

YOUR GUIDE TO
MIND-BLOWING
HEALTHY
HIGHS

with Jenny Sansouci, publisher of Healthy Crush



mind-blowing

intensely affecting the mind or emotions

high

a heightened level of excitement or euphoria

healthy high

health-enhancing ecstatic bliss

There was a time when I thought healthy meant boring.

Doing healthy things, in my opinion, was lame. I thought, “you can’t possibly get pleasure, have ridiculous amounts of fun, and feel exuberantly amazing from living a healthy lifestyle. Nope. I’ll keep partying, thanks!” Little did I know at the time, I was SO WRONG! When I started to realize that there are tons of health-enhancing ways to feel out-of-this-world bliss, I seriously couldn’t believe it. Every time I find a new way to feel good that is actually NOURISHING me, my mind is officially blown, over and over.

My intention for this guide is not to say you need to be having high-level experiences every second of your life, but to show you that there are tons of ways to achieve a blissed out state that are health-supporting, with no hangover involved. Some may think I’m extreme, and that’s OK. The truth is, **I just like feeling awesome.**

Before we start, a few disclaimers:

- ♥️ I’m not recommending you use any of these practices as drugs or substitutes for drugs. I’ve just found them to invoke a blissful state and wanted to share my discoveries. Use them at your own risk.
- ♥️ I’m not a doctor or expert, I’m just speaking from personal experience.
- ♥️ Seriously, please don’t overdo it on any of these things. I’ll provide my recommended amount/frequency for each one, but use your own judgment.
- ♥️ Again, these are not medical/professional recommendations, just my opinions.

So here are a few of my favorite discoveries - including one thing I NEVER thought I’d admit to!



Healthy High #1

RAW CHOCOLATE

Ah, **raw chocolate**. One of my all-time favorite healthy highs! The first time I tried raw chocolate (I remember it with crystal clarity), I knew my life was changed forever. I felt the rush of pleasure that only chocolate can bring, plus the fascinating understanding that there was no sugar or dairy



involved. Only unprocessed, pure cacao + natural sweetener + little crystals of sea salt. In regular everyday chocolate, which goes through a roasting process, the majority of nutrients are depleted - but raw chocolate contains antioxidants, essential minerals, and promotes **happiness, alertness and loving feelings**. Wow, I'm getting excited just writing this, and trying to remember if I have any raw chocolate in my apartment. YES - I do, so we're good.

RECOMMENDED USE

YES, people, raw chocolate still contains caffeine. I don't recommend eating an entire chocolate bar in one sitting, but a little bit (1/2 an ounce or so) in a day should really be no problem unless you're trying to cut caffeine completely. There are so many great raw chocolate brands out there - and luckily for us raw-chocoholics, there are more on the way every day. Check your local health food store. If it's raw, it'll say so on the package.

BONUS

Find a brand of raw chocolate that contains superfoods for an ultra-enhanced experience! My favorite superfood raw chocolate is [Gnosis Chocolate](#), which you can order online - jackpot! Extra bonus: make your own raw [chocolate truffles](#).

Healthy High #2 MACA

My boyfriend told me he once saw a couple of girls at a raw food event laughing and giggling hysterically, seeming **blissed beyond belief**, eating something out of a bowl. He asked what it was, and they got all serious and replied, “it’s the truth.” The main ingredient? **Maca**. Clearly, I had some investigating to do. Turns out, maca is a root vegetable that has been used in South America



for strength and endurance for centuries. It’s got tons of minerals and amino acids, it increases energy and vitality and helps us to adapt to stress. Oh, and it’s also an **incredibly powerful aphrodisiac**. Need I say more?

RECOMMENDED USE

Put about a teaspoon of maca powder into your **smoothie**. That’s probably enough to have in one day. It’s got a nutty flavor. This is one you truly shouldn’t go overboard with, because it can give you TOO much energy and you’ll really be flying off the handle. Some people recommend to take 1 week off from maca per month. Probably smart. Go easy on it, trust me! It’s a very powerful superfood - consume it with respect.

BONUS

Maca tastes amazingly ridiculous when combined with - you guessed it - raw chocolate. In fact, the “truth” I spoke of above was a mixture of raw cacao, maca powder, and raw honey. Experiment if you dare.

Healthy High #3 EXERCISE + PASSION-INDUCING MUSIC

Have you ever gone running (or any cardiovascular activity) for a full hour? When I started going further than my normal 30-minute jogs, I realized I began to feel **incredibly euphoric**. Not just relaxed - I'm talking smiling ear-to-ear euphoric. They call it "runner's high" for a reason, you know - it's no secret that exercise floods the brain with feel-good endorphins. Pair endurance exercise with passion-inducing music and you'll literally feel like you're **flying down the road on a cloud of bursting stardust**. Passion-inducing music means anything that makes you feel intense emotion. Whether it makes you feel happy & excited, amped up and fierce, even angry or nostalgic - pairing emotions with exercise amplifies everything and gets you **deeply in touch with your own passion and intensity**. Endurance exercise is a fantastic, health-effective way to release emotion. And the coolest part? I usually get my best creative ideas when I'm in an exercise-induced euphoric state. The name "Healthy Crush" popped into my head during a long, blissful run!



RECOMMENDED USE

I love to try and get an exercise high every day. Obviously, do what your own body can handle. Don't like running? Try cycling, dancing, or taking a cardio class at the gym that has great music. **Let the emotions flood through your body and be released through the physical movement.**

BONUS

Try boxing to breakup music. I'm serious. If you have even the tiniest bit of resentment or bitterness about a past relationship, the coolest & most bad-ass way to get it out is not to bad-mouth your ex. I swear, put on Christina Aguilera's "Fighter" and box it out! You'll find yourself punching your way to happiness, you'll feel empowered and you'll forget why you were even mad in the first place.

BONUS 2

If you're like me and nerding out on books makes you totally giddy, try listening to an inspiring audio book while you're running. Listening to The 4-Hour Work Week and Born to Run while running got my physical and mental adrenaline pumping!

Healthy High #4

KUNDALINI AWAKENING MEDITATION

OK. How do I even explain this one without sounding like I should be checked into a mental institution? I'm going to try. The first time I did a **Kundalini awakening meditation**, I had my first legit non-drug-induced **out-of-body experience**. That's really the only way I can describe what happened. It took me like 30 minutes afterwards to even be able to speak again. I'm not kidding at all! I happened to be at a retreat center at the time, so luckily they had an "in silence" badge for me to sport so nobody would try to talk to me.



Are you still with me? If so, instead of me trying to explain kundalini, [read more here](#). I can tell you that in basic terms, it's energy that's being awakened through the different **chakras (energy centers)** in the body - as you do a kundalini meditation with **specific breathing exercises**, this energy moves through the body and eventually reaches the top of the head, or crown chakra, producing a "**profound mystical experience**." I can tell you that the profound mystical experience definitely can happen. It'll feel different for everyone, but for me it was like nothing I've ever felt in my life - **pure, complete bliss in every cell of my body**. If this sounds way too woo-woo for you, just forget I mentioned it and skip to the next one. ;)

RECOMMENDED USE

I recommend you attend a group kundalini meditation with a trained guide, do a guided audio kundalini meditation, or [read up](#) on the subject of kundalini awakening. Specifically, the profound experience I had was after a series of group kundalini meditations called the [Ananda Mandala](#) and the [Chakra Dhyana](#).

BONUS

Try a kundalini yoga class. Kundalini yoga is practiced for the **purpose of attaining bliss!**

Healthy High #5

CHUGGING ICE-COLD COCONUT WATER AFTER BIKRAM YOGA

For real...this is one of the **most amazing feelings EVER**. It doesn't have to be **Bikram Yoga** specifically, but it's gotta be hot yoga (Bikram is a very specific style of hot yoga, but there are hot vinyasa classes too). Just make sure it's the kind of yoga that's done in a **sweaty hot room**. After class, when you step out of that sticky room and drink an **ice-cold coconut water**, you'll feel like **you just got shot out of**



a rocket ship into outer space. No joke. I once did 7 days straight of Bikram, just to try it out, and that post-class coconut water rush was what kept me coming back every day. Hot yoga gets you high enough already, but something about the hot-to-cold combination really **awakens your senses** on so many levels. Oh, and the great thing is that lots of yoga studios carry coconut water in their fridge, so you don't have to worry about too much time lapsing between the end of your class and the coconut water entering your mouth. It's no coincidence that lots of runners take Bikram or hot yoga classes if they are injured from running. They want that same "runner's high" without the pounding impact on their joints. **Enter hot yoga. Add cold coconut water. Achieve a healthy high.**

RECOMMENDED USE

The hot yoga + cold coconut water combo can be done as much as you can handle comfortably. Don't burn yourself out. If you want to go every day, by all means, go every day. And having coconut water every day certainly isn't a problem. Pay attention to your own body and if it hurts, take time off!

BONUS

Do a 30-Day Yoga Challenge! If you can do hot yoga, awesome. It will be tough and you'll want to quit at times, but SO rewarding and full of exuberantly healthy highs along the way. Don't forget your **coconut water**.

Healthy High #6

YERBA MATE

Yerba! Oh man. I love this stuff. The first time I had [yerba mate](#), I was in the middle of a serious coffee-loving phase. I had **kicked my coffee habit** a few times, but I kept coming back to it. One day I was out at brunch in Brooklyn and decided to order a **yerba mate**, as I'd heard a lot about it in the health food world. I drank it, and a few minutes later I was like, WHAT! What is this stuff!? I feel unbelievable. **Energized, happy, but not anxious or jittery.** That day I decided I would be trading my beloved java for yerba mate. And I didn't drink a sip of coffee for an entire year! **It felt THAT good.** Yes, yerba mate contains caffeine, but also a whole bunch of vitamins, minerals and antioxidants. Many people report "**smiling and laughing for no reason**" after consuming yerba mate. According to Guayaki's web site (my favorite yerba brand), yerba mate has "**the strength of coffee, the health benefits of tea, and the euphoria of chocolate all in one.**" Um...wait - where did you go? Oh, you're already on your way to buy some yerba? Cool.



RECOMMENDED USE

You can drink yerba mate daily, if you want to. You can buy it in teabag form, or loose tea. I buy the loose kind, but have teabags on hand for traveling. As I mentioned, [my favorite brand is Guayaki](#). I like the original and San Mateo flavors. As with any caffienated beverage, make sure you consume lots of water to stay hydrated.

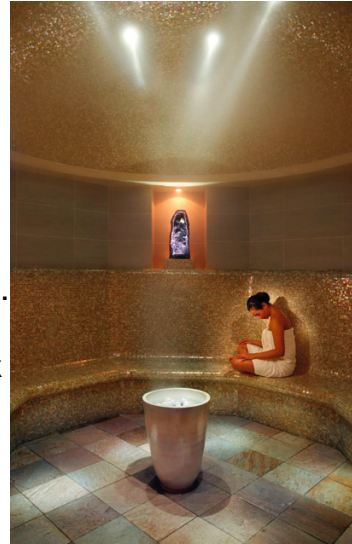
BONUS

Drink down a cold bottle of yerba mate (Guayaki sells cold, bottled unsweetened yerba mate) before a social event. **You'll be buzzing around like a happy little bee** and will be the life of the party.

Healthy High #7

STEAM ROOM + EUCALYPTUS

Ooh! This is one of the most blissful feelings I've ever experienced. I sat in a steam room **where there was the strong smell of eucalyptus penetrating through the air** - after a few minutes, I could hardly talk, I was so **"in the zone."** I just wanted to sit there in a meditative state and feel awesome. Eucalyptus soothes and revitalizes the senses. The combination of the steam and healing eucalyptus helped me to breathe deeply, relax my mind and body, melted every ounce of tension, and brought my stress level down to zero. Nothing could bother me. **It was pure, clean magic.**



RECOMMENDED USE

Find a steam room near you that uses eucalyptus oil (Google it, or call your local spas and ask). I'd say sit in the steam room for about 10-15 minutes and get out if you start to feel too light-headed, dizzy or hot. You can probably sit in a steam room for a few minutes every day, if you want to, and you have access to one. Don't be surprised if you turn into a [zen master](#). Drink a lot of water!!

BONUS

Take a dip in a cold pool right after using a steam room (or sauna). Talk about awakening the senses + a rush of adrenaline!

Healthy High #8

A 5-DAY JUICE CLEANSE

I know, a juice cleanse might sound more like torture than pleasure. Believe me, the first time I tried one, I thought the same thing. The first couple of days always have me asking “why am I doing this?!” -- but if you get to day 4 (or so), **you are in for a miraculous treat.** Day 4 of my first juice cleanse had me literally **floating down the street**, smiling at everything, feeling **outrageously clean**, light and happy. It was like **I loved everything I saw.** When your body starts to get rid of toxins, everything improves! You start to feel truly alive.

Your thoughts are clear, your dreams are colorful and vivid, your body is light and clean, **your creativity soars to ridiculous heights.** Some people say the highs of juice cleansing are better than any drug. See for yourself!



RECOMMENDED USE

A good recommendation for new cleansers is to do 1 juice cleanse per season. You can do them more frequently, though, just **make sure you're paying attention to your own body.** Cleansing once a month is great, if you have the desire & motivation. As far as how many days to cleanse, that's really up to you. Of course, for the best healthy high, I recommend at least getting to Day 4, but less than that is still beneficial to your digestion & overall health. [Read more about cleansing options here.](#)

BONUS

Make your own juice. I know, not everyone has a juicer, so do your best. The fresher the juice, the more nutrients get pumped into your bloodstream, and the more incredible you feel. **Fresh is best, so if you can make your own juice, go for it!** Make sure to include lots of dark leafy greens in there. If you can't make your own juice, find a juice bar that will make it fresh for you. Zing!

Healthy High #9 KOMBUCHA

A few years back, one of my co-workers witnessed me obsessively experimenting with all kinds of **green superfood concoctions** at work and recommended I try **Kombucha**. I looked up some information about it and saw a huge laundry list of health benefits. I was mesmerized immediately. I left my desk, walked to the corner store and picked up my first Kombucha. Within minutes of drinking it, I felt so good that I couldn't believe I hadn't stumbled upon this miracle drink before!! **Kombucha is now one of my favorite beverages** -- it's packed with **probiotics, enzymes and detoxifiers** that aid in digestion and immune system support.



RECOMMENDED USE

1 Kombucha per day is probably good. There are days where I drink 2, but seriously, don't pound them! They're not cheap. :) My favorite brand is GT's Kombucha. **I love the Multi-Green flavor.** With **blue-green algae, spirulina and chlorella** inside (all powerful **green** superfoods) you'll be **flying high on a magic carpet ride of health.**

BONUS

Try drinking a **Multi-Green Kombucha** while you're on a **juice cleanse**. Wheeeeeeee! Not recommended on certain cleanses, but I do it. Shhh ;)

Healthy High #10

MEDICINAL MUSHROOM TEA (REISHI/CHAGA)

This is a recent one for me, and I know **there is a lot more to learn in this realm**. I had heard lots of awesome things about **medicinal mushrooms** (mostly from [David Wolfe](#)) but had never gone to the trouble of **making mushroom tea** myself. A friend of mine who is a **raw/superfood enthusiast** was hanging



out at my apartment and mentioned that she had some reishi & chaga mushrooms with her. (**NOTE:** Medicinal mushrooms are not the same as “magic mushrooms” that make you trip out & hallucinate! I’m not recommending any ACTUAL drugs in this book, sillies!) **Reishi and chaga mushrooms** have been used traditionally for thousands of years to fight cancer, boost the immune system, stabilize blood sugar and promote ultimate well-being and longevity.

“Do you want to make some mushroom tea?” my friend asked. OBVIOUSLY, I did. What I experienced next was one of the **coolest feelings ever**. We used a combination of reishi and chaga mushrooms to make a tea, drank it, and then took a walk in the park. All of a sudden **everything seemed so serene, calm, vibrant and alive**. I felt like we were in a movie. I felt **insanely peaceful**, and before I knew it, we were expressing our deep appreciation for everything in our lives and contemplating existence. **You know that’s gotta be good stuff.** ;)

RECOMMENDED USE

You can get [chaga tea here](#). For **reishi**, find a good online retailer for **dried or ground reishi mushrooms** & order some to make tea with. If this is freaking you out, just [grab yourself some reishi capsules](#) instead.

BONUS

Add **goji berries** to your mushroom tea. They are completely loaded with **antioxidants** and will get juicy and plump when they’re hydrated. It’s like bubble tea...but with **superhero berries** instead.

Finally! The bonus Healthy High I
never thought I'd admit to.

Are you ready?

Healthy High #11

DRINKING GREEN SUPERFOODS RIGHT AFTER A COLONIC

A COLONIC? Ew!! Ahh!!! Scary!!!

It's ok, **that's what I thought too**. And I'll tell you -- **getting a colonic** isn't the most PLEASANT experience in the world while it's happening. As I got my first one, I was thinking "**NOBODY can find out I'm doing this!**" But now, looking back, I think it's important to share because of how incredible I felt afterwards. It's unfair for me to keep that from you guys.

So I'll spare you the details, except to say that after it was over, I went down the street and got a **coconut water with blue-green algae** in it. As I was drinking it, I felt a ridiculously happy high. Because my body was so clean, the **green superfood affected me immediately** and **I felt tingly** (a good tingly) and couldn't stop smiling. There is simply NOTHING like the feeling of being totally cleaned out and then adding most **powerfully nutritious green superfoods** to your body. In that moment, I knew I was having a clean, extremely high-level experience.

RECOMMENDED USE

How often should you get a colonic? Well, I can't answer that for you. Go get just ONE, and talk to the colon hydro-therapist and see what they recommend for you. **Some people get them frequently**, some people just get them once per year...you have to do what's right for you depending on the state of **your individual body and digestive tract**.

As far as what to drink right afterwards, try a **fresh-pressed green juice**. Your cells will squeal with joy!

BONUS

Do a **3-day green juice or smoothie cleanse before your colonic**. The cleaner your digestion is when you get there, the more toxins and waste will be removed from your body, and **the lighter and more blissful you'll feel** when you add superfoods into that clean machine of yours!

IN CONCLUSION...

Whew! Now that you know about a few of my favorite healthy highs, **here's the kicker:** the cleaner your body is to begin with, the better and higher you'll feel with all of these experiences. You may not experience ecstatic healthy bliss from these things **if your body is overloaded with processed food, drugs, alcohol, cigarettes, etc.** If you start to take good care of yourself and develop a cleaner body and lifestyle, you'll start to experience these highs as a **natural part of your everyday life.** To learn more about creating a cleaner life so you can experience **more natural highs**, head over to [Healthy Crush](#) and start browsing my recipes & articles!

Sending you endless natural bliss,

Jenny Sansouci

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