



# Natural Highs

Wholesome and Healthy  
Pathways to Bliss

Russell Symonds

# Natural Highs Natural Highs

**William Charles Macready**



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*Natural Highs* Patrick Holford,2002 Rhythms for Natural Highs Liana Davis,Lon H. Seiger,2018-08-24 **Natural Highs** Hyla Cass,Patrick Holford,2003-06-02 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 **Catalog of**

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