

Natural Drug Free Highs

If you're starting to want to get high without a come down then natural highs are for you.

If you are wanting to feel good without anything damaging your body then natural highs are now for you.

If you expect the natural highs we are talking about here to be as high as the first time you took crack or E – then think again. This is about the simple life. The easy life. The life where the highs are smaller and there are no bad consequences to them. The highs you feel but don't immediately crave more of – unless you're talking adrenaline highs from parachuting – that's advanced natural highs.

If you're getting into natural highs for the first time in a long time – keep it simple.

We are all capable of producing our own natural highs, without taking a substance.

How?

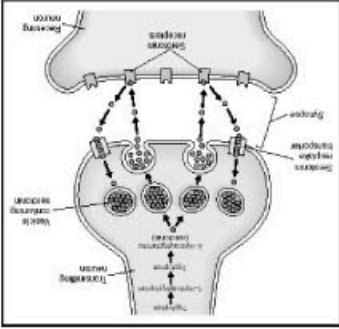
The answer lies deep in our brains, with those chemical messengers of mind and emotion, the neurotransmitters. You and I communicate with words. The brain communicates with neurotransmitters. These chemicals determine how you will feel as they whizz round your brain and nervous system.

As neurotransmitters are made from nutrients – amino acids,

vitamins and minerals – we can formulate the perfect 'brain food' to improve how we feel and think.

Feeding your brain is vital.

Here are the big six main players:



GABA is the 'cool' neurotransmitter, relaxing you and calming you down after stress.
Adrenalin is the 'motivator', stimulating you and helping you to respond to stress.
Dopamine and **noradrenalin** are the 'feel-good' neurotransmitters, making you feel energised and in control.
Endorphins promote 'bliss', giving you a sense of euphoria.
Serotonin is the 'happy' neurotransmitter, improving your mood and banishing the blues.
Acetylcholine is the 'brainy' neurotransmitter, improving memory and mental alertness.

(endorphins and acetylcholine are not made from amino acids)

The simple secret of being naturally high is that you have to find them the right balance of nutrients and circumstances that get them really performing in perfect harmony.



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For further information:

Drugaid
 Tel: 0870 060 0310

0870 numbers are more expensive from a mobile. 0870 numbers are cheaper from a landline.

Tel: 02920 868 675
 Tel: 01685 721 991

www.drugaidcymru.com



How can we do this?

Simple:

Eat more of certain foods

For example, the neurotransmitter serotonin is made from the amino acid tryptophan. Serotonin is known to help improve your mood, so eating food rich in tryptophan, such as turkey, can improve your mood.

Exercise more

The more intensely you exercise, the more of these chemicals you produce, and the higher you get. Exercise can also increase self-esteem.

Make the most of oxygen

You can get high on breathing – feel calm, happy and at ease. There's a whole science of breathing, originating in India called pranayama.

Oxygen is really the most important 'nutrient' of all – it makes up to about 80 percent of the human body.

Pure oxygen's healing powers are so great that critically ill people are sometimes put in oxygen tents.

Take notice of and appreciate the little things

- Laughing so hard your face hurts.
- A hot shower.
- No queues at the supermarket
- A special glance.
- That after exercise feeling.
- Getting to the top of a hill.

- Hearing your favourite song on the radio.
- Lying in bed listening to the rain outside.
- Clean bedsheets, clean pyjamas and a clean body all at once
- Finding the sweater you want is on sale for half price.
- A bubble bath.
- Giggling.
- A good conversation.
- Finding money you didn't think you had
- Laughing at an inside joke.
- Cooking something delicious
- A good night's sleep.
- Making new friends or spending time with old ones.
- Hot chocolate.
- Watching a good movie cuddled up on a couch with someone you love.
- Song lyrics printed inside your new CD so you can sing along without feeling stupid.
- Seeing a great band.
- Riding a bike downhill.
- Winning a really competitive game.
- Watching the sunrise.
- Finishing something you worked hard on and getting complimented for it.

Natural High Food Basics

- Eat three portions of a day of quality protein foods – e.g fish, lean white meat, eggs, soya, beans, lentils and grains.
- Choose whole grains, vegetables and fruits, and stay away from sugar and refined foods.
- Avoid hydrogenated fats and reduce your intake of saturated fats

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from meat, dairy produce and junk food.

- Eat fish three times a week instead of meat, or take fish oil supplements.
- Have a heaped tablespoon of ground seeds every day.
- Drink at least a litre (1³/₄ pints) of water, if not two, a day as water or in diluted juices and herb or fruit teas.
- Minimise your intake of tea, coffee and alcohol.
- GABA – the brain's peacemaker – eat more protein rich foods such as fish, eggs, beans, tofu, meat, lentils, nuts and seeds.

Natural High Exercise Basics

- Whatever form of exercise you choose, it's easier if you do it with someone. Besides the company it provides, this partnering keeps you committed.
- If you have never exercised before, and especially if you have a pre-existing health condition, see your doctor before you begin.
- Then, start your exercise programme gradually, such as with a walk around the block.
- Build up over time to a slow jog, first around the block, or a track, slowly increasing the distance and speed.
- For maximum benefit, build up to a full jog that lasts between 20 and 30 minutes, 4 to 6 days a week.
- Jogging, cycling, swimming and dancing are all forms of aerobic exercise, which conditions the heart and lungs.
- Weight lifting is an example of resistance exercise, which builds your muscles. It also counters osteoporosis, and helps to burn fat. Both types of exercise are important to overall health.
- All exercise takes your mind off your worries.
- If you do some exercise 5 days a week you will feel fabulous and look good too.

- Wear loose, comfortable clothing and well-fitted running shoes.
- Warm up before exercise, use lots of stretches and cool down afterwards.
- Do not fall into the 'pain is good' trap. Some muscular soreness or tightness is normal, but pain is a sign that something's wrong. If the pain persists, stop exercising and see your health practitioner.
- Don't overdo it, especially at the beginning. Rest between exercise sessions. Excessive exercise actually evokes the stress response.
- Do something you enjoy. The more you enjoy an exercise, the more likely you are to stick with it.

More tips on feeling better and relaxation

- Sunlight helps us produce serotonin – the happy neurotransmitter.
- Blue light relaxes us.
- Purple light is peaceful and meditative and turquoise light soothes and refreshes.
- Essential oils – lavender, orange, sandalwood, rosewood.
- Magnesium – dark green veg, broccoli, parsley, almonds, molasses, brown rice – alcohol and smoking gets rid of magnesium.
- Meditation – 10 minutes a day.
- Nature – research tells us getting outside and being in green spaces improves our mood, it is called biophilia.
- Daily writing – keeping a diary and writing out what is on your mind can ease your thoughts.
- Sleep and detox tea – this is available from Drugaid.
- If you want to sleep well, avoid caffeine 6 hours before you go to bed.

Get in touch with Drugaid about all the diversionary activities we can help you get involved in.