Psilocybin Mushrooms
As a holistic, and sustainable treatment
for DSM-5 disorders

Abstract
This is a review of recent research on the efficacy of psilocybin as an anxiety and depression treatment. The studies used in this review used participants with terminal cancer diagnoses who were experiencing end of life anxiety and/or depression. Secondly, it displays the sustainability of utilizing holistic medicine as opposed to traditional pharmaceuticals.

Introduction
Psychopharmacology is a historically controversial field of study that explores the pharmaceutical application of psychedelic substances. Research in this field began in the 1940s and continued into the 1960s. It was then halted due to increased public use, as well as the political War on Drugs which villainized psychedelics. An increase in research has introduced the idea of therapeutic trips to the medical community.

A new, 21st century view of mushrooms shows that the criminalization of them is not a worldwide norm. Fungus, both psychedelic and not, is valued in Eastern medicine.

Mushrooms are miniature pharmaceutical factories, and of the thousands of mushroom species in nature, our ancestors and modern scientists have identified several dozen that have a unique combination of talents that improve our health—Paul Stamet, American mycologist

Results
Data was collected by surveys done by the patient, and their observer, which tested the severity of symptoms their symptoms. By surveying cancer patients before the psilocybin sessions as well as 5 weeks and 6 months post session, researchers were able to see the long term efficacy of the treatment. The data shows that patients who completed both sessions experienced an average 72% decrease in their overall symptoms. 6 months post treatment, 83% of these individuals sustained this improvement.

Sustainability
Holistic medicine is a step towards a greener society. Stepping away from traditional pharmaceuticals would decrease the amount of human medication leaching into the environment through water and soil. Organic mushrooms could be grown by small, local companies which would decrease pollution through processing and shipping. This would create sustainable, community health centered jobs.