

Is natural medicine a fit for you?

A quick self-check to run through before a consultation — so you know which parts of your history to raise first.

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Firm rule-outs mean no for as long as the situation holds — though several are temporary. **Everything in the second list is a conversation, not a rejection:** most people who see themselves there are still candidates, they just need a more careful setup.

Firm rule-outs

- Under 21 — Colorado law, no exceptions
- Schizophrenia, schizoaffective, or another primary psychotic disorder
- Bipolar I, or **any** history of mania or a psychotic episode
- Current psychosis or mania, whatever the diagnosis says
- Active suicidality with plan or intent, or a recent attempt
- Pregnancy or breastfeeding
- **Lithium** — seizure risk; a prescriber decision, not a taper-and-proceed
- **MAOIs** — prescription or botanical
- Unstable cardiovascular disease — recent MI or stroke, unstable angina, significant arrhythmia, uncontrolled hypertension
- Uncontrolled seizure disorder
- Inability to consent freely — significant cognitive impairment, or participation ordered by a court or employer

Worth a longer conversation — not a no

- A first-degree relative with schizophrenia or bipolar I
- Bipolar II without psychotic features
- Daily or dependent benzodiazepine use
- Heavy alcohol or stimulant use
- Passive suicidal ideation without plan
- A psychiatric hospitalization in the past 6–12 months
- Dissociative disorders, severe complex PTSD, borderline personality disorder, marked emotion dysregulation
- Controlled hypertension or cardiac history — needs cardiology clearance
- Remote or well-controlled seizure history
- A prior difficult psychedelic experience, or HPPD
- Medical complexity for a session day that can run up to seven hours — diabetes, mobility, incontinence, frailty, liver disease
- An eating disorder in an acute phase
- No ride home, no aftercare, no integration plan
- Motivation that belongs to a partner or family member rather than to you

Antidepressants are on neither list. Only lithium and MAOIs are firm medication rule-outs — SSRIs, SNRIs, mirtazapine, antipsychotics, tramadol and stimulants are timing questions for your prescriber.

IF SOMETHING HERE APPLIES TO YOU

Very little of this is permanent. The realistic answers are **yes**, **yes with a more careful setup**, and **not yet** — and the last one usually comes with what would need to change. Don't decide alone in either direction, and never stop a psychiatric medication to qualify.

Questions? frtc.ltd/contact • Free 15-minute consultation

General education about how licensed programs screen — not a screening, not medical advice, and not a complete list. Whether natural medicine is appropriate for you is determined through screening with a licensed facilitator. Legal in Colorado under the Natural Medicine Health Act for adults 21+; psilocybin remains federally Schedule I. Never start, stop, or change a medication without consulting your prescriber.