

# DISCLAIMER

**All the information I present here and in the space of sessions it's solely for educational and informational purposes only. They are not intended as, and shall not be understood, substituted, or taken as professional medical advice or treatment.**

The application of the information provided here is at the reader's discretion and is her or his sole responsibility. Always exercise caution, use harm-reduction, be ethical, and do your own research.

As a plant medicine advocate, the information I provide comes from my own research and infused with my personal experience working with these plants for mental health and well-being in different formats and approaches after having done my research and evaluating risks and benefits.

**Although anecdotal reports, evidence from clinical studies and the advancement of clinical trials suggest these compounds are safe and have huge potential to improve several health conditions, everyone is different, therefore always do your own research to make an informed, conscious and responsible decision on whether this is for your or not.**

**Working with Plant Medicines can be a supportive therapy to work in synergy with your current treatment or it might not be compatible at all. If you're considering working with these plants and compounds for treating an acute, chronic or serious health condition that you're currently under treatment for, it is recommended to seek the advice of your physician, psychiatrist, therapist on this matter.**

**If you're choosing to microdose for trauma healing or mental health challenges, I highly suggest you do so with the support of a Trauma-Informed Microdosing Coach or qualified Therapist that can help you move through the challenges and integrate the experience as they arise. Remember that microdosing & Plant Medicines are not a quick fix and in this specific cases having someone to work with it's a crucial part of the recovery and reparation process.**

**There are serious contraindications with various health conditions and pharmaceutical medications. PLEASE DO YOUR OWN RESEARCH AND TAKE ACTION TO BE INFORMED.**

**Given the need for further research on how psychedelic compounds work over long periods of time, always exercise caution, use harm-reduction and do your own research in all aspects of using safely these compounds and plants (including the legality of it in your country)**

**If you choose to microdose or consume psychedelics/plant medicines, you are choosing to do so as a personal choice, from your own free will, and are taking full responsibility for your choices and experience.**

**And remember, these plant medicines are wise and powerful beings, please approach them with the utmost respect and humility. If you are considering working with plant medicines, prioritize your preparation before and the integration after, as well as having proper support during your experience.**