Can mushrooms rewire your brain?

Brain Rewiring · https://www.re-origin.com/support/can-mushrooms-rewire-your-brain

Research is increasingly exploring how **psilocybin (found in “magic mushrooms”) affects the brain**, particularly in relation to neuroplasticity.

Some studies suggest that psilocybin may temporarily increase neural connectivity and alter patterns of brain activity. However, this does not necessarily mean it leads to **lasting or reliable “rewiring” of the brain**.

What does the research say?

Early research (including studies from institutions like Yale) suggests that psilocybin may:

- Increase communication between different brain regions
- Disrupt rigid patterns of thinking
- Create short-term changes in perception and mood

However:

- These effects are often temporary
- Long-term outcomes vary significantly
- More research is still needed

Does this lead to long-term brain rewiring?

While psilocybin may create a **window of increased flexibility in the brain**, lasting change typically depends on:

- Integration practices
- Behavioural changes
- Ongoing nervous system regulation

Without this, changes may not be sustained.

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re-origin’s perspective

At re-origin, we focus on **safe, accessible, and repeatable neuroplasticity practices** that help retrain the brain over time—without relying on substances.

Our approach supports:

- Gradual, sustainable rewiring of brain patterns
- Nervous system regulation
- Long-term change through consistent practice

Important note

re-origin does not promote or endorse the use of psilocybin or other substances for treatment. If you are considering any substance-based approach, it’s important to seek professional medical guidance.

Do mushrooms increase neuroplasticity?

Some research suggests psilocybin may temporarily increase neural connectivity, but long-term neuroplastic change depends on ongoing practices and integration.

Are there safer ways to rewire the brain?

Yes. Neuroplasticity-based approaches such as brain retraining, behavioural practices, and nervous system regulation can support lasting change without substances.