

A hand holding a glass of pink mocktail with ice and a pink straw. The glass is filled with a pink liquid, ice cubes, and a slice of orange. A pink straw is inserted into the drink. The background is dark and out of focus.

END OF DAY
**STRESS
BUSTING
CORTISOL
MOCKTAILS**

@the_zenpreneur

Let's be real.

After a long, chaotic day of managing your empire, wrangling the kids, and somehow squeezing in a sliver of "me" time, that bottle of wine is looking mighty appealing.

But deep down, we know that while it might seem like the answer to all our stress, it's not actually working in our favor.

The next morning's grogginess and that nagging feeling of needing yet another glass to unwind isn't exactly the recipe for a superwoman.

But don't worry, we've got your back with something even better—stress-busting mocktails!

These delicious, alcohol-free drinks are just the ticket to help you relax, lower your cortisol levels, and give you that much-needed peace of mind.

So, let's raise a glass to a happier, chillaxed version of us all!





BLOOD ORANGE HIBISCUS MOCKARITA

Ingredients:

¼ cup hibiscus tea brewed
1 tsp honey
2-3 blood oranges juiced (about ¼ cup)
1 tsp lime juice
Sparkling water for topping

Instructions:

Brew the hibiscus tea and stir in the honey, then let it cool.

Fill a glass with ice
and add the hibiscus tea.

Add the blood orange and lime juice.

Top with sparkling water.



GINGER LEMON PALOMA

Ingredients:

- ¼ cup crystallized ginger for rim
- 2 tsp sea salt for rim
- 2 oz grapefruit juice
- 1 oz freshly squeezed lemon juice (from 1 large lemon)
- 4 oz Health-Ade Ginger Lemon
- 2 oz club soda (optional)
- Grapefruit wheel or wedge for garnish

Instructions:

Pulse the candied ginger and sea salt in a food processor until powder-like.

Run a lemon wedge around the rim of a chilled highball glass and dip it in the ginger-salt mixture to coat.

Fill the glass with ice cubes.

In a cocktail shaker, add grapefruit juice, lemon juice, Ginger Lemon, and ice. Gently shake and strain into the prepared glass.

Top with club soda if desired and garnish with a grapefruit wheel or wedge.



LAVENDER CALMING LEMONADE

Ingredients:

2 tsp lavender
1 tsp honey or maple syrup
⅓ large lemon, juice
1 cup boiling water
Ice cubes if desired

Instructions:

Combine the lavender,
honey (or maple syrup),
and boiling water.

Let it stand for at least an hour.

Strain the mixture.

Add lemon juice, and ice cubes.

Stir well and enjoy!



KAVA OLD FASHIONED

Ingredients:

¼ cup Kava Stress Relief® Tea
1 tsp honey
¾ cup tart cherry juice
3 maraschino cherries for garnish

Instructions:

Brew the Kava Stress Relief® tea at
120-140 degrees F

Steep for 3-5 minutes.

Stir in the honey while the tea brews.

Pour the tea over ice in a glass.

Add the tart cherry juice
and garnish with cherries.

What Is Cortisol?

Cortisol is a hormone produced by the adrenal glands in response to stress. Think of it as your body's built-in alarm system. It's essential for regulating various bodily functions, but when its levels are too high for too long, it can wreak havoc on your health. High cortisol can lead to increased blood pressure, weight gain, digestive issues, and a weakened immune system.

Signs of High Cortisol

If you've been feeling a bit off, you might be experiencing high cortisol levels. Here are some common signs:

- Waking up anxious at 2-4 AM (because who needs sleep, right?)
- Puffy face (hello, moon face!)
- Irregular cycles (fun times!)
- Stubborn belly fat (despite all those crunches)
- Mood swings (rollercoaster, anyone?)
- Cravings for carbs and sugar (bring on the donuts!)
- Bloating (just perfect)

Sound familiar?

It's time to switch things up with our stress-busting mocktails and other cellular reboots with us @the_zenpreneur