

CLAIMS

What is claimed is:

1. A method of dosing and treating patients with a psychedelic, including the steps of:
administering a psychedelic at a dose chosen from the group consisting of a microdose, minidose, psychedelic dose, good effect dose, ego-dissolution dose, and cardiovascular safe dose; and
producing maximum positive subjective acute effects that are known to be associated with more positive long-term outcomes.
2. The method of claim 1, further including the step of minimizing negative acute effects chosen from the group consisting of bad drug effect, anxiety, fear, increased ratings of anxious ego-dissolution, or acute paranoia, states of panic, and combinations thereof.
3. The method of claim 1, wherein the patient is being treated for a condition chosen from the group consisting of depression, anxiety, and addiction.
4. The method of claim 1, wherein the positive subjective acute effects are chosen from the group consisting of good drug effect, drug liking, well-being, oceanic boundlessness, experience of unity, spiritual experience, blissful state, insightfulness, mystical-type experience positively experienced psychedelic effects, aspects of ego-dissolution, and combinations thereof.
5. The method of claim 1, wherein the psychedelic is chosen from the group consisting of LSD, psilocybin, mescaline, dimethyltryptamine (DMT), 2,5-dimethoxy-4-iodoamphetamine (DOI), 2,5-dimethoxy-4-bromoamphetamine (DOB), salts thereof, tartrates thereof, analogs thereof, and homologues thereof.
6. The method of claim 1, wherein the dose is a microdose of 1-20 μg .
7. The method of claim 1, wherein the dose is a minidose of 21-29 μg .

8. The method of claim 1, wherein the dose is a psychedelic dose of greater than 30 µg.
9. The method of claim 1, wherein the dose is a good effect dose of 30-100 µg.
10. The method of claim 1, wherein the dose is an ego-dissolution dose of greater than 100 µg.
11. The method of claim 1, wherein the dose is a cardiovascular safe dose of 50-200 µg.
12. A method of determining a dose of a psychedelic for an individual, including the steps of:

administering a dose of a psychedelic to an individual chosen from the group consisting of a microdose, minidose, psychedelic dose, good effect dose, ego-dissolution dose, and cardiovascular safe dose;

determining positive acute effects and negative acute effects in the individual; and

adjusting the dose to provide more positive acute effects than negative acute effects in the individual.

13. The method of claim 12, wherein the individual is healthy and further including the step of predicting a dose for an unhealthy individual.
14. The method of claim 12, further including the step of determining long term dosing and dose schedules.
15. The method of claim 12, wherein the psychedelic is chosen from the group consisting of LSD, psilocybin, mescaline, dimethyltryptamine (DMT), 2,5-dimethoxy-4-iodoamphetamine (DOI), 2,5-dimethoxy-4-bromoamphetamine (DOB), salts thereof, tartrates thereof, analogs thereof, and homologues thereof.
16. The method of claim 12, wherein the positive acute effects are chosen from the group consisting of good drug effect, drug liking, well-being, oceanic boundlessness, experience of

unity, spiritual experience, blissful state, insightfulness, mystical-type experience positively experienced psychedelic effects, aspects of ego-dissolution, and combinations thereof, and wherein the negative effects are chosen from the group consisting of bad drug effect, anxiety, fear, increased ratings of anxious ego-dissolution, or acute paranoia, states of panic, and combinations thereof.

17. The method of claim 12, wherein the dose is a microdose of 1-20 μg .
18. The method of claim 12, wherein the dose is a minidose of 21-29 μg .
19. The method of claim 12, wherein the dose is a psychedelic dose of greater than 30 μg .
20. The method of claim 12, wherein the dose is a good effect dose of 30-100 μg .
21. The method of claim 12, wherein the dose is an ego-dissolution dose of greater than 100 μg .
22. The method of claim 12, wherein the dose is a cardiovascular safe dose of 50-200 μg .
23. A method of defining therapeutic doses of a psychedelic in clinical trials, including the step of:
 - administering a dose of a psychedelic to a healthy individual in a phase 1 study chosen from the group consisting of a microdose, minidose, psychedelic dose, good effect dose, ego-dissolution dose, and cardiovascular safe dose;
 - determining positive acute effects and negative acute effects in the individual;
 - adjusting the dose to provide more positive acute effects than negative acute effects in the individual; and
 - using the adjusted dose for a phase 2 or phase 3 study in patients.
24. The method of claim 23, wherein the psychedelic is chosen from the group consisting of LSD, psilocybin, mescaline, dimethyltryptamine (DMT), 2,5-dimethoxy-4-iodoamphetamine

(DOI), 2,5-dimethoxy-4-bromoamphetamine (DOB), salts thereof, tartrates thereof, analogs thereof, and homologues thereof.

25. The method of claim 23, wherein the positive acute effects are chosen from the group consisting of good drug effect, drug liking, well-being, oceanic boundlessness, experience of unity, spiritual experience, blissful state, insightfulness, mystical-type experience positively experienced psychedelic effects, aspects of ego-dissolution, and combinations thereof, and wherein the negative effects are chosen from the group consisting of bad drug effect, anxiety, fear, increased ratings of anxious ego-dissolution, or acute paranoia, states of panic, and combinations thereof.

26. The method of claim 23, wherein the dose is a microdose of 1-20 μg .

27. The method of claim 23, wherein the dose is a minidose of 21-29 μg .

28. The method of claim 23, wherein the dose is a psychedelic dose of greater than 30 μg .

29. The method of claim 23, wherein the dose is a good effect dose of 30-100 μg .

30. The method of claim 23, wherein the dose is an ego-dissolution dose of greater than 100 μg .

31. The method of claim 23, wherein the dose is a cardiovascular safe dose of 50-200 μg .

32. A method of treating psychiatric conditions in an individual, including the steps of:
administering a microdose of 1-20 μg of a psychedelic to the individual; and
treating a psychiatric condition.

33. The method of claim 32, wherein the psychiatric condition is chosen from the group consisting of depression, anxiety, dementia, and attention-deficit hyperactivity disorder.

34. The method of claim 32, wherein said administering step is performed at a time chosen from the group consisting of daily, every other day, and every 3rd-7th day.

35. The method of claim 32, wherein the psychedelic is chosen from the group consisting of LSD, psilocybin, mescaline, dimethyltryptamine (DMT), 2,5-dimethoxy-4-iodoamphetamine (DOI), 2,5-dimethoxy-4-bromoamphetamine (DOB), salts thereof, tartrates thereof, analogs thereof, and homologues thereof.

36. A method of therapy, including the steps of:

administering a good effect dose of 30-100 μ g of a psychedelic to an individual, and
inducing positive acute drug effects that are known to be associated with more positive long-term responses in psychiatric patients.

37. The method of claim 36, wherein the individual has a condition chosen from the group consisting of depression, anxiety, substance use disorder, addiction, personality disorder, eating disorder, post-traumatic stress disorder, obsessive compulsive disorder, pain disorders, migraine, cluster headache, and requiring palliative care.

38. The method of claim 36, wherein the psychedelic is chosen from the group consisting of LSD, psilocybin, mescaline, dimethyltryptamine (DMT), 2,5-dimethoxy-4-iodoamphetamine (DOI), 2,5-dimethoxy-4-bromoamphetamine (DOB), salts thereof, tartrates thereof, analogs thereof, and homologues thereof.

39. The method of claim 36, wherein the positive acute effects are chosen from the group consisting of good drug effect, drug liking, well-being, oceanic boundlessness, experience of unity, spiritual experience, blissful state, insightfulness, mystical-type experience positively experienced psychedelic effects, aspects of ego-dissolution, and combinations thereof.

40. A method of therapy, including the steps of:

administering a defined ego-dissolution dose of greater than 100 μ g of a psychedelic to an individual; and

providing ego-dissolution.

41. The method of claim 40, wherein the psychedelic is chosen from the group consisting of LSD, psilocybin, mescaline, dimethyltryptamine (DMT), 2,5-dimethoxy-4-iodoamphetamine (DOI), 2,5-dimethoxy-4-bromoamphetamine (DOB), salts thereof, tartrates thereof, analogs thereof, and homologues thereof.

42. The method of claim 40, wherein the individual has a condition chosen from the group consisting of severe pain disorders, cancer, requiring palliative care, and personality disorder.

43. The method of claim 40, wherein said providing ego-dissolution step further includes a step chosen from the group consisting of allowing the individual to be free of pain, allowing the individual to not realize somatic pain and the presence of their body, and allowing the individual to feel out of their body.

44. A method of monitoring individuals for depression after treatment with LSD, including the steps of:

measuring levels of brain-derived neurotrophic factor (BDNF) in the individual before and after LSD treatment; and

determining whether the individual responded to LSD treatment if BDNF increased.

45. The method of claim 44, wherein said measuring step further includes the step of taking a blood sample from the individual and performing an immune assay for BDNF.

46. The method of claim 44, further including the step of adjusting a dose of LSD based on the level of BDNF measured.