

Natural Highs: The Healthy Way to Increase Your Energy, Improve Your Mood, Sharpen Your Mind, Relax and Beat Stress

Patrick Holford



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Do you like to relax with alcohol or cigarettes? Do you use caffeine or something stronger to give you a buzz? Do you want to be 'high' - and stay healthy? In this groundbreaking book you will discover new ways to stay happy, relaxed or 'high' using safe, natural and non-addictive substances. Patrick Holford, a leading expert on mental health and nutrition, and eminent psychiatrist and specialist in integrative medicine, Dr Hyla Cass show you how. Discover: * Natural blues busters such as St John's Wort and 5HTP to help you reduce depression and anxiety * Non-addictive ways to get an energy boot without resorting to caffeine or nicotine * Safe and effective alternatives to prescription drugs such as Prozac and Valium * How to reduce stress and anxiety naturally * Natural (and legal) alternatives to recreational drugs * Remedies and techniques to help you to reach a state of inner peace

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