

DMT: The Spirit Molecule: A Doctor's Revolutionary Research into the Biology of Near-Death and Mystical Experiences

N, N-dimethyltryptamine (DMT) is a hallucinogenic tryptamine drug that naturally occurs in many plant species. It can also be made in a laboratory. DMT is sometimes referred to as Dimitri, this drug produces effects similar to those of psychedelics, like LSD and magic mushrooms. Plants that contain DMT have been used in religious ceremonies in some South American regions for centuries. DMT is a Schedule I controlled substance in the United States, which means it's illegal to make, buy, possess, or distribute it. Some cities have recently decriminalized it, but it's still illegal under state and federal law. We believe that health and wellness is for everyone. That's why we're committed to providing unbiased, evidence-based information about drugs, including harm-reduction strategies, regardless of legal status.

Learn more about the principles of harm reduction.

Does it have other names? Sometimes people use other names to refer to DMT. These street names include: Dimitri

fantasia

businessman's trip

businessman's special

45-minute psychosis

spiritual molecule

Is it the same thing as ayahuasca? Kind of. DMT is the main active ingredient in ayahuasca. Ayahuasca is traditionally prepared using two plants called Banisteriopsis caapi and Psychotria viridis. The latter contains DMT while the former contains MAOIs, which prevent certain enzymes in your body from breaking down DMT.

What does it feel like? As with most drugs, DMT can affect people in very different ways. Some truly enjoy the experience. Others find it overwhelming or frightening. Some refer to this negative experience as a bad trip. As far as its psychoactive effects, people have described feeling like they're traveling at warp speed through a tunnel of bright lights and shapes. Others describe having an out-of-body experience and feeling like they've changed into something else. There are also some who report visiting other worlds and communicating with alien-like beings. Some people also report a pretty rough comedown from DMT that leaves them feeling unsettled.

How is it consumed? Synthetic DMT usually comes in the form of a white, crystalline powder. Sometimes the drug can have a yellowish or pinkish color. It can be smoked in a pipe, vaporized, or snorted. DMT can also be injected, but this method is said to come with additional risks. When used in religious ceremonies, plants and vines are boiled to create a tea-like drink of varying strengths.

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How long does it last? Synthetic DMT kicks in pretty fast. It often produces effects within just a few minutes, but can take up to 10 minutes. Plant-based brews tend to produce effects within 20 to 60 minutes. The intensity and duration of a DMT trip depends on several things, including: how much you use

how you use it

whether you've eaten

whether you've taken other drugs Generally, the effects of inhaled, snorted, or injected DMT last for about 45 to 60 minutes. Drinking it in a brew like ayahuasca can leave you tripping for anywhere from 2 to 6 hours.

Is it addictive? The jury is still out on whether DMT is addictive, according to the National Institute on Drug Abuse

What about tolerance? Tolerance refers to needing to use more of a particular drug over time to achieve the same effects. Based on research , DMT doesn't appear to cause tolerance.

Harm reduction tips DMT is extremely powerful, even though it naturally occurs in several plant species. If you're going to try it, there are a few steps you can take to reduce your risk for having a bad reaction. Keep these tips in mind when using DMT: Strength in numbers: Don't use DMT alone. Do it in the company of people you trust.

Don't use DMT alone. Do it in the company of people you trust. Find a buddy: Make sure you have at least one sober person around who can intervene if things take a turn.

Make sure you have at least one sober person around who can intervene if things take a turn. Consider your surroundings: Be sure to use it in a safe and comfortable place.

Be sure to use it in a safe and comfortable place. Take a seat: Sit or lie down to reduce the risk of falling or injury while you're tripping.

Sit or lie down to reduce the risk of falling or injury while you're tripping. Keep it simple: Don't combine DMT

with alcohol or other drugs.

Don't combine DMT with alcohol or other drugs. Pick the right time: The effects of DMT can be pretty intense. As a result, it's best to use it when you're already in a positive state of mind.

The effects of DMT can be pretty intense. As a result, it's best to use it when you're already in a positive state of mind. Know when to skip it: Avoid using DMT if you: are taking antidepressants or another medication associated with serotonin syndrome are taking a medication that interacts with DMT have a heart condition have high blood pressure

Avoid using DMT if you:

Reference

[The Immortal Life of Henrietta Lacks](#)

[Specious Science: How Genetics and Evolution Reveal Why Medical Research on Animals Harms Humans](#)