



# YOUR FIRST STEPS IN MICRODOSING

— ◆ — A PRACTICAL GUIDE — ◆ —



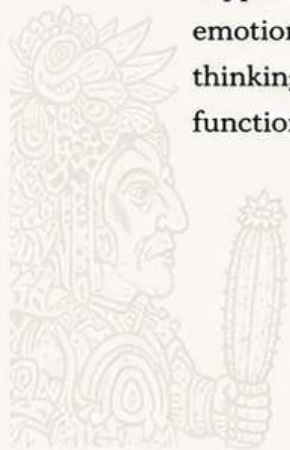
[www.sanpedrocactus.co.za](http://www.sanpedrocactus.co.za)

# UNDERSTANDING MICRODOSING



Microdosing is the practice of using very small amounts of a natural psychedelic substance that are below the threshold of noticeable psychoactive effects.

The intention is not to feel intoxicated or disconnected from everyday life. Instead, many people use microdosing as part of a wellness routine to support mental clarity, productivity, emotional balance, and creative thinking while remaining fully functional throughout the day.



1

## OBSERVATION DOSE

The starting point. Extremely low amounts used to assess sensitivity and build awareness.



2

## MICRODOSE RANGE

Very small amounts that support mood, focus, and creativity—without altering perception.



3

## REFLECTIVE DOSE

Moderate amounts may bring insight, emotion, and perspective shifts.



4

## DEEP EXPERIENCE

Higher doses lead to powerful inner journeys and altered states.

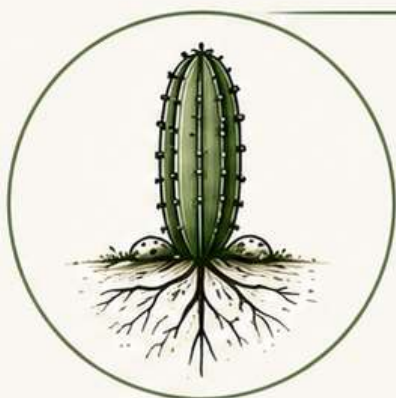


# HOW MICRODOSING SUPPORTS CHANGE



## GREATER MENTAL ADAPTABILITY

Microdosing may encourage the brain's natural ability to create and strengthen connections. This can help loosen repetitive habits and open the door to fresh perspectives.



## A RENEWED SENSE OF CURIOSITY

Many people report becoming more engaged with everyday experiences. Challenges can feel more approachable, and creativity may emerge more naturally.



## LESS MENTAL OVERLOAD

The constant stream of self-criticism and repetitive thinking may begin to ease, creating space for calmer and more balanced decision-making.



## YOUR NATURAL SELF COMES FORWARD

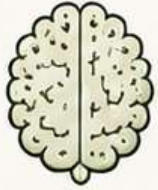
The goal isn't to become someone else. It's to create conditions where your natural strengths can surface more easily.



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# POTENTIAL BENEFITS OF A CONSISTENT PRACTICE



## IMPROVED MENTAL CLARITY

Tasks may feel easier to prioritize, and attention can become more focused on what truly matters.



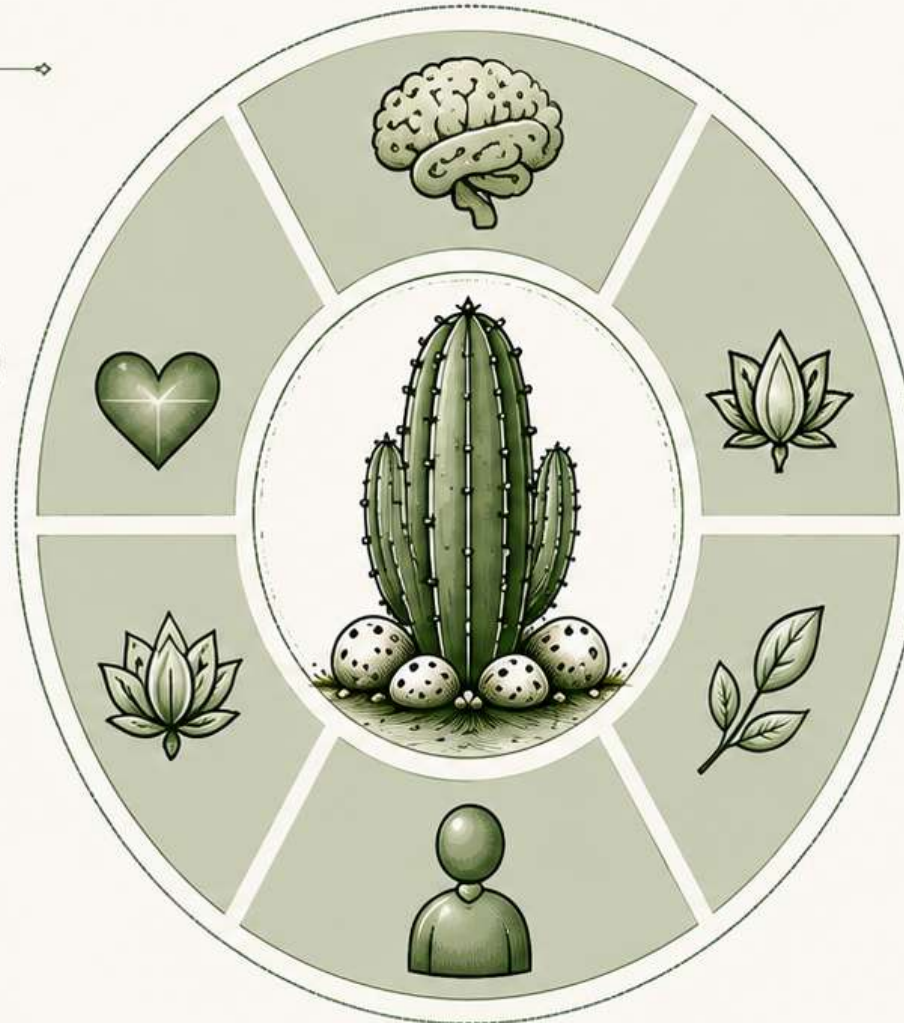
## GREATER EMOTIONAL BALANCE

Difficult emotions can feel more manageable, allowing space for self-reflection and healthier responses.



## A CALMER NERVOUS SYSTEM

Many people describe feeling less reactive to daily stress and better able to recover from setbacks.



## PHYSICAL EASE

Tension held in the body may gradually soften, encouraging a stronger connection between mind and body.



## BEING PRESENT

Instead of dwelling on the past or anticipating the future, attention often returns to the moment at hand.



## PERSONAL GROWTH FEELS SUSTAINABLE

Limiting beliefs may become easier to recognize and release, supporting meaningful long-term change.



Small, consistent steps can create meaningful shifts over time.



# FINDING YOUR IDEAL STARTING POINT

Successful microdosing with San Pedro relies on consistency rather than intensity.

The aim is to work with subtle effects that support everyday wellbeing while maintaining full functionality.



## ENTRY RANGE

500mg  
San Pedro

A gentle starting point  
for those new to  
San Pedro microdosing.



## COMMON RANGE

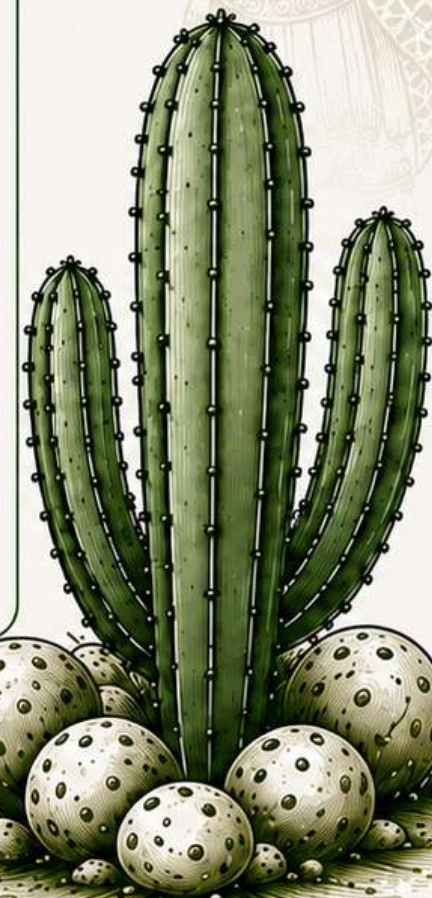
500–1000mg  
San Pedro

A level where many  
people find a  
comfortable balance.

## WHAT YOU MAY NOTICE

- Greater focus
- Improved mood
- Enhanced clarity
- Less emotional reactivity

Without feeling  
noticeably altered.



## START CONSERVATIVELY

Small adjustments over time often provide better results than increasing too quickly. Different people, and different forms, can feel different—listen to your experience.



# SELECTING A RHYTHM THAT WORKS



Consistency and recovery are equally important. Scheduled breaks allow time for reflection and integration while helping maintain long-term benefits.



## THE 1-2 RHYTHM

One day on, two days off.



## THE STRUCTURED CYCLE

Four days on, three days off.




## ALTERNATE DAYS

A simple pattern alternating between dose days and rest days.



## RESPONSIVE APPROACH

For experienced individuals who understand their own patterns and needs.

 = Dose day

 = Integration day



## MATCHING SCHEDULE TO INTENTION

Different goals may benefit from different schedules. Focus, creativity, emotional resilience, and personal insight can each respond differently to timing and consistency. Choose what aligns best with your lifestyle and what you're working to cultivate.

