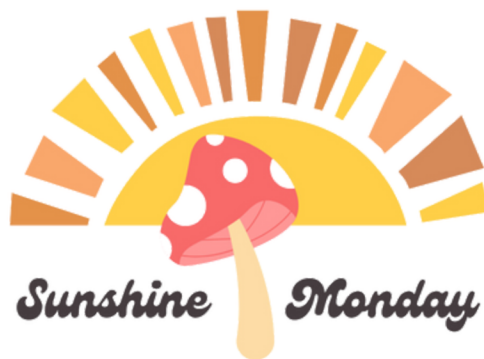




Microdose Guide

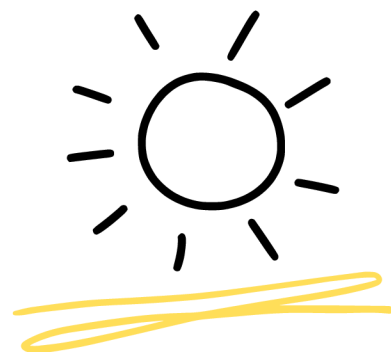
Happy Awaits



JoJo, Founder of Sunshine Monday

WHAT TO EXPECT

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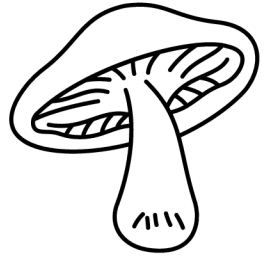
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FROM THE FOUNDER

Hi, I'm JoJo



I'm the energy behind Sunshine Monday, a website designed to educate and supply microdose products to people around the world.

As a huge advocate of microdosing, I'm honored to provide this guide based on my own personal experiences as well as what I've learned witnessing the lives that have been altered with microdosing just through my little company.

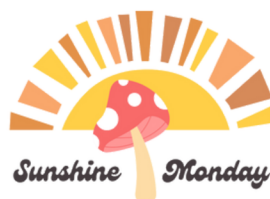
I started experimenting and learning about microdosing in 2018. I dove in with a heroic dose and immediately saw the immense power behind these tiny little fungi.

It's quite humbling when you put into perspective that such a small organism can alter your mind, not only in the present state but also the long term.

This guide will answer the most commonly asked questions and help maximize the impact of your microdosing practice.

Let's begin!

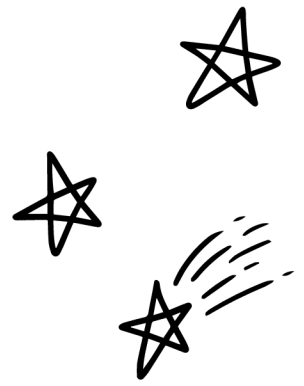
- JOJO



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ABOUT MICRODOSING

Let's Get Started



WHAT

There's a huge question mark around why someone might start microdosing and a whole lot of other questions that follow. While I can't make any medical claims, I can tell you that more and more people are turning to microdosing for:

- Anxiety
- Depression
- ADHD
- Addiction

Or to improve on:

- Creativity
- Digestion
- Hair & Skin

Overall, microdosing can boost your mood and make life a little easier. And doesn't that sound wonderful?

WHY

First things first, you'll want to find your "why" and why you are choosing microdosing.

In microdosing, you'll set an intention before starting.

The best results will come from understanding this, and pairing with supporting behaviors.

For example, if you are seeking to elevate your overall mood, you'll want to do other things that make you happy, such as:

- Get outside in nature
- Connect with friends
- Workout regularly
- Practice self-care

WHEN

There are a few options to microdosing protocols, and much of it is finding what's right for you.

You don't want to microdose every single day in order to avoid building up a tolerance.

Here are two techniques to try:

1. WEEK ON / WEEK OFF

Take 1 capsule in the morning, 1 in the afternoon for a week at a time. Then take a week off. Rinse and repeat!

2. AS-NEEDED

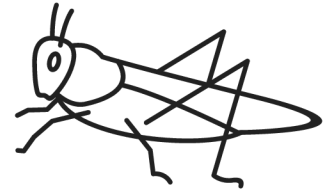
Take the capsules simply when you feel a little "off", and again 1-2 per day. It's that easy!



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DOSAGE

How Much Do I Take?



HOW MUCH TO START WITH

Recommended capsule sizes for your microdose protocol can vary with a few factors in mind, but a lot of it may require some testing. Factors include:

BODY MASS

The more you weigh usually means the higher dose capsules and more frequent your body is able to process

PHYSICAL ACTIVITY

Working out increases blood flow, causing a stronger and quicker reaction.

OVERALL DIET

A healthy diet low in additives, fats, etc will improve the way your body intakes

Our capsules come in 150mg and 200mg capsules. (0.1g and 0.25g) and during your microdose protocol, it's recommended to take 1-2 per day.

Some people can handle even larger doses (up to 500mg). Beyond that you're looking at possibly tripping. For the most comfortable experience, start small and work your way up.

Have fun with it!



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FREQUENTLY ASKED QUESTIONS

You May Be Wondering



DOES STRAIN MATTER?

In my personal experience I've found that different strains can offer different benefits in microdosing.

The primary that are used are penis envy (PE) and Hillbilly (HB).

PE is the most common, and is heart-centered. Great for first timers and overall microdosing success.

I recommend HB for focus. I myself have ADHD and notice a difference when I take them.

I invite you to try both and journal the process to see if you notice a difference as you before a seasoned vet yourself.

IS THIS FOR ME? MAYBE NOT?

You really have nothing to lose when it comes to trying microdosing as long as you are healthy and not allergic.

The "micro" part is meant to get your mind to tap into the potential of mushrooms without actually feeling it.

However if you've been diagnosed with a mental illness, this world may not be for you.

I never recommend taking a macrodose when you're not in a good mental space, however microdosing can help pull someone out of depression.

SO WHAT'S UP WITH CHOCOLATES?

Chocolate and gummies makes the intake more enjoyable for a lot of people who don't enjoy capsules. However:

Dosage won't be as precise when it comes to chocolates, from the production to splitting them up into squares.

They're certainly great for macrodosing.

Capsules will get you the most accurate result (and without the calories).

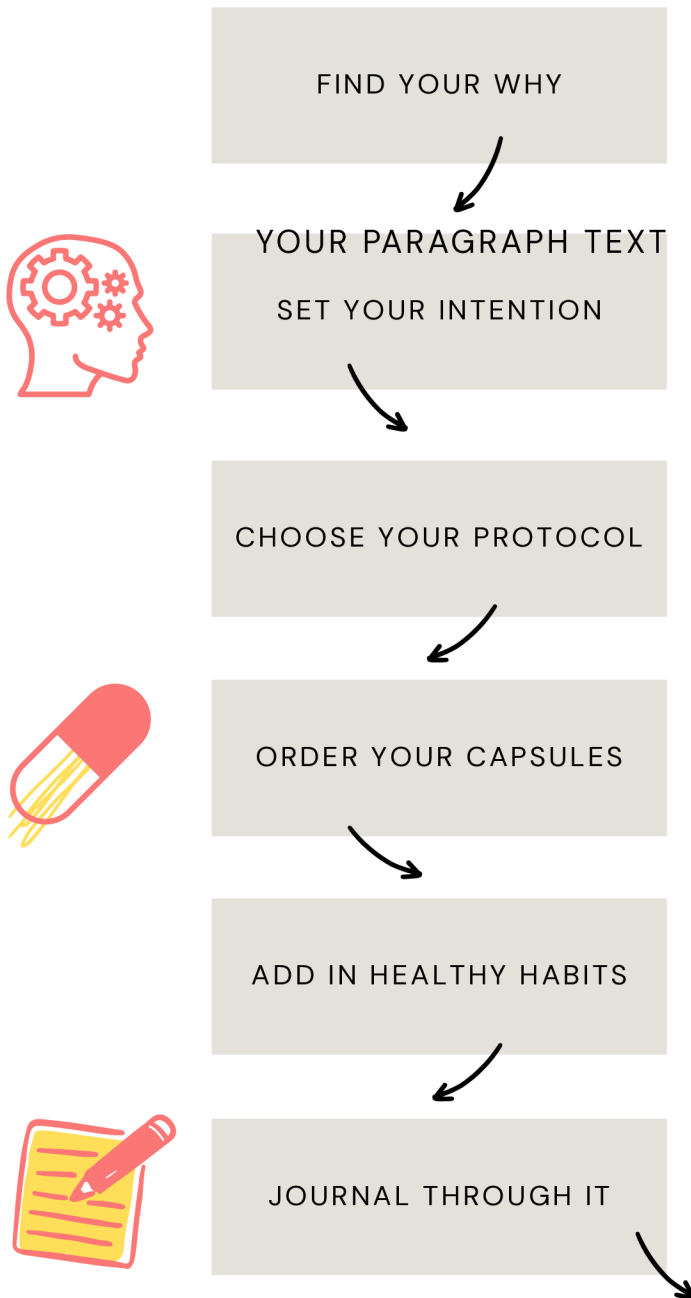
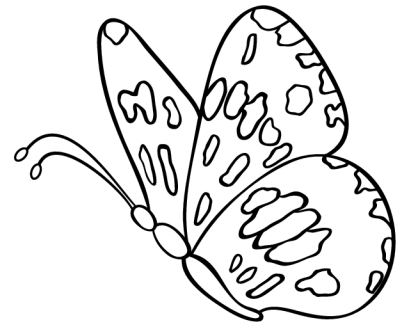
I personally recommend capsules over anything else. However, the next best option if you're opposed is gummies. which can be a little more controlled.



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MAP IT OUT

Next Steps



REPEAT!



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ADDITIONAL TIPS

What Else Can I Do?



GET THE MOST OUT OF THIS EXPERIENCE

Whether it's your first time microdosing, or you've done this before, there are always ways to improve your experience. Here's how:

1. HAVE A PLAN

By setting your true intention of what you want your life to look like in the next month, 6 months, 1 year, 5 years... it's possible to get clear in your practice and set yourself up for success. I suggest journaling ahead of time on this as well if you're not certain. Create a vision board, or mind-movie. And, a huge one - practice gratitude!

2. COMMIT TO YOUR CRAFT

If you're prepared for change for your best life, then truly commit to this in every area. On and off your microdosing protocol, things you can do: Setting a routine, meditating, journaling, exercise, reading, expanding your network and your mind, focusing on personal development, getting outside, and so much more.

3. SEEK GUIDANCE

There are coaches, guides, and thought leaders who can provide more information on this topic. I will work on seeking referrals to steer you in the right direction.



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ADDED VALUE.

Leveling Up



YOUR HEALTH & VIBRATION

Whether it's your first time microdosing, or you've done this before, there are of course ways to improve your experience. Here's how:

1. SELECT

From the moment you wake up to falling asleep, you're presented with decisions about what information you consume and who you surround yourself with. By making a choice to fill your mind with positivity, you'll greatly impact your vibration. This is your reminder to filter and be selective.

2. HYDRATE

Drinking water, and quality water, not just from the tap (depending on where you live) is highly underrated. I personally recommend alkaline from BPA-free bottles. You'll be amazed by the effects this will have, and intaking the recommended water according to your body weight.

3. SUPPLEMENT

Some of the best vitamins to take while microdosing are of course great to take consistently but here are a few and their benefits:

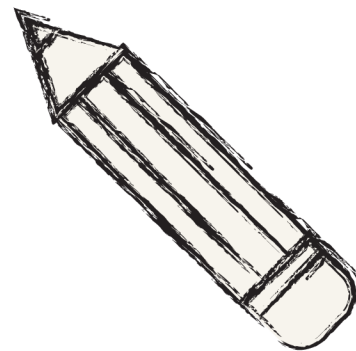
Vitamin C - increases bioavailability to get the most from your microdose.
Lions Mane & Reishi - mushrooms best for immunity and overall support.
Niacin - Promotes blood flow to get the most out of your experience.



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BONUS: 30 DAYS OF REFLECTION

Journal Prompts



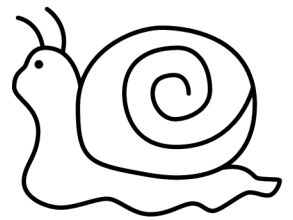
What makes me the most happy?	What are things I want to improve about myself?	When was the last time I cried in joy? Sadness?	What is my calling in life?	What does my perfect day look like?
What am I truly passionate about?	If I could do anything in the world, what would it be?	What is my biggest fear and how can I overcome it?	What makes me feel the most of value?	What is calling me to make changes in my life?
What is my life's purpose?	What's "coming up" for me lately? How am I?	What about me brings joy to others?	What am I most excited about right now?	Who am I? What do I stand for?
When was the last time I did something daring?	What is a quality I want to possess and be known for?	How would my friends describe me? My family?	Who are my favorite people in my life and why?	What am I most grateful for?
What are your favorite traits about myself?	How do I want to be remembered?	Who are the people who have impacted my life?	Whose lives have I impacted and how?	What is something new I want to try?
What are the "little things" that instantly uplift me?	How do I feel about getting older?	What tough thing have I been through that has shaped me?	If I could change something from the past, what would it be?	In what areas am I giving to others?



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IN CONCLUSION

Your Journey



I'm honored to be a part of your microdosing journey in taking the first step to shifting your life in the best way possible.

And believe me when I say, I want to know more about you and your story! I genuinely hope that you will reach out with questions, ideas, and ultimately your success stories. I'm happy to meet you in whatever part of the process you are in.

Please keep in mind, I don't check email often, however (even if it takes a week or so) I do my best to get back to every message, and I do my best to provide value wherever I can.

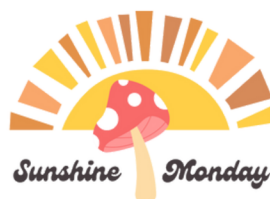
Feeling ready? Let's get after it. I'm here if you need me.

I truly can't wait to find out what this unfolds for you, in the event that you're open to sharing the experience. And if not,

And believe me, I genuinely wish you all the health and happiness in the world.

PLUS, there is so much more goodness and excitement that lies ahead!

- JOJO,
SUNSHINE FAM



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