

DECriminalizing Entheogens Resolution Resource Listing for
Entheogen Plants and Fungi

1. Entheogens for Personal and Spiritual Growth
 - a. Frecska, E., et al. (2012). Enhancement of Creative Expression and Entoptic Phenomena as After-Effects of Repeated Ayahuasca Ceremonies. *Journal of Psychoactive Drugs* 44(3), pp. 191-199.
 - b. Hartogsohn, I. (2018). The Meaning-Enhancing Properties of Psychedelics and Their Mediator Role in Psychedelic Therapy, Spirituality, and Creativity. *Frontiers in Neuroscience*, 12 (129). doi:10.3389/fnins.2018.00129
 - c. MacLean, K., et al. (2011). Mystical experiences occasioned by the hallucinogen psilocybin lead to increases in the personality domain of openness. *Journal of Psychopharmacology*, 25(11)1453-1461.
 - d. Moro, L., et al. (2011) Voice of the Psychonauts: Coping, Life Purpose, and Spirituality in Psychedelic Drug Users. *Journal of Psychoactive Drugs*, 43 (3), pp.188-198. DOI: 10.1080/02791072.2011.605661
 - e. Nour, M., et al. (2017): Psychedelics, Personality and Political Perspectives. *Journal of Psychoactive Drugs*. DOI:10.1080/02791072.2017.1312643
 - f. Sweat, N., et al. (2016). The Associations of Naturalistic Classic Psychedelic Use, Mystical Experience, and Creative Problem Solving. *Journal of Psychoactive Drugs*, 48(5), pp. 344-350, DOI: 10.1080/02791072.2016.1234090
2. Entheogens and Psychological Wellness
 - a. Frecska E., et al., (2016). The Therapeutic Potentials of Ayahuasca: Possible Effects against Various Diseases of Civilization. *Frontiers in Pharmacology*, 7(35). doi:10.3389/fphar.2016.00035
 - b. McKenna, D. (2004). Clinical investigations of the therapeutic potential of ayahuasca: rationale and regulatory challenges. *Pharmacology & Therapeutics* 102(2), pp. 111-129.
 - c. dos Santos, R. et al. (2017). Effects of the Natural (3- Carboline Alkaloid Harmine, a Main Constituent of Ayahuasca, in Memory and in the Hippocampus: A Systematic Literature Review of Preclinical Studies. *Journal of Psychoactive Drugs*, 49(1), pp. 1-10, DOI: 10.1080/02791072.2016.1260189
 - d. Wilcox, J. (2014). Psilocybin and Obsessive-Compulsive Disorder. *Journal of Psychoactive Drugs*, 46(5), pp. 393-395. DOI: 10.1080/02791072.2014.963754
3. Entheogens and Physical Wellness
 - a. Djamshidian, A., et al. (2015). “Banisteriopsis caapi, a Forgotten Potential Therapy for Parkinson’s Disease?” *Movement Disorders Clinical Practice*: n/a-n/a. Liu, X., et al., (2017) Harmine is an inflammatory inhibitor through the suppression of NF-kB signaling. *Biochemical and Biophysical Research Communications*, <http://dx.doi.org/10.1016/j.bbrc.2017.05.126>

- b. Ly et al. (2018). Psychedelics Promote Structural and Functional Neural Plasticity. *Cell Reports* 23, pp. 3170-3182.
 - c. McCleary, J., et al., (1960). Antibiotic activity of an extract of peyote (*Lophophora Williamii*). *Economic Botany*, 14(3), pp. 247-249.
 - d. dos Santos, R. (2014) Immunological Effects of Ayahuasca in Humans. *Journal of Psychoactive Drugs*, 46 (5), pp. 383-388.
 - e. Samoylenkoa, V., et al. (2010). Banisteriopsis caapi, a unique combination of MAO inhibitory and antioxidative constituents for the activities relevant to neurodegenerative disorders and Parkinson's disease. *Journal of Ethnopharmacology*, 127 (2), pp. 357-367. doi:10.1016/j.jep.2009.10.030.
4. Entheogens and Substance Abuse
 - a. Bogenschutz, M., et al. (2015). Psilocybin-assisted treatment for alcohol dependence: A proof-of-concept study. *Journal of Psychopharmacology* 29(3), pp.289-299.
 - b. Bogenschutz, M., and Forcehimes, A. (2017). Development of a Psychotherapeutic Model for Psilocybin-Assisted Treatment of Alcoholism. *Journal of Humanistic Psychology*, 57(4), pp. 389-414.
 - c. Johnson, M. et al. (2017). An online survey of tobacco smoking cessation associated with naturalistic psychedelic use. *Journal of Psychopharmacology* 31 (7), pp. 841-850.
 - d. de Veen, B. (2017) Psilocybin for treating substance use disorders? *Expert Review of Neurotherapeutics*, 17(2), pp. 203-212. DOI: 10.1080/14737175.2016.1220834
 5. Entheogens and Recidivism
 - a. Romero, S. (March 28, 2015). In Brazil, some inmates get therapy with hallucinogenic tea. *The New York Times*.
 6. Entheogens and Anxiety
 - a. Sarris, J., et al. (2013). "Plant-based medicines for anxiety disorders, part 2: a review of clinical studies with supporting preclinical evidence." *CNS Drugs* 27(4), pp. 301-319.
 7. Entheogens and Grief
 - a. Gonzalez, D., et al. (2017). Potential Use of Ayahuasca in Grief Therapy. *OMEGA Journal of Death and Dying*, pp. 1 -26.
 8. Ayahuasca and Diabetes
 - a. Wang, P. et al., (2015). A high-throughput chemical screen reveals that harmine-mediated inhibition of DYRK1A increases human pancreatic beta cell replication. *Nature Medicine* 21, pp. 383-388.
 9. Entheogens and Cluster Headaches
 - a. Schindler, E., et al. (2015) Indoleamine Hallucinogens in Cluster Headache: Results of the Clusterbusters Medication Use Survey, *Journal of Psychoactive Drugs*, 47:5372-381, DOI: 10.1080/02791072.2015.1107664
 10. Historical Use of Entheogens

- a. El-Seedi, H., et al. (2005). Prehistoric peyote use: Alkaloid analysis and radiocarbon dating of archaeological specimens of *Lophophora* from Texas. *Journal of Ethnopharmacology* 107(1), pp. 238-242.
 - b. Guzman, G. (2008). Hallucinogenic Mushrooms in Mexico: An Overview. *Economic Botany*, 62(3), pp. 404-412.
 - c. Miller, L. et al., (2019). Chemical evidence for the use of multiple psychotropic plants in a 1,000-year-old ritual bundle from South America. *Proceedings of the National Academy of Sciences*. DOI :10.1073/pnas. 190217411
 - d. Samorini, G. (1992). The Oldest Representations Of Hallucinogenic Mushrooms In The World (Sahara Desert, 9000 _ 7000 B.P.). *Integration, Journal of Mindmoving Plants and Culture* 2/3.
11. Iboga/Ibogaine for Addiction Therapy
- a. Alper, K., et al. (1999). Treatment of acute opioid withdrawal with ibogaine. *American Journal of Addictions*, 8(3), 234-242. doi:10.1080/105504999305848
 - b. Brown, T. K. (2013). Ibogaine in the treatment of substance dependence. *Current Drug Abuse Reviews*, 6(1), 3-16. doi: 10.2174/15672050113109990001
 - c. Brown, T. and Alper, K. (2017): Treatment of opioid use disorder with ibogaine: detoxification and drug use outcomes. *The American Journal of Drug and Alcohol Abuse*. DOI: 10.1080/00952990.2017.1320802
 - d. Luciano, D. (1998). Observations on treatment with ibogaine. *American Journal of Addictions*, 7(1), pp. 89-89. doi:10.1111/j.1521-0391.1998.tb00472.x
 - e. Mash, D., et al. (2001). Ibogaine in the treatment of heroin withdrawal. In K. Alper, & G.A. Cordell (Eds.), *The alkaloids: Chemistry and biology* (1st ed., Vol. 56, pp. 155 – 171). London: Academic Press/Elsevier.
 - f. Mash, D., et al., (2018) Ibogaine Detoxification Transitions Opioid and Cocaine Abusers Between Dependence and Abstinence: Clinical Observations and Treatment Outcomes. *Frontiers in Pharmacology*. 9:529. doi:10.3389/fphar.2018.00529
 - g. Sheppard, S. G. (1994). A preliminary investigation of ibogaine: Case reports and recommendations for further study. *Journal of Substance Abuse Treatment*, 77(4), 379-385. doi: 10.1016/0740-5472(94)90049-3
12. Ayahuasca Experience similar to Near-Death Experience
- a. Liester, M. B. (2013). Near-death experiences and ayahuasca-induced experiences- two unique pathways to a phenomenologically similar state of consciousness. *Journal of Transpersonal Psychology* 45(1), p. 24.
13. Ayahuasca for Addiction Therapy
- a. Barbosa, P. et al. (2018) Assessment of Alcohol and Tobacco Use Disorders Among Religious Users of Ayahuasca. *Frontiers in Psychiatry*, 9 (136).doi:10.3389/fpsyt.2018.00136

- b. Brierley, D., and Davidson, C. (2012). Developments in harmine pharmacology – Implications for ayahuasca use and drug-dependence treatment. *Progress in Neuropsychopharmacology & Biology* 39(2), pp. 263-272.
- c. Liester, M. and Prickett, J. (2012) Hypotheses Regarding the Mechanisms of Ayahuasca in the Treatment of Addictions. *Journal of Psychoactive Drugs*, 44 (3),pp. 200-208. DOI: 10.1080/02791072.2012.704590
- d. Loizaga-Velder, A. and R. Verres (2014). Therapeutic effects of ritual ayahuasca use in the treatment of substance dependence-qualitative results. *Journal of Psychoactive Drugs* 46(1), pp. 63-72.
- e. Mabit, J., et al. (1996). Takiwasi: The Use of Amazonian Shamanism to Rehabilitate Drug Addicts. *Yearbook of Cross-Cultural Medicine and Psychotherapy*. W. Andritzky. Berlin, International Institute of Cross-Cultural Therapy Research.
- f. Talina, P., and Sanabriab, E. (2017). Ayahuasca’s entwined efficacy: An ethnographic study of ritual healing from addiction. *International Journal of Drug Policy* 44, pp. 23-30.
- g. Thomas, G., et al. (2013). Ayahuasca-assisted therapy for addiction: results from a preliminary observational study in Canada. *Current Drug Abuse Review* 6(1), pp. 30-42.

14. Ayahuasca and Depression

- a. Anderson, B. (2012). Ayahuasca as Antidepressant? *Psychedelics and Styles of Reasoning in Psychiatry*. *Anthropology of Consciousness*, 23(1), pp. 44-59.
- b. de L. Osorio, F., et al. (2015). Antidepressant effects of a single dose of ayahuasca in patients with recurrent depression: a preliminary report. *Revista Brasileira de Psiquiatria* 37(1), pp. 13-20.
- c. Palhano-Fontes, F., et al. (2014). The Therapeutic Potentials of Ayahuasca in the Treatment of Depression. *The Therapeutic Use of Ayahuasca*. B. C. Labate and C. Cavnar, Springer: Berlin, Heidelberg, pp. 23-39.
- d. dos Santos, R., et al. (2016). Anti-depressive, anxiolytic, and anti-addictive effects of ayahuasca, psilocybin and lysergic acid diethylamide (LSD): A systematic review of clinical trials published in the last 25 years. *Therapeutic Advances in Psychopharmacology*, 6(3), pp. 193-213.
doi:10.1177/2045125316638008

15. Ayahuasca and Personal Growth

- a. Bouso, J. C., et al. (2012). “Personality, Psychopathology, Life Attitudes and Neuropsychological Performance among Ritual Users of Ayahuasca: A Longitudinal Study. *PLoS ONE* 7(8).
- b. Kuypers, K., et al. (2016). Ayahuasca enhances creative divergent thinking while decreasing conventional convergent thinking. *Psychopharmacology*. DOI10.1007/S00213-016-4377-8
- c. Soler J., et al. (2018). Four Weekly Ayahuasca Sessions Lead to Increases in

“Acceptance” Capacities: A Comparison Study With a Standard 8-Week Mindfulness Training Program. *Frontiers in Pharmacology*, 9 (224). doi:10.3389/fphar.2018.00224

16. Ayahuasca and Spiritual Growth

- a. Harris, R., and Gurel, L. (2012). A Study of Ayahuasca Use in North America. *Journal of Psychoactive Drugs* 44(3): 209-215.
- b. Trichter, S., et al. (2009). Changes in spirituality among ayahuasca ceremony novice participants. *Journal of Psychoactive Drugs* 41(2), pp. 121-134.
- c. Tupper, K. (2010). Entheogenic healing: The spiritual effects and therapeutic potential of ceremonial ayahuasca use. *The healing power of spirituality: How faith helps humans thrive*, Volume 3. J. H. Ellens. Santa Barbara, Praeger: pp. 269-282.
- d. Tupper, K. W. (2002). Entheogens and Existential Intelligence: The Use of Plant Teachers as Cognitive Tools. *Canadian Journal of Education* 27(4), pp.499-516.

17. Peyote for treatment of alcohol and drug dependence

- a. Winkelman, M. (2014). Psychedelics as Medicines for Substance Abuse Rehabilitation: Evaluating Treatments with LSD, Peyote, Ibogaine and Ayahuasca. *Current Drug Abuse Reviews* 7, pp. 101-116.

18. Peyote

- a. Calabrese, J. (2007). The Therapeutic Use of Peyote in the Native American Church Chapter 3 in Vol. 1 of *Psychedelic Medicine: New Evidence for Hallucinogens as Treatments*. Michael J. Winkelman and Thomas B. Roberts (editors). Westport, CT: Praeger/Greenwood.
- b. Feeney, K. (2007). The Legal Basis for Religious Peyote Use. Chapter 13 in Vol 1 of *Psychedelic Medicine: New Evidence for Hallucinogens as Treatments*. Michael J. Winkelman and Thomas B. Roberts (editors). Westport, CT: Praeger/Greenwood.

19. Psilocybin for End-of-Life Anxiety

- a. Blinderman, C. (2016). Psycho-existential distress in cancer patients: A return to entheogens. *Journal of Psychopharmacology* 30 (12), pp. 1205-1206.
- b. Kelmendi, B., et al. (2016). The role of psychedelics in palliative care reconsidered: A case for psilocybin. *Journal of Psychopharmacology* 30(12), pp. 1212-1214.
- c. Ross, S., et al. (2016). Rapid and sustained symptom reduction following psilocybin treatment for anxiety and depression in patients with life-threatening cancer: a randomized controlled trial. *Journal of Psychopharmacology*, 30(12), pp. 1165-1180.

20. Entheogens and Reduced Recidivism

- a. Hendricks, P., et al. (2014). Hallucinogen use predicts reduced recidivism among substance-involved offenders under community corrections supervision. *Journal of Psychopharmacology* 28(1), pp. 62-66.

- b. Walsh, Z. , etal. (2016). Hallucinogen use and intimate partner violence: Prospective evidence consistent with protective effects among men with histories of problematic substance use. *Journal of Psychopharmacology*, pp. 1-7. DOI: 10.1177/0269881116642538.
21. Psilocybin and Treatment-Resistant Depression
- a. Hendricks, P., etal. (2015). Psilocybin, psychological distress, and suicidality. *Journal of Psychopharmacology*, 29(9), pp. 1041-1043.
 - b. Lyons, T. and Carhart-Harris, R. (2018). Increased nature relatedness and decreased authoritarian political views after psilocybin for treatment-resistant depression. *Journal of Psychopharmacology*, 32(7), pp. 811-819.
22. Psilocybin and Cluster Headaches
- a. Schindler, E. et al., (2015) Indoleamine Hallucinogens in Cluster Headache: Results of the Clusterbusters Medication Use Survey, *Journal of Psychoactive Drugs*, 47(5),pp. 372-381. DOI: 10.1080/02791072.2015.1107664