

LSD, Alzheimer's and the Danger of Testimonial Medicine

A Facebook Reel points to a real research frontier around low-dose LSD, psychedelics, neuroplasticity and dementia. It does not prove that LSD treats Alzheimer's disease.

Medical caution: Educational source brief only. LSD is not an approved Alzheimer's treatment. Do not give psychedelics to a person with dementia because of a social-media Reel.

What the Reel claims

Norman Ohler says he found Eleusis material on LSD and dementia-related receptors, discussed it with his father, and later saw his mother with Alzheimer's become more lively after a microdose.

What research supports

Source	What it supports	What it does not prove
PubMed 31853557	Repeated 5/10/20 microgram LSD was reported well tolerated in 48 healthy older volunteers over 21 days.	Not an Alzheimer's patient efficacy trial.
PubMed 32973482	Review argues psychedelics are interesting candidates because of neuroplasticity/neuroinflammation hypotheses.	Review-level possibility, not clinical proof.
PubMed 38307424	Reviews possible pathways in Alzheimer's-related dementia: 5-HT, BDNF, mTOR, autophagy.	Mechanistic exploration, not a treatment recommendation.
PubMed 41707907	Describes mitochondrial-centered hallucinogenic therapy as a hypothesis-generating model.	States clinical efficacy evidence remains limited and largely preclinical.
ClinicalTrials.gov NCT04123314	Shows psychedelic research in MCI/early Alzheimer's depression symptoms.	Not completed proof that LSD reverses Alzheimer's.

Evidence labels

- **Real kernel:** low-dose LSD and psychedelics are being studied in brain-aging contexts.
- **Not proven:** the Reel does not prove Alzheimer's treatment, reversal or safe home use.

- **Big risk:** dementia patients are medically vulnerable and may not be able to consent safely outside supervised care.
- **Best reading:** promising research question, not a miracle-treatment instruction.

Bottom line: Hope can ask new questions, but it cannot skip the evidence. Treat this Reel as a research lead, not a dosing protocol.

Links

- Article: <https://managingexpectations.net/blog/articles/lsd-alzheimers-reel-source-card.html>
- Source note: <https://managingexpectations.net/research/health/lsd-alzheimers-reel-source-card-2026-07-09.md>
- Facebook Reel: <https://www.facebook.com/reel/4628844914108145>
- PubMed 31853557: <https://pubmed.ncbi.nlm.nih.gov/31853557/>
- PubMed 32973482: <https://pubmed.ncbi.nlm.nih.gov/32973482/>
- PubMed 38307424: <https://pubmed.ncbi.nlm.nih.gov/38307424/>
- PubMed 41707907: <https://pubmed.ncbi.nlm.nih.gov/41707907/>