239 to have access to and I believe.

NOTE Confidence: 0.532405726

00:59:35.240 --> 00:59:38.930 That we can become smarter.

NOTE Confidence: 0.532405726

00:59:38.930 --> 00:59:40.674 Kinder and better people,

NOTE Confidence: 0.532405726

00:59:40.674 --> 00:59:44.689 those of us who are deep in the subject,

NOTE Confidence: 0.532405726

00:59:44.690 --> 00:59:47.035 know that soul Sylvan has changed our

NOTE Confidence: 0.532405726

00:59:47.035 --> 00:59:49.330 lives and that we're nicer people.

NOTE Confidence: 0.532405726

00:59:49.330 --> 00:59:50.755 We're more considerate,

NOTE Confidence: 0.532405726

00:59:50.755 --> 00:59:53.605 we're more thoughtful or less planned.

NOTE Confidence: 0.532405726

00:59:53.610 --> 00:59:54.826 Environments. Violence.

NOTE Confidence: 0.532405726

00:59:54.826 --> 00:59:58.474 Think about the reduction in crime.

NOTE Confidence: 0.532405726

00:59:58.480 --> 01:00:00.576 These these meta studies that have come out,

NOTE Confidence: 0.532405726

01:00:00.580 --> 01:00:01.476 they're surveys,

NOTE Confidence: 0.532405726

01:00:01.476 --> 01:00:04.164 but this signal is being repeated

NOTE Confidence: 0.532405726

01:00:04.164 --> 01:00:05.979 over and over again.

NOTE Confidence: 0.532405726

01:00:05.980 --> 01:00:07.924 It's hard to say that they're

NOTE Confidence: 0.532405726

01:00:07.924 --> 01:00:08.896 all just random.

NOTE Confidence: 0.532405726

01:00:08.900 --> 01:00:11.666 But if we can reduce crime

NOTE Confidence: 0.532405726

01:00:11.666 --> 01:00:13.510 and violence and addiction?

NOTE Confidence: 0.532405726

01:00:13.510 --> 01:00:16.560 Let alone depression and anxiety.

NOTE Confidence: 0.532405726

01:00:16.560 --> 01:00:19.640 The return of an investment to our society.

NOTE Confidence: 0.532405726

01:00:19.640 --> 01:00:20.334 Is.

NOTE Confidence: 0.532405726

01:00:20.334 --> 01:00:23.110 It's hard to overestimate.

NOTE Confidence: 0.532405726

01:00:23.110 --> 01:00:24.760 You, you, you don't criminalize,

NOTE Confidence: 0.532405726

01:00:24.760 --> 01:00:27.679 you know, people are less prone to.

NOTE Confidence: 0.532405726

01:00:27.680 --> 01:00:28.784 They have criminal behavior.

NOTE Confidence: 0.532405726

01:00:28.784 --> 01:00:29.888 That's a game changer.

NOTE Confidence: 0.92663835

01:00:32.990 --> 01:00:33.620 This is an

NOTE Confidence: 0.864925602666667

01:00:33.630 --> 01:00:34.776 incredibly inspiring talk.

NOTE Confidence: 0.864925602666667

01:00:34.776 --> 01:00:36.686 Paul. Thank you for coming

NOTE Confidence: 0.864925602666667

01:00:36.686 --> 01:00:38.869 today to talk with us about is,

NOTE Confidence: 0.864925602666667

01:00:38.870 --> 01:00:41.145 would it be possible to offer the

NOTE Confidence: 0.864925602666667

01:00:41.145 --> 01:00:43.821 in a clinical trial to offer the

NOTE Confidence: 0.864925602666667

01:00:43.821 --> 01:00:45.861 patients that received the placebo

NOTE Confidence: 0.864925602666667

01:00:45.861 --> 01:00:47.914 after the placebo treatment to

NOTE Confidence: 0.864925602666667

01:00:47.914 --> 01:00:50.278 give them an opportunity to have

NOTE Confidence: 0.864925602666667

01:00:50.280 --> 01:00:52.490 the actual treatment and then

NOTE Confidence: 0.864925602666667

01:00:52.490 --> 01:00:55.333 evaluate their outcomes and try to

NOTE Confidence: 0.864925602666667

01:00:55.333 --> 01:00:58.088 disentangle some of these psychomotor

NOTE Confidence: 0.864925602666667

01:00:58.088 --> 01:01:00.292 versus psych psychological effects?

NOTE Confidence: 0.729362845555556

01:01:00.810 --> 01:01:01.894 Yeah, actually that's that's

NOTE Confidence: 0.729362845555556

01:01:01.894 --> 01:01:03.249 been happening in the past.

NOTE Confidence: 0.729362845555556

01:01:03.250 --> 01:01:04.429 Two clinical studies,

NOTE Confidence: 0.729362845555556

01:01:04.429 --> 01:01:06.394 they gave the options specifically

NOTE Confidence: 0.729362845555556

01:01:06.394 --> 01:01:08.304 because there was these patients

NOTE Confidence: 0.729362845555556

01:01:08.304 --> 01:01:09.716 who were so disappointed.

NOTE Confidence: 0.729362845555556

01:01:09.720 --> 01:01:11.502 They said we will promise you

NOTE Confidence: 0.729362845555556

01:01:11.502 --> 01:01:13.520 that we will give you silybin,

NOTE Confidence: 0.729362845555556

01:01:13.520 --> 01:01:15.416 but you need to go to two or

NOTE Confidence: 0.729362845555556

01:01:15.416 --> 01:01:16.806 three sessions and then one

NOTE Confidence: 0.729362845555556

01:01:16.806 --> 01:01:18.236 of those sessions we promise

NOTE Confidence: 0.729362845555556

01:01:18.236 --> 01:01:19.920 you you'll get the real thing.

NOTE Confidence: 0.729362845555556

01:01:19.920 --> 01:01:21.384 They tried to ameliorate

NOTE Confidence: 0.729362845555556

01:01:21.384 --> 01:01:22.116 the disappointment.

NOTE Confidence: 0.729362845555556

01:01:22.120 --> 01:01:22.770 I think

NOTE Confidence: 0.810089552857143

01:01:22.780 --> 01:01:24.915 that in our clinical study of OCD,

NOTE Confidence: 0.810089552857143

01:01:24.920 --> 01:01:27.636 people who are randomized placebo have the

NOTE Confidence: 0.810089552857143

01:01:27.636 --> 01:01:30.289 opportunity to come back and do a follow

NOTE Confidence: 0.810089552857143

01:01:30.289 --> 01:01:32.300 up open label study. I mean session.

NOTE Confidence: 0.63822235

01:01:34.760 --> 01:01:35.969 But that doesn't that doesn't

NOTE Confidence: 0.63822235

01:01:35.969 --> 01:01:37.434 mitigate the problem with placebo

NOTE Confidence: 0.63822235

01:01:37.434 --> 01:01:39.143 of that that mitigates some of

NOTE Confidence: 0.63822235

01:01:39.143 --> 01:01:41.359 the ethical concerns and and

NOTE Confidence: 0.63822235

01:01:41.359 --> 01:01:42.256 patient disappointment concerns.

NOTE Confidence: 0.63822235

01:01:42.256 --> 01:01:43.751 It doesn't mitigate the problem

NOTE Confidence: 0.63822235

01:01:43.751 --> 01:01:45.408 of of placebo control if people

NOTE Confidence: 0.63822235

01:01:45.408 --> 01:01:46.456 know what they've received.

NOTE Confidence: 0.8516281

01:01:47.770 --> 01:01:50.270 Yeah, Chris, I'm still just

NOTE Confidence: 0.8516281

01:01:50.270 --> 01:01:52.464 focused on the increased level

NOTE Confidence: 0.8516281

01:01:52.464 --> 01:01:56.330 of depression and anxiety. Yeah.

NOTE Confidence: 0.771662197

01:01:56.330 --> 01:01:57.710 That's been called the nocebo

NOTE Confidence: 0.771662197

01:01:57.710 --> 01:01:59.377 effect when people come in. Yeah.

NOTE Confidence: 0.771662197

01:01:59.377 --> 01:02:01.099 When people come and filled with

NOTE Confidence: 0.771662197

01:02:01.099 --> 01:02:03.532 hope and then then it don't get any

NOTE Confidence: 0.771662197

01:02:03.532 --> 01:02:05.047 response and they have depression

NOTE Confidence: 0.771662197

01:02:05.109 --> 01:02:06.831 and they have a negative response

NOTE Confidence: 0.771662197

01:02:06.831 --> 01:02:08.718 because of the the loss of hope.

NOTE Confidence: 0.771662197

01:02:08.718 --> 01:02:09.948 It's called the nocebo effect.

NOTE Confidence: 0.771662197

01:02:09.950 --> 01:02:11.070 So yeah, that's something

NOTE Confidence: 0.771662197

01:02:11.070 --> 01:02:11.910 that certainly people,

NOTE Confidence: 0.771662197

01:02:11.910 --> 01:02:13.248 people pay attention and I agree

NOTE Confidence: 0.771662197

01:02:13.248 --> 01:02:14.693 with you that that's because of

NOTE Confidence: 0.771662197

01:02:14.693 --> 01:02:16.211 there is so much optimism around

NOTE Confidence: 0.771662197

01:02:16.211 --> 01:02:17.519 these substances and people who

NOTE Confidence: 0.771662197

01:02:17.519 --> 01:02:18.784 are coming to participate in

NOTE Confidence: 0.771662197

01:02:18.784 --> 01:02:19.776 treatment trials are usually doing

NOTE Confidence: 0.771662197

01:02:19.776 --> 01:02:20.910 so with a great deal of optimism

NOTE Confidence: 0.771662197

01:02:20.943 --> 01:02:21.979 that it will be helpful to them.

NOTE Confidence: 0.771662197

01:02:21.980 --> 01:02:23.945 No seebo responses are I

NOTE Confidence: 0.771662197

01:02:23.945 --> 01:02:25.517 think a significant problem.

NOTE Confidence: 0.771662197

01:02:25.520 --> 01:02:26.590 Both ethically and in terms

NOTE Confidence: 0.771662197

01:02:26.590 --> 01:02:27.660 of clinical trial design and

NOTE Confidence: 0.76182335

01:02:27.670 --> 01:02:28.334 outcomes, yeah.

NOTE Confidence: 0.76182335

01:02:28.334 --> 01:02:31.250 And it's important to note that up to 30%

NOTE Confidence: 0.76182335

01:02:31.250 --> 01:02:33.266 of the people have a negative experience.

NOTE Confidence: 0.76182335

01:02:33.270 --> 01:02:34.662 They actually don't benefit.

NOTE Confidence: 0.76182335

01:02:34.662 --> 01:02:36.750 So it's not all you know,

NOTE Confidence: 0.76182335

01:02:36.750 --> 01:02:39.492 it's not this rosy picture that

NOTE Confidence: 0.76182335

01:02:39.492 --> 01:02:41.176 everyone benefits you know,

NOTE Confidence: 0.76182335

01:02:41.176 --> 01:02:42.708 from depression or anxiety

NOTE Confidence: 0.76182335

01:02:42.710 --> 01:02:43.934 from these experiences.

NOTE Confidence: 0.76182335

01:02:43.934 --> 01:02:45.974 But you look at microdosing

NOTE Confidence: 0.76182335

01:02:45.974 --> 01:02:48.328 as a universality of use.

NOTE Confidence: 0.76182335

01:02:48.330 --> 01:02:51.990 We all get older, non intoxicating.

NOTE Confidence: 0.76182335

01:02:51.990 --> 01:02:54.188 You don't need a hospital or clinic.

NOTE Confidence: 0.76182335

01:02:54.190 --> 01:02:55.590 You don't need to have a massive.

NOTE Confidence: 0.76182335

01:02:55.590 --> 01:02:56.918 Support system.

NOTE Confidence: 0.76182335

01:02:56.918 --> 01:02:58.910 So if microdosing,

NOTE Confidence: 0.76182335

01:02:58.910 --> 01:03:01.646 you know if you take 30 milligrams at

NOTE Confidence: 0.76182335

01:03:01.646 --> 01:03:04.928 once or you take 1 milligram for 30 days.

NOTE Confidence: 0.76182335

01:03:04.930 --> 01:03:08.416 Wasn't comparison after that 30 days.

NOTE Confidence: 0.76182335

01:03:08.420 --> 01:03:10.107 That would be a really interesting study.

NOTE Confidence: 0.821121707142857

01:03:16.310 --> 01:03:19.126 All, I wanted to uh to thank you for

NOTE Confidence: 0.821121707142857

01:03:19.126 --> 01:03:21.070 sharing some of your personal history,

NOTE Confidence: 0.821121707142857

01:03:21.070 --> 01:03:22.522 your family history,

NOTE Confidence: 0.821121707142857

01:03:22.522 --> 01:03:24.458 your personal anecdotes about

NOTE Confidence: 0.821121707142857

01:03:24.458 --> 01:03:26.710 experiences with these substances.

NOTE Confidence: 0.821121707142857

01:03:26.710 --> 01:03:28.528 I think a lot of times in academia,

NOTE Confidence: 0.821121707142857

01:03:28.530 --> 01:03:31.085 especially people who also function

NOTE Confidence: 0.821121707142857

01:03:31.085 --> 01:03:33.575 as clinicians, we we either lack the

NOTE Confidence: 0.821121707142857

01:03:33.575 --> 01:03:36.135 boldness or really lack the the space and

NOTE Confidence: 0.821121707142857

01:03:36.135 --> 01:03:38.205 permission to talk about these things.

NOTE Confidence: 0.821121707142857

01:03:38.210 --> 01:03:40.274 So it's it's a wonderful for you as

NOTE Confidence: 0.821121707142857

01:03:40.274 --> 01:03:42.748 an ex to be able to comment on them.

NOTE Confidence: 0.821121707142857

01:03:42.750 --> 01:03:44.650 I also really enjoy hearing about your

NOTE Confidence: 0.821121707142857

01:03:44.650 --> 01:03:47.091 hopes and dreams for these things.

NOTE Confidence: 0.821121707142857

01:03:47.091 --> 01:03:49.800 That sort of extend outside into society.

NOTE Confidence: 0.821121707142857

01:03:49.800 --> 01:03:52.096 Also, love the patch on your sweatshirt.

NOTE Confidence: 0.821121707142857

01:03:52.100 --> 01:03:53.048 Keep on rocking.

NOTE Confidence: 0.97512598

01:03:54.580 --> 01:03:55.060 Thank you.

NOTE Confidence: 0.809380998571429

01:03:58.450 --> 01:04:00.809 Well folks, I am past my heart.

NOTE Confidence: 0.809380998571429

01:04:00.810 --> 01:04:03.450 Stop. I have people waiting outside,

NOTE Confidence: 0.809380998571429

01:04:03.450 --> 01:04:05.746 so I want to thank you all.

NOTE Confidence: 0.809380998571429

01:04:05.750 --> 01:04:07.700 Thank you, Christopher.

NOTE Confidence: 0.809380998571429

01:04:07.700 --> 01:04:08.840 Thank you, Jessica.

NOTE Confidence: 0.809380998571429

01:04:08.840 --> 01:04:10.360 Thank all of you.

NOTE Confidence: 0.809380998571429

01:04:10.360 --> 01:04:13.076 You know, I'm not a traditional scientist,

NOTE Confidence: 0.809380998571429

01:04:13.080 --> 01:04:16.496 but I think it's helpful to have these

NOTE Confidence: 0.809380998571429

01:04:16.496 --> 01:04:18.656 discussions to stimulate more ideas.

NOTE Confidence: 0.809380998571429

01:04:18.660 --> 01:04:21.780 And we're all on this Earth ship together.

NOTE Confidence: 0.809380998571429

01:04:21.780 --> 01:04:24.174 We all have a collective responsibility to

NOTE Confidence: 0.809380998571429

01:04:24.174 --> 01:04:27.114 be better or citizens and it's our time,

NOTE Confidence: 0.809380998571429

01:04:27.114 --> 01:04:29.130 it's our time in this lifetime

NOTE Confidence: 0.809380998571429

01:04:29.200 --> 01:04:30.640 to make a difference.

NOTE Confidence: 0.809380998571429

01:04:30.640 --> 01:04:33.699 And I think we'll be judged by

NOTE Confidence: 0.809380998571429

01:04:33.699 --> 01:04:35.482 future generations and we're

NOTE Confidence: 0.809380998571429

01:04:35.482 --> 01:04:37.737 at time critical that we.

NOTE Confidence: 0.809380998571429

01:04:37.740 --> 01:04:39.796 You know, we need to make a difference,

NOTE Confidence: 0.809380998571429

01:04:39.800 --> 01:04:41.380 folks.

NOTE Confidence: 0.809380998571429

01:04:41.380 --> 01:04:44.290 Those of us are involved in

NOTE Confidence: 0.809380998571429

01:04:44.290 --> 01:04:47.660 biodiversity and ecosystems.

NOTE Confidence: 0.809380998571429

01:04:47.660 --> 01:04:51.356 It's much worse than what you've been told.

NOTE Confidence: 0.809380998571429

01:04:51.360 --> 01:04:52.500 Yeah, we are.

NOTE Confidence: 0.809380998571429

01:04:52.500 --> 01:04:55.160 We are at a perilous point in

NOTE Confidence: 0.809380998571429

01:04:55.254 --> 01:04:57.819 the evolution of our species.

NOTE Confidence: 0.809380998571429

01:04:57.820 --> 01:05:00.295 And if we do not get our act together,

NOTE Confidence: 0.809380998571429

01:05:00.300 --> 01:05:04.388 then species extinction is is not so far.

NOTE Confidence: 0.809380998571429

01:05:04.390 --> 01:05:05.725 Away, you know,

NOTE Confidence: 0.809380998571429

01:05:05.725 --> 01:05:07.505 I think it's some,

NOTE Confidence: 0.809380998571429

01:05:07.510 --> 01:05:09.988 it's it's it cannot be really overstated

NOTE Confidence: 0.809380998571429

01:05:09.988 --> 01:05:12.830 how important it is that we have a

NOTE Confidence: 0.809380998571429

01:05:12.830 --> 01:05:14.198 collective change in consciousness

NOTE Confidence: 0.809380998571429

01:05:14.198 --> 01:05:16.038 to become better Earth citizens

NOTE Confidence: 0.809380998571429

01:05:16.038 --> 01:05:18.516 and to be kinder, nicer people.

NOTE Confidence: 0.809380998571429

01:05:18.516 --> 01:05:22.177 I think Saul Sylvan can do that.

NOTE Confidence: 0.809380998571429

01:05:22.180 --> 01:05:23.820 Thank you. Thank you all for your work.

NOTE Confidence: 0.809380998571429

01:05:23.820 --> 01:05:24.206 Take care.

NOTE Confidence: 0.809380998571429

01:05:24.206 --> 01:05:26.056 Thank you all for spending this time.

NOTE Confidence: 0.809380998571429

01:05:26.060 --> 01:05:26.808 All right, take care.

NOTE Confidence: 0.809380998571429

01:05:27.730 --> 01:05:29.000 Thank you.