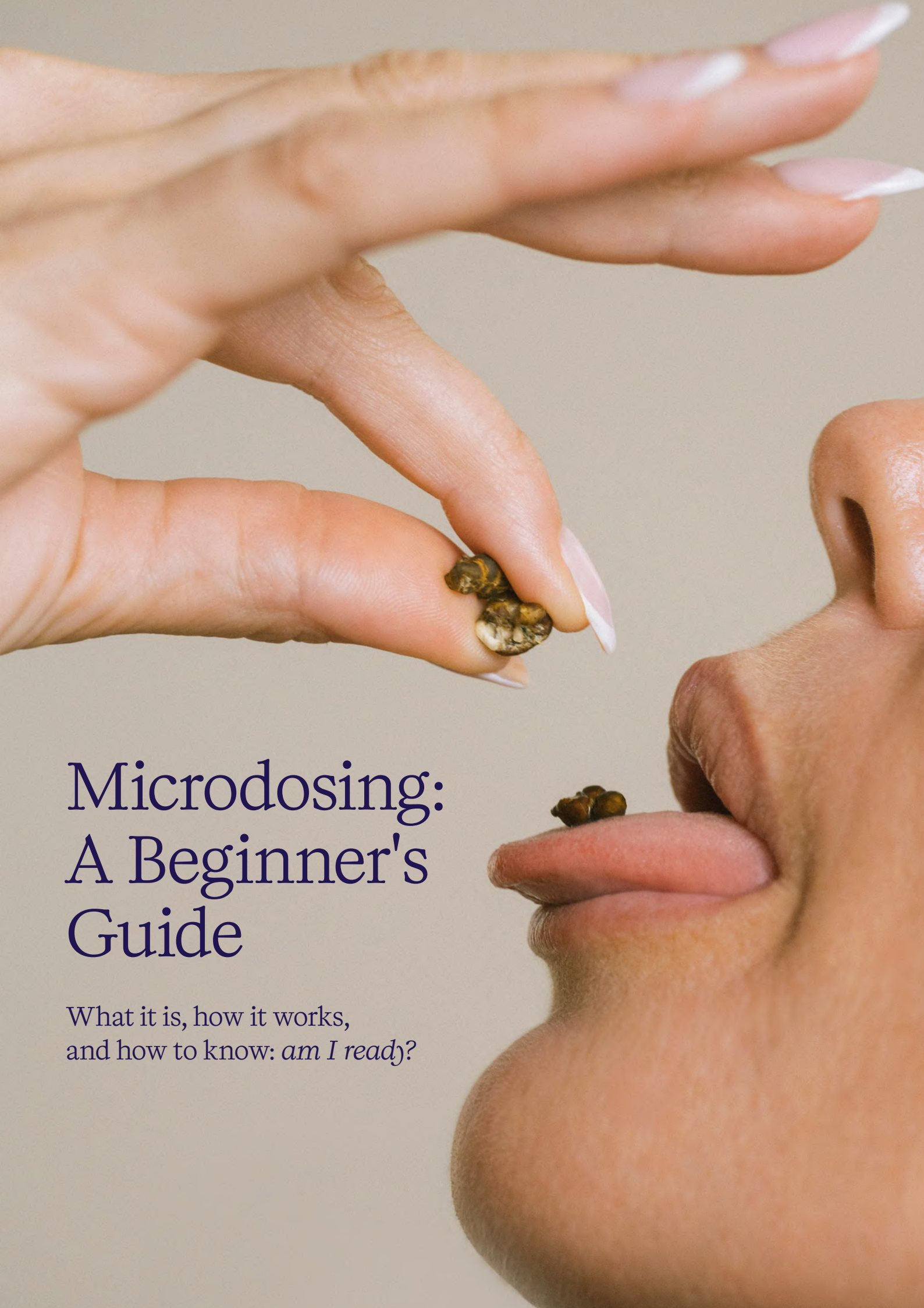




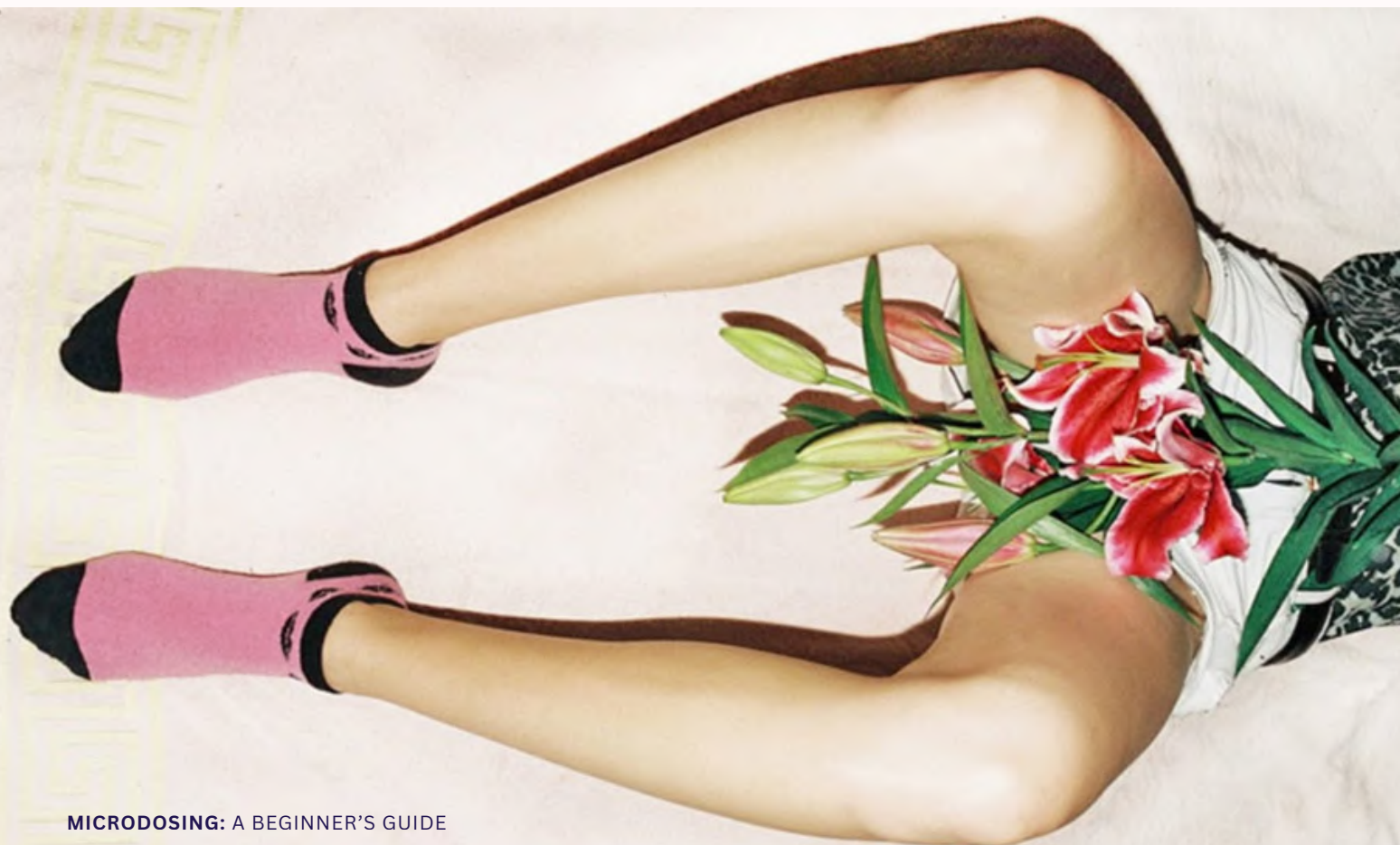
Microdosing: A Beginner's Guide

What it is, how it works,
and how to know: *am I ready?*



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Welcome.

This guide is for you,
wherever you're starting from.

Microdosing is more mainstream than most people realize

Executives, mothers, therapists, artists, and athletes enjoy the myriad of benefits microdosing brings. People who would never call themselves "psychedelic".

This isn't fringe. And it isn't a niche anymore either.

It's earth medicine. Used for thousands of years, now backed by modern neuroscience. Today, it is becoming one of the most meaningful shifts in how we think about our minds and our bodies.

Some of you arrive here because something isn't working. Some of you arrive because you sense there's more. Both are valid. Both are right.

This guide is for you, wherever you're starting from.

By the end of this guide, you'll understand how microdosing actually works in the brain, what the practice looks like day to day, and how to decide if it's right for you.

MUSH LOVE

xo Pernille





What Is *Microdosing?*

Microdosing is the practice of taking a very small dose of psilocybin, a naturally occurring compound found in over 200 species of fungi.

Psilocybin loosens the brain's old patterns and builds new ones. Habits shift. Thought loops break. Emotional reactions stop running you.

Today it is now the subject of serious clinical research at institutions like Johns Hopkins, Imperial College London, and NYU, for its neuroplasticity effects.

To be clear, a microdose does not alter your consciousness. There is no high. No hallucinations. No disconnection from your life. You take it in the morning and you keep going. Work. Kids. Meetings. The day looks exactly the same. You are the one moving through it differently.

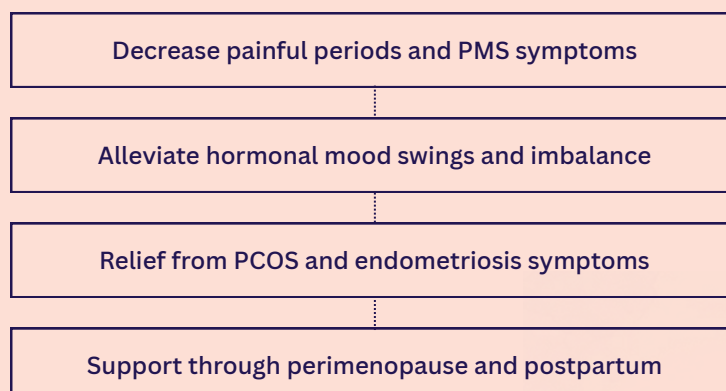


The Benefits of Microdosing

As reported by our clients and the wider microdosing community



Specific to female biology



We go deeper into each of these later in this guide.



The Science of Microdosing

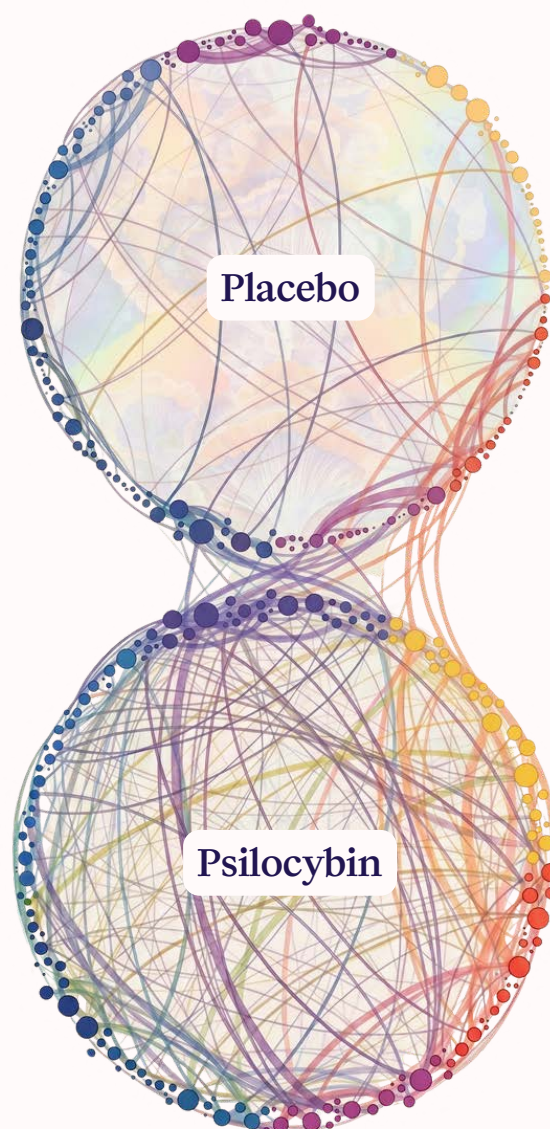
When you take psilocybin, your body converts it to psilocin. Psilocin binds to serotonin receptors in the brain, specifically the 5-HT_{2A} receptor. Serotonin regulates mood, sleep, appetite, and how you process emotions. When psilocin activates these receptors, three things start to shift:

FOR A DEEPER LOOK AT THE SCIENCE, READ MORE HERE →

Neuroplasticity. Psilocybin promotes neuroplasticity, your brain's ability to form new neural connections and reorganise existing ones. This is how old patterns, thought loops, emotional reactions, habitual behaviours, start to loosen. Not because you're forcing change, but because psilocybin is helping your brain physically create new pathways.

Psilocybin quiets the Default Mode Network. The DMN is responsible for self-referential thinking, the running commentary about who you are, what you should worry about, what might go wrong. Think of your DMN like ski tracks in fresh powder snow. The more you ski the same route, the deeper the grooves, until your thoughts, your reactions, your self-talk are all locked into the same runs down the same mountain. In people with anxiety, depression, and chronic stress, those grooves are deep. Psilocybin is the fresh snowfall. It fills in those tracks. The slope is smooth again, and suddenly you can choose a different path down.

Psilocybin reduces amygdala reactivity. Your amygdala is your brain's threat detection system. When it's been activated too often for too long, by stress, trauma, burnout, hormonal shifts, it stays on high alert even when there is no real danger. That's the tightness in the chest. The racing thoughts at 3am. The overreaction to something small. Psilocybin softens that reactivity. You stop bracing. You start responding.



Communication between brain networks in people given a non-psychedelic compound (top) and psilocybin (bottom) in a study on macrodosing.
Petri et al./Proceedings of the Royal Society Interface



Microdosing Is *Not* A Small Trip

This is important.

Most of the research on psilocybin that makes headlines is about large doses, the kind given in clinical settings, supervised, once or twice, with dramatic breakthroughs. That work is valuable. But you cannot directly translate the neurological and physiological cascade of a large dose to the small doses we work with. They are different experiences producing different mechanisms of change.

At Mabel, we've tracked results across thousands of clients and what we observe is something more gradual, more sustainable, and in many ways more powerful: the compounding effect.



“I have been on my microdosing journey for 4 weeks now and it is definitely something I will continue with. I have noticed myself staying calm with my kids at times where I used to lose my patience. This reason in itself is why I will continue. Combined with meditation for 10 mins a day it really is the best self-care decision I have ever made.”

— Marie L., Dublin, Ireland



The Compounding Effect

Microdosing doesn't change you in a single moment. It rewires the habits and thought loops you run every day. Small shifts, repeated, compound into real change. This is what Mabel is built on.

Stress compounds. Stress isn't only mental, it's inflammatory, it's metabolic. If you go from spiralling three times a day to spiralling once, that's not just mood. That's fewer cortisol spikes, less sympathetic nervous system activation, fewer stress-driven decisions, fewer sleep-disrupting thoughts. One day doesn't matter. Ninety days changes your biology.

Sleep compounds. Sleep is one of the biggest levers for everything, longevity, mood, metabolism, recovery. Microdosing doesn't need to sedate you. It just needs to reduce the late-night overthinking, the emotional friction, the doom scrolling to escape your own brain. A 20 to 40 minute improvement in sleep doesn't feel dramatic. But over weeks it compounds into better glucose regulation, lower inflammation, better recovery, better mood, and better habits again. Sleep is an amplifier.

Behaviour compounds. Most people don't fail because they don't know what to do. They fail because they can't repeat it. Microdosing supports consistency, movement when motivation is low, cooking instead of ordering, one drink instead of the whole bottle, taking the walk anyway, staying present instead of escaping. Tiny decisions. Massive outcomes.

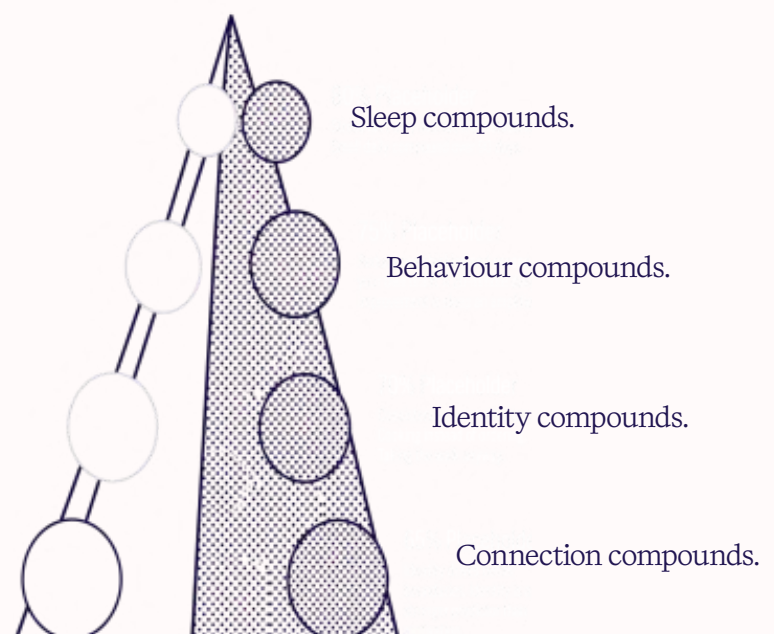
Identity compounds. This is the deepest one. Much of what drives depression and anxiety is the gap between how you see yourself and the reality of your daily life. That dissonance wears you down. When someone feels slightly more agency, softness, and clarity, they start to think: "I'm someone who can take care of myself." That shift drives better boundaries, better relationships, less self-sabotage. Identity is a stronger predictor of lasting change than motivation.

Connection compounds. When microdosing softens the irritability, defensiveness, shutdown, and avoidance, you reconnect. And connection isn't fluffy: it shapes stress physiology, immune function, depression risk, and whether you stick with every healthy habit you're trying to build.

Here's how it actually stacks: a microdose day leads to slightly more openness, which leads to one better conversation, which leads to less stress at night, which leads to better sleep, which leads to better morning energy, which makes the workout easier, which improves appetite signals, which reduces inflammation over weeks, which raises your mood baseline, which reduces the need for coping behaviours, and then it repeats.

The dose is micro. The effect becomes macro. Not because it's dramatic. Because it repeats.

Compounding has a *snowball effect*.





“I have been on antidepressants and anxiety pills since I was 17, 15 years by now. I visited doctors and therapists in three different continents. For the past two months I haven't had a single pill, and my inner sensation is one of more control and balance, something that traditional medicine didn't give me.”

— Brenda A.M.D.S. (female)

“I am three weeks into it and feel like my life has done a complete 360 for the better. Clarity of mind, nervous system relaxed and finding new rewiring responses actively changing in my life and my lifestyle. It's highly recommended for anyone that's been yearning for a change but didn't know how to kick start it.”

— Toni Johnson (male)

Microdosing Is *Not* A Silver Bullet

Microdosing works. But you don't take psilocybin and become someone else overnight.

Psilocybin is what we call a non-specific amplifier. It doesn't decide what to work on, it amplifies what is already within you. The good, the unresolved, the patterns you've been running for years. All of it gets more available, more visible, more workable.

So the real question becomes: how do we give ourselves the best possible chance of truly shifting the things we want to work on?

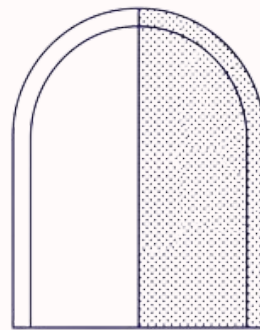
Every time you take a microdose, psilocybin activates 5-HT_{2A} serotonin receptors and triggers a surge in neuroplasticity, opening what is known as a critical period: a window where your brain becomes significantly more receptive to learning, rewiring, and forming new patterns.

We know these windows from early development: they're how we learn language as children, form attachments, absorb the world at a speed that adults can't match. Those windows close as we age. The brain becomes more efficient but also more rigid, locked into the grooves it carved years ago.

Psilocybin reopens that window. Think of it as the difference between carving stone and shaping wet clay. The patterns that felt permanent, how you react to stress, the inner critic that runs on loop, the habits you can't seem to shift, suddenly become mouldable again.

But the clay doesn't shape itself. What you do inside that window determines what gets built.

This is why we created a structured program. Every dose opens a critical period. Every guided class, every journaling prompt, every intention is designed to meet you inside that window, when your brain is most ready to change.



The truffles open the door.
The program is what you walk through it with.

Five weeks. Eighteen doses. Six guided classes designed by Dr. Shauna Shapiro, a Stanford psychologist, and Dr. Amir Lotfi, our Chief Science Officer and pharmacologist.

A conversation-based journal and AI companion that meets you on every dose day. Each element timed to the critical period.

The microdose is half the equation. What you do with it is the rest. When neurochemistry and the practice work in tandem, the compounding effect stops being theoretical and starts showing up in your actual life.

The Minds Behind The Method

Everything you've just read, the serotonin cascade, the critical periods, the compounding effect, the program structure, didn't come from a marketing team. It came from two people who have spent their careers at the intersection of psychedelics, psychology, and neuroscience.



Dr. Amir Lotfi, Chief Science Officer

Amir is a neuroscientist and former Senior Director at Beckley Psytech, one of the leading psychedelic research companies in the world. His background is in how psychoactive compounds interact with the brain at a molecular level, serotonin receptor binding, neuroplasticity mechanisms, dosing protocols. He's the reason our program is built on pharmacological precision, not guesswork. Every dose, every protocol decision, every claim we make passes through his lens first.

[Read our full conversation with Amir](#)

Shauna is a clinical psychologist and one of the world's leading mindfulness researchers, with keynotes at Stanford, Harvard, and Oxford. She has spent over twenty years studying how intentional practices physically change the brain, and she co-designed the guided classes inside the Mindful Microdosing Program. Her work is the foundation of what happens inside the critical period: the practices that shape the clay while it's soft.



Dr. Shauna Shapiro, Program Co-Designer

When a neuroscientist and a clinical psychologist design a program together, you get something that neither discipline could build alone: the neurochemistry that opens the window, and the psychology that makes the most of it.



What Microdosing Can Unlock

Psilocybin doesn't treat one thing. It works on the underlying systems, serotonin, the DMN, the amygdala, neuroplasticity, and that means the benefits show up differently for everyone. Some of you will recognise yourselves in one of these sections. Most will recognise yourselves in several. That's normal. These are interconnected, and so are you.

Here's what our clients come to us for most, and what the science supports.



Anxiety & Stress

Anxiety is your amygdala on overdrive, firing threat signals when there is no threat. Meanwhile, your DMN is running worst-case scenarios on a loop, and your serotonin system is depleted from keeping the whole operation going. It's not a character flaw. It's a neurological pattern that has become self-reinforcing.

Psilocybin works on all three at once. It reduces amygdala reactivity, so the alarm system stops firing at every shadow. It quiets the DMN, so the rumination loses its grip. And it activates 5-HT_{2A} serotonin receptors, promoting the neuroplasticity needed to build new response patterns, not just in the moment, but over time.

Our own data shows that before starting the program, only 21% of participants reported feeling mentally calm or emotionally balanced. After completing it, that number was 67%.

And through the compounding effect: less anxiety means fewer cortisol spikes, better sleep, better decisions, less emotional reactivity, which means less anxiety the next day. The loop reverses.

“I've been microdosing with Mabel for a few months. I feel much more grounded and present, and the anxious 'noise' that used to be very loud is now almost silent. I feel calm, connected and more focused. PS. I rarely write reviews... but this time it's well deserved.”

— Jillian S., Schiedam, Netherlands

[START WITH THE MINDFUL MICRODOSING PROGRAM AT MABEL.LIFE →](https://mabel.life)

Participants felt overwhelmed by their own thoughts

51.4%

Before the program

15%

After the program



“I am going through a breakup, I need to find my own place to live and I got laid off from work. All of this happened in a span of 1 month. I have started journaling, meditating and microdosing, and I cannot explain how much this has helped me on my rocky journey. I am not panicking, I have so much clarity in what I need to do next, and I am not chronically procrastinating as I did before.”

— MB

Brain Fog & Focus

Brain fog is rarely about the brain alone. It's what happens when the whole system is overloaded. Chronic stress jacking up cortisol. Disrupted sleep cutting into cognitive recovery. Emotional weight eating the bandwidth your prefrontal cortex needs to actually focus.

We don't claim psilocybin directly sharpens focus. What we see consistently is the compounding effect at work: when amygdala reactivity drops, there's less background anxiety consuming mental resources. When the DMN quiets, there's less rumination competing for attention. When sleep improves, because stress is lower and late-night spiralling has reduced, cognitive clarity returns on its own.

The fog lifts not because something was added, but because what was blocking it starts to move.



“I've noticed a significant uplift in my daily mood, a heightened sense of focus during work, and a remarkable reduction in the mental fog that often clouded my thinking. It's not about feeling 'high' in any sense; it's about experiencing a clearer, more engaged version of myself.”

— Chiara, Prato, Italy



Low Mood & Emotional Balance

Low mood often involves a combination of reduced serotonin signalling, an overactive DMN generating negative self-referential thought, and a nervous system that has learned to shut down rather than feel. You're not sad about one thing, you're flat about everything. The colour is turned down.

Psilocybin doesn't inject happiness. What many people report is a gradual return to emotional range. It activates serotonin pathways that have gone quiet and disrupts the DMN patterns that keep you locked in the same low narrative. Neuroplasticity opens new routes, new neural connections that let your brain process emotion differently.

What this looks like in practice: emotions that have been buried start to surface. That can feel uncomfortable, even overwhelming, at first. But it's the beginning of actually feeling again rather than just functioning.

“It helped me get out of a depressive phase in my life. I recommended it already to female friends who feel that unbalanced mood phase. After microdosing for 3 months I took a break of 4 weeks to see how my mood was stabilising. Now I'm going back until spring and sunny days.”

— Clarisse C., Berlin, Germany

Participants felt joy or pleasure from small things

37.4%

Before the program

67.3%

After the program



“For years and years I have struggled with depression and finding ways to shift my life and start living again. Already from day 1 I could feel a shift in myself. I feel genuinely a lot more relaxed and positive and I'm finally finding the mental peace to meditate and journal and understanding myself better, and making the necessary steps towards changing my life. In such a short amount of time, this treatment has achieved something years of therapy and even medication didn't achieve. Tomorrow, I'm moving to a new country to start a new chapter.”

— Vanessa E.

START THE MINDFUL MICRODOSING PROGRAM →



Sleep & Recovery

Sleep is often the first casualty of an overloaded system: the 3am thoughts, the racing review of everything you said that day, the body that's exhausted but the mind that won't stop.

Most sleep problems aren't really sleep problems. They're anxiety problems, stress problems, emotional processing problems that show up the moment the day goes quiet and there's nothing left to distract you.

Psilocybin helps with sleep without being a sedative. It reduces the amygdala reactivity that keeps your nervous system on alert at night and quiets the DMN loops that replay the day on repeat. What our clients describe is falling asleep faster, waking up less, and feeling actually rested. Subtle, until it compounds. Because sleep is the single biggest amplifier in the system.



“I'm a mother of two, additionally working nightshifts for 10 years now. I had quite a sleeping disorder. With Midnight Manna I was able to get off my prescribed sleeping medication in just three weeks. I feel tired at a reasonable time, my smartwatch says my sleep architecture is fine, I feel well rested upon waking. And best of it: if my kids need me at night I am easily wakeable.”

— Nicole S., Zug, Switzerland



Self-Confidence & Self-Worth

Your DMN doesn't just worry, it narrates. It tells you who you are, what you're worth, what people think of you. When that narrative is critical, it runs all day, reinforcing the same story: not enough, not ready, not the kind of person who ...

Psilocybin quiets that narrator. Not permanently, but enough to create space between you and the voice. Neuroplasticity allows new patterns of self-perception to form where the old ones held a monopoly. You start noticing the inner critic as a pattern rather than living inside it as truth.

And through the compounding of identity: one moment of self-trust leads to a better decision, which leads to evidence that you can trust yourself, which builds more self-trust. The gap between who you are and how you see yourself starts to close, not through affirmations, but through accumulated experience.

“I wanted to improve my work to have more confidence. But it helped me more than that. It helped me to see that I want to do a better fitting job and now I have energy and focus to do that.”

— Karyna G., Hamburg, Germany

**Participants experienced strong self-criticism
or negative self-talk**

48.6%

Before the program

15.9%

After the program



“A 45 year old mum of two teenage boys with a full time job and hobbies, life could feel overwhelming at times. Since I started microdosing: I never feel overwhelmed, my perception of time has changed, I sleep well, my relationships are much better and peaceful, I have a lot less self-criticism especially about my physical appearance, I am observing a lot of details that make me happy, my relationship to food has improved.”

— Sandra S.



Microdosing & Women

Hormonal shifts, perimenopause, PMS, postpartum, directly affect serotonin availability. When oestrogen drops, serotonin drops with it. That's why anxiety, mood swings, sleep disruption, and emotional volatility spike during hormonal transitions. It's not in your head. It's biochemistry.

Psilocybin works on the same serotonin pathways that hormonal shifts disrupt. By activating 5-HT2A receptors, it supports the signalling system that your shifting hormones are destabilising. It doesn't replace hormones. But it offers your brain and nervous system support exactly where they're being hit hardest.

Many of our clients going through perimenopause or dealing with cycle-related shifts report that microdosing is the first thing that actually met the problem where it lives, at the serotonin level, not at the symptom level.

[LEARN MORE ABOUT MICRODOSING AND HORMONAL HEALTH AT MABEL.LIFE →](https://mabel.life)

[Read more: Functional mushrooms for endometriosis](#)

“I was on the verge of postpartum depression, and considering medication. I decided to try microdosing before jumping into that. Best decision ever! I was so numb, anxious and joyless. I've done the first 5 weeks and can say I am a different person now. I feel like myself again, I can find joy in the little things, got back to my hobbies.”

— Sara A., Lisbon, Portugal

“Mindful Microdosing is a true game changer. In 7 weeks, I've experienced a huge change in every aspect of my life. A wonderfully upleveled self-esteem, higher energy levels, calmness and focus. As a woman with ADHD and in the midst of her perimenopausal adventure... I'm just so grateful!”

— Karolina Z., Andernach,
Germany



The Habits You Know Aren't Serving You

You know those things you keep doing even though you know they don't serve you? Two hours lost to scrolling. The food you reach for when you're not remotely hungry. The vape. Online shopping at midnight. The wine.

These patterns serve a purpose. They numb. They distract. They take the edge off just enough to get through the evening.

These patterns are neurological, not moral. Your brain has learned that this behaviour temporarily quiets the amygdala and settles the DMN, the anxiety drops, the inner noise goes quiet, and for a moment you feel relief. The problem is that the relief is borrowed. The pattern reinforces itself. And the underlying need, to feel calm, to feel present, to feel okay, never actually gets met.

Microdosing gets you to the same place. Calmer amygdala. Quieter DMN. But without creating dependence, wrecking your sleep, or leaving you worse the next day.

Many of our clients report that their habits simply shift, not through willpower or discipline, but because the craving loses its pull when the underlying need is being met another way.

[MICRODOSING AS AN ALTERNATIVE TO ALCOHOL →](#)



“I feel more grounded, focused and have a clear and better functioning brain. In addition I crave alcohol and coffee less, I now drink one coffee a day and have a few glasses at the weekend. I have been more motivated to work out as I have more headspace to make the right decision.”

— Emilie, Ancona, Italy

What Does It Feel Like?

Honestly?
It depends on you.

Here's what our clients actually report: a sense of calm that wasn't there before. Sharper focus. Less overthinking. Sleeping deeper. Waking up with more energy. Feeling more present with their kids. Being less reactive, at work, in relationships, with themselves. A quieter inner critic. More patience. A reconnection with creativity, with joy, with small moments they used to rush past. Some describe it as feeling like themselves again for the first time in years.

Many notice it in their relationships first, more openness, less defensiveness, more willingness to listen. Others notice it in their habits, naturally reaching for the walk instead of the wine, cooking instead of ordering, choosing rest over distraction.

Most people describe the first days as subtle. A bit more presence. Colours are slightly more vivid. A conversation that felt easier than usual. Some people feel very little at first and notice the shift only looking back after a few weeks.



No Two Days Are The Same

This isn't a pharmaceutical engineered for uniformity. It works with your biology, not against it. The shift is in the accumulation. A single dose won't rearrange your life. But twenty of them, taken with intention, can.



“I work in a really demanding and stressful environment with quite a few challenging individuals around me and let me tell you I've never felt this centered. You can feel the stress building up and then just washing away like a wave hitting the beach.”

— Christian

The Practice

One dose.
Every other morning.
That's the rhythm.

Each dose is 1g of psilocybin truffles, pre-measured, individually sealed. You take it first thing, in the morning, on an empty stomach or with something light. Then you go about your day. There's no ritual required, no special preparation. Some just take it and make coffee.

The protocol is every other day for five weeks, 18 doses total. The off days matter as much as the on days. Your brain continues to process and integrate on the days between. This isn't a "more is better" situation. The rhythm is the method.

If you're sensitive, and you'll know within the first few doses, start with half. There's no rush. The goal is finding the level where something shifts without anything feeling forced.

Journaling and intention inside the window. Remember the critical period, the neuroplasticity window that opens with each dose? What you bring into that window shapes what gets built. This is why journaling isn't a nice-to-have. It's a tool. A few minutes of honest reflection on a dose day, what you're feeling, what you're noticing, what's shifting, gives your brain something to work with while the clay is soft.

The program includes guided prompts for this. But even outside the program, the practice is simple: dose, pause, notice, write.





“I have been in cognitive therapy and taking anxiolytics for 5 years. Since I started with Mabel 1 month ago I have been able to stop the medications, and my therapy has improved substantially. I recommend it to everyone.”

— Vanessa, Madrid, Spain

Before You Start

Will I feel high? No. A microdose is sub-perceptual. You take it in the morning and go about your day. Most people describe feeling a little lighter, a little clearer, nothing more.

Can I work and take care of my kids? Yes. That's the point. Microdosing fits into your life, not the other way around.

Is it legal? Psilocybin truffles have been legal in the Netherlands since 2008 and are regulated as a consumer product. We ship discreetly across Europe from Amsterdam.

What if I'm on SSRIs? SSRIs may reduce the effect but for most people it's not a contraindication. Read our full guide: mabel.life/blogs/magazine/microdosing-antidepressants-what-you-need-to-know

Can I become addicted? No. Psilocybin is non-addictive. No dependency, no tolerance build-up, no withdrawal.

Who should NOT microdose? Not recommended for anyone with a history of psychosis, schizophrenia, bipolar disorder, or seizure disorders. Not for anyone pregnant or breastfeeding, or under 18.

More questions?

[MORE QUESTIONS? SEE OUR FULL FAQ →](#)



Two Paths. One Intention.

The Mindful Microdosing Program, €99

This is for anyone who wants the full experience. Whether you're completely new to microdosing or you've tried it before, this is different. Five weeks. Eighteen individually dosed psilocybin truffles. Six guided classes designed by Dr. Shauna Shapiro and Dr. Amir Lotfi. A conversation-based journal and AI companion for every dose day.

The program is built around the critical period, every class, every prompt, every practice is designed to meet you inside the window when your brain is most ready to change. This is where the compounding effect becomes real. The truffles open the door. The program is what you walk through it with.

Even if you already have experience with microdosing, if you haven't done it with structured guidance inside the critical period, this will be a different experience.

Choose this if: you're new to microdosing, you want guided support during the critical neuroplasticity window, or you want the full compounding effect with structure built in.

[START THE MINDFUL MICRODOSING PROGRAM →](#)

Simple Microdosing, €49

This is for people who already have a practice. You know how microdosing works, you've done the inner work, you have your own rituals around mindfulness or self-development, you just need high-quality, consistently dosed psilocybin truffles to continue.

No program, no app, no guided classes. Just the truffles. Organically grown in the Netherlands, individually dosed, shipped discreetly across Europe.

Choose this if: you already have a mindfulness or self-development practice and just need high-quality, consistently dosed truffles.

[SHOP SIMPLE MICRODOSING →](#)



“This program is helping me get through tough moments of my life. Of course it's not a magic pill. I think it's quite important to take initiative and put some extra efforts, like finding time to meditate, journaling, observing your thoughts. But I feel like Mabel provided me with great support on this journey. It's 4 weeks for me now, and I feel like I am already recovered from my burnout.”

— Arina F., Madrid, Spain

“I really felt like it opened up my brain in a way, to let in new thoughts, new routines and lots of new realisations without making me feel in any way less capable of handling my responsibilities. My partner is also keen on trying it out after seeing the change in me.”

— Josephine T., Berlin, Germany

“I am feeling real hope and moments of happiness that I haven't felt for at least a decade.”

— Rebecca Agar (female)



I hope this gave you something useful.
Maybe some clarity, maybe some curiosity.
Maybe the nudge you needed.

We are a small but dedicated team on a mission, and you can always reach us at info@mabel.life, seven days a week. As this practice is spreading, we are learning and building alongside our clients every day. It's an exchange and an ecosystem, and we would love to hear from you.

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xo Pernille

START WITH THE MINDFUL MICRODOSING PROGRAM →

