

Mercedes Grandin
BRUNSWICK
LD 1914

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

Thank you for your time. I'm providing written testimony in support of LD1914 An Act to Enact the Maine Psilocybin Health Access Act. 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. There has been substantially more research and case studies conducted on the effectiveness of microdosing of psilocybin for widespread (and the continually growing trend of) conditions such as: PTSD, depression including treatment-resistant depression and anxiety, Parkinson's, dementia and other conditions. Paul Stamets has been a leader among many in this field who is currently conducting empirically validated and broad sample case studies on microdosing of psilocybin with positive effects for some of the conditions listed: <https://fungi.com/pages/research-and-development>. Some published studies can be found here: <https://pubmed.ncbi.nlm.nih.gov/32899469/>

Please consider passing this bill to help patients in Maine with PTSD (including veterans), depression and anxiety, Parkinson's and other chronic and debilitating conditions that have not had success with other treatment modalities. Legalizing psilocybin would help these patients as well as practitioners and the field of psilocybin research in medicine. Please consider passing this bill for the many Mainers who could benefit from psilocybin. Thank you for your time.

Sincerely,
Mercedes Grandin