

What is Micro-dosing Pure Banisteriopsis Caapi?

Micro-dosing is the term given to taking the medicine at a reduced dose that your body can handle in a gentle way. A full dose would be taken under supervision of a Shaman during ceremony. Our B. Caapi has been sourced ethically from our Shaman in both Peru and Ecuador, working closely with tribes who are responsibly repopulating the plantations they harvest, and giving the local indigenous people an opportunity to earn a fair wage. Our B. Caapi has been made from quality plants by highly trained indigenous people, utilising methods used since its first discovery many generations ago. It is not advisable to make your own concoction from bark bought from the Internet as you cannot guarantee the quality or integrity of what you are buying, and you may miss vital aspects from the process.

Micro-dosing will not negatively effect daily life activities like driving or functioning in work meetings etc, but should enhance your cognitive functioning and improve emotional balance. As a healthy side effect you may also find that addictions fade naturally.

Suggested dose

Simply place 5 drops under tongue and hold for a few minutes before swallowing with water, adjusting your dose between 2 – 7 drops according to your response. Ideally use upon waking or before going to bed when reflecting or meditating. It is not necessary to follow a special diet whilst micro-dosing, however, you will increase the potency of the medicine if you are conscious about what you consume. Meat, dairy, refined sugars, coffee and alcohol are some of the things you might want to reduce or be more mindful of taking. There are no known negative side effects from micro-dosing B. Caapi.

A 30ml bottle has approx. 600 drops and will last 3-4 months. It is recommended to take a 10 day break after each 30 days of consecutive use. We recommend journaling your progress, which will be enhanced by the support of our growing online micro-doser group. Always consult with your Doctor if you are already using medications⁴.

For more details about how to order our sacred plant medicines, along with details about our other services please visit: de-vinespirit.com

***Notes 1-4.** Please go to website for evidential citing links and medical disclaimer information

YOUR JOURNEY

to Conscious Wellness
through Sacred Plant
Medicine

Micro-dosing
Banisteriopsis Caapi



Many people are becoming aware of the powerful healing properties of sacred plant medicines, more widely popularized by CBD oil, however that's just one of many wonderful plants with amazing health benefits. Another exciting and hugely potent plant is Banisteriopsis Caapi found mainly in the Amazon Jungle.

Typically you could only reap the benefits of this powerful Amazonian plant teacher by visiting the jungle to drink a ceremonial tea called 'Ayahausca', a sacred brew made from a combination of B. Caapi (the vine) and the hallucinogenic DMT containing plant Chakruna (the shrub). However this is cost prohibitive for most people, as well as off-putting due to the serious purging it induces. Micro-dosing, in contrast, is powerful in its own right, yet its approach is gentle. No sickness, purging or hallucinations – and all from the comfort of your own home. As there's no psychotropic element, it is perfectly legal in most if not all countries.

The benefits to Micro-dosing pure Banisteriopsis Caapi are profound and holistic.



The science behind the Vine.

B. Caapi vine contains the profoundly therapeutic beta-carboline alkaloids (harmine, harmaline and tetrahydroharmine), now proving through scientific research what the Indigenous tribes of the Amazonian Jungle have intuitively known for generations.



These alkaloids, known as mono amino oxidase inhibitors (MAO-I) work to stop the break down of MAO enzymes on signal substances like Serotonin and Dopamine. Therefore these naturally powerful MAO-I have a particularly therapeutic effect on treating mental disorders such as depression and anxiety, and are what the pharmaceutical industry have tried less successfully to synthesize for the same conditions¹. There is evidence to show B. Caapi to be beneficial in relieving symptoms of neuro-degenerative diseases such as Parkinson's and ALS²

Banisteriopsis Caapi for your Emotional Wellbeing

There are scientific studies to show how B. Caapi has proven to help with long standing mental health issues such as depression and anxiety, even where conventional medicine has fallen short³. Other benefits have shown that it:

- Helps focus attention
- Inspires creativity
- Increases receptivity to new ideas and improves decision making
- Increases periods of being in 'flow'
- Enhances intuition
- Brings deeper feelings of gratitude and love to self and others
- Grounding, and helps develop stronger boundaries
- Brings greater energy (and vitality)
- Helps release trauma, old patterns and habits
- Promotes deep inner calm
- Helps bring clarity to finding and fulfilling your life purpose
- Can help relieve symptoms of neuro-degenerative diseases (Parkinsons etc)