|  |  |  |
| --- | --- | --- |
| 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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