



# THE HUACHUMA PROJECT

[www.TheHuachumaProject.com](http://www.TheHuachumaProject.com)

## San Pedro (Huachuma) Fact Sheet

### Introduction

San Pedro (*Echinopsis pachanoi*), also known as Huachuma, is a powerful psychedelic cactus native to the Andes. At **The Huachuma Project**, we grow our own San Pedro cactus in Portugal and process it into powder ourselves. We exclusively use the **outer skin** of the cactus, discarding the center flesh, which allows for a cleaner, stronger experience compared to other preparations. This method, combined with **drying**, increases the **strength and bioavailability** of mescaline and other alkaloids, ensuring a deeper, more profound journey during ceremonies.

### Scientific Overview

#### Mescaline and Its Action

- **Active Compound:** **Mescaline** (3,4,5-trimethoxyphenethylamine), which interacts primarily with **serotonin 5-HT<sub>2A</sub> receptors**.
- **Mechanism:** Mescaline promotes **neural cross-talk**, increasing connectivity between brain regions and inducing states of altered consciousness.

**Key Research:**

- **Nichols, D. E. (2016)** shows how mescaline increases **synaptic plasticity**, allowing the brain to create new neural pathways, which can aid in emotional healing and transformation. Link: <https://pharmrev.aspetjournals.org/content/68/2/264>

## Other Alkaloids and Their Effects

1. **Tyramine:** This alkaloid releases **dopamine and norepinephrine**, offering mild stimulating effects that enhance mood and perception. Link: <https://pubchem.ncbi.nlm.nih.gov/compound/Tyramine>
2. **Hordenine:** Acts as a **MAO-B inhibitor**, which can slow the breakdown of mescaline, contributing to longer-lasting effects. Link: <https://pubchem.ncbi.nlm.nih.gov/compound/Hordenine>
3. **Anhalonidine and Anhalonine:** Although their individual mechanisms are less understood, they contribute to the holistic effect of San Pedro, modulating the overall mescaline experience. Link: <https://pubmed.ncbi.nlm.nih.gov/11758901/>

## Cardiovascular Considerations

If you are unable to walk up **10-20 stairs** without becoming extremely flustered, it's important to let us know beforehand. Mescaline has effects on **heart rate and blood pressure**, which could be risky for individuals with existing cardiovascular conditions. Sources:

- <https://www.azarius.net/articles/183/how-to-use-san-pedro/>
- <https://entheonation.com/blog/san-pedro/>

## Preparation Method and Its Benefits

### Why We Use Dried Cactus Powder

At The Huachuma Project, we process our San Pedro cactus by drying the **outer skin** and discarding the central flesh. This approach ensures a **cleaner and stronger** experience compared to consuming the whole plant or using cooked preparations. There are several reasons for this:

1. **Concentrated Alkaloid Content:** Drying the cactus increases the potency by removing water, leaving behind more concentrated alkaloids, including mescaline. This makes the **dried cactus powder** significantly stronger than fresh or boiled forms. Link: <https://shuncy.com/article/san-pedro-cactus-powder-benefits>
2. **Higher Bioavailability:** Research suggests that **dried preparations** enhance the **bioavailability** of mescaline, meaning the body absorbs it more efficiently. By discarding the central flesh, which contains less mescaline, we maximize the potency from the plant's outer layer. Link: <https://thethirdwave.co/psychedelics/san-pedro/>
3. **Cleaner Consumption:** Boiled or cooked versions of San Pedro can contain impurities and excess plant material, which might lead to more **nausea** and **gastrointestinal discomfort**. Drying and powdering the cactus results in a **purier, easier-to-digest** form. Link: <https://entheonation.com/blog/san-pedro/>

## Spiritual and Psychological Effects

San Pedro is well-known for its heart-opening properties. It creates a sense of **deep love**, compassion, and connectedness, both to nature and to other people. Participants often experience emotional release and healing, feeling grounded in reality while perceiving heightened sensory awareness.

- **Healing and Emotional Clarity:** The plant guides participants to face emotional rifts or unresolved areas of their consciousness, encouraging deep personal growth. Unlike other psychedelics, San Pedro's effects feel grounded and often focus on healing through emotional introspection rather than abstract visions. Link: <https://entheonation.com/blog/san-pedro/>

## Conclusion

San Pedro ceremonies at The Huachuma Project use **locally grown, dried cactus powder**, which enhances the potency and spiritual depth of the experience. The method of drying and processing ensures that participants receive the full benefits of this sacred plant while minimizing side effects such as nausea. Participants should always consult with us about any health concerns, especially related to cardiovascular issues, to ensure a safe and transformative experience.

## References

- Nichols, D. E. "Psychedelics: Pharmacological Reviews," 2016. <https://pharmrev.aspetjournals.org/content/68/2/264>
- **Third Wave:** <https://thethirdwave.co/psychedelics/san-pedro/>
- **Azarius:** <https://www.azarius.net/articles/183/how-to-use-san-pedro/>
- **EntheoNation:** <https://entheonation.com/blog/san-pedro/>
- **ShunCy:** <https://shuncy.com/article/san-pedro-cactus-powder-benefits>