

Key Quotes (also found below):

- “I’ve gotten complete prevention of CHs with 25 micrograms of LSD lasting for a couple weeks, and then I just need to take that amount again, and do so every few weeks until the end of the cycle and I don’t experience any CH”
- “If I’m starting to experience a CH and I vaporize as little as 3mgs [of DMT] I feel the pain subside almost completely within 3 to 5 seconds, and it doesn’t come back for a few days.”
- He once nearly punched a doctor who was about to prescribe him Ibuprofen. He said “If you weren’t a doctor, and you had just suggested this after I told you what I experience, I would punch you in the face. Ibuprofen does absolutely nothing. It’s like trying to stop a freight train moving at 200 miles per hour by throwing a *tic tac* to it.”
- He tried smoking heroin, which he said does nothing. In fact, he says that “every time I took heroin, which is something I only ever did when experiencing a CH, I regretted it. It didn’t help with the pain, but it did make me less cognitively able to deal with the situation. The drowsy feeling made managing the pain harder, so it was a net negative.”

General Facts:

- he started experiencing them at 17 years old, but was diagnosed at 30 and only found psychedelics around early 30s
- they get triggered during pollen droppings at around March, last between 1 to 3 hours
- typically his cycle lasts 4 to 6 weeks
- typically will get 1 CH the first day, then 2 the second day, then 3 each day from then on until the cycle ends

What helps:

- Indol psychedelics in general
- Psilocybin, DMT, and LSD in particular work extremely well
- “I’ve gotten complete prevention of CHs with 25 micrograms of LSD lasting for a couple weeks, and then I just need to take that amount again, and do so every few weeks until the end of the cycle and I don’t experience any CH”

- “If I’m starting to experience a CH and I vaporize as little as 3mgs I feel the pain subside almost completely within 3 to 5 seconds, and it doesn’t come back for a few days.”
- Second best but very far down the line is Oxygen, which he says “helps to reduce the pain by about 20% if started early during a headache“

What does not help:

- Prescription drugs for CHs
- Any kind of NSAID (he once nearly punched a doctor who was about to prescribe him Ibuprofen. He said “If you weren’t a doctor, and you had just suggested this after I told you what I experience, I would punch you in the face. Ibuprofen does absolutely nothing. It’s like trying to stop a freight train moving at 200 miles per hour by throwing a *tic tac* to it.”)
- MAOIs alone made it worse
- 5-MeO-DMT does not work at all (and made it worse due to the time-expanding effects of the drug)
- He was once sold something supposed to be LSD, but it didn’t work. He also noticed that this compound, whatever it was, would have a ceiling of activity, meaning that if he took two or three tabs it would get him as high as just taking one. So he strongly suspected it was fake acid. Thankfully within a week or two he was able to find a friend with real LSD, and then managed to get rid of the CHs for that cycle (but it was a “close one” he said).
- Nitrous oxide made it worse
- He tried smoking heroin, which he said does nothing. In fact, he says that “every time I took heroin, which is something I only ever did when experiencing a CH, I regretted it. It didn’t help with the pain, but it did make me less cognitively able to deal with the situation. The drowsy feeling made managing the pain harder, so it was a net negative.”
- He does not benefit at all from people trying to comfort him, or massaging him, or touching him in general. He appreciates the thought, but the truth is that he needs to focus 100% of his energies on managing the pain. He once shouted at his girlfriend to “get the fuck out” during an attack, which in the end she understood, but he just needed to make it clear he needed space. He’s also had an experience where he started having an attack while on his car, and a homeless man was approaching him for something or other. He is usually a very kind person with a very agreeable personality, but in that state he recognized the man as “threat to his pain management” and he had no option other than to shout at him “Get Away From Me” in a demonic voice before the homeless man could even say a word.

