# ENCORE: Removing the Stigma Around Psychedelics

written by Dr. Ronald Hoffman | January 21, 2025

Self-professed “psychonaut” Matt Zemon discusses his book “Psychedelics for Everyone: A Beginner’s Guide to these Powerful Medicines for Anxiety, Depression, Addiction, PTSD, and Expanding Consciousness.” Removing the stigma around psychedelics—emerging science is demonstrating their utility for a variety of psychiatric conditions. Psilocybin, ayahuasca, ketamine, ibogaine, peyote and others are regaining currency among innovative health professionals. Zemon describes how these might work—by opening new avenues of consciousness and rejiggering neurotransmitters. We discuss safety and optimal guidelines for use. Unfortunately, prescribing is limited by draconian and antiquated drug laws. Zemon maintains what’s needed are legal avenues for obtaining properly regulated medications delivered in ideal settings.