



Legal Disclaimer

Please note all content on this website is for informational purposes only and is not a substitute for mental or medical advice.

Psychedelics and sacred plant medicines are not for everyone. Francesca Annenberg is not promoting the consumption or use of sacred plant medicines or psychedelics including microdosing for any purpose.

If you choose to microdose or consume a higher dose of any psychedelic, you are choosing to do so as a personal choice, out of your own free will, not based on any recommendation from any outside parties including Francesca Annenberg.

Please be advised that consumption of psychedelics is still an illegal offence in South Africa, and in many parts of the world. Please use discernment when choosing when, where, and how to engage with psychedelics.

There are contraindications when consuming psychedelics or sacred plant medicines in conjunction with various health conditions and pharmaceutical medications. Please do your own research and take the responsible action to be well-informed.

There can be significant legal and medical risks associated with the use of psychedelics for some people. Please do not consume psychedelics or sacred plant medicines if on any medications without consulting your doctor first.

Francesca Annenberg does not provide or prescribe any psychedelic or other controlled substances to anyone, including “underground” resources, or recommends dosage.

Francesca Annenberg is offering education to help support the safe, mindful, conscious, and respectful use of these powerful substances (if you choose to consume them out of your own free will) for the purpose of healing, growth, and consciousness evolution.

Francesca Annenberg is not a doctor or licensed therapist, and any information she shares pertaining to psychedelics is not meant to treat, diagnose, or claim cures for any physical conditions or mental illness, including eating disorders, disordered eating, or body dysmorphia.

Francesca Annenberg has created guides and articles for free to support the safe use of psychedelics. These guides are for educational purposes only.





If you plan to journey, please read this guide, “Macro and Microdosing Preparation Guide for People in Eating Disorder Recovery” which shares ideas on how to prepare for a plant medicine ceremony.

If you choose to consume psychedelics, it is recommended to have a trained, experienced facilitator, guide, or shaman with you for support and assistance. Please consider your intentions (reasons why for consuming psychedelics), your set and setting, and prioritise the integration process after the ceremony.

Please bear in mind that consuming psychedelics requires inner strength, respect, and humility.

Please take ownership and full responsibility over the choices you are making for yourself and your body, your physical and mental health, and your life.

