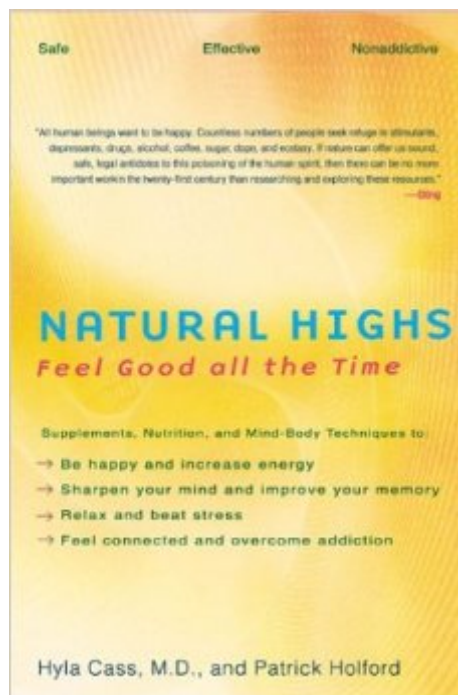


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# Natural Highs: Supplements, Nutrition, And Mind-Body Techniques To Help You Feel Good All The Time



## Synopsis

What does it take to make you feel "high"? Do you routinely reach for caffeine, alcohol, cigarettes, or sugary snacks to get you through the day? Unfortunately, the quick fixes we have become accustomed to don't work long-term, and often contribute further to the underlying problems of fatigue, depression, brain fog, and anxiety. In *Natural Highs*, two leading authorities in psychology and nutrition present a prescriptive breakthrough program based on nutritional supplements, herbs, and simple mind-body therapies that will help to increase energy, sharpen the mind, elevate mood, relax the body, and beat stress. Their remarkable research shows how to formulate the perfect "brainfood" to improve how we think and feel, resulting in a greater sense of connection and joy in everyday life—the natural high.

## Book Information

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## Customer Reviews

I've known Dr. Cass's work for a number of years now and so, expected quality. But this book is even better than I expected, in terms of the breadth and depth it covers. It covers mood, energy, relaxation, entheogens, memory, stress busters--- and a lot more. Knowing Dr. Cass's past books on herbal approaches, I expected a primarily herbal approach to natural highs. But this book covers all kinds of natural means to get high, to feel good more, including color therapies, biofeedback, aromatherapy, massage, meditation and much more. The list of resources and sources in the back of the book is probably worth the price alone. This book gives a ton of great ways to get high naturally without drugs. I'm particularly interested in the supplements for sharpening the mind and will be trying some of them. Lastly, the book calls for a kind of integrated approach to positive states,

taking an enlightened, positive psychology approach. The book also discusses how to get off of addictive drugs. Put it all together and this book is good news.

I first came to this book because I was looking for help with the severe withdrawal symptoms I was experiencing from no longer taking Prozac. Natural Highs opened my eyes to the existence of not one, but many different natural supplements that would help me to rebalance and boost my mixed-up, post-Prozac serotonin levels. In addition, many of these supplements are, apparently, as good as or better than drugs for significantly improving problems with depression, anxiety, etc. in the long term -- with NO side effects. This book is well-written, thoroughly researched and organized, and provides clear, easy-to-read concise information. If the existence and significant benefits of these natural supplements were more widely known, and big drug companies had less money, power, and influence, I truly believe our world might very well be a happier, more well-adjusted, and more functional place.

I don't know about you, but I get tired of health & nutrition books that go on and on about technical details without supplying any real information I can use. That is why I have appreciated the direct approach taken in Natural Highs. The authors clearly explain how to feel better and why it works. The descriptions of neurotransmitters and brain chemistry are sufficient without becoming tiresome. The supplement recommendations are candid and well balanced. Important techniques such as breathwork and meditation are also covered. This book is readable and even entertaining. If you are curious about natural ways to relax or improve your mood, give it a try!

Once again I reached for Dr. Cass' book today. I've had it for about six months and it hasn't sat closed for any two weeks in a row. I've tried several items listed and found that some worked and some didn't. One of the greatest joys is replacing a pill or supplement with real food. I'd rather eat fish than a tablespoon of fish oil! It took time to realize that the book is written for a general audience, not just for me. Now I'm working through her suggestions methodically, patiently weeding out those that aren't right for me and keeping those that are. For instance, I discovered that high potency vitamin B "complete" supplements work well with SAME. On the other hand, valerian only caused bad dreams. Used in conjunction with Chris Carmichael's "Food for Fitness" and some great web resources, I find that I have both high energy and a great attitude towards life and my health.

I am very happy I bought this book. I've read books that handled on serotonin and dopamine

before, but this book is so extensive and varied...It explains very well what kind of effect certain substances have on your body and mind and also why we 'selfmedicate with alcohol, chocolate, coffee... and why in the long run those are no good for you. More importantly, it hands you alternatives that are healthy and nonaddictive. I'm going to recommend this book to everyone that I know!

If you're worried about declining memory, or want to know how to keep your brain healthy, you need to add this book to your library. Dr Cass, a psychiatrist with a speciality in nutrition, knows how to unravel the complicated subject of brain function simply and clearly. Being naturally high means feeling good without drugs, caffeine, sugar, and alcohol. The benefits far outweigh your current mood and ability to enjoy life more fully. Dr Cass's information includes specific information on supplements that will protect you in future years. This book is packed with practical information that all of us need.

I love this book. I recommend it to all my clients. The information presented is easy to understand, easy to use, and just plain reader-friendly. "Natural Highs" gives people the ability to take back control of their moods and their life safely and effectively. Read it, use it, and dare to be happy! Mary Ann Michels, Certified Hypnotherapist & EFT Practitioner

Her Philosophy and Principles of Care are sound. The book has a wealth of the info/methods that I use that's taken years of reading many books, watching educational TV to piece together. It deserves to be in hands reach till absorbed! As it has combinations I have yet to try together synergistically w/ new understandings of how supplements work individually, and in groups. With the wisdom that each person's biochemistry can be subtle mystery in tuning up to Your Maximum Highest Function w/ A Clear Mind, and that is what I praise this book most for. It is heavily in the list of resources, further reading (Many already have some been thinking about) I would add a new "Earl Mindell's Vitamin Bible" for bookers as cross reference on which nutrients work together and keep it in reach as well. Or go to her website for updates if you like the web. [www.cassmd.com](http://www.cassmd.com)

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