



MINDFUL
MICRODOSING

INFORMED
INTEGRATED
HUMAN

A BEGINNER'S GUIDE TO BUILDING A MINDFUL MICRODOSING PRACTICE

How to begin with functional mushrooms — gently,
intentionally, and with science on your side.

A GENTLE WELCOME

BEGIN WHERE YOU ARE

There is a moment many people describe — the space between reading about functional mushrooms and actually beginning.

This guide is for that moment: a gentle practice you build one quiet step at a time.

“Lasting change comes from rhythm, not rush.”



THE HONEST BASICS

WHAT MICRODOSING MEANS

Microdosing means a very small, sub-perceptual amount — small enough that you do not feel an altered effect.

OUR THREE FUNCTIONAL ALLIES



**LION'S MANE —
CLARITY & FOCUS**



**REISHI —
CALM & REST**



**CORDYCEPS —
STEADY ENERGY**

DIFFERENT MUSHROOMS, DIFFERENT GIFTS

MEET YOUR THREE ALLIES



A close-up photograph of several Lion's Mane mushrooms, showing their characteristic white, shaggy, and brain-like texture. The mushrooms are piled together, with some showing the underside of the caps.



Lion's Mane

FOR THE SEEKING MIND

- Clarity and focus
- Mental presence



A photograph of Reishi mushrooms, also known as Ganoderma lucidum. They have a dark, almost black, glossy surface and a fan-like, shelf-like shape. They are shown against a dark background.



Reishi

FOR THE RESTLESS BODY

- Calm and rest
- A steadier stress response



A photograph of Cordyceps mushrooms, which have a yellowish-brown, segmented, and somewhat twisted appearance. They are shown against a light background.



Cordyceps

FOR THE ACTIVE BODY

- Steady, sustained energy
- Everyday vitality

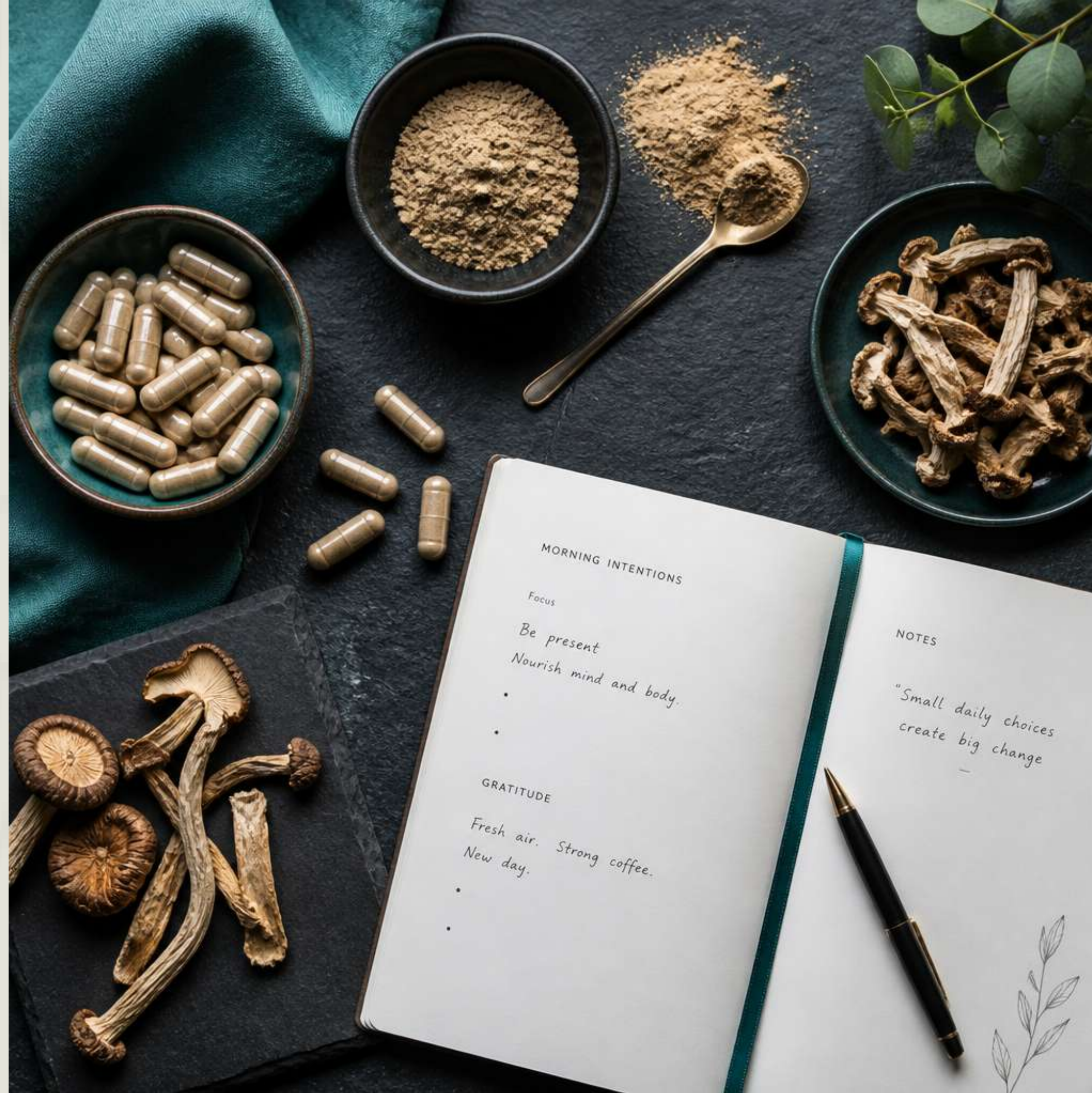
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STEP 1 OF 5

SET YOUR INTENTION

Before you take anything, ask one question: why are you here? Clarity, calmer sleep, a steadier nervous system — name it, and write it down.

This intention becomes your anchor, the thing you return to when you measure how far you have come.





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STEP 2 OF 5

CHOOSE ONE TO BEGIN

It is tempting to start with a blend. When you are beginning, one is enough. Choose by your intention — lion's mane for clarity, reishi for stress and sleep, cordyceps for steady energy. Get to know one mushroom before you invite another.



STEP 3 OF 5

START LOW, GO SLOW

This is not a practice where more is better. Begin with the lowest suggested dose on your chosen product, and give your body two to three weeks before adjusting anything. The most meaningful shifts often happen at the gentlest doses.



A photograph of a desk setup. In the foreground, an open notebook with a black cover is open to a page titled 'NOTES & REFLECTIONS'. The page contains handwritten text: 'Focus on progress, not perfection.', 'Breathe.', 'Trust.', and 'Let go.', followed by a simple line drawing of mountains. Behind the notebook is a stack of three books. The top book is dark green with gold lettering. The middle book is white with 'KINFOLK' printed on it. The bottom book is dark. To the right of the books is a light-colored ceramic cup. Several small, light-brown capsules are scattered on the dark wooden desk surface. In the background, a window with a white frame is visible, letting in soft light. The overall mood is calm and focused.

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STEP 4 OF 5

BUILD A CONSISTENT RHYTHM

Functional mushrooms work best with consistency. Take yours at the same time each day, ideally with food. Many find mornings suit lion's mane or cordyceps, and reishi in the evening to wind down.

Let it become a small ritual — a warm drink, a quiet moment, your full attention.

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STEP 5 OF 5

GIVE IT TIME, AND TRACK IT

Four to six weeks is a fair window to begin noticing the cumulative effects. Keep a simple journal from day one — energy, sleep, mood, stress. At the four-week mark, read back.

Progress often becomes visible only when you see how far you have come.



QUIET, CUMULATIVE, EASY TO MISS

THE QUIET SIGNS IT'S WORKING

- ✓ Sleep feels deeper, mornings lighter
- ✓ Mental fog lifts, focus comes more easily
- ✓ More space between a stressor and your reaction
- ✓ Mood feels more even — steadier, not elevated

No euphoria, no sudden breakthroughs — this is a slow, honest practice.



WITH RESPECT AND RESPONSIBILITY

A NOTE ON CARE

Speak to your healthcare provider first if any of these apply to you:



You are pregnant or breastfeeding



You have an autoimmune condition



You take prescription, blood-thinning or immunosuppressant medication



You have a known mushroom or fungi allergy



Functional mushrooms support your wellbeing. They do not replace medical care or therapy.

Choose mushrooms that are responsibly sourced and properly tested.

IN CLOSING

SIMPLY BEGIN WHERE YOU ARE

That is always the right starting point.

Ready to begin?

**Explore lion's mane, reishi and
cordyceps in our shop.**

This guide is for educational purposes only and is not medical advice. Always consult a qualified healthcare provider before beginning any new supplement or wellness practice.



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