|  |  |  |
| --- | --- | --- |
| Plant/fungi | Traditional origin | Scientific research on the benefits of entheogens |
| Mushrooms w/psilocybin | Worldwide | * Personal and spiritual growth[[1]](#endnote-1)
* Smoking cessation[[2]](#endnote-2)
* Treatment of alcohol dependence[[3]](#endnote-3)
* Treatment resistant depression[[4]](#endnote-4)
* Treatment of end-of-life anxiety[[5]](#endnote-5)
* Increase in openness[[6]](#endnote-6)
* Nature-Relatedness
* Decreased authoritarian political views
* Most meaningful experience in life[[7]](#endnote-7)
* Reduced suicidality
* Cluster headaches[[8]](#endnote-8)
* Little to no physical risk[[9]](#endnote-9)
 |
| Cacti w/mescaline | N. & S. America | * Personal and spiritual growth
* Reduced suicidality[[10]](#endnote-10)
* Effective treatment of alcoholism and substance use disorder
 |
| Ayahuasca type combinations (plants with DMT & MAOI) | South America | * Personal and spiritual growth[[11]](#endnote-11)[[12]](#endnote-12)[[13]](#endnote-13)
* Substance use disorder and alcohol dependence[[14]](#endnote-14)[[15]](#endnote-15)
* Treatment-resistant depression[[16]](#endnote-16)
* Recurrent depression[[17]](#endnote-17)
* Grief[[18]](#endnote-18)
* PTSD[[19]](#endnote-19)
* Neuroprotective and treatment of Parkinson’s[[20]](#endnote-20)[[21]](#endnote-21)[[22]](#endnote-22)
* Diabetes[[23]](#endnote-23)
* Recidivism
* Reduced suicidality[[24]](#endnote-24)
* Mindfulness-related capacities[[25]](#endnote-25)
* Creativity[[26]](#endnote-26)
 |
| Plants with DMT | Worldwide | * Personal and spiritual growth
* Reduced suicidality
* Cluster Headaches[[27]](#endnote-27)
 |
| Plants with ibogaine | Africa | * Personal and spiritual growth
* Substance use disorder: heroin[[28]](#endnote-28)[[29]](#endnote-29) opiates[[30]](#endnote-30)[[31]](#endnote-31), cocaine/crack[[32]](#endnote-32)
* Reduces craving and withdrawal symptoms[[33]](#endnote-33)
 |
| General |  | * Personal and spiritual growth[[34]](#endnote-34)
* Reduced intimate partner violence[[35]](#endnote-35)
* Reduced recidivism[[36]](#endnote-36)
* Creative problem solving[[37]](#endnote-37)
 |

\*Relative to alcohol, tobacco, or pharmaceuticals: natural entheogens have a very low risk. Following are potential risk factors and considerations: Some risk around contraindications with SSRI medications. Those with serious heart conditions should check with a medical professional. Those with a QT elongation of the heart have a higher risk factor for ibogaine and should avoid ingesting without first consulting a medical professional. Profound experiences may benefit from community support systems for integration.

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