



**HEROIC
HEARTS
PROJECT**

Helping veterans with PTSD access
psychedelic programs

PSYCHEDELICS FAQ

WHAT ARE PSYCHEDELICS?

Psychedelics, also known as entheogens, are a subgroup of compounds that trigger out-of-the-ordinary, and often mystical experiences for those who consume them. Psychedelic experiences create altered or expanded states of consciousness that can cause psychological, visual, and auditory changes.

Psychedelics often provide insights, awareness, transcendence, and emotional healing for a variety of conditions, including PTSD (post traumatic stress disorder), depression, anxiety, addiction, rumination, insomnia, hypervigilance, flashbacks, and suicidal thoughts.

Psychedelics accomplish this by putting the brain in a position to create new neural connections that disrupt unhealthy, repetitive patterns. In the context of the right program and environment, painful or harmful thought habits are processed and released in order for newer, healthier thought habits to form. Many of these improvements are permanent.

WHY ARE THEY ILLEGAL IN THE U.S.?

Many Americans, political leaders, government regulatory agencies, and mainstream media have not kept up with the last 20 years of global research into psychedelic healing. They still associate psychedelics with the War on Drugs of the sixties and seventies, a political movement which shut down all funding for scientific and medical research into psychedelics and made imprisonment the penalty for psychedelic drug possession. America lost an entire generation of research and researchers during this period.

Fortunately, this has changed in recent years, and researchers are optimistically continuing efforts to demonstrate the usefulness of psychedelics. In a rare bipartisan effort, driven by a desire to help veterans with PTSD, Republican and Democratic national leaders have begun to submit and pass legislation to speed up psychedelic research. Some psychedelics are legal in research and clinical settings.

For the safety and peace of mind of our participants, HHP currently sends veterans to retreats in countries where the substances being used are legal. We are also exploring the possibility of pilot programs in the state of Oregon, the first state to legalize psilocybin.

WHICH PSYCHEDELICS DO HHP PROGRAMS USE?

The psychedelics that show promise for healing use include MDMA, mescaline, LSD, Psilocybin, 5-MEO DMT, Ibogaine, Ketamine, Ayahuasca and others. New compounds are still being discov-

ered and researched. For decades, scientists have known that these psychedelic substances are not addictive. In fact they can reduce addiction when used with an appropriate set and setting.

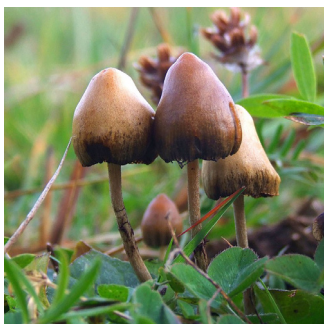
HHP programs typically include a retreat that provides ayahuasca or psilocybin ceremonies, occasionally paired with other plants or compounds. Both substances are natural plant-medicines that have been demonstrated to help improve conditions such as PTSD, depression, and anxiety.

AYAHUASCA, a brew containing the psychoactive compound DMT, has been used by experienced healers in South American indigenous tribes for thousands of years as part of ceremonies. These traditions prepare it as a drink by boiling a mixture of the ayahuasca vine and the chacruna leaf. Ayahuasca helps its drinkers by empowering them to reconnect to their true selves and by helping them to process internal blocks, trauma, and destructive patterns. It is strongly recommended that ayahuasca only be used under the supervision of an experienced practitioner and in a ceremonial setting. Many of HHP's retreats focus on ayahuasca because of its deep and healing effects.



Boiling ayahuasca (Banisteriopsis caapi (B. caapi) with the chacruna shrub (Psychotria viridis) to make a psychedelic tea for the retreat. Ayahuasca is a natural plant medicine that has been used for thousands of years.

PSILOCYBIN, the compound found in “magic mushrooms” is naturally occurring and has, likewise, been consumed for centuries across various traditions for healing and mind-expansion. The ceremonial use of psilocybin has been observed in cave paintings and predates recorded history. Healing effects include profound spiritual experiences and the development of closer connections with other people and nature. Psilocybin can also lead to joy and euphoria, increased introspection, and a greater ability to feel feelings.



Magic Mushrooms (psilocybin) grow naturally in many parts of the world. They can be eaten dried or cooked, or boiled in a soup or tea. There are over 200 different species to choose from.



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PARTNERSHIPS WITH INDIGENOUS TRIBES AND RETREAT CENTERS

HHP partners with a variety of psychedelic retreat centers and experienced indigenous healers. We are careful to respect the traditions of the practitioners involved and value their wisdom and experience when it comes to creating effective programs for veterans that honor the longstanding tradition around these plant medicines. We also partner with and support Chacruna Institute, a nonprofit organization dedicated to psychedelic justice and indigenous reciprocity.

ARE PSYCHEDELICS EFFECTIVE AT TREATING COMBAT PTSD?

A definitive “YES!”

Preliminary research of HHP’s psychedelic programs by King’s College, London, suggests that over 80% of veterans experience significant improvement after participating in just one psychedelic program. This improvement is even more significant when you consider that fewer than 10% of veterans fully complete traditional PTSD treatment programs or experience marked improvement from them.

HOW SAFE ARE PSYCHEDELICS?

Studies show that many psychedelics have almost no adverse side effects for most people when used with an appropriate set and setting. Individuals with psychosis or a family history of psychosis are advised not to utilize psychedelics.

Certain psychedelics, such as MDMA and ayahuasca, may require additional precaution when it comes to physical concerns such as heart issues.

HHP carefully screens participants for health issues, uses proven processes and environments, and has an extensive preparation and follow-up process outside of the retreat center experience to ensure that each participant’s experience is as impactful as possible.



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