

Bill Holt  
Westbrook  
LD 1914

May 14, 2023

Re: LD1914 An Act to Enact the Maine Psilocybin Health Access Act

Position: Support

Dear Senator Hickman, Representative Supika, and the esteemed members of the Committee on Veterans and Legal Affairs:

My name is Bill Holt. I am a patient of an osteopathic physician who has 13 years of clinical experience treating thousands of patients with refractory medical and psychiatric conditions using cannabis

and other experimental treatments like psilocybin-containing mushrooms. He is the owner and medical director of Integr8 Health, a private practice in Falmouth, an internationally renowned

expert and educator in the field of medical cannabis, author of several peer-reviewed scientific

journal articles and a textbook for clinicians,. I myself, am a resident of Westbrook, and a husband and father of

1 adult son. I would highly recommend as a patient, and

I strongly encourage you to support LD1914 which will provide legal access to a highly-effective

and comparably-safe medical intervention for those who have not responded to conventional

treatments. It is especially timely and important to support this legislation because a rapidly

growing number of patients in Maine are using psilocybin-containing mushrooms and products.

In this testimony I will focus on the safety of psilocybin therapy at the individual and public

health level and my observations of patients who are illegally using psilocybin currently.

Personal and Public Health Safety of Psilocybin:

Psilocybin has an acceptable risk profile and is as safe or safer than most medications used to

treat psychiatric symptoms. The most common side effects of psilocybin therapy include

transient moderate increases in blood pressure and heart rate, nausea, dizziness, weakness,

tremor, drowsiness, yawning, paresthesia, blurred vision, increased tendon reflexes, physical and

psychological discomfort, and transient episodes of psychological distress. In many cases, the

uncomfortable aspects of the experience are an inherent part of the therapeutic process.

The most devastating and long-lasting adverse effects of psilocybin reported in the scientific

literature are hallucinogen persisting perception disorder (HPPD) and prolonged psychosis.

Interestingly, these severe adverse effects have not occurred in clinical trials of psilocybin,

according to a 2020 systematic review and meta-analysis. <sup>1</sup> This is likely because in the trials,

psilocybin is administered in a therapeutic setting and with professional support, factors similar

to the conditions described in LD1914 which are intended to increase the probability of a positive outcome.