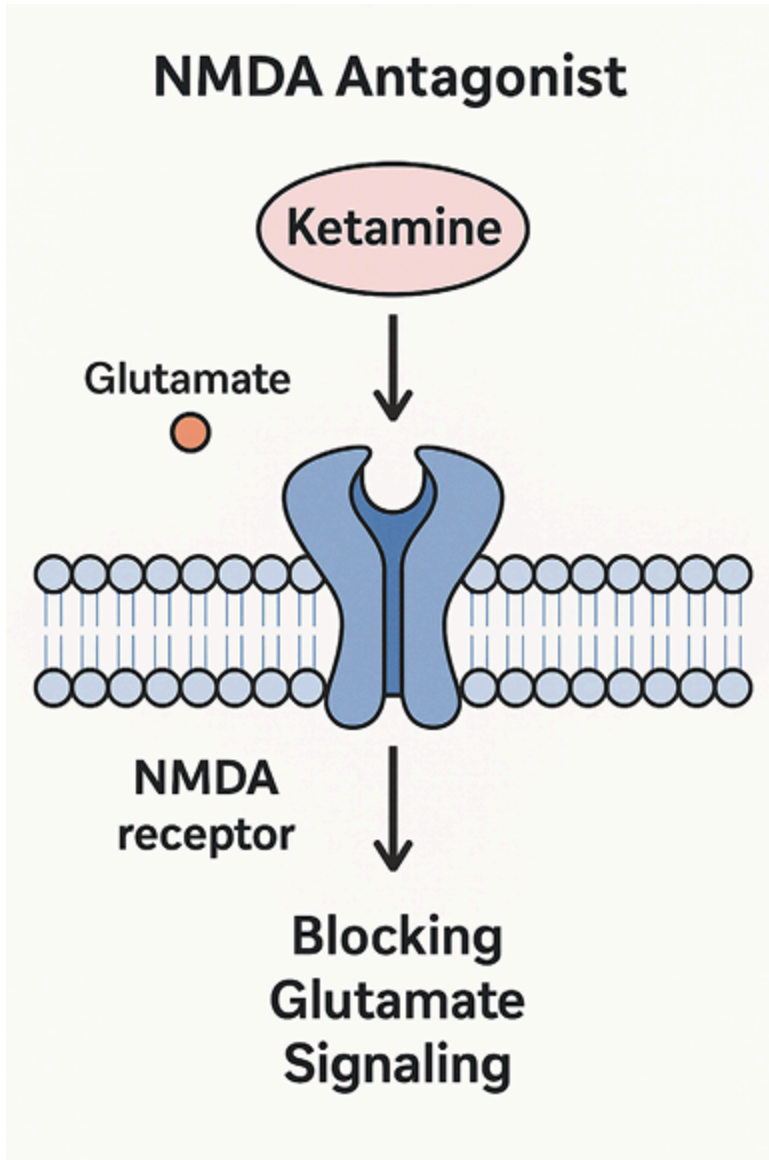
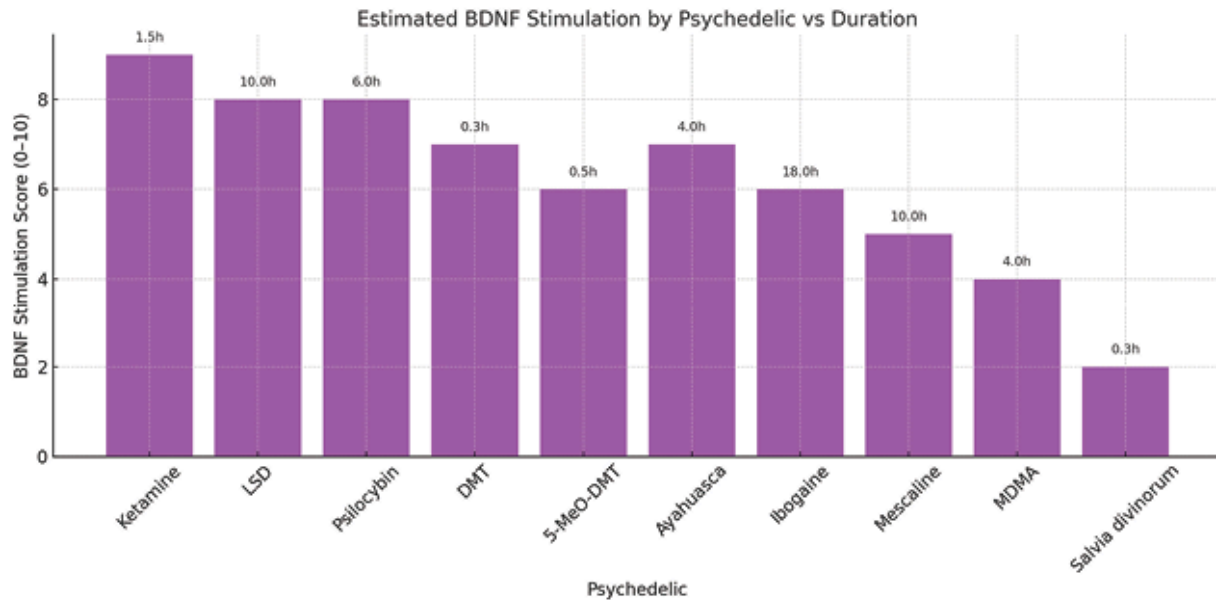


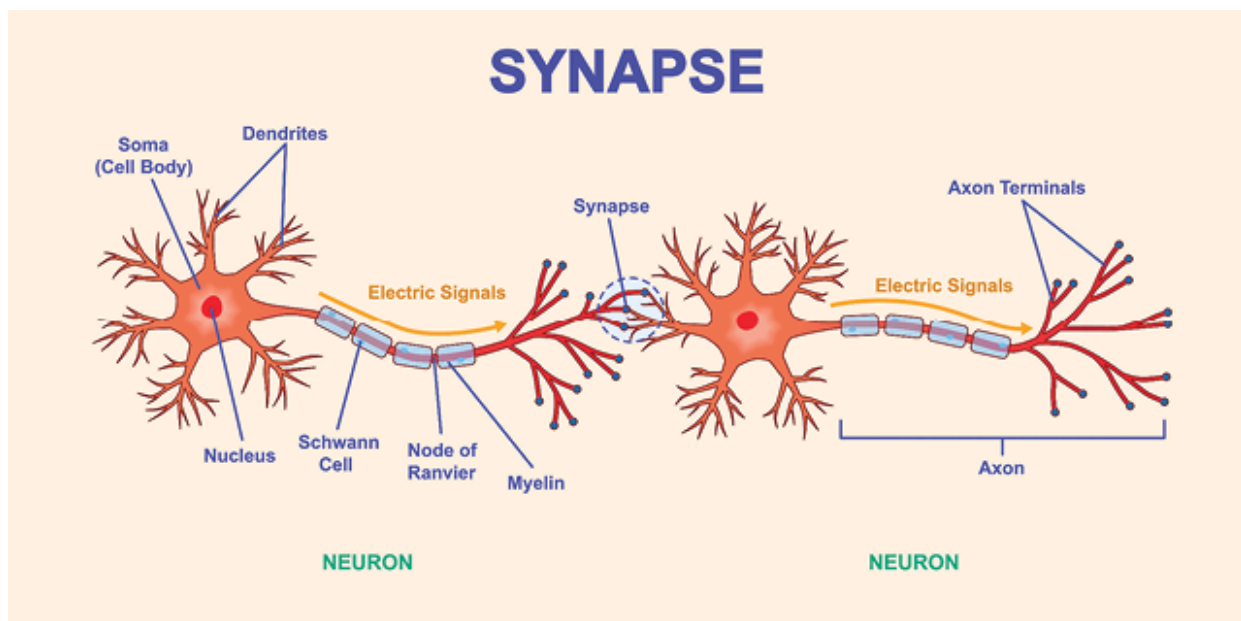
1. Interaction of 5-HT₂A Agonist (i.e, Psilocin) with a Serotonin receptor.



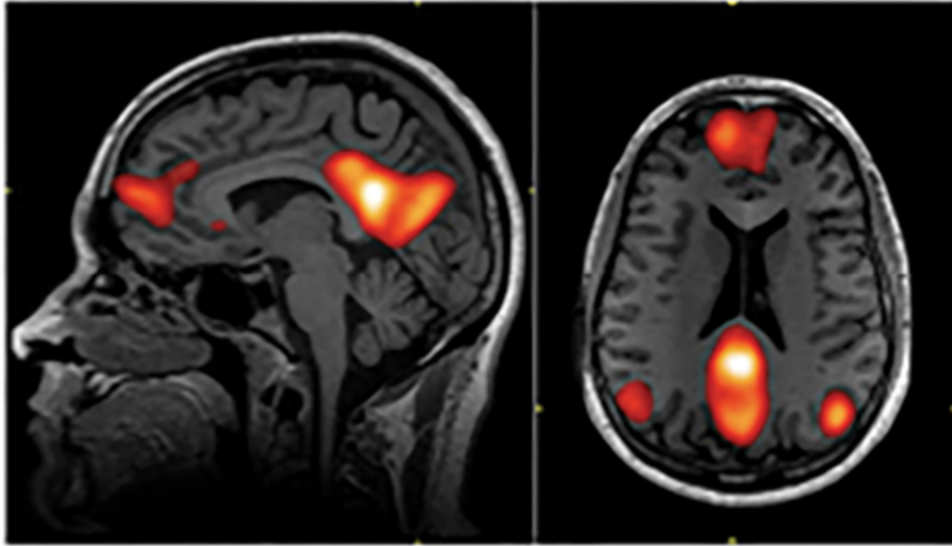
2. NMDA antagonists (i.e., Ketamine) can insert into the receptor, blocking glutamate signaling.



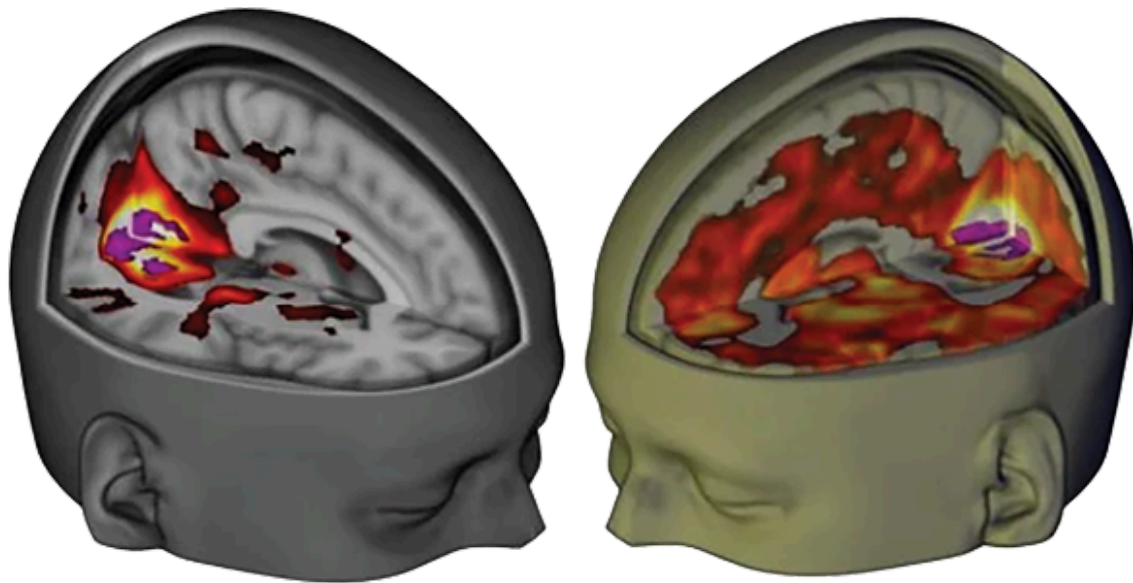
3. The chart above is an estimate of various psychedelics' impact on BDNF stimulation, along with typical duration based on existing studies. Ketamine is noted to provide the most robust short-term stimulation. Additional research is needed to confirm the most potent stimulators and safe combinations that could be used for even more robust boosting.



4. The Anatomy of a neuron and synaptic connection.



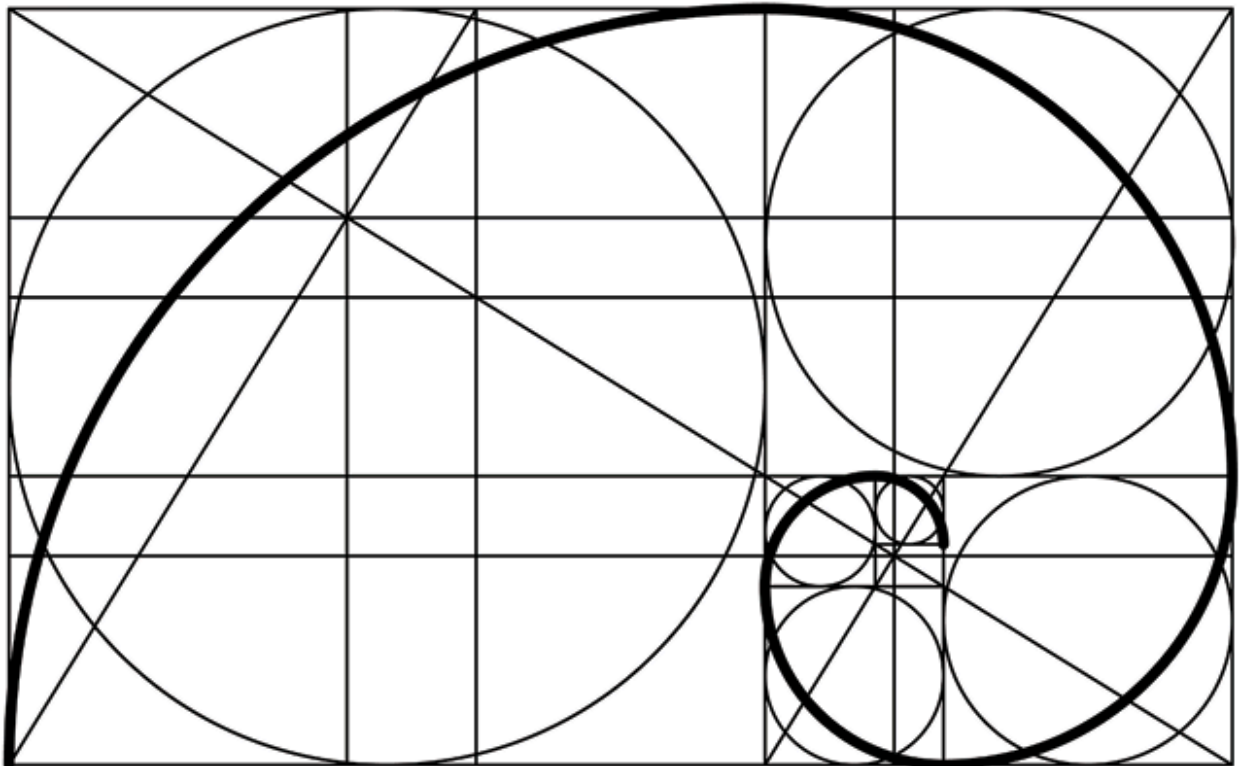
5. Default mode Network Regions (Wikipedia)



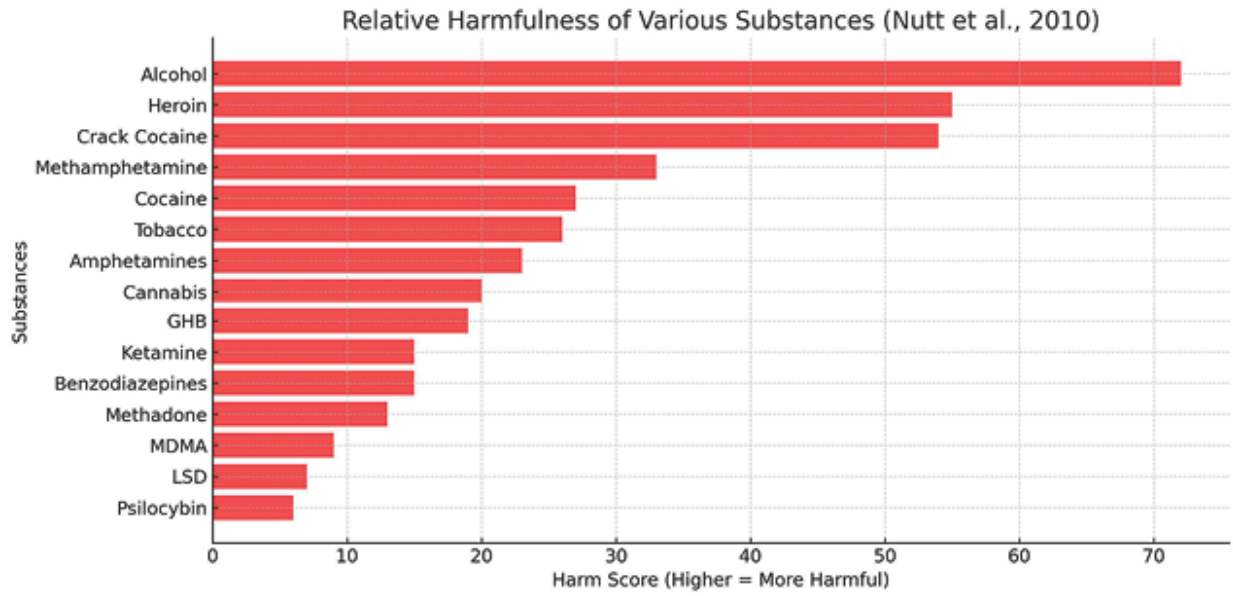
6. Researchers at the Imperial College of London discovered that large areas on fMRI associated with vision were more active and connected following the administration of LSD, as seen in the image on the right. This was also linked to hallucinations. Credit: Imperial College of London



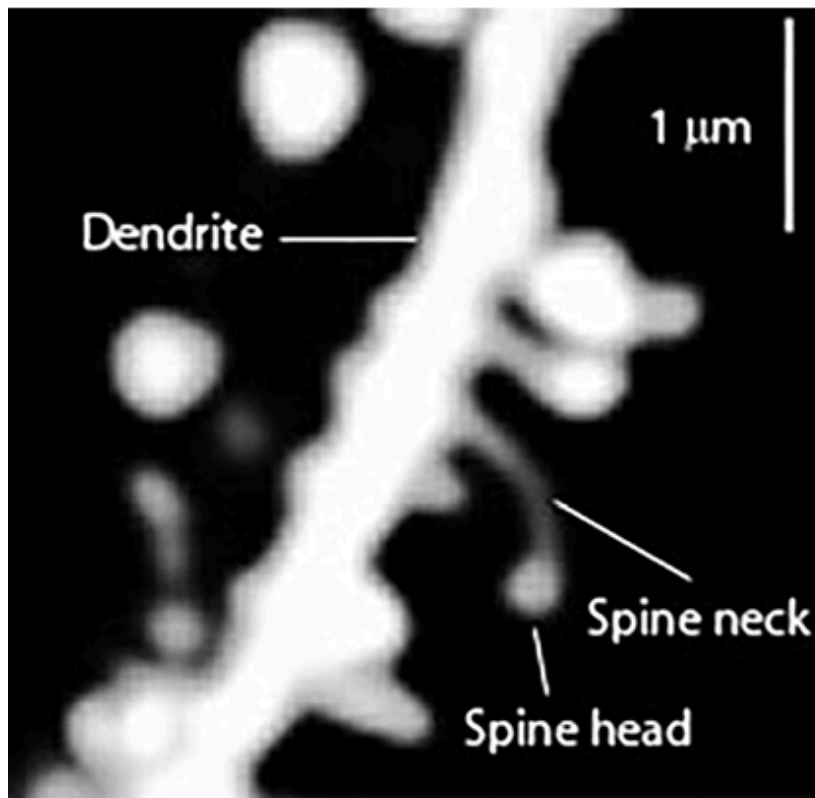
Image 7. Communication between functional brain networks in people given non-psychedelic compounds on the left, compared to those given psilocybin on the right. Credit: Petri et al., Proceedings of the Royal Society Interface.



8. Ammonites and many other plants and animals contain the Fibonacci sequence, and Golden Ratio.



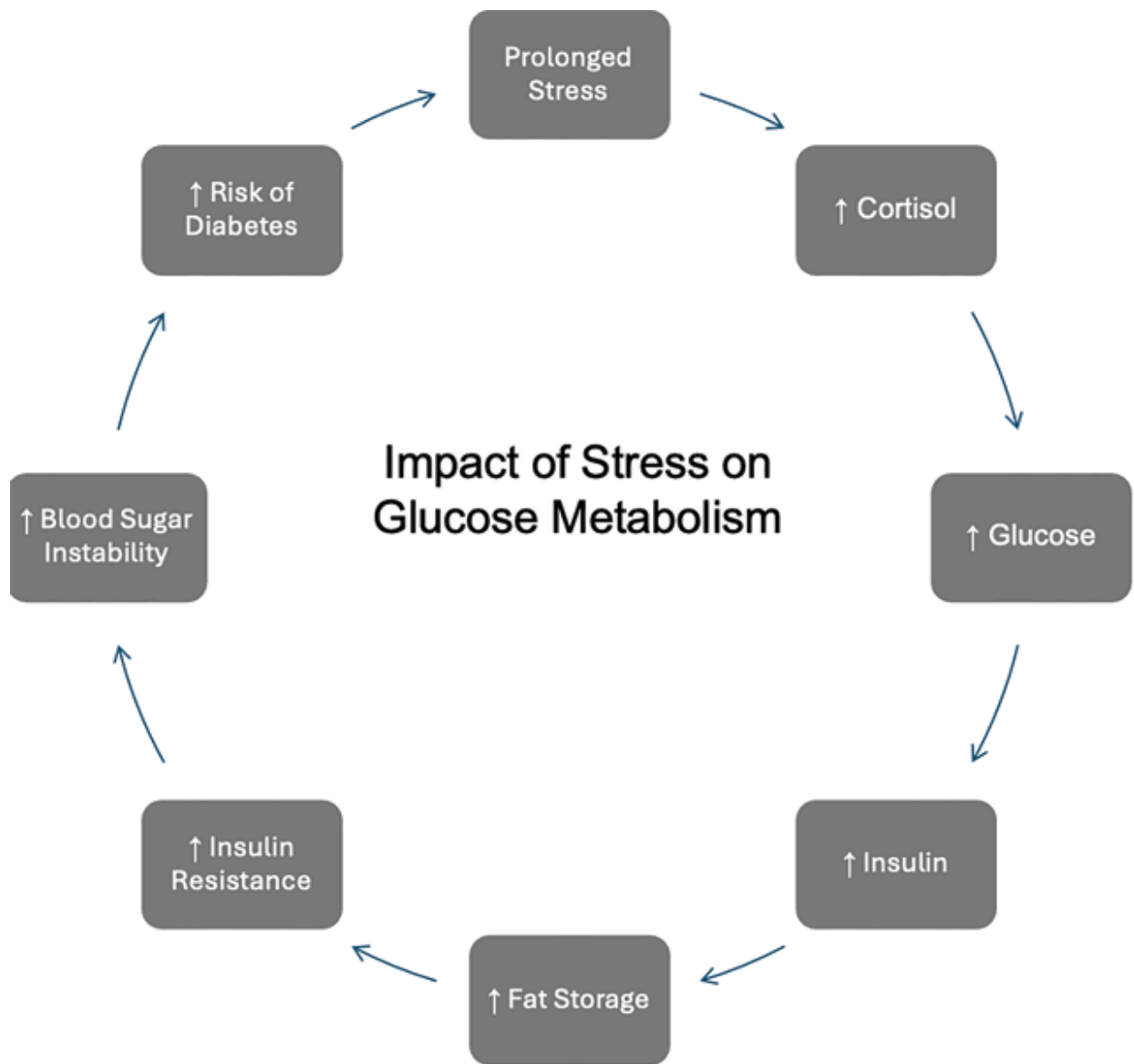
9. The chart above displays the relative harm of various substances based on the David Nutt et al. (2010) study. The harm scores consider both personal (e.g., addiction, health effects) and societal (e.g., crime, economic burden) impacts.



10. The number of dendritic spines (bumps on dendrite) can increase with psychedelic therapy as seen in this image. More spines=more neural connections. (Source: Wikipedia)



11. Ayahuasca brew, vine and chacruna.



12. Impact of Prolonged Stress influencing Glucose Metabolism



13. Pumping iron can pump your brain!



14. Being in Flow with Nature

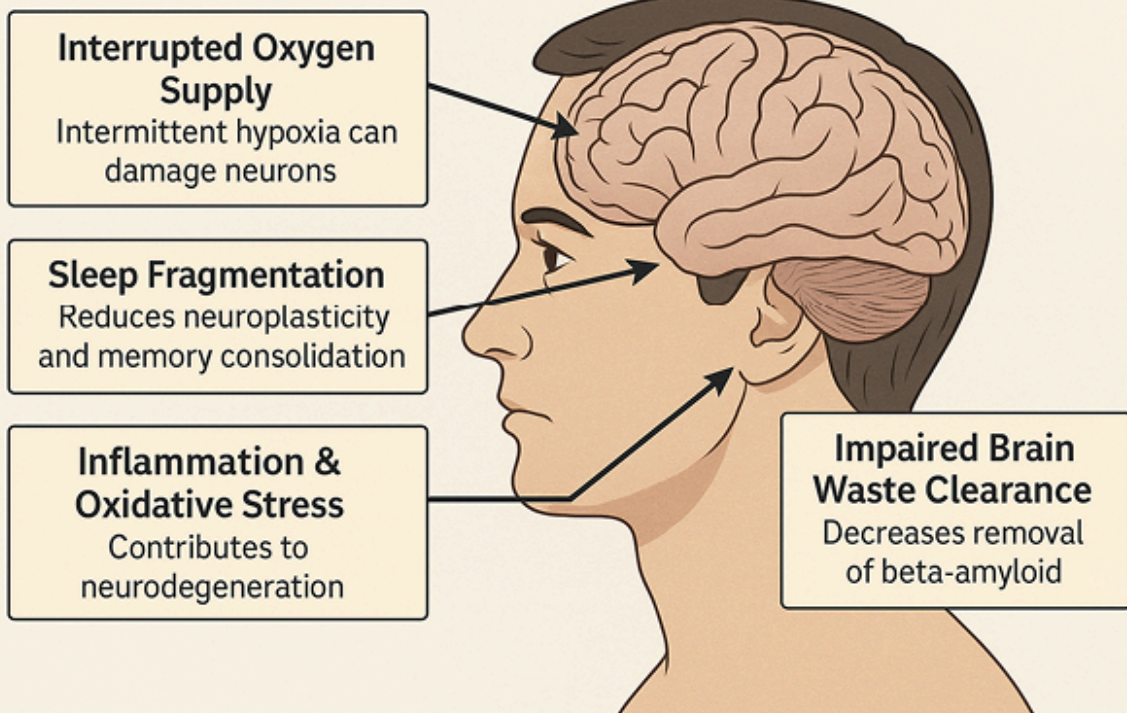


15. Fractal Geometry in Brain Coral

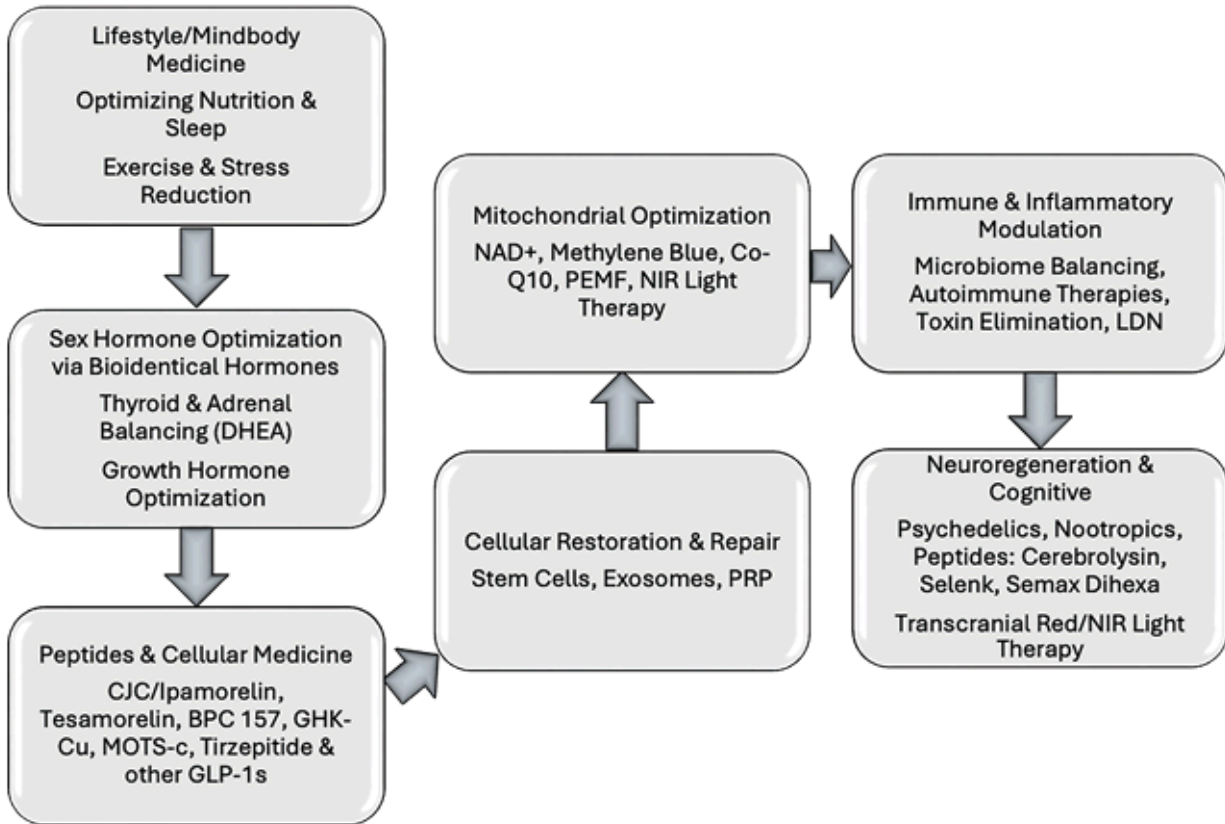


16. Hugs can help release oxytocin!

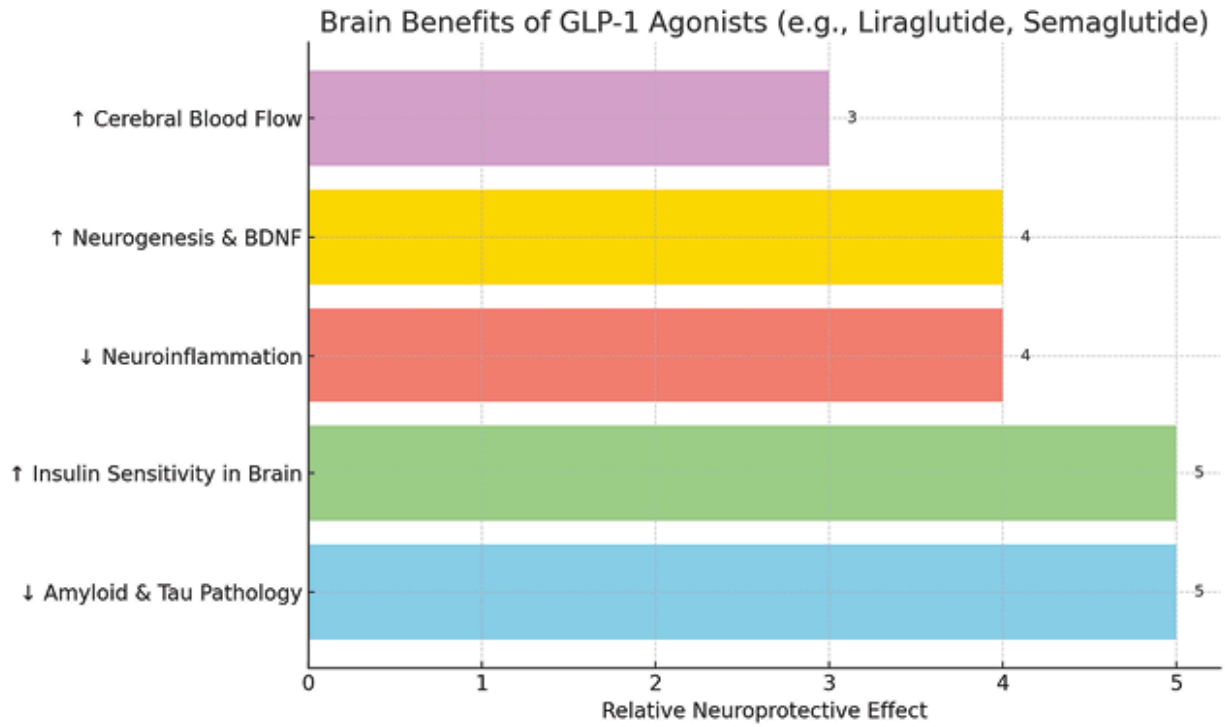
How Sleep Apnea Affects Brain Health



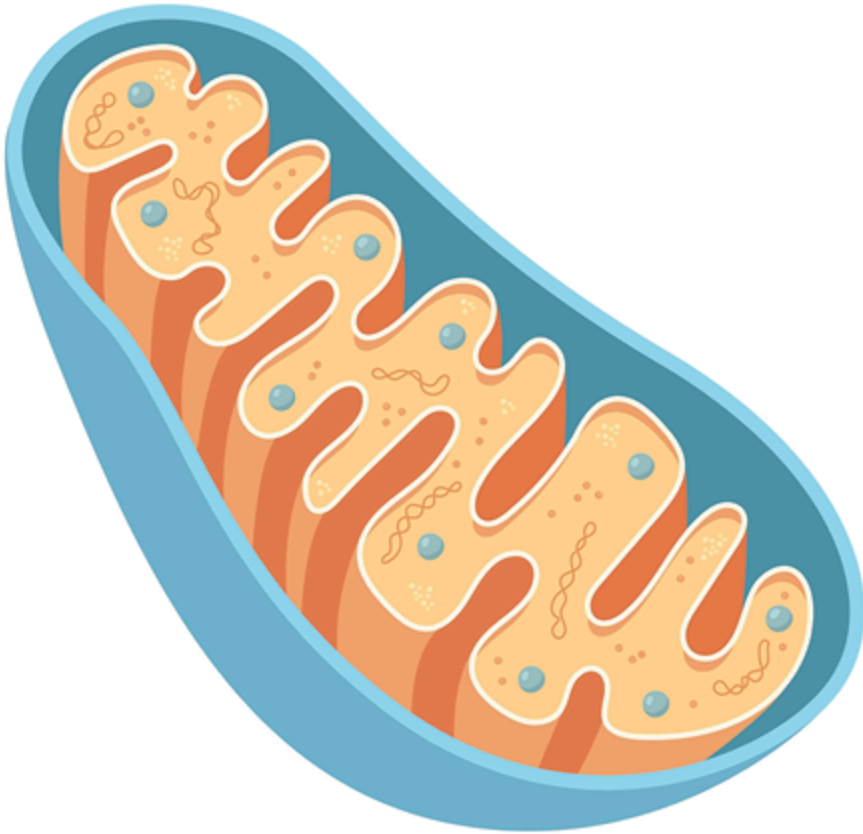
17. The impact of sleep apnea on the brain



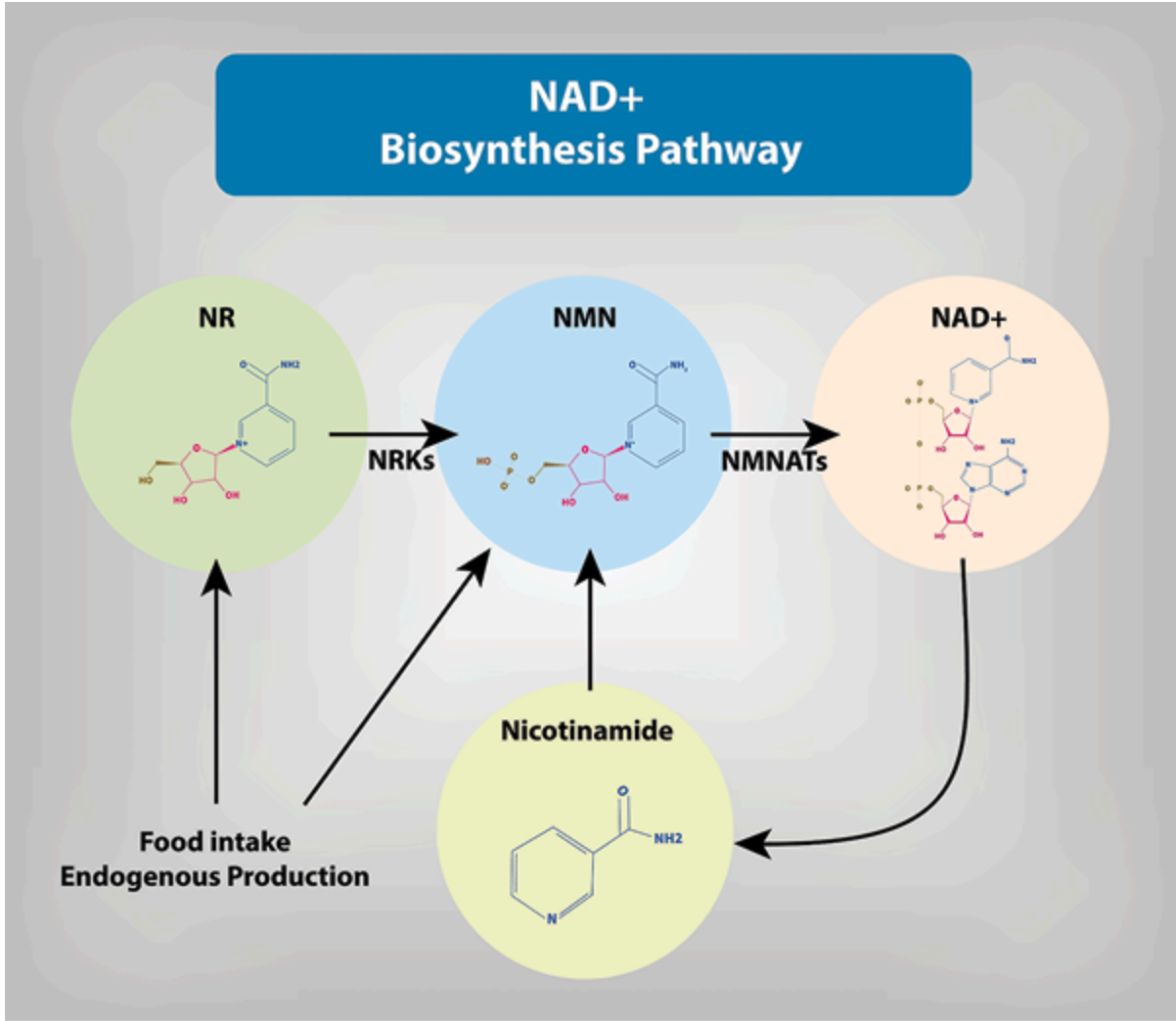
18. Dr. Grover's Regenerative Medicine Algorithm



19. GLP-1 Brain benefits based on a review of the current literature.



20. Basic Mitochondrial structure



21.NAD⁺ Synthesis