



Hosteen Nez

Hosteen Nez turned to the study of Native American plant medicine after he earned a BS in chemistry, an MS in metallurgy. These studies eventually led to a PhD in neurochemistry. Before that time, in the 1950s, Nez invented important tools for the mining industry. After a period of manufacturing and marketing his inventions, he sold the company he had started and retired in 1968. The success of his inventions supported his new research interests, so he would be free to guide all aspects of any of his projects without external influences or restrictions.

By 1969, he began researching synthetic psychoactive compounds, as well as plant compounds, and that is when he became an apprentice “medicine man.” Psychiatrists used many of his compounds, because they were very useful in the facilitation of long lasting therapy.

However, in October of 1986, the US Congress passed sweeping laws prohibiting such research in both the known and as yet unknown therapeutic materials. (The political debate declared that recreational use led to “drug abuse.” However the debate may have come from powerful lobbyists protecting pharmaceutical interests.) Nez stopped developing psychoactive compounds then. He has continued his “medicine man” studies developing other legal herbs and compounds to prevent flu and to lessen the effects of asthma. In recent years he collaborated with others to find and develop a homeopathic treatment to eliminate the tumors of cancer patients. This material, known as Salicinium, is now being tested on patients in Stage IV. So far, the results have shown great promise.

Websites: www.metabolicresearch.com and www.cancerhopecenter.com

NOTES ABOUT PSYCHOACTIVE COMPOUNDS

Hosteen Nez

In 1958, while living on the Navaho reservation in Arizona, I became interested in plant-based psychoactive materials. I was working at a uranium ore processing facility where most of the workers were Navaho, except for a few supervisory personnel. The main psychoactive used by the Navaho was peyote, and I noticed that those who used it as part of their religious ceremonies were the most intelligent, caring, good people in the work force. On the other hand, many of the others would get drunk on their days off and lose efficiency because of hangovers. I was not able to try peyote during the four years I was there, and several years later, I was still interested in exploring this substance.

It is always best to do a good literature search before engaging in any physical trials, as this will provide more information and direction to guide you in your endeavors. I made use of the chemistry library at the local university and spent many evenings there. I found a great deal of information on plant-based psychoactives, along with a large number of publications on synthetics. In looking through these publications, one author's name kept showing up. Not only was he very busy in the laboratory, he was also a prodigious writer. He wrote articles that described in detail the chemical synthesis of new compounds, the dosage range and the effects in humans plus some comments; his name is Alexander T. Shulgin, PhD.

A couple of his simpler compounds that he felt had use as adjuncts for psychotherapy were easy for me to synthesize, and I found them to be exceptional. Such a main focus of research made a great deal of sense to me and I felt it would be a good direction for me to follow. Shortly thereafter, I was able to meet Dr Shulgin.

Over the next fifteen years, I explored this fascinating field of research on compounds that could be used as adjuncts in psychotherapy. Not all the new compounds made during this period were suitable for use in psychotherapy, some were not active at all, and others showed some promise as materials that would increase the capacity for mental work in humans. We called this last group "*Smart Pills*." (1) We conducted a small pilot study for volunteers who wanted to try these Smart Pills for a wide

variety of intellectual, physical and musical activity. Most all reported that their ability to function in their chosen field was greatly improved. During this time of initial exploration, it was noted that these compounds worked best on individuals who were inclined to be serious about their study habits. Those who were not serious about learning, but preferred a more full-on psychedelic recreational experience to the mildness of smart pills, did not find them to be as helpful as they anticipated.

All of this positive exploration was halted in 1986 with the passage by the US Congress of *"The Controlled Substances Analog Law."* (2) The draconian penalties made it prudent to stop the research on these materials. However, someday when those elected officials are more informed and less judgmental, we may see a resurgence of this type of research. When this happens, researchers will discover a treasure trove of information in two books by Sasha and Ann Shulgin, called *PIHKAL* (3) and *TIHKAL*. (4) These books contain all of their research, plus that of several others who were working in this fascinating area, also. So the genie is out of the bottle, and will not go back in.

During this period of synthesizing, testing, using and evaluating these new compounds, I was able to meet a number of psychiatrists and therapists using MDMA (Methylene Dioxy Methyl Amphetamine). All were interested in new psychoactives that could be used in their practices. Many of these doctors and therapists would visit me so they could evaluate first hand the effects of these new materials along with the person who had developed them. The results were nearly all very satisfactory and the therapist would leave with a generous sample of the compound in question. I never charged for these initial samples, but would charge a modest fee if they ordered a larger quantity and then only to cover the cost of the chemicals involved. Often while personally testing or tasting the compound in question, the therapist would unload his or her problems on me; I felt as though I was the therapist and the tester was on the couch (actually, I used a hot tub as it was friendlier and allowed deeper relaxation).

One therapist told me he had an older couple (past middle age) that had just sort of grown apart over the years and he had them on MDMA therapy once a month. After several months, there was no improvement and he felt something else was needed. He contacted me to see if I might have something that might help, so I sent him two 60 milligram tablets of **2CD-2 EtO** (*PIHKAL*, p. 514) to be used by the couple on an outpatient basis (no therapist present). At that level, the material engenders a feeling of closeness between couples without imposing a state of unacceptable intoxication. The duration is approximately 4 hours. The therapist told me that the couple renewed their feelings of closeness, and even several years later showed no diminishing of their feelings for each other.

As the years of testing these new compounds slipped by, I noticed that certain ones seemed to have rather specific effects on most of the testers and recreational users (yes, some of that occurred also).

Most of the active compounds showed some sort of (more or less) specific action on the user. A few examples of this specific action are as follows:

2CD-5EtO (*PIHKAL*, p. 515) allowed openness that led to easy talk, humor, and what might be described as a “museum tour” where one could spend considerable time examining in great detail various objects of art found in the immediate surroundings. The duration was about 10-12 hours and was followed by a ravenous appetite and a great appreciation of the food offered.

2CB and **2CI** (*PIHKAL*, p. 503 and p. 539). Both of these compounds could be considered to be aphrodisiacs for some, but not all, people. (These are some of Shulgin’s compounds and I have included them here to round out the field.)

2CT2-5EtO (*PIHKAL* p. 561). At a dosage of 20 milligrams, there was a gentle climb to full effect of +3 at the third or fourth hour. (5) Easy thoughts and conversation lasted for many hours and a sedative was generally needed at the 16th hour. Some intoxication was noted the next day, together with a drained feeling. The nickname of “*Forever Yours*” has been used for this compound and its insights, but is quite too long in duration.

2CT4-2EtO (*PIHKAL* p. 564). At a dosage of 15 Mg., this material produced a +2 level of alteration that lasted some 10 hours. It was called “*Tenderness*” by many as there was a peaceful inner receptiveness and clarity with a sincere connection reported by those present. Uncomfortable sleep was noted afterwards.

My apprenticeship as a medicine man began in 1970, through which I learned a great deal about herbs in the following years. I was testing and evaluating synthetic psychoactive compounds at the time and my mentor was in favor of this and encouraged me to continue. He also introduced me to a number of plant psychoactives that I tried. He said that it was necessary for a medicine man to become familiar with the plant “medicine” and in my case with the synthetics (phenethylamines) as well, so the mind can change over time and reveal mental abilities one was not aware of having. We all have these exceptional abilities and are not aware of them, or we may feel that “*I can’t do that.*” If you feel that you cannot do something, then you truly cannot.

One of the major things my mentor introduced to me was the ability to communicate with plants. He said this was necessary to find out how a

particular plant might be used to treat various problems. There was no verbalization involved with the plant, only mental concepts in their entirety. Later on, I was able to access the knowledge of the "*Great Spirit*" to get a broader picture and then to learn to do what is known as distant healing. In this healing method, the healer attains a deep meditative or alpha awareness state, and then "*sends healing energies,*" or specific interventions if the cause was known, to the persons involved. This is done once or twice daily for about one half hour. The term "*distant healing*" can mean anything from sitting across from someone in the tipi, or to be separated from him or her by hundreds or even thousands of miles. I find that actually knowing the person seems to give stronger results than having just a name and/or a picture. Also I find that my healing meditations seem to work much better on others than on myself. When using the meditations in my problems, the results are not as fast as with other subjects. My mentor told me that the healing meditations are reserved for serious health problems and minor ones are usually treated with herbal preparations.

The period of treatment may last for up to a month or more for serious problems, such as cancers, and perhaps a week for cuts and wounds. I feel that I would not have been able to do the things necessary for healing others without the use of psychoactive plants and the important synthetic compounds. I used the protocol of Dr Shulgin in testing these new compounds. (5) By using this protocol, I felt very safe in bio-testing these new materials and evaluating them.

There were some materials that could have caused serious problems if large amounts had been taken in the initial test. By starting at a very low dosage and incrementally increasing it over time and carefully observing any effects, one could avoid any potentially dangerous situations. If at any level there seemed to be negative effects, testing was stopped on that particular compound. Very few negative effects were noted; the most prominent was a precipitous lowering of blood pressure, then by negative mood alteration and then by what felt to be a condition that might lead to convulsions.

The human mind is the most marvelous structure that we as humans possess. It has vast potential to assist us in the complex reality of living as true humans. It is my feeling that certain kinds of psychoactive materials can, if properly used, allow us to expand our vision of life on this planet. Looking back on the number of things that I have done in my life so far, I make this statement to all: THERE ARE NO LIMITS.

The Shulgin protocol is this: For the first bioassay of a new compound, take only an amount that would seem to be below baseline. Wait three days for the material to leave your system, and then increase the amount by 1.5 times. Continue this process until reaching a +3 level. If any more is taken, and it only extends the time, not the level, then the amount before that is considered maximum dose.

SHULGIN SYSTEM For Evaluating Level of Alteration of Consciousness

- [—] Baseline — ordinary state.
- [+/-] Move from baseline to alert or aware.
Each subject has his or her own individual body related signal, or (+0.5) = barely noticeable. Imagination can also produce a false positive.
- [+ 1] This is a real effect.
There may be nausea or light-headedness, or a wish to remain motionless. Most physical complaints are dissipated within the first hour. One can still do almost everything one would ordinarily be able to do, even drive a car, if necessary.
- [+ 2] This is the level where there is no doubt that the altered experience has begun.
Sensory awareness (vision, hearing, tactile, taste, smell) may be greatly enhanced. Cognitive faculties are largely intact, and much of the effects of the material could be suppressed if the need should arise. One could drive a car, but only for a life-and-death emergency.
- [+ 3] This is the maximum intensity of the effect of the material.
This is the stay at home level, with the phone turned off. Innocent bystanders might get a contact high, or become alarmed at your appearance or behavior.
- [+ 4] This symbol is occasionally needed for the "peak experience" in the terminology of Abe Maslow. (6)
This is a serene mystical state never to be forgotten. It can be independent of what material was used or not used. It is a gift, and often thought to be a "*State of Grace.*"

REFERENCES AND NOTES:

- 1) Nez, Hosteen. (1985) *Smart Pills: Or compounds that increase the capacity for mental work in humans*. Berkeley, CA: Published by Mind States 2001. Jon Hanna (Ed.)
- 2) US Congress. (1986) *"The controlled substances analog law."*
- 3) Shulgin, A.T. & Shulgin, A. (1991) *Pihkal: a Chemical Love Story*. Berkeley, CA: Transform Press.
- 4) Shulgin, A.T. & Shulgin, A. (1997) *Tihkal: The Continuation*. Berkeley, CA: Transform Press.
- 5) Shulgin, A.T. & Shulgin, A., Jacob, P. III. (1986) "A protocol for psychoactive drug evaluation." In: *Methods and Findings in Experimental and Clinical Pharmacology*. (6): pp. 313-320.
- 6) Maslow, A. (1964) *Religions, Values and Peak-Experiences*. Ohio State University Press.

Rolling Thunder told me that when visiting an area for the first time, he will go into the woods and speak to the plants. They will answer him, he claims, by "singing me their song." In that way, the herbs and flowers will tell Rolling Thunder if they have healing power and how they can be used effectively.

*--- Stanley Krippner
Proceedings of the 5th annual
Conference on the Study of Shamanism
And Alternate Modes of Healing, 1986*