The fly agaric won't actually kill any borrelia bacteria. You'll still need something else for that. But what it is doing is alleviating the symptoms that make this disease so horrible. For me, this is mostly chronic fatigue and dementia symptoms.

Table of Contents:
Fly Agaric Mushroom (briefly)
- Background
- Theory
- Identification
- Collection
- Preparation
  - Drying Whole
  - Drying Small Pieces
  - Make Into Tincture
- Freezing
- Compress
- Dosage
  - Dried/Frozen Mushroom Pieces
- Tincture
- WARNINGS
- My Experience
- Day 1 to 3
  - Gathering the mushrooms and making the tincture
  - Drying the mushrooms
- First Week Summary
- Ten Things I Learned This Week
- Week Two Summary
  - comments 1
- Finishing the Tincture
  - comments 2
- Week Three Summary (Getting the Dosage Right)
- Tradition of Using Fly Agaric Medicinally
- Advice for an Imaginary Test Subject
  - The Tincture
  - Taking the Tincture
  - Results of Taking the Tincture
  - Safety
  - comments 3
- How Fly Agaric Tincture is Used in Germany (Possibly)
- Week Four Summary
- Week Five Summary: Starting Antibiotics
- Week Seven Summary: External Application of the Tincture
- Migraine and Fly Agaric Tincture
- Externally Use of Fly Agaric Tincture on Sciatica, Back Pain etc
  - comments 4
Borrelia: infecting people since prehistory
Fly Agaric Tincture and the Lymphatic System

Three Month Summary
Internal Application of Fly Agaric Tincture
External Application of Fly Agaric Tincture
External Application to overcome Chronic Fatigue
Cauldron of Rebirth

9 Month Update
Some Russian Fly Agaric Treatment Products
Some Russian Fly Agaric Medicinal Recipes
Stalwart: forgotten folkname for fly agaric
Letters from Russians who have used fly agaric medicinally
Lung Cancer
Lung Cancer. Stroke
Stomach cancer
Rheumatism
Uterine cancer, throat cancer
Stomach polyps
Disease of the breast
Stomach cancer 2
Longevity
Comment
Questions - Answers

Fly Agaric and Radiation Burns
Treating Radiation Burns with Fly Agaric

Fly Agaric Protects Against Aging and Neurogenerative Disease
Chemicals and Compounds of the Fly Agaric
Muscimol
Ibotenic Acid
Muscazone
R-4-hydroxy-pyrrolidone
Tricholomic Acid
Muscarine
Bufotenin
Choline
Acetylcholine
Betaine
Atropene
Muscaridin
Hercynin
Uracil
Xanthine
Hypoxanthine
Adenosine

Bug Agaric in Herbal Simples for Modern Uses of Cure (1897)
Fly Agaric Mushroom (briefly)

Wednesday, 16 May 2012

original source: http://lymeuk.blogspot.com/2012/05/fly-agaric-mushroom.html

Within half an hour I was transformed from a demented cripple into a normal person...

Fly agaric is used by sub-arctic NW Pacific peoples to treat psycho-physical fatigue, dementia, chronic fatigue, sclerosis, low immunity, skin problems, rheumatism, neuralgia and tumours. Lyme disease is endemic in the areas where these people live.

**Background**

Fly agaric is used by sub-arctic NW Pacific peoples to treat psycho-physical fatigue, dementia, chronic fatigue, sclerosis, low immunity, skin problems, rheumatism, neuralgia and tumours. Lyme disease is endemic in the areas where these people live.

**Theory**

From what I understand, and what my LLMD (Lyme Literate Medical Doctor) has told me, the muscarine in the fly agaric mushroom is a neuro-transmitter. It forces open the muscarinic receptors, a form of acetylcholine receptor that plays a crucial part in the relay of electrical signals around the body. It is possible that these muscarinic receptors have become clogged with the neurotoxins created by the Borrelia bacterial infection. It's possible that neurotoxins from other infections could also have this effect.

Lymphocytes have muscarinic receptors too, so with muscarine they're able to do their jobs better, boosting immune defence. Fly agaric mushrooms also contain other chemicals with antimicrobial properties. The mycelium that creates them is like a plug-in immune system for the tree they attach to. It is believed that people can benefit from this antimicrobial activity also.

The raw, fresh mushroom contains ibotenic acid, which can give you an upset stomach. It's necessary to dry or cook the mushroom, which turns the ibotenic acid into muscimol, which won't upset your stomach. The small amount of muscimol may lift your mood a little.

**Identification**

The fly agaric mushroom is the classic toadstool of fairytale, a red mushroom with white spots. It is found throughout Britain, the season stretching roughly from late August to early December, under birch, oak or pine trees. It's unlikely to be confused with any other mushroom. It's best to take good fresh specimens, with either an open or closed cap.
Collection

Pick the whole mushroom. Take a non-metallic tool such as a clean wooden spoon to dig an inch or so around the base of the stalk. Sometimes it's possible to simply hold the stalk as low as possible and gently jiggle and pull it loose.

The mushrooms are the fruiting bodies of an underground mycelium in symbiotic relationship with the host tree. You can sustainably collect all fly agaric mushrooms you find, though it's best to take only the good fresh ones for medicinal use.

Wrap the mushroom in a large leaf, eg a dock leaf. Newspaper will stick to the caps.

Preparation

Wash the mushroom thoroughly. It doesn't matter if the white spots wash off. Try not to get the gills wet though, as they take a long time to dry again.

Cut out any bad bits or bits with wormholes in. You can use these to spread the fly agaric spore to another birch, oak or pine.

There are then several ways to prepare and preserve the mushroom:
Drying Whole

Use a skewer or thin stick to pierce the mushroom along its central axis. Leave on the skewer or thread onto a string. The image shows a Siberian rig. Dry in the hot air above a fire. This will take several hours, perhaps even more than a day. Once dry, keep in an airtight container, preferably with some desiccant in.

Break off pieces as required to eat or crumble into tea.

Drying Small Pieces

Cut the mushroom into thin pieces, around 2mm thick. They will dry more easily and quickly this way. Dry in a food dehydrator, or in the warm air above a fire, or in a warm airing cupboard. The image shows an improvised dryer near a solid fuel stove.

Overall I would probably recommend a food dehydrator. They're so easy to use. You can dry all sorts of other things in them as well, other plants to help treat your chronic illness, or fruit and vegetables for healthy treats. An open fire in the centre of a yurt would be best, but without that option, or an always-hot Aga, nothing is as
easy as a food dehydrator. Mine only has one setting, but still does everything I ask of it.

Dry until the mushroom pieces are like crispbread, with all moisture gone. This will take several hours. Store in an airtight container, preferably with some desiccant in.

Eat a piece or crumble into tea as required.

**Make Into Tincture**

Cut the mushroom into small pieces (around 2cm square) and place in a jar. Cover with vodka or another 37-40% spirit. Shake a few times a day for 10-14 days. Filter through a muslin sheet. Store the mushroom vodka in a cool dark place.
Apply externally to relieve sciatica and other pain, including joint pain and swollen lymph nodes. The tincture can also be applied to external infections, for example nail fungus, and skin conditions found in Lyme disease.

Drops can be applied under the tongue to improve cognition in the short term.

The leftover mushroom pieces can be dried or cooked and eaten as required, though they won't be as strong as the ones in choice 2 above.

**Freezing**

Fry the mushroom, preferably in coconut oil, for around ten minutes on a medium heat. Cut into small pieces and freeze. Pieces can be eaten as required.

**Compress**

I haven't made a compress from fly agaric, so the following information is from nemf.org.

Three small fresh pieces of mukhomor good for sore throat and cancer. Preparation for arthritis: Place several young A. Muscaria into an airtight container. Put container into a cool dark place (like a basement) until liquid comes out of mushrooms. Take a mushroom in hand, squeeze out moisture and place the pulp on arthritis. Bandage overnight. Mushroom body can be replaced in liquid and will last a long time.

**Dosage**

Dosage is an individual matter, varying not only from person to person, but also for the same person at different times, depending on their current neurotoxin load. The amount of muscarine (active acetylcholine chemical) present in the mushroom also varies, from one mushroom to another, and even within the same mushroom. It's best to take a small amount at a time and monitor effects.

**Dried/Frozen Mushroom Pieces**

It's best to start with a small amount, a piece the size of one of your little finger bones. Any benefits will be apparent within an hour. If no benefit is felt, another little finger bone sized piece can be taken. It's best to stick to a limit of three pieces this size per day.

**Tincture**

Rub in as much as is required to cover the target areas. If the pain or discomfort is relieved, this is likely to last for hours. Repeat as required.

Under the tongue - a few drops under the tongue. The effect will be almost immediate. Repeat as required, but don't be tempted to overdo it.

**WARNINGS**

Fly agaric can be fatal, though a fatal dose is in the region of 20-30 mushrooms at a time.

Large amounts of fly agaric can lead to a sense of unreality, like Alice in Wonderland. If this happens to you, don't take any mushroom for a day or two.

According to Wikipedia:

Muscarine is contraindicated in patients with diseases that make them susceptible to
parasympathetic stimulation, patients who have asthma or COPD or patients who have peptic ulcer disease. Also patients with an obstruction in the gastrointestinal or urinary tract are not prescribed muscarine because it will aggravate the obstruction, causing pressure to build up that may lead to perforation.

The antidote for fly agaric mushroom is milk thistle. The antidote to muscarine is atropine.

**My Experience**

I'd spent the whole summer lying on my boat, feeling like death, mostly too crippled to do anything, mostly too demented to see anyone.

With no memory of the past and no cognition to imagine the future, I was very much in the here and now. My butterfly brain kept settling on the colour red. Somehow this translated into me biting into a fly agaric mushroom for the first time. Just one small bite.

It tasted great. And within half an hour I had a surge of energy. It seemed as if I was doing things almost before the thought of doing them had even occurred. The headfog was clearing. It was like waking from an enchantment. It wasn't in any way "trippy" - I was simply returned to normality.

There were only a couple of weeks left until the fly agaric season was over. Every day I took a bite of mushroom and went out collecting more. Some I dried, some I froze, some I turned into tincture.

It was immediately obvious I was onto something huge, and I started writing the blog flyagarictincture.blogspot.co.uk. Prior to eating the mushroom, I couldn't read or write anything. I just didn't have the requisite cognition or attention.

There didn't seem to be any information on the web about this. All I could find was from helium.com.

Fly agaric is still used in Siberia and Russia especially by elder people to reduce fatigue, to give more strength and to raise the spirit.

Nearly a year on and I'm still on the fly agaric pretty much every day. Just small amounts. Despite my experiments with fly agaric tincture, I now think that eating a little of the mushroom every day works best, fresh, frozen or dried. It is impossible to determine a definitive dose, as the amount of muscarine will vary from one mushroom to another. But I generally take an amount the size of a little finger bone between zero and three times a day, depending on whether I think I need it or not.

For a few months whilst on the fly agaric, I had blood tests to check my liver function. It was always fine.
I’ve got chronic Lyme disease, caught from a tick bite many years ago, and it’s almost impossible to get diagnosis and treatment here in the UK (and in many other countries). So people with Lyme disease either have to find a doctor who understands and can treat it (pretty much always private and also very rare and expensive), or try to treat it themselves. I’ve started this blog to document a treatment I’m trying: fly agaric tincture.

Chronic Lyme disease can hit your nervous system and brain really hard. It’s estimated that you lose 30-50 IQ points while chronically infected (sorry, I’ll try to include some links to relevant research at some point). It makes any sort of rational thought pretty much impossible. So bear with me - there’s a good chance this narrative will jump all over the place.

With most treatments for Lyme disease, it’s really difficult to tell whether it’s working or not. Generally, if a treatment regime is having the desired effect and killing off some of the bacteria, you’ll actually feel worse. This is believed to be because the bacteria as they die give off neurotoxins, which knock you for six. When a whole load of bacteria die off at once, it can produce a Herxheimer effect, first noted in syphilitic patients. This is an acute increase in symptoms, and usually lasts a few days. My first one involved nausea and an extreme thirst.

Taking the fly agaric is a completely different experience. I hasten to add, I’m just taking the fly agaric in tiny doses, nowhere near enough to get high, hallucinate or trip out. This treatment isn’t about that. It’s just about finding something that can either fight the bacteria, restore some quality of life, or even both.

There are many caveats with fly agaric (Amanita muscaria). In very large doses it can kill. In smaller doses it can alter your perceptions and cause you to hallucinate. In tiny doses there seems to be much less risk, but this cannot be described as a risk free treatment. I’m not suggesting anyone try this themselves. I just want to
record my own experiences. Also, the amount of active chemicals in the mushrooms can vary massively, depending on the time of year, method of preparation and other unknown factors. Even two mushrooms growing side by side at the same time, prepared the same way, can result in very different levels of active chemical. This makes dosing very difficult. It seems best to start with very little.

I don’t think it’s possible to buy fly agaric tincture anywhere, so I realised I would need to make my own. Despite a couple of years of being completely crippled with chronic Lyme, I’m now able to walk around a bit most of the time, and was able to find four fly agaric growing wild (I’ll expand on identification and collection in another post). Finding little information on the web, I decided to try several different methods of preparation and preservation.

I didn’t want to wait 2-3 weeks for a tincture to be ready, so determined to chop, fry and freeze the first mushroom. I chopped another and preserved it in vinegar. I chopped another and covered it in vodka (32%-40%) to make a tincture. The last one I set air drying, intending to eventually crumble it into tea. I’ll go into the actual methods in more detail in another post, and link to the articles that gave me the ideas.

The initial dose was a seventh of a cap, eaten with breakfast. Within half an hour I began to feel more alert and aware. I spend most of my time lying around feeling like death, but within an hour I was up and about and feeling very lively. I cycled into town and did some chores. There was no “coming up” rush, no hallucinations or change in perceptions beyond feeling lively and really up for it. It was the best day I’ve had in an awfully long time. Probably years. At no point did I feel any stomach cramps or nausea, possibly because of the small dose, possibly because the mushroom had been cooked.

The liveliness wore off in the late afternoon, and I did get pretty tired. I was back out for more fresh air and exercise though. Actually I went out looking for more mushrooms! This is the first treatment I’d tried that undoubtedly makes you feel better.
I mentioned this experiment on the Lyme disease forum I frequent. Within an hour of taking the first bit of mushroom, I felt I might be onto something, and wanted to let someone know, in case I was run over by a bus or something. To my astonishment, someone on the forum had ten days earlier been given a bottle of fly agaric tincture by a top herbalist, to treat the "head fog" or mental confusion that goes along with chronic Lyme. He was told to put a couple of drops under his tongue every half hour until his head felt clear. I've since found out that you can get fly agaric tincture on prescription in Germany.

I was certainly very tired that evening. I'd done a lot more physically than I normally would in a day. I slept very well that night.

Day 2 I took half the amount of fried and frozen and refried mushroom at breakfast, taking the other half of a seventh of a cap later in the afternoon. This was to try and even out the energy levels throughout the day. Again, I found I had energy and mental clarity way beyond what I've become accustomed to. The best way to describe it is that it is as if an enchantment has been lifted. The chronic fatigue aspect of Lyme seems to disappear. Last week it was a huge effort to just try and think around a simple chore, let alone do it. This week, the chores are simply done, in less time than it would normally take to try and get your head round what needs doing. It’s starting to feel quite miraculous. Needless to say, I was out hunting for more mushrooms again.

I’m still not letting myself get too over-excited though. In the summer I took a month long course of Korean ginseng, to try to get some energy. The first couple of days I felt all right, but then was much worse for the rest of the summer, without a single "good day". I've since found out that ginseng can feed the energy of the bacteria and actually make you feel worse. I’m hoping that the same thing isn’t true of fly agaric.

I had trouble getting off to sleep that night, and thought that perhaps I had taken too large a dose in the afternoon. It’s already becoming clear that multiple tiny doses, such as tincture drops, would be a much better way of administering the fly agaric, and managing the levels you’re taking.

Day 3 I took a similar amount to Day 2, but missed out the afternoon dose. I think even my small doses are possibly too large. Energy levels and mental clarity continued to be astonishing. My long-suffering boyfriend is amazed at the change in me. He even got breakfast in bed this morning.

Again I was out mushroom hunting. It’s getting near the end of the season, so it makes sense to collect them now. In exchange for taking the mature mushrooms, I plant some fly agaric spore, which is found in the gills of the mature mushroom. I’ll go into more detail in another post at some point.

I missed the afternoon dose but still had trouble getting to sleep. I should add, insomnia is one of the symptoms of chronic Lyme, and comes and goes. It could be unrelated to the fly agaric experiment.

I’ve given up the other methods of storing the mushrooms (pickling, drying and freezing). With the pickled mushroom, all the red colour was leaching into the vinegar, and I was concerned that the active chemicals might end up in the vinegar. I’ve also decided to dry the mushrooms for a few days before making the tincture. From my experiments so far, this should ensure a deeper red hue in the tincture. Since it was the colour that drew me to the fly agaric in the first place, this seems important.

EDIT It seems it wasn’t the drying that made the colour brighter. There was an immature mushroom in one batch (it had been kicked over so I bagged it up) and the colour is much brighter before they reach maturity. I guess the tincture will end up pink, but pink is good too :).
Gathering the mushrooms and making the tincture

Friday, 18 November 2011


Amanita muscaria is found mostly in woods, from late summer to late autumn. Mostly around birch trees, they can also be found around oak and pine. They stand out a mile, bright red, usually with white spots, unless they've been washed off by the rain.

There are real dangers if you take the wrong mushroom, so if you're not 100% sure, don't do it. Your life or liver might depend on it.

These photos are of some mushrooms I found on the common yesterday.

I've just been taking the mature ones (when they've flattened out), and returning for the immature ones a few days later, by which time they've matured. There's a frill halfway up the stem. Cut them off there, then you can air dry them without crushing the gills.

To say thank you I propagate the spore to create new colonies:

- Put caps or bits of caps that aren't good enough for medicinal purposes (if they've started to go off) into a container.
- Add water and mix or shake well.
- Pour over the roots of a birch, oak or pine tree that doesn't already have a colony.

Wrap your harvest individually in cloth. Newspaper will do, but bits of paper will probably get stuck on the mushroom.
I'm still experimenting with what to do next, but here's what I'm currently doing.

- Air dry the mushrooms for a couple of days, preferably somewhere sunny, warm and drafty.
- Clean any dirt off the mushroom once it has dried. Don't wash the mushroom. Clean the dirt off with a soft brush or your fingers. It doesn't matter if some bits are left.
- Cut into pieces around a centimeter or half-inch square.
- Put into a jar and cover with spirit that is 32-40% proof. Stop pouring when the mushrooms start to float. Within a little while the mushroom pieces will start to shrink and the spirit will take on a pink or red hue.
- Put in a warm and sunny spot for 2-3 weeks.
- Strain the liquid off. Don't force anything through the muslin or whatever.
Drying the mushrooms

Saturday, 19 November 2011


The mushrooms I was attempting to air dry weren’t really getting any drier. I picked them before realising that the gills would need a good air flow around them, and I didn’t leave a stalk. Thinking about it now, I could have perched the cap on a stick to dry, but I didn’t think of that at the time. We had a good fire burning, and I thought I’d give heat drying a try.

I'd read that the gills go temporarily mushy when heated, and they should be placed top up to catch and dry any goo. I put them in the ashes under the fire overnight, and they were lovely and crispy this morning. I've put them in an air-tight container and will pop a bag of desiccant in there if I can find one.

Harvesting continued today. I don't know whether the unseasonably warm weather is extending the fruiting season, but don't want to run out of these miracle working mushrooms before the next season comes around, not until the end of next summer.

I cut today’s crop with their stems on, to have another go at air drying. If they're still not drying successfully, I’ll fire dry them or freeze them. Stuck into holes in egg boxes, they make a little enchanted tabletop forest.
First Week Summary

Monday, 21 November 2011


It's now a week since I started taking very small pieces of fly agaric mushroom for my Lyme disease. I have to say, it's proving successful beyond my wildest dreams. I spoke with my LLMD (Lyme Literate Medical Doctor) at the weekend, and she expressed great interest and explained to me how it's working. And it is undoubtedly working.

The fly agaric won't actually kill any borrelia bacteria. You'll still need something else for that. But what it is doing is alleviating the symptoms that make this disease so horrible. For me, this is mostly chronic fatigue and dementia symptoms.

Up until last week, my days largely consisted of lying around feeling like death, too mentally confused to do pretty much anything. I'd stopped going out and seeing people, because I couldn't keep up with conversations, and I would sometimes say things that offended people, without realising what I was doing. Plus I had absolutely no energy.

Since starting the fly agaric experiment, it's been like breaking an enchantment. I've been describing it as a miracle, and that's exactly how it feels. Within half an hour of taking the first piece I could feel the difference.

I've been incredibly active every day. My cognition is so improved. There's no way I would have been able to string my thoughts together in a blog like this before. Friends and family have mentioned how much better I am, and that I have a sparkle back in my eyes. I really feel like myself again. I haven't been able to work for four years (I was a computing lecturer), but I feel now that I could certainly do something, and I don't feel hugely far off lecturing again, once I get my stamina and full mental ability back.

Fly agaric is still used in this way - ingesting small daily pieces to treat psycho-physical fatigue and more - in remote areas of Siberia. I haven't found anything new, just something that has been forgotten by our culture. Not a cure, but a treatment for chronic fatigue, dementia and more (possibly Parkinsons, schizophrenia and more). It's also great as a painkiller, and I no longer use my previous method of pain control. The mushroom is enough.

Here's a bit of science, but I don't pretend to understand it, so if I've made an error - or if you can explain it better - please let me know via email or comments. It seems that neurotoxins (from the bacteria dying off) clog up the muscarinic receptors (which are acetylcholine receptors), and messages contained in neurotransmitters can't get across. A chemical in the fly agaric mushroom forces these messages across, and hey presto, suddenly you can move and think again.
Of course, just because this treatment is working for me doesn't mean it will work for everyone. Lyme disease can present very differently in different people. And there are dangers involved, either through picking the wrong mushroom or taking too much.

Once my tincture is ready, in another week or two, I'll be moving onto that, but until then I'll continue harvesting (the season end is drawing near) and eating a little cooked and frozen mushroom every day. Someone very dear to me has early stage dementia, and I intend trying to get them to take it. And a good friend has bad back pain, and I'll try her with the tincture drops once they're ready. For back pain, apparently you can just put a few drops on the site of pain - no need to ingest it - so it'll be interesting to see what happens there.

The images on this post are from sxc.hu, a free photo site.
Ten Things I Learned This Week

Thursday, 24 November 2011


Everything's still going well, ten days into the treatment of Lyme disease with very small amounts of fly agaric. I'm still eating bits that have been cooked and frozen, as the tincture isn't ready yet.

1. Image (below) from top: coniferous, deciduous and coppiced woodland. Some woodland is a mix of these types, in which case there will be a combination of symbols.
   The easiest way to find woodland to search for fly agaric is to look at a local Ordnance Survey map. Although the fly agaric mycelium can be hosted by pine and fir, these forests, in Britain at least, are more likely to have been relatively recently planted for timber, and unlikely to harbour any Amanita muscaria.
   Coppiced woodland is likely to be hazel, willow, sweet chestnut, hornbeam or alder, none of which host the symbiont, so are probably not worth hunting in.

2. I’ve stopped wrapping the individual mushrooms in newspaper, as it was sticking to the tops of the caps. A basket or cloth bag is a better bet.

3. The stalks are likely to contain maggots. I left the stalks on the mushrooms I was air drying, which resulted in more than a hundred tiny maggots wriggling around on the coffee table. Luckily I removed them before my boyfriend spotted them! From now on I’ll either leave the stalks in the ground or use them to spawn with.

4. When spawning I’ve found that if you dig (just with a small stick) around the base of a host tree (birch, oak, pine, fir), ready-made fissures can appear. The idea is to get the spore on the roots, so I’ve started making use of these fissures. I’ve also put pieces of mushroom into animal burrows that lead under a potential host tree.

5. The best way to remove bits of dirt from the mushroom cap is with a mush brush, a special soft brush for cleaning mushrooms without damaging their skins.
I’ve ordered one but it hasn't come yet. I'll review it when it does. I’m hoping that it will work on damp mushrooms as well as dry ones.

6. Drying the mushrooms can cause an allergic reaction. I was pulling the stalks off the mushrooms I've been air drying, and my nose started running. My nasal membranes were sore for quite a while. I don't think I'm going to air dry again.

7. An alternative to air drying is to use a food dehydrator. If I weren't able to take the tincture - if I had an allergy to alcohol for example - I might consider this route.

8. I started on a new mushroom from the freezer this week. I took a piece the same size that I had from the previous mushroom, but became very clumsy. I think that the new mushroom has more active ingredient. I've been taking smaller pieces since, and everything has been fine again.

9. All things considered, I think I will clean, chop and tincturise the mushrooms right away from now on. As well as avoiding drying allergy, it will also make the strength easier to determine, by averaging out the strength of all the mushrooms in the vodka.

10. It's best to shake the jar with the mushrooms in before adding the vodka. This helps them settle, and you can fit more mushrooms in the jar.
I've been taking very small amounts of fly agaric tincture to treat my Lyme disease for two weeks now. For this update I'm going to list my individual symptoms and explain how the mushroom has affected each one.

**1. Exhaustion/Chronic Fatigue** - Before I started taking the mushroom, it was extremely difficult to do anything but lie around without the slightest energy to do anything. It would take the hugest effort of will to do the slightest thing.

This changed within half an hour of taking the mushroom for the first time, and has improved ever since. I've been so lively the last two weeks, and am up and doing something almost before I've thought about it. This turnaround seems to me, and those that know me, nothing short of miraculous.

**2. Cognition** - Before starting on the mushroom, my cognition had deteriorated to such a degree that I couldn't get my head round anything. If I had to do something, or think about something, that required more than one step, I couldn't do it. I couldn't string my thoughts together to write anything. I couldn't compare or summarise anything. My IQ must have dropped a huge number of points.

Since taking the mushroom, this is the other major area that has seemed miraculous. The difference is huge, and my cognition is still improving. I've been able to pick up my work developing mobile phone apps, which I'd had to give up several months ago because my brain simply wasn't working. I can keep up with conversations again. I'm able to formulate my thoughts enough to write this blog.

**3. Memory** - Prior to the mushrooms, my memory was shot. This is related to cognition, above, and together they make up the majority of the "dementia-like symptoms" that you get with Lyme disease.

It seems that some medication aimed at treating dementia uses the same mechanism as the fly agaric tincture, for example:

Piracetam improves the function of the neurotransmitter acetylcholine via muscarinic cholinergic (ACh) receptors which are implicated in memory processes. (from Wikipedia)

Needless to say, my memory is greatly improved now. I no longer have to carry a list round with me detailing anything that I'd need to do that day (assuming I'd remember to write it down in the first place, not lose the list, or forget the list even existed). I'm almost able to take my memory for granted again.
4. **Loss of Control** - The other main "dementia-like" symptom is very creepy, and involves seemingly losing autonomic control over your actions, and doing and saying things you really didn't intend to. I haven't lost control and done or said anything inappropriate since I started on the mushrooms. This was the main reason I had stopped socialising (as well as the chronic fatigue), as I was terrified I would say something that offended someone, and this did happen a couple of times. It's such a relief to be free of this.

![Fly agaric mushroom](image.png)

5. **Stamina** - Prior to the mushroom, I could do little chores like housework for five or ten minutes at a time, then would need to rest for at least five or ten minutes. My muscle and tendon trouble would mean that I couldn't be on my feet for very long anyway. Yesterday I walked for around five miles, with barely a rest. This is far and away the furthest I've walked in four and a half years, since my life fell apart with what turned out to be Lyme disease. I was tired afterwards, but managed to watch a football match on TV and then cook and eat a roast pork dinner before dropping off for an hour's nap.

It's probable that fly agaric is the Viking berserker mushroom that would give them such amazing stamina, so it's not surprising that it does improve stamina. I'm really getting a full day every day now.

6. **Pain** - An old injury in my neck, back and shoulder had caused me to need pain relief every day. This injury seems to have been colonised by the borrelia bacteria, as they can use your own collagen to build citadels for themselves in areas that are low in movement or oxygen. This is why with Lyme disease it's so important to keep moving and stretching your muscles, even if you're just lying there. Although I do still have low levels of pain and discomfort, I no longer require any pain relief at all.

7. **Muscle ache** - When exerting my muscles in any way, such as climbing the stairs, they would ache quite terribly. I still get this to some degree, but it is improved and improving.
8. **Tendinitis** - It was tendinitis in my ankles that started this health nightmare that eventually turned out to be Lyme disease. After two years of only being able to walk a few steps, this did improve with deep tissue massage, but was still a great limiter in what I’ve been able to do. The tendinitis would flare up, mostly in my ankles and knees, just about every month, when the bacteria have their monthly bloom. A bad flare would take weeks to get better. I had tendinitis in my ankles all summer this year, and could barely do anything. With all the extra exercise I’ve been getting since starting on the mushroom, I had a flare of tendinitis at the back of my knees last week. I expected it to last a few weeks as usual, but it was gone within a few days on the mushrooms.

9. **Hypocapnia/Hypocapnoea** (low carbon dioxide, causing nausea, dizziness, seizure, muscle spasm) - I’m not sure whether the mushroom is just improving the symptoms of this, or whether it’s addressing my low carbon dioxide levels. I haven’t had as much dizziness and muscle spasm, I’ve had no nausea, and it’s much more rarely that I realise I’m not breathing.

10. **Cold** - My body does seem able to regulate its heat better. I’m sure the increase in activity must help with this. My temperature has been 35-36°C before the mushrooms, but often at 37°C since.

11. **Insomnia** - I haven’t had any episodes of insomnia over the last week, though I did have a couple the week before.

12. **Tinnitus** - The tinnitus was very variable before starting on the mushrooms, so it’s hard to say whether this has been affected. It hasn’t been bad over the last week though.

13. **Tourettes-like moments** - When I remember something embarrassing I’ve said or done, a strange uncontrollable noise will erupt from me. I understand this is also related to Lyme disease. I’ve only had it over the last few years, during which the Lyme wrecked my life. I haven’t had this as much over the last couple of weeks, but it does still occur every few days or so.

14. **Stress and worry** - My levels of stress and worry have gone way down since starting the fly agaric. I’m sure this must have a positive effect of many of my other symptoms as well. I honestly can’t think of a time in my life when I’ve felt happier and less worried. The simple joy of being alive, and the beauty and draw of nature, are making my life a living paradise.

15. **Antibiotic Effect?** - I have had something on the sole of my left foot for probably two years now. I’ve been told variously that it’s verrucas and athlete’s foot, and treated it accordingly, but it’s made no difference. Rubbing raw garlic into it would get rid of it briefly, but it always came back. My LLMD (Lyme Literate Medical Doctor) said that she thought it was bacterial. Since I started on the fly agaric a couple of weeks ago, the infection has almost gone.
16. **Sensitivity to Light** - I still have great sensitivity to light, especially when unexpectedly reflected.

I've tried to be as objective in this write-up as possible. I should add, this isn't the first treatment I've tried that I thought would work, so it can't be explained by a placebo effect. I really think I've stumbled onto something of immense value here, something that was once known but has been forgotten, except in some remote areas of Siberia.

I'm only two weeks into this experiment, so it's possible of course that difficulties may yet arise, but after two weeks, small pieces of fly agaric are having a seemingly miraculous effect on almost all my symptoms.

Photos on this post are from sxc.hu, a free photo site (except for the foot rot).

**comments 1**

**dace2 December 2011 at 05:51**
I appreciate reading such positive things about this mushroom!!! This has always been my Mum’s favorite mushroom. Not to take medicinally but have a creative fascination with. She learned a great respect for it at an early age. She comes from a rural part of Latvia where the mushroom is known and used by native healers. She spent a great deal of time with a grandmother who was such a healer. They gathered such mushrooms but she doesn't recall exactly what it's use was. She knows it was greatly respected, which is partly where her own fascination began. Thank you so much for sharing your experience!

**Sam Malone 3 December 2011 at 05:01**
Dace, thanks so much for letting us know! I think I'd very much like to travel where healers are using fly agaric. It’s wonderful to know that this knowledge lives on in some places. Full respect to rural Latvia x

**mb 4 January 2012 at 18:10**
Hello all - I have been taking tiny bits of the dry mushroom (say 1/4 " square sz, or a bit more for only four days. I hesitate to post so early, but indeed both me and my husband feel a slight shift in attitude. For the better! Slight mood enhancement and clarity - more positive. We have had much reason for situational depression for several years now - so this change is phenomenal for us both. I think of the literature I read about "elder folk" using the fly agaric in some cultures. Would heed the warning of Henrietta’s herb page - esp. if taking antibiotics - Agaric is very hard on the liver. Take good care!! MB

**Sam Malone 5 January 2012 at 03:06**
mb - that's fantastic! Long may it continue! Thanks for letting us know, and do keep us posted on how it goes.

**Anon 21 April 2013 at 23:20**
That foot problem looks like dyshidrosis. My mom has it.

**Sam Malone 22 April 2013 at 02:59**
Many thanks for this! I still have the infection so I’ll see what I can do. Thanks for taking the time to let me know - I really appreciate it.
Finishing the Tincture

Saturday, 3 December 2011


1. The chopped mushrooms have been soaking in vodka for 10-14 days now, so it’s time to strain them and complete the tincture. The colour in the jar doesn’t really show here, but it’s a beautiful golden red.

It’s been sitting in the sun for this time, as this is the advice for most tinctures, but it may well be that it would be better in the dark. I really don’t know. The liquid is really clear though and smells good too.

2. The contents of the jar need straining first. I’ve borrowed my boyfriend’s muslin cloth that he uses for wine making, but an old pair of tights would probably work just as well.

I’ve just left this to strain for an hour. I’m not sure whether to squeeze the mushrooms and get every last little drip out of them. I just let them drain with the first couple of batches, then put the mushrooms in the composter. But now the harvesting season’s at an end and there’s a finite supply, I’ve given these ones a good squeeze.
I’m going to save the squeezed mushrooms to try and cultivate the mycelium. More on that in a later post, fingers crossed!

3. I then run the liquid through a coffee filter. As you can see in the image of the completed jar (below), there is some white stuff that accumulates at the top of the jar. I think that this is the mushroom spore, which is definitely white, and small enough to get through the coffee filter.

The liquid itself is a gorgeous reddish golden amber colour.

Mushroom spore shell is made of the hardest yet lightest natural substance we know of. People such as Terence McKenna have posited that it’s light enough for the spore to be blown anywhere on the planet, even into the upper atmosphere.

It is then hard enough to survive being sucked through the atmosphere and can be blown across the empty vast distances of space, perhaps eventually being sucked into another planet’s gravitational pull, and forming a new colony in an alien land.
4. The tincture is then decanted into bottles. It's a good idea to label these to show what they contain, and with a warning that the contents are poisonous (if taken in excess).

I bought some stickers from eBay for this, some nice shiny fly agarics to show the contents, and some skulls to warn poison. The skulls however are from Nightmare Before Christmas, and look unbelievably cute. Best to keep out of reach of children. And teenagers.

comments 2

Simpler Thomas 31 December 2011 at 16:40
Hey nice post! I discovered Fly Agaric about three years ago, and have been experimenting with it ever since. I have been taking subliminal amounts almost daily (dried stem pieces mostly) as well as occasionally cooking with it (smallish amount in an omelette in the morning) and eating larger amounts of the dried mushroom. This year I ate a small piece (size of a fingernail) while out mushie hunting. I didn't read your whole post and I am wondering if you tincture fresh or dry? The effect will vary in each case. Generally dried or cooked mushrooms are preferred over fresh (not just for the F. Agaric, but most mushrooms in general). This mushroom, although it has a reputation as a poison (mostly based on ignorance and fear, I'm afraid) which it doesn't actually live up to. It IS poisonous to smaller animals, like insects, and seems to have antibiotic properties as well (I use it as a general antibiotic in the winter to keep healthy, always alternating with probiotics of course). The only people who have ever died or gotten deadly sick from this mushrooms are those who have eaten an absurd amount of fresh mushroom deliberately (suicide attempts?). It will make you throw up if you eat an amount of fresh ones, but alot of mushrooms act this way... My personal opinion is that this was probably the first antibiotic medicine used by humans. It is easy to find, hard to miss, and impossible to confuse with another mushroom! I would even risk saying that it may be a good antibiotic for actually killing the life-form which causes lymes disease... Why take expensive anti-biotics when you can go out into the forest and gather turkey tail and amanita musc.? It's just a thought... Glad that you are doing research on this wonderful medicinal mushroom! I'll read the rest of your blog when I have more time! Cheers!
Sam Malone 4 January 2012 at 04:25
Thanks for your comment. I'd be interested to hear more about your experiences. I experimented with making the tincture out of both dried and fresh mushrooms. I had a steep learning curve, and initially thought that it would be the muscimol I was using, so dried the mushrooms to ensure as much ibotenic acid as possible was converted to muscimol. It now seems it's the muscarine that's really helping, though the other chemicals are probably helping, and, as you say, the antibiotic properties. I've read that fly agaric have antibacterial, antiviral, antiparasitic and antifungal properties as well. It also makes a good plug-in immune system for oak. I'm really hoping it'll protect them against the apparently bacterial acute oak decline. From now on I'll make the tincture with fresh mushrooms, including the stems. It seems to taste a lot better with fresh mushrooms (especially when using green apple vodka for the tincture). Great to find someone doing something so similar! Best wishes, Sam

Sam Malone 4 January 2012 at 04:25
Hi Sam,
Thanks for your interesting blog. I came upon it through a link from your post in the Telegraph online regarding Dr Sarah McKenzie Ross' research about organophosphates exposure, which I'd googled, having just heard her on Radio 4 today.
I was interested because my partner has recently been diagnosed with Primary Progressive Multiple Sclerosis, (which, as you may know, is an auto-immune disease affecting the myelin sheath, which insulates the nerves and helps in the transmission of nerve impulses between the brain and body) or at least, that's what the neurologists think it is. He is, or was, a farmer, all his life from a long line of farmers, so very likely has used these chemicals. MS is, of course, not the same as Lyme Disease but some of his symptoms appear to be similar to those caused, apparently by OP exposure, but also to those of Lyme Disease, (and probably to lots of others) though he is now severely disabled, barely able to walk, slow speech, constantly dizzy, fatigued, suffers tremours, memory problems, etc etc and is literally half the man he was as his muscles have deteriorated. There is, so far, no cure for MS, and he hasn't been offered any treatment, although there are treatments but only for the less severe types and not cures but merely to slow the progression.
The point of my post here - and I apologise for being long-winded - I realise the causes may differ, and while I'm not suggesting Fly Agaric could necessarily help him, but I was wondering if, along your research trail, you had ever come across anything covering MS, or rather, anyone using 'alternative' methods for treating the symptoms, as you are with Lyme and Fly Agaric. While I am no scientist I don't believe anything without hard evidence, but I do believe these old remedies are often dismissed in modern times (at least, in the West) and deserve more respect and credence considering their efficacy has been 'field-trialed' over thousands of years, and indeed, currently, by yourself. I am also a cynic, however, and I certainly do believe the likes of Pfizer, Bayer and Monsanto are unlikely to support my beliefs, at least not without slapping on a patent, any time soon.
Warm Regards
Sue Phipps

Sam Malone 14 December 2012 at 09:40
Hi Sue and so sorry to hear about your husband.
Actually in Siberia (and possibly further afield) they use fly agaric to treat MS! MS and Lyme are so similar, to the extent that a large number of people diagnosed with MS later find out that they actually have Lyme. I’ll happily send you some fly agaric to try. It’s probably easier to email me at crowcity@gmail.com
Have you heard about Dr Wheldon’s explorations and experiments when his wife was diagnosed with MS? http://www.davidwheldon.co.uk/ms-treatment1.html
Updates on her progress are here: http://www.davidwheldon.co.uk/updates.html
Best wishes,
Sam
Week Three Summary (Getting the Dosage Right)

Sunday, 4 December 2011


Week 3 has been good. I’ve continued to be active both physically and mentally, and have had no insomnia. In fact my confidence has been such that I’ve broken a little from the no alcohol, no dairy and no gluten diet I’ve been on since February.

The only trouble I’ve had is getting the tincture dosage right, and this has definitely affected my perception here and there.

The fly agaric tincture has matured now, after sitting in the sun for 10-14 days covered in vodka. So this week I stopped eating small pieces of frozen cooked mushroom and started on the tincture. The changeover hasn’t been as easy as I’d expected. The tincture is much stronger than I thought.

I’m currently taking various other tinctures to help with the symptoms and cause of Lyme disease - Banderol, Cumanda, Milk Thistle, St John’s Wort and Sarsparilla. I’m also on a month-long anti-parasitic regime of tinctures of Wormwood, Clove and Black Walnut Hull. The dosage for these tinctures is generally around 10 drops 3 times a day, so I decided to start with that amount of fly agaric. That proved to be a mistake.

I was taking way too much fly agaric tincture. I was actually getting some of the effects typical of "vision questing" with it, without intending to. I didn’t realise this, as the overall effect can be quite similar to Lyme symptoms (drowsiness, blurry vision, a sense of timelessness, distancing or separateness from what is
generally considered to be reality, a lack of insight into some things, a little macropsia/micropsia - things becoming big or small).

I've never taken fly agaric for any purpose other than in these very small quantities for treating the Lyme symptoms these last few weeks, so I didn't know what it would be like to take it in larger quantities. It wasn't scary or anything (it removes fear anyway, one of the reasons why warriors such as berserkers would go into battle on small amounts!), but it must have altered my perceptions to some degree, as I simply wasn't aware that I was taking too much.

In other words, I don't think you can rely on your perception to get the dosage right. I think it's better to go with the numbers, and keep the dosage really small. Just enough to oil the processes of thought, memory and movement. Like oiling a squeaky door or a machine with moving parts, just a drop here and there.

A gentleman on the Lyme forum I frequent is also taking fly agaric tincture for Lyme, given him by a qualified herbalist. He has been on the tincture for a few weeks now, and has found that 2 drops 3 times a day works best for him. I'm going to follow his advice this week, and stick to that. I've also decided to take one day off from it a week. To this end I took none today, and had plenty of energy and felt bright mentally all day.
Tradition of Using Fly Agaric Medicinally

Monday, 5 December 2011


Here are the only mentions I've been able to find on the net of using fly agaric in small medicinal doses. Mind, Google would have only returned sites written in English. If you are aware of any others, please add them in comments.

The Koryaks use this mushroom in a variety of ways, including administering it to their old people to insure their sleep at night and their energy during the day. Tatiana, the Even shaman, uses this mushroom externally as a poultice to treat patient wounds, as an anti-inflammatory and analgesic, and internally (by herself) as a device to allow her to visit the spirit world to seek, for example, the cure for an illness (physical, mental, or spiritual), or the place where a successful hunt could occur.

The fly-agaric mushroom is gathered by the young and middle-aged Koryaks in the summer and early fall and dried for use during the winter months primarily by the elderly.

from nemf.org

Three small fresh pieces of mukhomor good for sore throat and cancer. Preparation for arthritis: Place several young A. Muscaria into an airtight container. Put container into a cool dark place (like a basement) until liquid comes out of mushrooms. Take a mushroom in hand, squeeze out moisture and place the pulp on arthritis. Bandage overnight. Mushroom body can be replaced in liquid and will last a long time.

from erowid.org

Sometimes dried mushrooms were soaked in distilled Bilberry juice - obviously a fairly modern method since distillation only arrived in Siberia in the 1500. Occasionally they were mixed with the juice of Willow-Herb. No research is known to have investigated the possible synergistic action of this combination. Medicinally it was used for 'psychophysical fatigue' and for bites of venomous snakes (Saar, 1991). It was also applied externally to treat joint ailments (Moskalenko, 1987). In Afghanistan a fly agaric smoking mixture known as tshashm baskon ('eye opener') is used for psychosis (Mochtar & Geerken, 1979). In Western medicine Fly Agaric serves as a well known homeopathic remedy, used for tics, epilepsy and depression, and in conjunction with homeopathic Mandrake tincture, is used to treat Parkinson disease (Villers & Thümen 1893, Waldschmidt 1992).

from sacredearth.com

Amanita muscaria has an alternative health application, giving its inclusion into the magical mushrooms arena of interest. Fly agaric remains closely linked with the neurological functioning of the human body in alternative medicine. Amanita muscaria as a mushroom has uses in treating varying nervous disorders. These disorders originate within a neurological capacity and include such illnesses as dementia, continual dizziness, and Parkinson’s disease. Other uses for this magical mushroom as an alternative medicine has enabled sufferers from nervous tics, depression and epilepsy to feel significant less adverse symptoms with the use of the fly agaric as a medicine.. The mushroom primarily focuses on cerebral treatments. This revels the mushroom has a chemical ability to effect a persons neurotic state of wellbeing.

from HubPages.com

It is given in homeopathic doses against scabies and psoriasis. Used only in homeopathic doses (Agaricus muscarius) for neurological problems characterized by involuntary movements.

from medical-explorer.com
* Chronic fatigue and ageing *
Fly agaric is still used in Siberia and Russia especially by elder people to reduce fatigue, to give more strength and to raise the spirit. They mostly make a tea, boiling either dried or fresh cap of mushroom in water for some time. They add honey to the tea and drink it by small portions. It is also considered that Amanita muscaria heal illnesses, connected with aging - sclerosis, insomnia, angiospasm etc.

* Tumor, low immunity and skin diseases *
Some people believe that fly agaric has antitumor and immunostimulating properties. For these purposes it can be used both inward and outwardly. Besides making a tea, Russian people also make an extract, infusing fresh cups with alcohol. They take it inward in 0.5-1 teaspoon daily, as well as apply on skin to heal eczema, swellings, allergic dermatitis and other skin diseases.

* Rheumatism and joints diseases *
People believe that applying a compress with fly agaric extract helps to relieve a pain in bones and joints.
from helium.com

It's 2-3 drops of tincture on the spine, when sciatica hits. Relief is pretty much instant.
from henriette's herbal

In case of psychophysical fatigue the fungus was administered internally (see M. Saar, 1990). Intoxication by viper bite called for its external application.
from Fungi in Khanti Folk Medicine

Following the prescription of Fly Agaric almost all of the patients exhibited increased motivation, improved mood and improved mental and physical well-being. Here again it is the doseage that determines that something is not a poison.
from clanpheryllt

Looking beyond the net for information, perhaps we can turn to the less rational archive of myth and fairy tales. It's possible that knowledge has been encoded in these.

For example, I recently found out that a folk name for fly agaric is "raven's bread". And who are the only two ravens that most people could name? Huginn and Muninn, literally Thought and Memory, who sat on Odin's shoulders and whispered in his ears when he needed to know something.

This struck me as being perhaps more than coincidence, since improving thought and memory are two of the main benefits of eating raven's bread in small raven-like quantities, medicinally.
Of course, for legal and safety reasons I can’t recommend anyone try taking fly agaric tincture, especially without medical supervision. But if someone were to decide to try taking small amounts of fly agaric tincture to see if it might help alleviate symptoms of Lyme disease such as dementia and chronic fatigue, my advice would run something like this...

### The Tincture

- The tincture is really strong. It will affect you in ways that other tinctures don’t.
- Taking a higher dose of the tincture won’t do you more good, or make you feel better than small doses. Small doses work best.
- If you have physical pain somewhere, you can rub a few drops into the skin where the pain is (back etc). I’m not sure whether you should include these drops in your daily total. It’s possible that active chemicals are absorbed through the skin.
- You may notice something white floating in the tincture. I think it’s the mushroom spore, which is so tiny it gets through the coffee filter. It won’t do you any harm. It can’t grow inside you.

### Taking the Tincture

- Take 1-3 drops 3 times a day (early morning, late morning, late afternoon). Probably best to start with 1 drop first day, 2 drops second day etc. Be really careful about going higher than 3 drops at a time. Even
3 may be too many for some people.

- Take the drops under your tongue or in a cup of tea or however you like.
- You can manage your energy levels by overlapping the times when you take the drops.
- Take a day off the drops a week. This way you can still monitor your symptoms. The tincture may alleviate your symptoms, but the infection is still there in the background. Even if you're feeling much better, you still need to address the underlying infection.

**Results of Taking the Tincture**

- The effects of the drops last 4-6 hours, although some benefits do seem to go over to the next day.
- You may suddenly find you have huge amounts of mental and physical energy for the first time in years. Be careful to pace yourself and remember to stop and stretch regularly.
- If you take much more than 3 drops at a time, you may "trip" a bit. These effects are likely to be sleepiness, mild euphoria, blurred vision and micropsia/macropsia (things suddenly seeming much bigger or smaller than they actually are). You may not notice that this is happening to you, as your insight may also be affected. Ask someone to keep an eye on you, or put up signs to remind yourself that this may happen. You are best just keeping to very small doses. Larger ones won't give a greater benefit.

**Safety**

- The dose may be quite particular to each individual. Whilst you're working out the right dose for you, don't drive or operate machinery.
- Treat your bottle of fly agaric tincture as poison. Label it accordingly and keep out of reach of children. And curious teenagers!
- As with any psycho-active substance, there's a very small chance of psychosis from taking the fly agaric tincture. If this happens, stop taking the tincture and everything should go back to normal. If it doesn't, tell a medical professional that you have been taking fly agaric tincture to stimulate your muscarinic receptors because of your Lyme disease. They will give you something to counteract this.
- Take milk thistle in some form. This is the antidote to fly agaric tincture and will help protect your liver. The tincture will still work just as well.

**comments 3**

*mb* 25 December 2011 at 11:12
Happy Holidays. I have purchased some caps.
What proportion of alcohol to mushroom did you use for your tincture? Or did you just pour until rooms were covered. I looked at Henrietta’s - but would like to hear from you as you are having success.

*Sam Malone* 29 December 2011 at 10:18
Hi mb
Are your caps dried? If so I’d probably rehydrate them before adding the alcohol. Chop and add a little water and wait until they're rehydrated. I've never tried this but am thinking of doing it with some of the ones I dried, so let me know how it goes!
Yes I just covered the mushrooms with alcohol. I read somewhere that you need to use 36-40% alcohol, nothing stronger.
I found that it's best to chop into smallish pieces (about half an inch or 2cm square), put into a jar, shake the jar then cover with alcohol.
Leave for 7-10 days then strain through muslin if you've lots of mushrooms, or just a coffee filter if you don't have so many. I'd always strain through a coffee filter after the muslin. The spore will still get through though, and rise to the surface if left overnight.
Let us know how it goes!
Best wishes,
Sam
How Fly Agaric Tincture is Used in Germany (Possibly)

Saturday, 10 December 2011


Here is a list of how fly agaric tincture is possibly used in Germany, according to herbalterra.com and Google Translate. Some crazy mistranslations may have occurred but I’ve just left them in. It’s also possible that it’s just homeopathic doses they’re talking about. Please say if you can clarify any of this.

[some changes to this translation in this edition on psilosophy:

- constipation with it extremely difficult to discharge from a chair - constipation with extremely difficult discharging of a stool
- dizenteriepodobny diarrhea - dysentery-like diarrhea
- skin, eczema - skin eczema
- a feeling of power - a feeling of currents
- strong napiranie at the bottom - strong pressing at the bottom
- irritating bleach the skin - irritating blanching/whitening of the skin
- Qatar file - cataract
- iperemiyu - hyperaemia]

- Communicative disorders of the spinal cord, epilepsy, chorea, tics, alcohol, alcoholic delirium, psychosis in infectious disease with a strong movement, walking, depression, dull headache in the forehead, an exciting area of the nasal bone, unilateral headache, feeling of icy cold in the head, the high sensitivity of the scalp, dizziness, inappropriate behavior with a laugh, increased tone in his voice, singing, and the desire to mate, delusional speech cuddle with a reluctance to answer questions, seizures of different origin, paralysis, multiple sclerosis;
- Angina with stinging and burning pain in my heart, just in the left arm, palpitations, cardiac arrhythmias, the white-finger tips of the ears and nose, followed by hyperemia, angioneurosis limbs;
- Increased flow of saliva, bitter saliva, ulceration of the mucous membranes of the mouth, tongue, toothache, bad breath, attacks of a strong hunger, especially in the evening hours, burping air and food, nausea, vomiting immediately after eating, weight and crampy abdominal pain, bloating abdominal gas
with a garlic smell, constipation with extremely difficult discharging of a stool, dysentery-like diarrhea, especially in children, burning in the anus, scanty urine mixed with thick mucus, fever;

- Itching and irritation in the nose, sneezing, using a liquid discharge from the nose, an increased sense of smell, nosebleeds;

- Cramping painful cough, especially if the patient is nervous or just fall asleep with little expectoration, hemoptysis, briefly, shortness of breath with the need to take a deep breath, sweating in the chest at night, laryngotraechitis, to take pulmonary tuberculosis. Diabetes. Outside the tumor, running sores, tuberculosis, skin eczema, atopic dermatitis, diathesis. Redness, swelling, burning, itching of the skin, very itchy skin rashes millet, redness and cracks on the lips, blisters on the upper lip;

- The feeling of fatigue in the neck, back, especially when sitting or lying down, pain in the back muscles, universal joint damage: the left arm and right leg and vice versa, the crackling of the joints, rheumatism, lumbago, sciatica, low energy, mental and physical fatigue, feeling of weakness in the limbs, while sufficient strength in them, trembling limbs, cramps in large fingers, numbness, a feeling of currents, ice needles, crawling, burning, increased sensitivity to cold in the extremities, painful cold;

- Increased libido with flaccidity of the penis, weakness and sweating after having sex, impotence, premature, painful menstruation with sensation of uterine prolapse, a strong pressing at the bottom, irritating blanching/whitening of the skin, sexual arousal, itching and burning sensation in the breast nipple, genital itching and irritation, painful menstruation, heavy climax;

- Diseases of the eye, vitreous opacities and lens, black flies before his eyes, itching, burning, lower vision, increased sensitivity at the touch of age, blepharospasm (spasmodic contraction of the eyelids), blepharitis (inflammation of the eyelid), conjunctivitis, myopia (nearsightedness), diplopia (double vision), twitching of the eyelids and eyeballs, asthenopia (eye fatigue sets in quickly during the visual work), cataract;

- Pain in the ears, sharp pain along the Eustachian tube, hyperaemia and swelling of the ears, as if perfrigiration, itchy ears.
Week Four Summary

Monday, 12 December 2011

I’ve now been taking very small amounts of fly agaric mushroom daily for four weeks, in an experiment to see if and how it might relieve some of the symptoms of my chronic Lyme disease (neuroborreliosis). This post will summarise the whole first month, as well as Week Four.

The first two weeks I was eating small pieces of frozen mushroom, around the size of my last little finger bone. Once the tincture was ready I moved over to that, finally settling on a dose of 1-3 drops 3 times a day. This is usually 3 drops when I get up, 3 drops late morning and 3 more drops late afternoon.

The mushroom has had an amazing effect on me over the last month. My chronic fatigue, poor cognition and dementia are so much improved, I really feel like myself again. I can walk for miles, read and evaluate what I’ve read, keep up with conversations and enjoy being with people again. It really has been nothing short of miraculous.

Even during Week Four, my physical and mental faculties have continued to improve. I’m now reading five books at a time, devouring the information contained within them, remembering every word. A month ago I couldn't read at all, as I didn't have the cognition to figure out what was being said, or the memory to build meaning. Yesterday I ran for a few hundred yards. During most of the summer I couldn't walk even 50 metres.

Before I became disabled and my life fell apart (four and a half years ago), I worked as a computing lecturer. For the first time since then, I feel I’m not far off being able to lecture again. In the last couple of weeks I’ve picked up my work developing mobile phone apps, which I’d had to stop in early summer, as my brain just wasn’t functioning.

There is no mystery to how this works. As I understand it (albeit perhaps incorrectly) the borrelia bacteria produce neurotoxins that congregate in the brain stem. There they block signals in the acetylcholine receptors, causing symptoms such as chronic fatigue and dementia. The muscarine in the fly agaric enables the signals to get across, overcoming the blocking effect of the neurotoxins. Hey presto, you can think, walk and live again.

I’m not claiming that fly agaric is a cure for Lyme disease or any other condition. But it certainly seems to have huge value in treating the worst symptoms. I’ve read that it also has anti-microbial properties, so perhaps using it longterm might reveal further benefits. Right now, you would have to prise it out of my cold dead hands to get it off me.

Yesterday I started on heavy duty antibiotics, which seems to be the only treatment that can seriously reduce the amount of borrelia bacteria infesting someone with Lyme disease. I shall continue to take the fly agaric though, to counteract the worst symptoms, and see what it can do. If I do stop taking it for a day, I do start to go back to being a zombie again. The plan is to have one day off a week though, to monitor remaining Lyme symptoms without the influence of the fly agaric.
Week Five Summary: Starting Antibiotics

Tuesday, 20 December 2011

I was finally diagnosed with neuroborreliosis (late stage Lyme disease) a few weeks ago, after at least sixteen years of infection, and four and a half years of total debilitation. I was prescribed strong antibiotics (500mg of cefuroxime twice a day), which I finally started taking last week. I’d held off from taking them in order to figure the right fly agaric tincture dosage, but it seems now that this is much more variable than I had realised.

It took a few days of the antibiotics before I realised that I was mentally and physically deteriorating. Unfortunately with Lyme disease, insight often goes out of the window. There have been times when I’ve declared how much better I’m feeling, only to find out later that I’d just temporarily lost what little insight I do have. So much of Lyme disease is trying to cope with a substantially diminished mental and physical arsenal. You can have all the will in the world though, and it doesn't make a huge amount of difference. It really is like a fairytale enchantment.

The antibiotics kill off more borrelia bacteria, which creates more neurotoxins, which find their way to your brain and clog up the neurones in the brain stem. This is what leads to symptoms such as chronic fatigue and dementia.

By the weekend I decided to try 3 drops of the fly agaric tincture in every cup of tea I drank. Not very scientific, but easy to remember. It really helped. I got some good exercise both days, and was able to cope with everything I had to do.

Yesterday I went back to 3 drops times a day, and was so exhausted by the evening that I pretty much couldn’t even think. A good night’s sleep though, and I’m feeling better again this morning. I’ll stick to 3 drops in every cup of tea for a while, especially with Christmas and the extra energy needed for that.

I did manage to publish an app for the first time since about March, when I started treating the Lyme disease, and the neurotoxins must have started really building up. So I’m incredibly grateful to the fly agaric for giving me this level of improvement.

It’s scary being back in the dusty void of Lyme disease dementia. It took some courage to start on the antibiotics, as I knew that there was a chance everything would go foggy and I’d end up a zombie again. When I first took antibiotics for the Lyme, back in February/March when I presented with an erythema migrans rash, the dementia hit me like a cattle stun gun, and hasn’t really cleared since. At least with the fly agaric tincture, I stand a chance of bringing myself out of it to some degree by increasing the dose.

On the forum I frequent, some people are doing essentially the same thing with nicotine patches. Nicotine acts
the same way as the muscarine in the fly agaric, stimulating the acetylcholine receptors in the brain stem so that messages can get through. It seems that with that also, dosage is a very individual thing.

The image in this post is of the borrelia bacteria, borrowed from textbook of bacteriology.

**Week Seven Summary: External Application of the Tincture**

*Thursday, 5 January 2012*

I unfortunately missed the Week Six Summary, due to Christmas and a killer migraine that took the better part of a week to clear. I eased up my militant no alcohol, no dairy, no gluten diet in the run-up to Christmas. I’ve a lot to celebrate this year (found out what had wrecked my life, found a doctor to treat it, despite the usual nightmares with the NHS and Lyme), and felt like cutting loose a bit. Plus I’ve felt like death for most of the year, so feeling substantially better on the mushrooms, I thought I’d celebrate that too. My boils and impetigo all came back, but have largely gone now since giving up the dairy, alcohol and gluten again.
I’m actually halfway through Week Eight now, and settling into a good routine. Since the amount of fly agaric required seems to vary so much, probably due to the varying amount of bacteria and neurotoxins, I’ve changed my attitude to dosage. Instead of trying to find my perfect dosage, I now just take three drops under the tongue when I feel my cognition waning, which is generally every couple of hours.

I’ve had a lot more bacteria die-off, due to being on antibiotics now, and also freeing up the areas in my jaw/neck/shoulder/back/pelvis that are stuck together with what I believe are borrelia colonies. They crack and crunch and spike you like crazy, but bit by bit become softer and more free. Sometimes there’s a big movement, and suddenly I can move a part of my body again. I actually wiggle when I walk again now, instead of moving like a robot.

As well as stretching, movement, deep tissue massage and ultrasound, I’ve now found something else that really helps the pain and discomfort in areas colonised by the borrelia bacteria ... the external application of fly agaric tincture!

I’ve a lot to say about both migraine and general external application of the tincture, so I’ll break this post up into one covering migraine, and another covering external application of fly agaric tincture for sciatica and similar pain.

I should add, my experiences on fly agaric tincture may be closely related to the species of borrelia I have. According to a Melisa LTT test, I am infected with *Borrelia afzelii* and *Borrelia garinii*. Afzelii tends to affect the nervous system the most, and garinii tends to favour connective tissue, especially tendons.
Migraine and Fly Agaric Tincture

Thursday, 5 January 2012

I was plagued with migraines during the time when I was completely disabled with tendon trouble, but had no idea that it was late stage Lyme that was the cause. The migraines would generally appear the day after I’d had a session stretching my neck. Again, I didn’t realise it at the time, but the borrelia bacteria had colonised my neck, and the stretching and manipulation were breaking some of these colonies up, releasing large numbers of bacteria or associated neurotoxin detritus. I assume it was this that caused the migraines.

I did a whole diet exclusion course to be sure that it wasn’t anything I was eating that was causing the migraines. I excluded everything that had ever been believed to have even only possibly caused a migraine, yet the migraines continued. They would be worse if I hadn’t had one for a while, but not so bad if they were more regular. They would be preceded by the aura of lights in the eye, and continue for three days as a general rule. During this time I wouldn’t be able to read, watch TV, listen to the radio or music, have the curtains open or anything. Just lie in the dark.

A large area in my shoulder became free in the early hours of Boxing Day, and I think this was the cause of the massive migraine that started several hours later. At least it gave me an opportunity to try the fly agaric tincture on a migraine. Since the muscarine in the tincture affects the central nervous system, I was confident that I might get some relief.

I rubbed fly agaric tincture into my head and neck and did experience a great deal of relief from the pain of the headache and stiff neck. I was able to sleep through the worst of it, which is rarely the case for me. The migraine itself (it’s a neurological thing, not just a headache) dragged on for nearly a week though. I went for a country walk but had difficulty with hypocapnoea (lack of carbon dioxide), which according to my LLMD is also due to borrelia neurotoxins in my brain stem.

In short I’d definitely recommend trying fly agaric tincture for the pain of migraine, though it didn’t seem to lessen the duration any.

I took the image in this post from anthonypeake.com, where I found an interesting discussion about the aura and migraines in general.
External Use of Fly Agaric Tincture on Sciatica, Back Pain etc

Thursday, 5 January 2012

When I first started investigating the medicinal use of fly agaric tincture, pretty much the only information I could find was on the external application of it to treat sciatica etc, on Henriette’s Herbal:

How to use this then? It’s 2-3 drops of tincture on the spine, when sciatica hits. Relief is pretty much instant.

I expect the tincture relaxes the muscles around the spine, where the hurt comes from, and when those muscles are finally allowed to relax they stop clamping bone all over the pinched nerve, which means the nerve can finally relax and no longer scream to the brain that "this hurts, cramp down on this, fast and hard!". And the pain goes away. Bliss.

I learned this from an old Finnish lady years ago - she came up to tell me about it after a lecture. I’ve told it onwards pretty much every time I remember to, and get very good feedback: "Remember the fly agaric tincture you told us about? Well, we made some in fall, and it helped, and after that the bottle has been in pretty much every house in the village, thanks heaps!". And such.
A friend of mine has been trialling this for as long as I've been on the tincture, seven and a half weeks now. Since she's applying it externally, I was happy there would be no risk for her to give it a go.

Her feedback is extremely positive. She has suffered from backache, diagnosed with scoliosis, for many years, and is in constant pain. The fly agaric tincture has really helped her. One liberal application of the tincture on her back will give her a good six hours of relief at a time.

Spurred on by her success, I've tried applying the tincture onto my painful ear/jaw/neck/shoulder/back/pelvis/rib areas. It's definitely helped with the pain. Furthermore, it's really helping with reclaiming these areas from borrelia colonisation, turning them back from stone (a hard substance, but of course not literally stone) into soft flesh again.

As I understand it, there are muscarinic receptors where the central nervous system meets the muscles, and the muscarine in the fly agaric tincture is acting on these, giving immediate and fairly long-lasting relief. It really is substantially better than ibuprofen gel, deep heat or anything else I've tried. Definitely worth giving it a go if you suffer from sciatica.

comments 4

LOVE_IS_THE_SOLUTION 20 February 2013 at 03:56
hello
came here from ur comment on smart meters with klinghardt. great blog! i want to express gratefulness for ur blog.
i want to hint in the direction of treating chronic lyme. most cheap is the salt and vitamin c treatment, where u intake up to 15 g salt and vitamin c per day. that costs monthly less than $5. but it is to be used for 2y and has severe side effect. but the spirochetes are killed because they are taken the water from. works fine, though i did not try yet.
secondly mms by jim humble shall be tried in my humble opinion (not providing medical advice at all, u know).
what i did try is the use of a combination of detoxing things like the chlorella algae combined with the use of antibiotics called Rizols, which happen to be ozonated oils. they work just fine. klinghardt once said, the dosage of gamma and zeta rizols at a dosage of 60 drops daily each moves things. that would cost around $20-45 a month - but it truely works just fine!
as storl suggests teasle works fine, too. some think it just rids the neurotoxins and does not sufficently treat the lyme. i can just tell that it works for me too.
also there are rife techniques that work fine. rife did blood-electrification. there ought to be working treatments googleable, too.
though we found out about each others through klinghardt, ur suggested to check out the video on hpu from klinghardt, to be found here: http://www.youtube.com/watch?v=9yx-WcBv-oY
feel free to check back in a week or so at my website where i link information about health i find valuable(atm down, next week up again) it is in german language but the video sources are mainly in english language. it is http://www.healthygimmicks.de
love peace
ingo

LOVE_IS_THE_SOLUTION 20 February 2013 at 04:03
I like the idea of connecting. in a world where every information is available for everybody thorugh the world wide web, it is no longer about getting information, it is about connecting the valueable information. thats the main reason i do make a comment like the above. to freely quote klinghardt: u got to detox, detox, detox and on top of that detox as also do alternative antibiotic treatments.
Cheers, man - truely i sense the good idea behind this blog. thank you
love peace
ingo
Borrelia: infecting people since prehistory

Saturday, 7 January 2012

original source: http://flyagarictincture.blogspot.com/2012/01/borrelia-infecting-people-since.html

A few months ago I surmised that what we call Lyme disease must have been endemic in hunter gatherer communities. With much of their time being spent in and around forests, grasslands and moors, people must have been perpetually exposed to ticks. They must also have been exposed to the diseases that ticks carry, including the borrelia bacteria of Lyme disease.

Indeed, it has recently been shown that Otzi the iceman, the 5300 year old Neolithic mummy found in the Alps, was infected with *Borrelia burgdorferi*. I am not aware of any similar tests having been carried out on bog bodies or other mummies yet, but *Borrelia burgdorferi* DNA has been isolated from 13 of 1,036 mite museum samples in the United States (Persing D, Telford Sr, Rys P, Dodge DE, White TJ, Malawista SE, et al. Detection of *Borrelia burgdorferi* DNA in museum specimens of *Ixodes dammini* ticks. Science 1990;249:1420-3). Mites are also known to carry borrelia bacteria, though most human infestation is thought to come from ticks.

It was the belief that our forebears must have somehow learned to cope with borrelia infestation that led me to search for a readily available natural treatment. I had previously read *Wolf Storl's Healing Lyme Disease Naturally*, and, though the teasel tincture didn't work for me, it did help to set me in the right direction. Similarly *MM Drymon's Disguised as the Devil*, or it's much cheaper on Kindle, in which she links the Salem witch trials to Lyme disease. Lyme disease seemed to me to be unavoidable in a society with a close relationship to nature, especially along the edges of woodland.

I was very lucky that the first plant I tried (Amanita muscaria) grows in abundance where I was living at the time, and that it was the growing season (late August to early December) during the time I was looking for a treatment. I cannot imagine life without it now. I have since researched its history and uses, and it does seem that humankind has long enjoyed a close relationship with this plant.

- Amanita muscaria has been posited as the Soma of the Vedic scriptures in *Soma: Divine Mushroom of Immortality* by R. Gordon Wasson.
- It has also been suggested that it lies behind pretty much every religion on the planet, in John Allegro's *The Sacred Mushroom and the Cross*.
- It is even implicated widely in the emergence of Santa Claus and our Christmas celebrations.
- I've just finished reading *Ploughing the Clouds* by Peter Lamborn Wilson, which convincingly searches
Irish myth for encoded references to Amanita muscaria.

Where people do still live a life similar to that of our prehistoric ancestors, for example the pastoral nomads in northern Sweden, Finland and remote areas of Siberia, the ticks that harbour the disease live in abundance, and infestation with borrelia bacteria is endemic. These are the areas where fly agaric is still traditionally used, and not just for shamanic journeying. It is given in small daily amounts to treat physical fatigue, and poor memory and cognition. The elderly receive it as a matter of course. Is it treating the symptoms of chronic Lyme disease? I do believe so.
Fly Agaric Tincture and the Lymphatic System

Thursday, 19 January 2012

I have recently found out that my lymphatic system is almost totally blocked in some areas, and has been for many years. This can happen as a result of a bacterial infestation such as Lyme disease. It can also happen as a result of parasitic infestation, which is not uncommon as a co-infection of Lyme disease. People mostly get infected with Lyme disease by ticks, which are characterised as "nature's dirty needle" because they carry so many vile things.
Edit 2/2/12: I don't know if it's physically possible to have such a blocked lymphatic system. It could be crystallised neurotoxins along the muscles near the lymphatic system. Whatever it is, it's breaking down, and my pain is decreasing as it does so.

Before my LLMD (Lyme Literate Medical Doctor) informed me that I was engaging in lymphatic drainage, I had thought that I was massaging calcified connective tendons or muscles, as they were so solid. Over the last few weeks, I've been rubbing fly agaric tincture onto the skin above these blocked areas of my lymphatic system. I've also been blasting them with a portable ultrasound machine I have, which has really helped, but here we're concerned about the effects, if any, of the fly agaric tincture.

I have noticed that since applying the fly agaric tincture, the hard and sharp stuff in my lymphatic system has been breaking up much more easily. Apparently the lymphatic system is not far under the skin, so the muscarine in the fly agaric tincture should be able to get to it pretty easily.

I don't pretend to understand the mechanisms of any of this, but I have found that:

All five muscarinic subtypes have been detected in human lymphocytes; however, receptor subtype expression appears to vary by individual.

(from Muscarinic Receptors By Allison D. Fryer, Arthur Christopoulos, Neil M. Nathanson, Springer 2012, P408)

The fly agaric tincture will not be enough by itself to normalise the lymphatic system. Supporting treatments include Manual Lymphatic Drainage, self massage, exercise and herbal support.

Edit 17/2/12 - Since writing this post I've seen a lymphatic drainage massage specialist, who has confirmed that my lymphatic system is blocked in places. Even after just one session I've felt incredible benefit. I've had a clear head and not suffered the harsher "dementia symptoms" of neuroborreliosis since that first treatment. I had a lot of lymph build-up at the back of my head, which must have been keeping the neurotoxins in the back of my head, where they caused the dementia-like symptoms and problems with my autonomic nervous system, such as hypocapnia.

Edit 23/1/13 - It now seems likely that the hardness and pain from my lymphatic system may have come about as a result of infestation by a lymphatic nematode or roundworm. These are apparently common even in temperate areas, but aren't normally a problem. When combined with a lack of movement and/or other infection, they can become problematic. I've found ultrasound to be best at breaking down these hard areas, although I always get an increase in neurotoxin symptoms when I do this. Almost constant movement really helps as well, as does keeping warm and hydrated. Cleavers/goose grass/sticky willy is great to help clean out the lymphatics. I'm still not quite done getting rid of it all, but I'm ever closer.

comments 5

mb 23 January 2012 at 10:55
Hello there - Thanks to your investigations and sharing, I have recently experimented with the Amanita myself. My husband and I both have tick born illnesses, varying degrees of suffering, luckily for us - although my husband has suffered for years with brain fog. Eating a little piece of the mushroom has definitely improved our cognitive abilities, and given us both an "uplift" in terms of mood. Very subtle, but life changing.
I wonder what people are doing while they tincture? I recently did a 1:1 dry mushroom to 100 proof vodka. The vodka was actually diluted to 40% as per Henrietta's advice. I soaked the caps first in distilled H2O and used this water to dilute the vodka. So! It may not be a real 40% dilution - Henrietta is very clear that Amanita is a "liver fryer" - meaning that she advises (strongly) that we label this with "POISON" symbol, and use great care in its administration.
I mention this to inform, not to frighten.
Anyone else making their own tincture?
I have started to give my son the tincture at 6 drops per day. So far no great effect, but I am
taking it very slowly with his treatment - he's on ABX too.
I am grateful to have discovered this wonderful plant, and look forward to learning as much as possible, including a good spot to forage for it come Spring.

**Sam Malone** 24 January 2012 at 11:24
Thanks for letting us know mb, and really pleased to hear it's helping you.
I was thinking, as you're buying the dried mushroom, maybe it would make more sense to eat small amounts of the dried mushroom rather than make it into a tincture. I think the dried mushroom tastes really nice, but you can also grind it up into a powder and put it into capsules if you prefer.
In Siberia I understand they air dry the mushrooms, including the stem, and the elderly will then either eat a little bit a few times a day, or make a tea out of the powder.
Sorry I can't find the link for my source for thinking this at the moment.
Best wishes, Sam

**Sam Malone** 24 January 2012 at 11:49
Oops forgot to mention, unless you're in the Southern Hemisphere, the fly agaric won't be out until late summer. I've heard of it showing itself in June in freakish conditions, but late August is when they really start to appear.
Three Month Summary

Friday, 17 February 2012

Three months ago, I started taking fly agaric to treat my neuroborreliosis, or advanced Lyme disease. Along the way I’ve found huge relief, and applications beyond treating just neuroborreliosis. So how am I using the fly agaric three months on?

**Internal Application of Fly Agaric Tincture**

I am still taking drops of the fly agaric tincture under my tongue, to treat the impaired cognition and memory of neuroborreliosis. In the very early days I was eating small pieces of fried and frozen mushroom, which worked just as well, as would eating small pieces of dried mushroom, the way they do it in Siberia. It is also possible to make tea from the dried mushroom, which they also do in Siberia, but I haven’t tried this yet.

I’ve found that there is no specific dose, and that the amount required can vary day to day. The rule of thumb I’ve gravitated towards is three drops under the tongue roughly every half hour until I feel mentally alert, then as much as is required to keep me that way. It’s not as easy as it sounds though, and can be a bit of a rollercoaster while you get used to it. I haven’t felt that I was “tripping” at any time though, and haven’t had any hallucinations or anything like that.

My memory and cognition are hugely improved, and I’ve been able to develop mobile phone apps again - namely **Ogham** (Druid prophecy and tree lore) and **Hugin and Munin**, a raven based memo program.
External Application of Fly Agaric Tincture

In countries including Latvia, Lithuania, Finland, there is still a tradition of using fly agaric in this way. A few drops are applied externally - rubbed gently into the skin - to relieve topical pain. It seems that this will work for any pain related to the central nervous system, and its effects are complete and immediate and last around 3-4 hours. It really seems to work like magic.

When suffering the agonies that will sometimes hit as a result of my neuroborreliosis, I've applied the fly agaric tincture very liberally, even 10-20ml at a time if the pain is over a wide area. I'm not aware of any dangers using the tincture in this way. Relief is always complete and immediate. It even works for the pain of migraine, but unfortunately doesn't touch the concussion-like hangover of a bad migraine.

External Application to overcome Chronic Fatigue

As part of the process of making the tincture, I run it through coffee filters. This leaves me with coffee filters wet with tincture. On a whim I tried rubbing these over my muscles, covering as much of my body as possible. I almost immediately felt raring to go, and walked without any trouble up a very steep hill nearby, to the castle at the top. I hadn't even been able to make it up the hill before.

As I understand it, the muscarine in the mushroom tincture is enabling the body's electrical signals to reach the muscles, whereas before they couldn't make it over the neurotoxins. I believe that this is probably how the Viking berserkers used to apply the fly agaric mushroom to themselves before battle. It gives noticeably more energy than ingesting the mushroom.

I also apply the tincture externally to any area - usually the back of my knees - that has been over-exerted and is seizing up. Instead of leading to tendinitis and a couple of weeks of enforced rest, the area is generally absolutely fine the next day.

I have also been applying the tincture externally to areas of my lymphatic system that are blocked, sluggish or painful. I can feel and hear the lymph cracking and crunching and breaking down. The improvements there also help counteract the negative effects of the neurotoxins of neuroborreliosis (advanced Lyme disease). I should add, the species of Lyme disease I have are Borrelia afzelii and Borrelia garinii, the two most common European kinds. I would be interested to hear if anyone is doing anything similar to counteract other species, perhaps most notably Borrelia burgdorferi, the most common North American species.

Cauldron of Rebirth

The ancient Celts would take wounded warriors and soak them in a cauldron that restored them so they could return to the battlefield. It has been theorised that the Cauldron of Rebirth contained fly agaric mushrooms with the active ingredient (again probably muscarine rather than muscimol) dissolved in some liquid.

I've been making very diluted cauldrons of rebirth by adding 5-10ml of fly agaric tincture to the bath. It really does take the pain and aches away.

So to summarise this summary, fly agaric has changed my life. It's taken me from being an exhausted cripple with severe dementia-like symptoms to being pretty much a "normal" person again. I can walk for miles, I am reading voraciously, I can string a thought together long enough to write it down, I can engage in conversation, I don't just lie around all day feeling like death any more, and my mood is greatly enhanced.
9 Month Update

Saturday, 29 September 2012

I’ve now been taking fly agaric mushroom for nine months. I’ve found that it makes a huge difference to the chronic fatigue, cognitive and memory troubles that result from my neuroborreliosis (chronic Lyme disease).

I initially ate small pieces of the mushroom, moving onto taking the tincture after a couple of weeks. Since the last update, I’ve gone back to eating small pieces of the mushroom again. These have been dried, since the mushrooms have been out of season.

Since I could find no real information on taking the mushrooms medicinally in this way, I tried different methods, probably focusing too much on the tincture. Luckily I had dried quite a few mushrooms, so was able to compare the different methods.

The effects of eating small pieces of mushroom seem stronger and longer lasting than the tincture, with a slower release. I’ve still made use of the tincture though, for external application and for a quick cognitive “shot” under the tongue.

Dried fly agaric is used to treat Lyme-like symptoms in sub-arctic areas where Lyme disease is endemic, for example in Pacific Siberia:

Fly agaric serves the neurological functions of the human body in alternative medicine. The mushroom has been used to treat varying nervous disorders, dementia, dizziness, and Parkinson’s disease.

Fly agaric is still used in Siberia and Russia especially by elder people to reduce fatigue, to give more strength and to raise the spirit. They mostly make a tea, boiling either dried or fresh cap of mushroom in water for some time. They add honey to the tea and drink it by small portions. It is also considered that Amanita muscaria heal illnesses, connected with aging - sclerosis, insomnia, angiospasm etc. Some people believe that fly agaric has antitumor and immunostimulating
Fly agaric is far and away the best treatment I have tried since finding out that I have chronic Lyme disease (neuroborreliosis). There are probably many facets to its action, but the most important one is the muscarine in the mushroom enabling nervous system signals to jump over the Lyme neurotoxins that clog up the neuroreceptors.

The amount of mushroom needed does vary, due to the differing amounts in individual mushrooms, and the current level of neurotoxin load. It is hard to estimate the size of a daily piece, as much depends on how much it has been dried, and how much of its water content it has lost. Starting with a piece the size of the top little finger joint is perhaps the best way to go. If nothing has happened in half an hour, another piece can be taken.

At no point have I felt even remotely "trippy" - only "normal". It is like awakening from an enchantment. Suddenly you can think again, you can move, you can remember. There's no need to lie around trying to summon the strength to do the slightest little thing. It's done almost before you've started to think about doing it. I have had regular blood tests to check liver function, and everything has been totally fine.

I feel the mushroom has restored enough of my cognition and memory for me to live, though I am not (quite) yet working again. It has also given me the energy to have a good country walk of a few miles every day. This exercise has been of immeasurable benefit to my lymphatic system and my general well-being, including happiness levels. Especially as for three and a half years I could barely walk, and thought I would be stuck in a wheelchair for life. This was before I found out that it was Lyme disease behind it all.

If you would like to discuss any of this further, please do not hesitate to contact me. I may not update this blog again, as I'm going to concentrate on Fighting Lyme Disease, showing how you can make herbal treatments to treat and beat the Lyme.
Some Russian Fly Agaric Treatment Products

Thursday, 17 January 2013

** If I’m able to find a site that sells these products internationally I’ll let you know **

I've lately taken to searching the internet for the Russian translation of fly agaric - Мухомор красный. Fly agaric has been used medicinally in Russia for a long time - and not just amongst tribal peoples. Above is a commercially available cream made from fly agaric. It is used to stimulate blood circulation, prevent varicose veins, increase the elasticity of the skin, stimulate cell renewal (View original Russian site)

Here are some Russian fly agaric products. Translated by Google Translate - thanks Google :)

In fact, there's a whole "Mushroom Collection" of cosmetic products (see photo above). These include:

1. Cream of corn, against the fungus, sweating ", 75 ml
2. Wrinkle cream, anti aging changes ", 75 ml
3. Anti-cellulite cream that simulates the contours of the body, "75 ml
4. Cream warming, against joint pain ", 75 ml
5. Hand cream, protective, soothing, healing ", 75 ml
6. Foot Cream against varicose veins, edema, fatigue, "75 ml

View original Russian site

Here's another product (photo above). The translation says:

Cream "Fung Chi Amanita" is unique, designed by a group of scientists in conjunction with the St. Petersburg Chemical and Pharmacological Institute, operated externally with the following diseases:

[some changes to this translation in this edition on psilosophy:

- constipation with it extremely difficult to discharge from a chair - constipation with extremely difficult discharging of a stool
- Sustavnye diseases - Articular diseases
- Trudnozazhivlyaemye wounds - Badly healing wounds]
fly agaric tincture

- tromboflebitnye - thrombophlebitis
- Kozhnye diseases - Skin diseases
- Dobrokachestvennye growths - Nonmalignant growths

1. Articular diseases (arthritis, arthritis, arthritis, psoriatic arthritis, osteochondrosis) in cancer metastatic to bone. Application: Massage lightly rub in a small amount of skin cream 2 times a day, preferably cast warming bandage (except cancer).

2. Badly healing wounds and ulcers (thrombophlebitis, cancers, fistulas, pressure sores, boils, boils). Directions: Apply a thin layer of cream on the ulcer, then gauze and fixed tubular bandage or medical bandage. Change the dressing every day.

3. Skin diseases (dermatitis, fungal infections, pyoderma, psoriasis, eczema, fungal infections of feet and nail lesions). Directions: Apply a thin layer of cream on the seat, then close and lock the gauze bandage or medical tubular bandage. Change the bandage, 2 times a day.

4. Varicose vein disease, varicose "veins", thrombophlebitis. Application: Massage lightly rub in a small amount of skin cream 2 times a day without overlapping warming bandages.

5. Nonmalignant growths on the skin (papillomas, lipomas, warts) Application: Massage lightly rub in a small amount of skin cream 2 times a day.
Some Russian Fly Agaric Medicinal Recipes

Sunday, 20 January 2013

original source: http://flyagarictincture.blogspot.com/2013/01/some-russian-fly-agaric-recipes.html

Here are some Russian fly agaric medicinal recipes that I’ve found by searching via Google for "Мухомор красный" - literally "red fly killer" - which is what fly agaric is called there. I haven’t tried these, but thought I’d publish them here so that people have access to them. Thanks to Google Translate for the translation.

from http://www.behigh.org/library/verbnik/muxomor.html

Amanita - the healing of all fungi
Here are five of the many applications of mushroom in traditional medicine...

1. Take a large red mushroom, finely chop and add 0.5 liters of 56% vodka. Buried in the muck for a month. The resulting jelly rub sore spots. Apply in paralysis, rheumatism, radiculitis.
2. Of mushroom, crushed in half with sour cream, make an ointment that is applied to a rag to a problem area. Used in paralysis, rheumatism, sciatica, sciatica, arthritis.
3. Amanita have to grill (?! AV) Cut two days in the refrigerator in a plastic bag, and then, placing cut pieces in a jar, pour the vodka on the thickness of your finger over the mushrooms. Bank to put in the cellar or in the refrigerator to sustain a uniform temperature. After two weeks, strain. That potion is ready. Good thirst rheumatic pain and sciatica and does heal when rubbed regularly.
4. Mushroom caps to fill 1 liter jar, pour vodka, buried in the ground for month, then strain and refrigerate. In gastric cancer, skin drink 1 teaspoon drop in Dist. Water 3 times for 1 hour before meals 20 days time - 10 days.
5. Finely chop the full liter bottle of bright red toadstools, cork stopper and put in the oven for the night after removed the bread. The next morning flick the bottle through a sieve and put in a glass jar. Rub the sore spots for the night and a very good lap.

(Recipes are taken from the publication of Vladimir Volkov in the Kostroma regional newspaper "Volga nov" July 25, 1995/15 years after the death of one of the most "muhomoristyh" guys Russia Vladimir Vysotsky - AV)"

From the publication "of mushrooms and berries 1997 Calendar" (LLP firm "Journe." Kostroma, 1996, edition of 300, 000)
The following is from http://www.zdorovgid.ru/maz-iz-krasnogo-muxomora/

**Cream of mushroom red**
Category: Gifts of Nature, medicinal plants, treatment of injuries, bruises, burns

**Treatment of red fly agaric**
Offer readers a unique recipe means that our ancestors were treated. They were treated much the drug. Intervertebral hernia, diseases of the joints, cracked heels, shipitsy (bones) in the legs, ulcers, various skin diseases. This is a brown thick ointment softens easily at 37 degrees. In the ointment is the dried powder of Amanita muscaria. For the preparation of medicines are needed only red mushroom.

To dry amanita at less than 60 degrees. Need rye flour that does not contain stabilizers, disintegrants. Better rye by grind in a coffee grinder. Pine sap resin can replace any tree. Resin - a valuable medicinal ointment component that delivers medication to the patient body. Along with a natural preservative for the mushroom body fat. The shelf life of the oil - a few years.

In a water bath to keep the enamel mug 50g unsalted visceral fat. As the fat melts, add the dried red mushroom powder 30 grams, 10 grams of rye flour, pine sap 10 grams. Thoroughly mix all until smooth. Keep a medicine in a glass container in the refrigerator.

Intervertebral hernia, painful joints before applying means warm light massage camphor oil. Back (joint) after rubbing ointment wrap woolen cloth to keep warm through the night. Camphorated oil in the other cases is not required. Cracks, minor wounds, insect bites, herpes grease composition just before full recovery.

Ulcers, large wounds, fistulas are treated differently. Wound before treatment should be washed with a disinfectant solution (potassium permanganate, furatsilin, galangal broth or tsetrarii). Next, using the end of a lime glow sticks dry. Ignite this dry lime-stick (you can replace the currant), blow out the flame, the surface of the wound led to the end of the glow for 3-5 minutes at a distance of 1-2 cm. Do not worry: the burn will not be felt coolness.

Emergency procedure promotes tissue regeneration of the skin. Wound will heal much faster. Then apply ointment to a clean linen cloth the size you want a thin layer applied to the wound. Secure the elastic mesh or bandage. Ligation done daily until recovery.
The fly agaric is such an iconic mushroom, instantly recognisable, with a long relationship with the human race. Yet we have no English folkname for it. I propose that stalwart is a forgotten folkname for fly agaric.

The word "stalwart" is of largely unknown etymology. The Online Etymology Dictionary has:

stalwart (adj.)
late 14c., Scottish variant of Old English stælwierðe "good, serviceable," probably a contracted compound of staðol "foundation, support" (from P.Gmc. *stathlaz, from PIE root *sta- "to stand, set down, make or be firm;" see stet) + wierðe "good, excellent, worthy" (see worth). Another theory traces the first element of stælwierðe to Old English stæl "place," from P.Gmc. *stælaz.

It is clearly made up of two different parts, "stal" and "wart".

- "Wart" could easily be a corruption of "wort", the old English word for "plant" - seen, for example, in St John's wort. Stalwart was often spelt "stalwort" historically.
- "Stal" could easily be a shortening of the old Germanic word for mushroom, surviving into Dutch, for example, as "paddenstoel". Although this sounds more like toadstool than mushroom, it is a generic word for fungi with a hat and a stem. This word actually has the same etymology as the stal above - meaning a foundation, support. It is also the origin of the word "steel".

The word "stalwart" is usually used to describe a warrior or a hero, someone who stands strong. This perhaps suggests a connection with ancient fighting forces. It is widely believed that Viking berserkers - and perhaps other warriors, notably Celts - made use of the fly agaric in battle. Therefore a fighter would be considered "stalwart" because they had partaken of the stal wort, the mushroom plant.
Having performed a little archaeological experimentation regarding this, I would posit that the warriors would cover their skin in fly agaric juice, and probably take a bite also. Strength and stamina are increased, and fear dissipates. There is a feeling of immortality. All these are qualities likely to make a warrior stand firm and fight for glory in battle.

Thus the berserker is shielded by the mushroom, which he also takes a bite from. Perhaps this is what the Isle of Lewis chesspiece berserker here is telling us as he bites his shield.


Within the Saxon Chronicles there is the word "staelwort", with a meaning of "to carry away clandestinely". It is likely that any fly agaric mushroom sect would - like those written about by Wasson and Allegro - have secret means of obtaining the mushrooms, carrying them away in a process known only to initiates, and probably subject to much ritual.

Indeed, Wiktionary has "stæl" as meaning "theft", akin to the Old English "stalu", all from the same Indo-Germanic root. This is suggestive of another very interesting possibility, that "stalwart" could be "the stolen plant".

Part of the mythology of the Vedic soma is that the plant be stolen from its guardians. Theodora, from A. A. Macdonell, Vedic Mythology (Strassburg, 1897), explains:

The first soma is supposed to have been stolen from its guardian demon by an eagle, this soma-bringing eagle of Indra being comparable with the nectar-bringing eagle of Zeus, and with the eagle which, as a metamorphosis of Odin, carried off the mead.

- mushroom plant
- strength plant
- foundation/support plant
- secretly-carried-away plant
- the stolen plant

and could even provide another clue that perhaps fly agaric does equate with the Soma of the Rig Veda, and is indicative of an ancient entheogenic practice surviving in Indo-European Britain and Ireland. Such is investigated in PL Wilson's excellent Ploughing the Clouds: The Search for Irish soma.

It is, of course, possible that more than one of these meanings could also apply, in a play on words, for example, "the stolen plant that makes strong", even providing "foundation" for a whole culture.
Letters from Russians who have used fly agaric medicinally

Saturday, 23 February 2013

original source: http://flyagarictincture.blogspot.com/2013/02/letters-from-russians-who-have-used-fly.html

Here are some letters from Russians who have used fly agaric medicinally. I found these at shamanika.biz. I do hope they are happy with them being reproduced here. Copyright is attributable to (C) Makeyenko TV Physician. Translation from Russian by Google Translate. The whole of this article is from that webpage. I have written none of the following ...

**Lung Cancer**

(Letter of Anapa on K st Tatyana Alexandrovna). In 1969, my father (I was living in the city of Tyumen) ill - lung cancer. From the operation, he refused - he was immediately discharged from Oncology Center. His condition was terrible. They waited for the worst ... But at the hospital someone advised to drink mushroom hails vodka. Start was terrible. But he decided, at first spoonful 1.5 months, then a shot of the infusion, and then could drink a bottle a day of the liquid (the good liked to drink.) Its age was then 60 years old. And the state just two months later began to improve. Went phlegm with cough, with black - coal dust (he also worked on a locomotive engineer), sputum was intense. That's it then spent 13 years with breaks drank mushroom. Even little by little moonlighting guard, went to the forest for one mushroom. Then he gave them in the winter, who addressed. His father died with a diagnosis of pulmonary hemorrhage, ie, where there was a focus of the tumor - this place is just physically worn out.

**Lung Cancer. Stroke**

(Letter from the city of Yaroslavl on T-tion Nina Vasilievna). My husband literally not even a year old, he died of lung cancer. But I suggested and even gave ready hails mushroom in the primary moonshine, because now the pure alcohol can not get anywhere else. Describe how it healed. Gave the scheme from the 1st drop and brought to 20 drops 3 times a day for 15 - 20 minutes before a meal, and went back to 19 drops, then 18 and so on and brought to 7 drops. But he did not know that drinking mushroom. I once said to him: Serge, Let's have a fly agaric. A: what about you? Are you crazy? Decided to poison me? He did not know it was drinking it, because I'm in a thermos overnight insisted in hot water rose, the color was brown, and add 1 tablespoon of honey. Temperature husband reached even 40 degrees. Injections: analgina, diphenhydramine, but-silos 2 times and it was 3 times, but to no avail, and she started to drink Amanita - he recovered a bit, ate everything, began to leave himself out, he tucked in bed with him. A headache cough and he went to a therapist, and came to the reception, the doctor was surprised that he got up and danced in front of her dance. The doctor did not believe that he is on his feet. The pressure was high, and there is normal.

And so while drinking mushroom - was healthy. But as I said to him, and you do have drink, quarreled and did
not drink. Decided to take a break, but you can see the cancer was extensive. A daughter of our smart, graduated from the Institute on excellent, scolded him that you mom treats, wants you to have lived, and you do not drink mushroom. And he agreed to drink. And because it was a big break, began to give one a bit, but apparently it was not enough. You had told me something like a 8 or 9-drops and no break you and your husband have been through. So I regret it all. He was my benefactor, and morally supported me. But alas, no one has suggested a break, as well as because of drops to give him.

Husband died, I go to the grave and weep, but that has not stopped. Went into the forest, gathered muscaria, got a little moonshine and double stage set for 1 month. I myself drink it now. Stomach ache, was not hurt. And when one went to the grave and met a woman and she told me that her relatives a woman 40 years hit paralysis. Her husband got this one year hails mushroom and watered for about a year and now she works as a cleaner and even dance. All she departed, and her husband said to his feet, and all what happened.

**Stomach cancer**

(Letter of Solikamsk from K-th Valentina). I had a case. My husband had surgery perforated ulcer. Managed to sew. Lived for 8 years. What was spring, autumn relapses. Decided to go to a resort, was examined and passed. Admitted to hospital, the operation did not do. Than treated - injections. But I was wearing a hospital mushroom. Tincture made two weeks in a dark place for 3 cap mushroom to 0.5 liters of vodka. So hats were not blooming, red. He drank in the morning on an empty stomach half a spoon and a mummy with the head under the tongue to dissolve the match and finally butter. FGS was autumn and the doctor said everything was fine. Already passed 7 years. I think he helped mushroom. A recognized cancer. Stomach cancer.

**Rheumatism**

(Letter of Saransk from A-ing Inessy Vasil’yevna). I was operated on for cancer of the stomach, removed 1/2 of stomach and I made medicine from mushroom to grandmother’s recipe and here for 3 years I drink this medicine with 1 drop of 25 and until the 1st 50 days, then break for three weeks, and again. My mother was a terrible rheumatism, she began to drink with me, and now walking without crutches and sticks and legs swell.

**Uterine cancer, throat cancer**

(Letter from the Voronezh region from K-hand Raisa Grigorevny). I had no ill. His whole life was in the hospital two times: birth, 2 daughters from me. Ill eight years ago. Profuse bleeding, thick pieces. The district hospital said: "Climax". And discharged. I lie at home. I feel sick. I can not get up. Blood clots. Husband drove the ambulance to the regional oncology. Diagnosed with adenocarcinoma. Difficult surgery - deleted all a woman. Final diagnosis: chorionepithelioma. ESR - 68. From chemotherapy refused flatly. The tablets did not drink, all ejected. Lay on the table under the irradiation with a prayer: "Save me, O Lord." Immediately got up and into the shower, all washed away. A secret from the doctors saw mushroom (tincture). After irradiation greatly hurt the liver, stomach upset: neither eat - diarrhea, did not hold urine. When the pain was impossible to sleep, then saw a double dose of mushroom. Soothing.

For 1 year, I drank 3 liter jar mushroom infusion. I forgot where the liver. Normalized stomach, urinary bladder. Without re-examination I was given life the 2nd level of disability. But with God's help, I work as a teacher at a school in a full load. Of course, very tired. God gives me patience, contentment and joy in the soul. I do not have depression, resentment, bitterness, resentment. In the bustle of everyday life, I always turn to God. Churches have not. I read the Bible - a wonderful source of spiritual and pray. Understood the main thing: we are all under God. I'm worthless instrument of God.

Another case of healing mushroom. 3 years ago after her husband became ill, my friend. Cancer. Initially uterus removed, and then the right breast. Cancer in stage 4. Earth collapsed! Her sons asked, "Help!" Doctors were warned of deaths. I went to her in the hospital and begged him not to do chemotherapy pill or drink, or fly agaric mushroom will not help. Chemistry did not, said that all going to die. Saw mushroom after eating (to food - could not). Combined Saw distilled kerosene. Every day, I visited her and inspired not to lose heart. Recovered. Now works in its place - the chief accountant of the farm. Rejoice! Kind! Do not allow
discouragement in his soul. He lives with God! Praying. In oncology, I noticed that died, those who went into the disease, limp, he was afraid of death. A person has to control himself. This is very important!

How did I know about the fly agaric? Nowhere read, are not met. My husband's brother (Yoshkar-Ola lives) grazed cattle. He noticed that the sick cow and mushroom grab greedily munching. Looking, run to where the red mushroom. And they get better. One day he was found shot in the throat. Grew. Covered passage. Doctors said, "Cut! Cancer." He did not return. Scored mushroom cap, was there, so it was fun to die, washed down with vodka. There was all black as tar, all cleared, lump disappeared. It took 40 years. Now he is 80. Lives. Amanita drink in their scheme. He cured the daughter-in-law, which removed both breasts. It works too, though afraid of the sun.

Dear Tamara, your brochure I need not to treat (we're healthy), but in order to compare with the experience, a way of making drugs, self-control, system usage. It's medicine - poison. One time I was poisoned, as tincture of mushroom was not sustained over time. His stomach was washed with water and baking soda in large quantities.

**Stomach polyps**

(Letter from the Tyumen region of M Victor Mikhailovich). I want to tell you how I was treated mushroom. Prompted me one recipe Grandma (now deceased). My wife was a cancer patient. That's grandmother and persuaded me to insist mushroom. She gave me a dry mushroom, which I insisted on vodka 0.5 liters of 18 days in a cool dark place. Wife then refused to drink this infusion. And I had eight polyps in the stomach. Then I decided to take myself this infusion. Peel, as taught - 1 nightingales spoon 3 times a day for half an hour before meals. drank all the brandy, well, as if no change is noticed, and when Moscow offered to do the surgery - to remove polyps, when the survey revealed that they have not. Asked what was treated. Other drugs, except mushroom, do not drink. Treated differently, some believed, some laughed. But I do know that it is from mushroom. And the result is there.

**Disease of the breast**

(Letter from Krasnodar from B-k_Nadezhdy Feodorovna). Amanita muscaria, I am treated eighth year and it helped me a lot. 9 years ago I had an operation, "Fibroadenoma right breast." But in spite of the operation, I have continued chest ache, a rough, pink, bad joint. And the worst thing that was for me, it became a bother and left breast. I had a record, after 2 - 3 months was at the doctor's office. The pain was such that I feared so God forbid someone touched me. Suggested a second surgery, I refused, since mammograms have become the defining features of diffuse fibrous mastopathy.

2 years after the operation, I began to drink brandy mushroom, I always send it to my sister from Sverdlovsk. Saw her almost eight years now ended. Pain did not bother me a year three - four, but I kept taking it from 15 to 45 drops, adding one drop every day. The last three years have always drank a tablespoon for a month, then a month break, and so on for the last 3 - 4 years, I can no longer even lie on your stomach, but not abuse, basically try to sleep on your side or back . You know, Tamara, over the years I have something to do with this tincture feel safe, even if it is just in the fridge and I did not drink for a while, I feel more confident and relaxed that I have it. Now infusion over, I feel like I'm losing confidence, some confusion.

**Stomach cancer 2**

(Letter from the Bryansk region of I-to AM). I will be very grateful if you send me a brochure entitled "Treatment of fly agarics." I am not sick with cancer, and an ad in the newspaper would not have paid any attention if he did not know the case in the neighboring area. Wife wanted to poison her husband mushroom. He was discharged from the hospital to live out his days at home. He had stomach cancer. Severely tortured and tormented her as drinking began shamelessly. So, fry toadstools, gave them to the table as the mushrooms with a bottle of vodka. Recovered and lived for many years after this event. And even more treats from all diseases infusion of toadstools.
Longevity

(Letter of Boksitogorsk from A-va VT). If the truth can send a brochure entitled "Treatment of fly agarics", I'll wait. I kid read "Aliket go to the mountains" - so there is a moment that shamans used dried mushroom stem. Then my neighbor, an old man insisted on amanita brew and drank and lived, although the doctors were surprised that he did not die for a long time. Earlier in his youth, I somehow did not pay attention to it. But now I'm 59 years old and it's time and I'm interested in this tincture. But how to prepare it - that's the question.

Comment

Information that the fly agaric tincture drink to prolong life, I have many. Also this beautiful property it often read in the literature. In addition, the mushroom causes a rush of energy, stimulates physical and mental endurance, has the property to quickly restore lost power. But! used for continuous use as a stimulant mushroom can not, because it is a poison and narcotic. Only courses and in small doses! Mushroom use as drugs started in Russia about 10,000 years ago. Alkaloids contained in Amanita cause poisoning, hallucinations, and addictive. Another effect is that are near objects appear either very large (makropsiya) or very small (mikropsiya). Possible movements and convulsions. Episodes of intense excitement turns to moments of deep depression. Amanita muscaria, in contrast to other hallucinogens, causes an abnormally severe physical mobility. Indigenous peoples of Siberia - the Chukchi, Koryak, Kamchadals and others - are widely used amanita in several cases: to communicate with the supernatural in order to predict the future, to determine the cause of the disease, as well as just for fun during festivals (such as weddings) when they treated guests. And, of course, is widely used to enhance the abilities of mushroom shaman.

Questions - Answers

How to prepare and take the medicine of toadstools?
The answer is: preparation methods and regimens - a few dozen. (There is even such a seemingly frivolous as infused with male urine amanita. Well, this is unusual cooked mixture (with fly agarics on urine of men) is a natural drug and is used for severe pain in cancer patients).

Which one to choose - solves your fitoterapevt or healer, who you're going through treatment, and who is responsible for the drug and for you. Self poisonous herbs and mushrooms to engage strongly advise. But if you can not be treated by a specialist (which is much more effective than self-medication), use 50% tincture of vodka under the scheme: start with 1 drop 3 times a day for half an hour before meals, daily increasing the dose of each meal and 1 drop and work up to 20 drops 3 times a day. Then drops down, reducing the daily dose of 1 drop at each visit. Break - 1 week. Conduct at least 3 courses in a row.

Mushroom tincture drink better with 0.5 glasses of water infusion of birch fungus fungus or drop it 1 tablespoon diluted Befungin - pharmaceutical drugs fungus.

To prepare the tincture used only hats. Cut them into small pieces, weighed, placed in a jar, add an equal amount by weight of vodka and infuse at room temperature in the dark for 1 month.

The second method. Hats chop the brim lay in a jar, close the nylon cover, tie a cloth and buried in the ground to a depth of 1 meter for 1 month. Then drain the resulting juice and add some to it an equal amount of vodka. Store at room temperature tincture in a dark place out of reach of children. Shelf life - 1 year. And once again, remember that it is a poison.

50% tincture is used only if the patient takes of poisonous herbs only one mushroom. If you use an integrated, enhanced treatment (several potent herbs and ointments), the concentration, dose and regimen of others. When non-cancer diseases, use a weaker tincture - 10%.

In general, well said, responding to a similar question, healer of Moscow Vladimir Mironov, successfully using mushroom and brandy fly agaric ointment for the treatment of various diseases, including cancer, "I specifically do not include a recipe here fly agaric tinctures. It requires accurate compliance dosage. And then
tell me how it is prepared, - in the woods any mushroom will not. Yet mushroom - mushroom special. Hence drink liquor only under close supervision."

Tell us how to prepare a tincture of hemlock.
To prepare the tincture using fresh flowers and green unripe seeds, in these parts of the plant contains many alkaloids. Fresh flowers are crushed, weighed, placed in a jar and pour vodka quality by weight in the ratio of 1:10, for example, 100 g of flowers we have to take one liter of vodka. Keep the vodka was no additives, particularly acidic - like citric acid, whey - for then alkaloids bind and precipitate, liqueur turns cloudy. Infuse 3 weeks at room temperature, and always in the dark. After 3 weeks, strain. Next. After 2 - 3 weeks after harvesting flowers (depending on weather conditions) Collect green unripe seeds of hemlock. Of them the same way, prepare 10% tincture 3 weeks strain. Then mix equal parts both tinctures: from seeds and flowers, shake well. Tincture of hemlock is ready for use. You can store it at room temperature, always in the dark and always out of reach of children. Shelf life - 1 year.

What is the stronger of the herbs - hemlock, aconite, or mushroom? Where should I start treatment?
By the force of the antitumor effect of these herbs are equal. Depending on individual sensitivity of some patients are better at Hemlock, others to Akon, third on the mushroom. Of cancer patients do not have time for the selection, so I always assign a comprehensive, enhanced treatment: all three infusions made in the same day at different times. Besides infusions necessarily give their patients herbal ointment - lubricate the affected area and the nearby lymph nodes. In the ointment are hemlock, mushroom, aconite, milestones, henbane, and some other herbs and pharmaceutical ingredients to improve skin permeability. The main property of the ointment - the local anti-tumor effects. In addition, it has analgesic and good wound-healing effect (when a cancerous ulcer, for example, splitting the running breast cancer).

I was approached by a young man from Polotsk - cancer of the penis. In Minsk, underwent surgery. Does not heal within a year post-operative wound. Tried all assigned ointment treated laser - without effect. Gave her ointment. Ringing. Happy, all is well. Regret only one thing - he had heard from patients about me good reviews, but somehow I did not believe in the grass. Year wondering whether to apply to me. And helped salve for several weeks. In benign tumors, treatment, I usually start with hemlock. In most cases, this is enough. When failure of hemlock select another tool.

(C) Makeyenko TV Physician - fitoterapevt
Fly Agaric and Radiation Burns

Saturday, 23 February 2013

I was very surprised to find that fly agaric is used externally as a remedy for radiation burns in Russia (eg "an effective tool in radiation injuries of the skin"). I was even more surprised when it turned out I had radiation burns myself, and was able to use the fly agaric to treat them.

For the last two years, since I got my first smartphone, my thumbs and index fingers developed very deep splits in them. It seemed that the splits went all the way through the skin. They were very sore, and often very itchy, unbearably so. They had yellowy orange scabs surrounded by red soreness.

A month ago, I suddenly realised that the splits, redness and soreness were exactly where my smartphone touched my hands. I thought perhaps it could be radiation burns, and stopped using the mobile phone. Instead, I started using a netbook much more. The splits largely healed up. But the skin on my index finger, where it touches the mousepad, became very hard and sore.

I bought an electromagnetic radiation meter to see how much radiation - if any - these devices were giving off. I was shocked to see how much EMR (electromagnetic radiation) they were giving out, and continuously, rather than in pulses. Since then I’ve stayed off the netbook as well as the smartphone, and am only on the computer for short periods of time, using an external keyboard.

My hands are still scarred, but they haven't split again, for the first time in two years. I am satisfied that the splits and soreness were EMR burns. They looked just like the least severe images if you type "radiation burns" into Google images.

Treating Radiation Burns with Fly Agaric

I can’t remember what I treated the burns with for the first year. For the second year though, once I’d discovered fly agaric, I treated them with fly agaric tincture, as I’d found it to be great at healing cooking burns and any little cuts, cat scratches etc. The splits would heal up, and become less sore, but they would always return before long, usually just a few days.

Once I realised that they were radiation burns, I tried a fly agaric compress. This was basically just a piece of mushroom soaked in vodka and taped onto the thumb and finger of one hand. This probably isn't the correct way to make a fly agaric compress. It made the skin around the burn look as if it had been in the bath for a week. It didn't feel as if this was the way to treat it, so I went back to just applying the tincture every hour or two, and leaving the wounds open to the air.

Sure enough, when applying the fly agaric tincture onto the radiation burns, they healed up quite quickly, within a few days, especially once I stopped using the netbook as well. They’re still scarred, but at least they aren’t split or scabbed anymore.

I found that the alcohol in the tincture dried the skin on my hands out. At this point, it would be great to have a fly agaric lotion to apply. I have experimented with coconut oil and powdered fly agaric, but it hasn’t really worked out. I hope to find a way to make a fly agaric lotion, or at least manage to find somewhere I can buy the Russian fly agaric lotions.

Of course, sunburn is also a form of radiation burn, and fly agaric may be helpful in treating this as well.

Regrettably, all the photographs I took of my thumbs and fingers at various stages in the healing process are blurred and unusable.
Fly Agaric Protects Against Aging and Neurogenerative Disease

Monday, 21 July 2014


Research shows that stimulating muscarinic receptors protects the brain and central nervous system against aging and neurodegenerative disease.

These results demonstrate that stimulation of muscarinic receptors provides substantial protection from DNA damage, oxidative stress, and mitochondrial impairment, insults that may be encountered by neurons in development, aging, or neurodegenerative diseases. These findings suggest that neurotransmitter-induced signaling bolsters survival mechanisms, and inadequate neurotransmission may exacerbate neuronal loss.

Fly agaric mushrooms contain tiny amounts of muscarine, which acts as a stimulant to muscarinic receptors. So does eating a small daily piece of fly agaric mushroom protect against neurodegeneration? The elders of some native Siberian peoples eat a little fly agaric every day. They say that it gives them energy and helps them to think and remember things. It would seem that it is likely also protecting their brains and nervous systems against neurodegeneration related to aging.
Chemicals and Compounds of the Fly Agaric

Monday, 21 July 2014

original source: http://flyagarictincture.blogspot.com/2014/07/chemicals-and-compounds-of-fly-agaric.html

The different chemicals and compounds found within the fly agaric mushroom. The quantities of these can vary wildly from mushroom to mushroom, and even within one mushroom. Some of the chemicals can cancel each other out (for example atropine and muscarine), but with slightly differing amounts, there can be very different effects.

Muscimol

Muscimol stimulates GABA receptors. GABA is found throughout the plant and animal kingdom, and may represent a ubiquitous biological signalling molecule between animals, bacteria, fungi and plants (http://sydney.edu.au/medicine/pharmacology/adrien-albert/images/pdfs/RefsPDFs/390.pdf).

Muscimol is a crystalline solid that melts at 175°C. It has neurologic activity and is a potent depressant of the central nervous system. The adverse effects of ingestion include sleep, hallucination, distorted perceptions and vomiting. (A Comprehensive Guide to the Hazardous Properties of Chemical Substances By Pradyot Patnaik 2007)

Ibotenic Acid

Ibotenic acid can be used in a similar way to monosodium glutamate, to improve the flavour of foods.

Tricholomic acid and ibotenic acid can prevent deterioration of food and separation of Water therefrom, and keep the freshness and vivid appearance thereof; for example, when either of them is added to food paste, it improves color and increases viscosity and elasticity; when added to sake (rice wine), it prevents deterioration, when added to miso (bean paste) or soy sauce, it increases stability; and when added to milk or its processed matter, it lowers curd tension and promotes digestion.

The insecticidal properties of fly agaric are a result of ibotenic acid (Takemoto et al, 1964). Experiments have shown that the insecticidal activity of tricholomic acid is superior to that of ibotenic acid.

Muscazone

Muscazone is a crystalline solid amino acid that decomposes above 190°C. It's sparingly soluble in water. The toxic symptoms from high doses are similar to those from ibotenic acid. (A Comprehensive Guide to the Hazardous Properties of Chemical Substances By Pradyot Patnaik 2007)

R-4-hydroxy-pyrrolidone

This chemical frame is common in some micromycetes; they generally exhibit a potent biological activity against bacteria and other fungi (e.g. aureothrycin, equisetin). This additional compound, gives information on the biogenesis of ibotenic acid, muscimol, and muscazone.

Tricholomic Acid

Tricholomic acid can be used in a similar way to monosodium glutamate, to improve the flavour of foods.

tricholomic acid and ibotenic acid can prevent deterioration of food and separation of Water therefrom, and keep the freshness and vivid appearance thereof; for example, when either of
them is added to food paste, it improves color and increases viscosity and elasticity; when added to sake (rice wine), it prevents deterioration, when added to miso (bean paste) or soy sauce, it increases stability; and when added to milk or its processed matter, it lowers curd tension and promotes digestion.

### Muscarine

Muscarine is a non-selective agonist of the muscarinic acetylcholine receptor. It crosses the Blood Brain Barrier. Muscarine mimics the function of the natural neurotransmitter acetylcholine in the muscarinic part of the cholinergic nervous system. Muscarine is not metabolised by acetylcholinesterase.

### Bufotenin

(5-HO-DMT, N,N-dimethylserotonin), is a tryptamine related to the neurotransmitter serotonin. It is an alkaloid found in the skin of some species of toads; in mushrooms, higher plants, and mammals.[1] The name bufotenin originates from the Bufo genus of toads, which includes several species of psychoactive toads, most notably *Incilius alvarius*, that secrete bufotoxins from their parotoid glands.[2] Bufotenin is similar in chemical structure to the psychedelics psilocin (4-HO-DMT), 5-MeO-DMT, and DMT, chemicals which also occur in some of the same fungus, plant, and animal species as bufotenin. The psychoactivity of bufotenin has been disputed, though recent studies suggest it is similar in nature to 5-MeO-DMT. (from Wikipedia)

### Choline

Choline is the precursor molecule for the neurotransmitter acetylcholine.

### Acetylcholine

Acetylcholine is an organic molecule that acts as a neurotransmitter in many organisms, including humans.

### Betaine

A betaine is a neutral chemical compound with a positively charged cationic functional group. It is also a methyl donor of increasingly recognised significance in biology.

### Atropene

Is an antidote to muscarine.

### Muscaridin

### Hercynin

May act as a precursor of trimethylamine (Nielsen, J. Trimethylammonium compounds in Tilletia spp., *Canadian Journal of Botany*, 1963, 41(3) p. 335-339.). Trimethylamine is used in the synthesis of choline, itself a precursor of acetylcholine.

### Uracil

One of the four nucleobases in the nucleic acid of RNA. In DNA, uracil is methylated and becomes thymine.
Xanthine

A mild stimulant and broncho-dilator. Increases alertness in the central nervous system. Stimulates the respiratory centre and is used in the treatment of asthma and infantile apnoea.

Hypoxanthine

The *Pheretima aspergillum* worm, used in Chinese medicine preparations, contains hypoxanthine. (The Pharmacology of Chinese Herbs, Second Edition By Kee C. Huang)

Adenosine

Very important in human energetic processes, as ADP, ATP and cAMP. It is also an important neurotransmitter in falling asleep. Adenosine receptors are key to opening the Blood Brain Barrier (BBB). Adenosine is also believed to have anti-inflammatory properties.
Bug Agaric in Herbal Simples for Modern Uses of Cure (1897)

Friday, 3 October 2014


The following is from Herbal Simples for Modern Uses of Cure (1897) by William Thomas Fernie:

The pileus of the Fly Agaric is broad, convex, and of a rich orange scarlet [369] colour, with a striate margin and white gills. It gets its name, as also that of Flybane, from being used in milk to kill flies; and it is called Bug Agaric from having been formerly employed to smear over bedsteads so as to destroy bugs.

It inhabits dry places, especially birchwoods, and pinewoods, having a bright red upper surface studded with brown warts; and when taken as a poisonous agent it causes intoxication, delirium, and death through narcotism. It is more common in Scotland than in England. This Mushroom is highly poisonous, and therefore the remedial preparations are only to be given in a diluted form.

For medicinal purposes a tincture is made (H.) from the fresh fungus: and a trituration of the dried fungus powdered and mixed with inert sugar of milk also powdered. These preparations are kept specially by the homoeopathic chemists: and the use of the Fly Agaric has been adopted by the school which they represent for curatively treating an irritable spinal cord, with soreness, twitching of the limbs, dragging of the legs, unsteadiness of the head, neuralgic pains in the arms and legs (as if caused by sharp ice), some giddiness, a coating of yellow fur on the lining mucous membranes, together with a crawling, or burning, and eruptive skin. In fact for a lamentably depraved condition of all the bodily health, such as characterises advanced locomotor ataxy, and allied spinal degradations leading to general physical failure. Just such a totality of symptoms has been recorded by provers after taking the fungus for some length of time in toxical quantities.

The tincture should be used of the third decimal strength, five drops for a dose twice or three times a day with a spoonful of water; or the trituration of the third decimal strength, for each dose as much of the powder as will lie on the flat surface of [370] a sixpence. Chilblains may be mitigated by taking the tincture of this Agaric, and by applying some of the stronger tincture on cotton wool over the swollen and itching parts at night.

"Muscarin" is the leading active principle of the Fly Agaric, in conjunction with agarinic, mycose, and mannite.
It stimulates, when swallowed in strong doses, certain nerves which tend to retard the action of the heart.

Both our Fly Agaric and the White Agaric of the United States serve to relieve the night sweats of advanced pulmonary consumption, and they have severally proved of supreme palliative use against the cough, the sleeplessness, and the other worst symptoms of this, wasting disease, as also for drying up the milk in weaning.

Each of these fungi when taken by mistake will salivate profusely, and provoke both immoderate, and untimely laughter. When the action of the heart is laboured and feeble through lack of nervous power, muscarin, or the tincture of Fly Agaric, in a much diluted potency will relieve this trouble. The dose of Muscarin, or Agaricin, is from a sixth to half a grain in a pill. These medicines increase the secretion of tears, saliva, bile, and sweating, but they materially lessen the quantity of urine.

Belladonna is found to be the best antidote.