THE CHURCH OF PSYCHEDELICS

A 30-DAY MICRODOSING REGIMEN

The Red Hail *Protocol*

A simple, effective psilocybin microdosing regimen designed to achieve steady state.

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A 30-day psilocybin microdosing regimen, simple to follow and designed to achieve steady state.

DOUG RED HAIL PINEDA

FOUNDER · THE CHURCH OF PSYCHEDELICS

This guide is intended for individuals exploring microdosing from a place of education and spiritual preparation. It does not constitute medical advice. Work with these medicines should be approached with appropriate preparation, consistent practice, and deep respect for the traditions from which they come. Consult your physician before use, especially if you take prescription medication or have a diagnosed health condition.

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> *"The off days are not pauses in progress. They are what allow the benefits of psilocybin to integrate, deepen, and compound over time."*
>
> — DOUG RED HAIL PINEDA

Introduction

A simple regimen for cognitive, neurological, and spiritual benefit.

The Red Hail Protocol is a psychedelic mushroom microdosing plan and regimen that supports and amplifies the cognitive, neurological, and spiritual benefits of microdosing. The psychedelic effects of psilocybin remain sub-perceptual at this dose — allowing you to be fully functional in your day-to-day activities — while the protocol incrementally builds your physiological ability to achieve steady state.

This protocol was designed to solve a real-world problem: most people who try microdosing never become consistent enough to feel the deeper benefits. Schedules are busy. Tracking is tedious. Tolerance creeps in. The Red Hail Protocol fits seamlessly into a working life and removes every excuse not to follow through.

Cognitive

- Neurogenesis of the physical brain
- A more efficient nervous system
- Clearer focus and creative flow

Neurological

- Improved mental health
- Increased intellect and clarity
- Steadier mood across the week

Spiritual

- Responsive instead of reactive
- Awakened psychic development
- Deeper connection to the moment

> *"A simple, repeatable rhythm is what turns microdosing from a trial into a transformation."*
>
> — DOUG RED HAIL PINEDA, FOUNDER

Achieving Steady State

The most important part of any microdosing protocol.

Steady state is the reason high-performance people choose The Red Hail Protocol. It is the physiological condition you build by taking the medicine consistently over time, so that a trace amount of psilocybin is always present in your body. Each new microdose then enters a system that is already primed — allowing the effects to become available faster and with less biological effort.

The Bathtub Analogy

Imagine a bathtub with the faucet running and the drain open at the same time. The running water represents the consistent intake of microdosing psilocybin. The open drain represents your body processing and removing the medicine. **Steady state is achieved when the faucet speed matches the drain speed** — keeping the water level constant, always warm, always ready for use.

Being in steady state means your physiology is in a state of vigilance for the presence of psilocybin. When you take the next dose, the beneficial effects activate more quickly and are more readily available to you. The value and benefits of microdosing reach peak efficiency.

How Long It Takes

It takes approximately **two months** of consistent practice to reach this level of effectiveness. The protocol is designed so that consistency happens almost automatically — one capsule per day, every day, with no decisions to make about what or when to take.

The significance of steady state: it ensures consistent, effective, and safe levels of working with psilocybin for long-term effectiveness — preventing levels from becoming too high (toxicity) or too low (ineffective). The Red Hail Protocol is a proven method for reaching expanded awareness of your higher abilities while solving the practical dilemma of creating a sustainable routine.

How It Works — Interval Microdosing

Three days on. Two days off. Repeated for 30 days.

A monthly regimen includes 30 capsules — one for every day of the month. The capsules are vegan and come packaged in F-1 pharmaceutical-grade blister packs, the highest safety level of pharmaceutical packaging.

Just as interval training in fitness prevents your gains from plateauing by alternating stress and recovery, the on/off rhythm of microdosing psilocybin prevents tolerance and keeps your system highly responsive to the benefits over time. *The off days are not pauses in progress — they are what allow the benefits to integrate, deepen, and compound.*

GREEN
3 ON Days

Days 1 · 2 · 3 — Psilocybin Capsule

Choose the ON Day blister pack embossed with the words Day 1, Day 2, Day 3. Take one capsule each morning. Each green capsule contains 100 mg of Psilocybe cubensis.

WHITE
2 OFF Days

Days 4 · 5 — Adaptogen Capsule

Switch to the OFF Day blister pack embossed with Day 4, Day 5. Take one capsule each morning. No psilocybin — instead, a stack of adaptogens that supports neuroplasticity, immune health, calm focus, and sleep.

Why Both Capsules Matter

The OFF Day capsules are not optional. They are what builds the consistency needed to achieve steady state. The adaptogens inside support the same pathways psilocybin works through — so the benefits keep compounding even on the days you are not dosing. Treat all 30 days as a single, unbroken practice.

The interval schedule prevents tolerance build-up, allowing benefits to strengthen over time rather than diminish. Blister packs are clearly marked with day numbers — simply start with Day 1 and follow the sequence, alternating between packs as directed.

The Daily Practice

Three simple rules. Repeat for 30 days.

Consistency is the foundation of this protocol. The practice itself is simple by design — the less you have to think about it, the more reliable it becomes. Build it into the rhythm of your morning, the same way you brush your teeth or pour your coffee.

1

Take One Capsule Each Morning

One per day, every day — whether it is a green ON Day capsule or a white OFF Day capsule. The blister packs walk you through the sequence so there is nothing to track or decide.

2

Keep the Timing Consistent

Take your capsule at roughly the same time each morning. Consistent timing is what trains your physiology into the rhythm that produces steady state.

3

Reduce Stimulants on ON Days

On psilocybin days, reduce caffeine and other stimulants so you can better sense the subtle effects of the medicine. Stimulants mask the very signals you are trying to attune to.

Morning Dosing Aligns With Circadian Biology

Psilocybin has mild stimulating properties that align best with the first half of the day. Taking your capsule in the morning supports clear focus during waking hours without disrupting sleep architecture later. Evening dosing is not part of this protocol.

One capsule. Same time. Every day. That is the entire practice.

Protocol FAQs

The most common questions, answered.

Q. Some months have 31 days — why are there only 30 capsules in a regimen?

A. The primary objective is to take one capsule per day, which is not tied to any specific number of days in a month. Your next monthly regimen arrives on autoship, so — except for shipping issues beyond our control — your next regimen will arrive before your current one runs out.

Q. What if I miss taking a capsule on a particular day?

A. Consistency is key to developing and maintaining steady state. If you miss a day, get right back on track and start with the next capsule in your blister pack. Do not double up or shift the sequence — simply resume.

Q. Can I take a week or two off?

A. Yes. But before taking time off, it is highly suggested that you remain consistent with the protocol for **three consecutive months** to achieve steady state and experience the higher physiological benefits of microdosing. After that, based on instinct, intuition, and experience, you may take a week or two off and restart where you left off in your blister pack.

Q. What about a large ceremonial dose during my protocol?

A. If you take a ceremonial dose (1 gram or more in a single sitting) as part of your spiritual development practice, you may take a day or two off your microdosing regimen afterward. Remember that the OFF days in this protocol already account for biologically beneficial downtime — the interval rhythm is built in.

A Note on Patience

The biggest mistake new microdosers make is expecting a dramatic, immediate change. Microdosing is a slow, cumulative practice. The first month builds the foundation. The second month reveals the depth. The third month is where the real shift becomes visible to you and to the people around you. Trust the rhythm.

What's Inside the Capsules

Psilocybe cubensis & a thoughtful adaptogen stack.

Green Vegan Capsules — The 3 ON Days

Each green capsule contains **100 mg of Psilocybe cubensis** — the most well-known species of psilocybin-producing mushroom. At the 100 mg Pathfinder dose, effects remain sub-perceptual — working beneath conscious awareness.

Why Psilocybe cubensis?

- Uplifting joy with a calm, grounded undercurrent
- Increased creative thinking and emotional openness
- Soft, steady clarity that supports focus without sharp edges
- Gentle, feel-good energy that scales well across experience levels

White Vegan Capsules — The 2 OFF Days

The OFF Day capsules contain no Psilocybe cubensis. Instead, they carry a powerful adaptogen stack that supports and complements your microdosing practice on the days the medicine is resting.

The Adaptogen Stack

- ✓ Lion's Mane — neurogenesis
- ✓ Turkey Tail — immune & gut health
- ✓ L-Theanine — calm focus
- ✓ Magnesium Glycinate — nervous system & sleep

Why This Stack

- ✓ Supports the same pathways psilocybin works through
- ✓ Keeps the practice continuous, not interrupted
- ✓ Improves sleep on rest days for deeper integration
- ✓ Builds nervous system resilience over time

Why This Protocol Works

Six design principles built into every capsule.

1

Interval Dosing Prevents Tolerance

Psilocybin builds tolerance rapidly when taken consecutively. The 3-on, 2-off cycle keeps receptor sensitivity fresh, allowing the 100 mg dose to remain effective for long-term physiological gains.

2

The Dose Sits in the Sweet Spot

At 100 mg, you are squarely within the established microdose range (50–200 mg) — supporting subtle cognitive, intuitive, and emotional shifts without perceptual disruption.

3

The Rest Day Stack Is Thoughtful

Rather than leaving rest days empty, the protocol includes compounds that complement psilocybin's mechanisms — neuroplasticity, immune health, calm focus, and nervous system regulation.

4

Blister Packs Remove Friction

Pre-marked blister packs eliminate decision fatigue and tracking errors, making daily adherence to the protocol nearly automatic.

5

Morning Dosing Aligns With Circadian Biology

Psilocybin's mild stimulating properties align best earlier in the day — supporting focus without disrupting the body's natural sleep architecture later that night.

6

Caffeine Guidance Helps You Feel It

Reducing stimulants on dosing days prevents masking of subtle effects, allowing clearer perception and deeper integration of what the medicine is showing you.

Member Experience & Safety

What to expect — and who this is not for.

What Members Report

Microdosing at this level (50–200 mg) is consistently associated with improved focus, greater cognitive flexibility, reduced emotional reactivity, increased motivation, mild sensory enhancement, and more stable mood.

You will not feel or experience a psychedelic "trip." The effects of microdosing are intentionally subtle — sub-perceptual — and designed to support your day, not alter it. Your senses are comfortably heightened, and you remain fully functional in all your usual daily responsibilities.

Do NOT Microdose If You Have

- ✓ Severe hypertension (160/100+)
- ✓ Heart arrhythmias
- ✓ A recent cardiac event
- ✓ Bipolar disorder Type I
- ✓ A history of psychosis
- ✓ Are pregnant or nursing

Avoid Combining With

- ✓ Stimulants
- ✓ Energy drinks
- ✓ Alcohol
- ✓ SSRI medication

Consult Your Physician Before Use

If you have any diagnosed condition, take prescription medication, or are uncertain whether this protocol is appropriate for you, speak with a qualified healthcare provider before beginning. The Red Hail Protocol is designed for healthy adults choosing to add a microdosing practice to their spiritual and cognitive development.

CONTINUE YOUR JOURNEY

Walk *The Golden Path* With Us

The protocol is the practice — but the path is bigger. Join a global community walking it together.

WWW.THECHURCHOFPSYCHEDELICS.COM

COMMUNITY

Join a worldwide circle of spiritual psychonauts, teachers, and seekers walking the path.

SACRAMENTS

Micro and macro doses to support your spiritual development — including The Red Hail Protocol monthly regimen.

FOLLOW US

May love guide the heart of all beings. ✦