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I am a medical practitioner that includes the use of herbal medicines in my private practice and I fully support the use of both psilocybin and psilocybin containing mushrooms and extracts for the treatment of mental health related disorders. Its benefits continue to be shown in clinical studies from top universities and clinics all around the country. Research has shown that psilocybin may have a positive impact on mood, anxiety, depression, and addiction. In clinical trials, it has been shown to be effective in reducing symptoms of treatment-resistant depression, anxiety, and addiction, and improving quality of life. As a non-addictive, naturally occurring substance with no known toxicity in humans, I believe it has the potential to be a safe and effective adjunctive therapy to help heal our veterans and those suffering from substance abuse disorders and reduce the amount of tragic deaths from both overdose and suicide.