

# Psychedelic Risks Fact Sheet

*Learn the truth about the mental health industry, psychiatric drugs, electroshock and coercive psychiatric practices.*

## Basic information

Originally researched by government intelligence agencies for possible use during interrogations, the discovery of LSD was accidental but with backing from the Rockefeller Foundation, psychiatrist Humphry Osmond saw potential. Today, while the possible “positive aspects” of psychedelics are being promoted and funded, the potential dangers are being glossed over and discounted.

## The Beginning

The chance finding of LSD in 1943 became the focus of government research into mind control. Many of the unwitting victims of these experiments endured [psychological torture](#) ranging from electroshock to high doses of LSD. Then with funding from the Rockefeller Foundation, psychiatrist Humphry Osmond began researching the possible use of treating alcoholism with LSD. Following the lead of a couple of states, the possession of LSD was made illegal in the United States at a federal level in about 1970.

***“We found that microdosing with psilocybin compared to a placebo did not result in reduced depression or anxiety scores.” – Michiel van Elk, an associate professor of cognitive psychology at Leiden University***

## The Argument for Legalization

One argument for the legalization and use of psychedelics is based on how they can “help” those with addictions and PTSD. Unfortunately, just like when psychoactive drugs were promoted as addressing a [chemical imbalance](#) in the brain, now known to be a complete fabrication designed to sell drugs and turn a profit, [how or even if psychedelics work is unknown](#). In fact, studies have shown that the effects of microdosing psilocybin did not differ significantly from placebo. Even more interesting is that this same study revealed that the placebo-effect was strong with a significant change in wellbeing scores being observed by those who simply believed they were part of a trial that may or may not help them

## Key Facts

- *Exercise in itself has been shown to be 1.5 times more “[effective at reducing mild-to-moderate symptoms of depression, psychological stress, and anxiety than medication or cognitive behavior therapy](#)”.*
- *Healthy eating and [good nutrition](#) are known to help reduce depression, suicide and to be effective treatments.*
- More than [97% of Americans](#) don’t follow a healthy lifestyle.
- [1 in 6 Americans](#) takes a psychiatric drug.

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