THE RESILIENCE DOC™

SHEE® *Optimal Health System*

Hydration + Smoothie Guide
For Memory, Mood & Motivation

SLEEP · HYDRATE · EXERCISE · EAT WELL

Created by **Dr. L. Imani Price** — The Resilience Doc™

A Companion Resource for The SHEE® Optimal Health System

A NOTE FROM DR. PRICE

Every cup in this guide is intentional. Not because I believe you need another complicated protocol — but because what you drink every day either supports your mind and body or quietly works against it.

I do not reinvent what brilliant people have already perfected. I curate the best and bring it to you in one place. The teas in this guide come from Kita Centella, Founder of Loose Leaf Tea Market — a colleague I trust completely and personally recommend. The waters and smoothies in this guide are general wellness recipes curated and adapted for the SHEE® Optimal Health System to support memory, mood, motivation, and cortisol regulation.

I want you to know where the wisdom comes from. And I want you to know that everything in this guide serves one purpose — giving your mind and body what they need to excel.

Your drive is not the problem. Your fuel is.

This is your fuel guide.

— Dr. L. Imani Price · The Resilience Doc™

RECOMMENDED RESOURCES

The Experts Behind This Guide



Loose Leaf Tea Market

RECOMMENDED BY DR. PRICE · FOUNDED BY KITA CENTELLA

Handcrafted organic wellness teas for cortisol regulation, brain health, inflammation, sleep, and digestion. Six teas featured in this program — all caffeine free, certified organic, and made with whole leaf herbs in small batches.

looseleafteamarket.com (https://looseleafteamarket.com?bg_ref=yKo7oF4euQ) ***(affiliate link — Dr. Price earns a commission at no cost to you)***

PART ONE

Your *Teas*

These teas are all from Loose Leaf Tea Market, founded by Kita Centella — a colleague whose teas Dr. Price personally uses and recommends. Every tea is certified organic, handcrafted in small batches, and caffeine free. Available at ***looseleafteamarket.com*** *(https://looseleafteamarket.com?bg_ref=yKo7oF4euQ)*

(affiliate link — Dr. Price earns a commission at no cost to you).

ABOUT LOOSE LEAF TEA MARKET

Founded by **Kita Centella**, Loose Leaf Tea Market handcrafts organic wellness teas designed to promote relief from inflammation, support healthy digestion, and reduce stress levels. Made with fresh organic botanicals in small batches — every blend is designed to provide real wellness benefits without compromising on taste. Visit **looseleafteamarket.com** (https://looseleafteamarket.com?bg_ref=yKo7oF4euQ) ***(affiliate link — Dr. Price earns a commission at no cost to you)*** to explore the full collection.

LOOSE LEAF TEA MARKET — KITA CENTELLA

Cortisol Daytime Tea

SOVEREIGN HOUR MIDDAY RESET CAFFEINE FREE

A refreshing blend designed to reduce stress and inflammation, support digestion, and uplift mood while promoting calm and balance. The Sovereign Hour tea and the Midday Reset tea. Served hot or over ice.

KEY INGREDIENTS

- → Organic Tulsi (Holy Basil) — regulates the stress alarm system while keeping energy and clarity sharp simultaneously
- → Organic Rooibos — aspalathin directly inhibits cortisol production and cools systemic inflammation
- → Organic Lemon Verbena — calms the nervous system and uplifts emotional balance without sedation

SHEE® BRAIN + BODY BENEFITS

Stress Alarm Calibration | Mood Uplift | Anti-Inflammatory | Hydration

HOW TO USE IT

Brew hot during The Sovereign Hour™ before the day activates your stress response. Pour over ice for The Midday Reset™ to discharge what the morning produced. On high-demand days — replace your afternoon coffee with this instead.

LOOSE LEAF TEA MARKET — KITA CENTELLA

Cortisol Evening Tea

EVENING WIND-DOWN SLEEP PREP CAFFEINE FREE

Crafted with relaxing nervines, Ashwagandha, Nettles, and Dandelion root to reduce cortisol levels, improve sleep quality, and support liver and digestion. Fresh and grassy flavor. The evening stress alarm shutdown ritual.

KEY INGREDIENTS

- → Organic Ashwagandha — most evidence-based adaptogen for cortisol reduction and sleep quality improvement
- → Organic Nettles — restores magnesium, iron, and B vitamins that chronic stress and high cognitive output deplete
- → Organic Dandelion Root — supports the liver's ability to clear cortisol from the bloodstream overnight
- → Organic Nervines — shift the nervous system from stress response into rest and repair mode

SHEE® BRAIN + BODY BENEFITS

Sleep Quality | Cortisol Clearance | Mood Restoration

HOW TO USE IT

Brew warm 60 minutes before bed. Hold the cup. Breathe slowly. This is the daily signal to your mind and body that the demands of the day are complete and recovery can begin.

LOOSE LEAF TEA MARKET — KITA CENTELLA

Focus Tea

SOVEREIGN HOUR MID-MORNING CAFFEINE FREE

Their most popular brain health blend — caffeine free botanicals chosen specifically for memory, mental focus, and cognitive performance. Ginkgo improves blood flow to the brain. Gotu Kola is believed to stimulate the growth of healthy new brain cells. This is the morning mental performance tea.

KEY INGREDIENTS

- → Organic Ginkgo Biloba — increases circulation to the brain, directly supporting memory recall and cognitive processing speed
- → Organic Gotu Kola — studied for its ability to improve cognitive function, memory consolidation, and support new neural growth
- → Additional brain-supporting botanicals — all caffeine free, all focused on cognitive performance

SHEE® BRAIN + BODY BENEFITS

Memory + Focus (Ginkgo) | Cognitive Drive (Gotu Kola) | Neuroprotection

HOW TO USE IT

Brew during The Sovereign Hour™ alongside or after your lemon water. The caffeine-free formulation means you can use it any time of day when mental clarity and focus matter most — including before high-stakes decisions or complex work.

LOOSE LEAF TEA MARKET — KITA CENTELLA

Inflammation Fighting Bundle

AFTERNOON EVENING CAFFEINE FREE

Two teas in one bundle — Inflammation Relief and Turmeric Fusion. Together they target the chronic low-grade inflammation that drives brain fog, cognitive drag, fatigue, joint discomfort, and mood instability. The body's fire, addressed at the root.

KEY INGREDIENTS

- → Turmeric — curcumin directly inhibits inflammatory pathways, crosses the blood-brain barrier, and stimulates BDNF — the brain's growth and repair protein
- → Organic Rooibos — antioxidant-rich, reduces inflammatory markers, and supports adrenal health
- → Anti-inflammatory botanicals — soothing herbs that calm inflammation and relax the nervous system simultaneously

SHEE® BRAIN + BODY BENEFITS

Body's Fire (Curcumin) | BDNF + Brain Repair | Mood Stability | Adrenal Support

HOW TO USE IT

Drink in the afternoon or evening. Add a pinch of black pepper to the Turmeric Fusion — piperine in black pepper increases curcumin absorption by up to 2,000%. Can also be made as a golden milk latte with oat or coconut milk.

LOOSE LEAF TEA MARKET — KITA CENTELLA

Blood Pressure Support Tea

AFTERNOON ANYTIME CAFFEINE FREE

A completely caffeine-free fruity blend made with organic fruits, spices, and herbs that support brain and heart health while fighting inflammation. The star ingredient is hibiscus — full of anti-aging antioxidants shown to protect brain cells and support healthy circulation, which is critical for cognitive performance at any age.

KEY INGREDIENTS

- → Hibiscus — potent antioxidants shown to protect brain cells, support healthy blood pressure, and improve circulation to the brain
- → Organic fruits and spices — reduce feelings of stress, improve circulation, and deliver a rich berry-spice flavor
- → Anti-inflammatory herbs — support overall cardiovascular and neurological health

SHEE® BRAIN + BODY BENEFITS

Brain Cell Protection (Hibiscus) | Antioxidant Defense | Stress Reduction | Heart + Brain Circulation

HOW TO USE IT

Excellent served hot or iced in the afternoon as a cortisol and stress support drink between The Midday Reset™ and the evening. The rich berry-spice flavor makes this one of the most enjoyable teas in the collection.

LOOSE LEAF TEA MARKET — KITA CENTELLA

Sleek and Slender Tea

MORNING AFTERNOON LIGHT CAFFEINE

White tea — among the most researched teas for long-term brain protection. Studies show that regular white tea consumption is associated with a 35% reduction in developing Alzheimer's and a 15% reduced risk of Parkinson's. It also reduces sugar cravings — and since blood sugar instability is a primary driver of brain fog and mood disruption, this tea addresses cognitive performance from two directions simultaneously.

KEY INGREDIENTS

- → White tea — the most lightly processed tea, highest in antioxidants and neuroprotective compounds, linked to long-term cognitive protection in peer-reviewed research
- → Additional botanicals — support metabolic health, reduce sugar cravings, and support the gut microbiome that produces serotonin

SHEE® BRAIN + BODY BENEFITS

Long-Term Brain Protection | Blood Sugar + Steady Chemical

Neuroprotection

HOW TO USE IT

Morning or afternoon. On days when sugar cravings are present — this is the first line response. The neuroprotective benefits are cumulative and build over time with consistent use.

PART TWO

Your *Waters*

These waters are general wellness recipes curated for the SHEE® Optimal Health System — each chosen for its specific biological function aligned with the four SHEE® domains.

WATER PREPARATION GUIDE

Daily hydration rhythm: Drink water consistently throughout the day — spaced steadily, not all at once. Add fresh lemon to your morning glass to support liver function and cortisol reduction. **Meal timing:** Many people find they feel better drinking water between meals. Experiment with spacing your water intake and note how your digestion and energy respond.

GENERAL WELLNESS

Lemon Detox Water

FIRST THING SOVEREIGN HOUR

The simplest and most powerful morning ritual in the program. One lemon. Sixteen ounces of water. Done before anything else — before coffee, before your phone, before the

world.

INGREDIENTS

- → 1 fresh lemon — squeezed fully
- → 16 oz filtered or alkaline water — room temperature or warm

BRAIN + BODY BENEFITS

Lowers Cortisol | Activates Liver | Morning Rehydration

GENERAL WELLNESS

ACV Detox Water

BEFORE BREAKFAST SOVEREIGN HOUR

Apple cider vinegar with the mother — the living culture that supports your gut microbiome, where 90% of your steady chemical (serotonin) is made. The cayenne sharpens your focus chemical (norepinephrine) before the day begins.

INGREDIENTS

- → 2 tbsp Bragg's raw unfiltered apple cider vinegar — with the mother
- → Fresh lemon juice — half a lemon
- → Pinch of cayenne pepper
- → 6–8 oz filtered water

→ Optional: small amount of stevia for sweetness

BRAIN + BODY BENEFITS

Gut-Brain + Serotonin | Focus Chemical | Cortisol Support

GENERAL WELLNESS

Alkaline Detox Water

ALL DAY IN YOUR BOTTLE

Your all-day hydration base. pH-balanced water hydrates at a cellular level more effectively than regular tap water. Your brain is 73% water — this is how you keep it running at full capacity from morning to evening.

INGREDIENTS

→ Distilled or filtered water — 1 full pitcher or large bottle

→ Fresh lemon or lime juice — squeezed throughout

→ Optional: cucumber slices + fresh mint

BRAIN + BODY BENEFITS

Mental Clarity | Mood Stability | Cellular Hydration

GENERAL WELLNESS

Cucumber Mint Water

ALL DAY BATCH SUNDAY

The easiest hydration upgrade in the program. Prep a full pitcher on Sunday and keep it in the fridge all week. The mint menthol lifts mental fog. The cucumber electrolytes hydrate at a deeper cellular level than plain water.

INGREDIENTS

- → 1 large cucumber — sliced thin
- → Large handful of fresh mint leaves
- → Half a lemon — sliced
- → 1 full pitcher of filtered water
- → Refrigerate 2–4 hours before drinking

BRAIN + BODY BENEFITS

Mental Clarity Electrolyte Hydration Anti-Inflammatory

GENERAL WELLNESS

Lemon Ginger Cinnamon Water

MIDDAY RESET ICED

Batch prep this one Sunday night and refrigerate. Cinnamon

stabilizes blood sugar — the single most important thing you can do to prevent the 2pm cognitive crash and the cortisol spike that follows it.

INGREDIENTS

- → 1–2 inches fresh ginger — sliced thin
- → 1 cinnamon stick
- → Fresh lemon juice — half a lemon
- → Filtered water — full pitcher
- → Steep overnight — keeps 5 days refrigerated

BRAIN + BODY BENEFITS

Blood Sugar Stability **Cognitive Performance**

Neuroinflammation

PART THREE

Your *Smoothies*

These smoothies are general wellness recipes curated for the SHEE® Optimal Health System to specifically support memory, mood, motivation, and cortisol regulation.

TWO-STEP BLEND METHOD

Step 1: Place your leafy greens and water into the blender first. Blend until smooth — it should look like green juice. **Step 2:** Stop the blender. Add all remaining fruit and ingredients. Blend again until completely creamy. This two-step method ensures the greens are fully broken down for maximum nutrient absorption and a smooth texture. **Use organic where possible. Use filtered or alkaline water. Never tap water.** This two-step method maximizes nutrient absorption and ensures a smooth texture.

GENERAL WELLNESS

Berry Green

SOVEREIGN HOUR NOURISHMENT

The foundational green smoothie — the perfect Sovereign

Hour nourishment that fuels your drive chemical and protects your memory before the day begins. Refreshing and naturally sweet.

INGREDIENTS (MAKES 3 SERVINGS)

- → 3 handfuls organic spinach — packed
- → 2 cups filtered or alkaline water
- → 1 apple — cored and quartered
- → 1 cup frozen mango chunks
- → 1 cup frozen strawberries
- → 1 handful seedless grapes
- → Optional: stevia to taste

BRAIN + BODY BENEFITS

Steady Chemical (Spinach Magnesium)

Memory Protection (Berry Anthocyanins)

Cortisol Reduction (Mango Vitamin C)

GENERAL WELLNESS

Pineapple Spinach

SOVEREIGN HOUR PRE-MOVEMENT

The pre-movement powerhouse. Banana delivers both tryptophan (steady chemical) and B6 (drive chemical) in one

tryptophan (steady chemical) and B6 (drive chemical) in one ingredient. The flaxseeds add the omega-3 brain structural fat your neurons need to fire at full capacity.

INGREDIENTS (MAKES 3 SERVINGS)

- → 2 cups fresh spinach — packed
- → 2 cups filtered water
- → 1 cup pineapple chunks
- → 2 cups frozen peaches
- → 2 ripe bananas — peeled
- → 2 tbsp ground flaxseeds
- → Optional: stevia to taste

BRAIN + BODY BENEFITS

Drive + Steady Chemical (Banana) | Brain Structural Fat (Flaxseeds) | Anti-Inflammatory (Pineapple Bromelain)

GENERAL WELLNESS

Kale Berry Brain Boost

SOVEREIGN HOUR POST-MOVEMENT

Blueberries are the most studied brain food available — their anthocyanins directly improve memory and protect against cognitive decline. Kale's sulforaphane protects against the

neuroinflammation that causes brain fog.

INGREDIENTS (MAKES 2–3 SERVINGS)

- → 2 cups kale — stems removed
- → 2 cups filtered water
- → 1 cup mixed berries — blueberries, strawberries, blackberries
- → 1 ripe banana
- → 1 tbsp ground flaxseeds or chia seeds
- → Optional: 1 tbsp almond butter for healthy fats

BRAIN + BODY BENEFITS

Memory (Blueberry Anthocyanins) | Drive Chemical (Banana) | Brain Protection (Kale Sulforaphane)

GENERAL WELLNESS

Avocado Drive Smoothie

PRE-MOVEMENT SOVEREIGN HOUR

The only smoothie in the program with green tea as the liquid base — delivering L-theanine calm alertness alongside the avocado's beta-sitosterol which directly balances cortisol. This is the performance edge smoothie.

INGREDIENTS (MAKES 1–2 SERVINGS)

- → Half a ripe avocado
- → 1 large ripe banana
- → 1-inch piece fresh ginger — peeled
- → 1 cup cooled green tea — brewed and chilled
- → Handful of ice
- → Optional: 1 tbsp honey or stevia

BRAIN + BODY BENEFITS

Cortisol Balance (Avocado) | Calm Focus (Green Tea L-theanine) | Neuroinflammation (Ginger)

GENERAL WELLNESS

Mango Peach Green

MIDDAY RESET AFTERNOON

The afternoon sustainer. Spring mix greens provide a diverse range of phytonutrients and folate — the B vitamin essential for serotonin and dopamine production. Chia seeds add the omega-3 and magnesium that calm the stress alarm before the afternoon demands take over.

INGREDIENTS (MAKES 3 SERVINGS)

- → 2 cups spring mix greens

- → 2 cups filtered water
- → 1 cup frozen mango chunks
- → 1 cup frozen peaches
- → 1 ripe banana

- → 1 tbsp chia seeds
- → Optional: stevia to taste

BRAIN + BODY BENEFITS

Neurotransmitter Support (Folate)

Stress Alarm Calm (Chia Magnesium) **Cognitive Fuel (Mango B6)**

Your *Functional Drinks*

Two precision drinks chosen for their specific biological mechanisms — one for cellular hydration and brain protection, one for inflammation clearance at the gut and brain level. Both are simple to make and earn their place in the daily rhythm.

A NOTE ON THESE RECIPES

These two recipes draw on integrative medicine and nutrition research — specifically the work on anti-inflammatory foods, digestive enzymes, and the gut-brain connection. All content is for educational purposes only. Always consult your physician before making dietary changes, especially if you are on medications. The bromelain in pineapple interacts with blood thinners and certain antibiotics.

GENERAL WELLNESS

Blueberry Lemon Electrolyte

SOVEREIGN HOUR POST-MOVEMENT

This is not a flavored water. This is a precision hydration drink that works on four biological systems simultaneously —

cellular rehydration, cortisol reduction, neuroinflammation protection, and mineral restoration. One drink that earns its place every single day.

INGREDIENTS

- → 1 cup coconut water — natural potassium, magnesium, and sodium for cellular hydration
- → ½ cup blueberries — fresh or frozen, equally effective
- → 2 tbsp fresh lemon juice
- → ¼ tsp Himalayan salt — trace minerals that stress depletes
- → Ice — serve cold, shake or blend lightly

WHY EACH INGREDIENT

- → **Coconut water** — hydrates cells faster than plain water. Potassium supports healthy nerve signaling and blood pressure regulation
- → **Blueberries** — anthocyanins cross the blood-brain barrier, directly improve memory consolidation, reduce neuroinflammation, and protect against cognitive decline. Among the most studied brain-protective compounds in nutritional research
- → **Lemon juice** — Vitamin C reduces the morning cortisol spike and activates liver detox pathways that clear accumulated cortisol
- → **Himalayan salt** — restores trace minerals chronic stress and high cognitive output deplete from the adrenal system. Supports cortisol regulation at the source

SHEE® BRAIN + BODY BENEFITS

Memory Protection (Anthocyanins) | Cortisol Reduction (Vitamin C)

Cellular Hydration (Electrolytes) | Neuroinflammation (Blueberries)

GENERAL WELLNESS

Pineapple Ginger Detox Juice

MIDDAY RESET BETWEEN MEALS DRINK FRESH

Pineapple contains bromelain — a proteolytic enzyme that digests inflammatory proteins in the body. Consumed between meals rather than with food, it works systemically — clearing the inflammatory burden that accumulates during high-demand cognitive work. Ginger adds a second anti-inflammatory mechanism. Together they address the body's fire from two directions simultaneously.

INGREDIENTS

- → 1 cup pineapple chunks — fresh preferred for maximum bromelain activity
- → 1-inch piece fresh ginger — peeled
- → ½ lemon — juiced
- → 1 cup coconut water or filtered water
- → Blend and drink immediately — bromelain is most active fresh

WHY EACH INGREDIENT

- → **Pineapple** — a proteolytic enzyme that breaks down

bromelain inflammatory proteins systemically between meals. Supports gut lining integrity which is the foundation of the gut-brain axis and serotonin production

→ **Ginger gingerols** — work on inflammatory pathways similarly to anti-inflammatory medications. Supports adrenal function, increases cerebral circulation, and improves working memory and reaction time

→ **Lemon** — Vitamin C for cortisol reduction and antioxidant protection of brain cells

→ **Coconut water** — electrolyte base supporting the nervous system and preventing dehydration-cortisol cycle

PHYSICIAN CHECK FIRST

Bromelain interacts with blood thinners, certain antibiotics, and sedatives. If you are on prescription medications, check with your physician before making this a daily practice. This is educational information, not a medical recommendation.

SHEE® BRAIN + BODY BENEFITS

Body's Fire (Bromelain + Gingerols) | Gut-Brain Axis (Enzyme Support) | Brain Circulation (Ginger) | Adrenal Support (Ginger)

Organ *Support Drinks*

These five drinks are included because the research supports them — not because they sound good. Each one is backed by peer-reviewed studies. The "cleanse" and "detox" language often associated with these recipes has been removed. What the research actually shows is more specific and more honest — and that is what you will find here.

IMPORTANT — PLEASE READ

These are wellness beverages, not medical treatments. None of these drinks treat, cure, or prevent any disease. If you have kidney disease, liver disease, high blood pressure, are on blood thinners, or have any chronic health condition — talk with your physician before adding these to your daily routine. This is educational information, not a medical recommendation. ***Dr. L. Imani Price is a licensed psychologist, not a physician or registered dietitian.***

GENERAL WELLNESS

Beet + Apple Liver Support

MORNING BETWEEN MEALS

The liver processes and clears cortisol overnight. When liver function is compromised — even mildly — cortisol clearance slows, inflammation rises, and cognitive performance declines. Beetroot is one of the most evidence-backed foods for liver support available.

INGREDIENTS

- → 1 medium beet — raw, peeled and chopped
- → 1 green or red apple — cored and chopped
- → Half a lemon — juiced
- → 1 cup filtered water
- → Optional: small piece of fresh ginger
- → Blend until smooth — strain if preferred

WHAT THE RESEARCH SHOWS

- → **Beetroot** — a 2023 randomized controlled trial in Frontiers in Nutrition showed significant reduction in liver fat in participants drinking beetroot juice daily for 12 weeks. Betalains — the red pigments in beets — provide antioxidant and hepatoprotective effects. Betaine in beets supports healthy fat metabolism in the liver
- → **Apple** — pectin fiber supports the gut microbiome that communicates directly with liver health via the gut-liver axis. Quercetin in apples has documented anti-inflammatory effects
- → **Lemon** — Vitamin C activates liver detoxification pathways and reduces the morning cortisol spike

ONE NOTE

Beet juice can turn urine and stools red or pink. This is harmless and called beeturia. If you have a history of calcium oxalate kidney stones — speak with your physician before using beet juice regularly.

SHEE® BRAIN + BODY BENEFITS

Cortisol Clearance (Liver Support) | Anti-Inflammatory (Betalains) | Gut-Liver-Brain Axis

GENERAL WELLNESS

Watermelon Mint Cucumber Deep Hydration

ANYTIME POST-MOVEMENT HOT DAYS

This is a deep hydration drink — not a cleanse. The research on watermelon cleanses is not supportive. What is well-supported is watermelon's high water content, lycopene antioxidants, and its role in cellular hydration and inflammation reduction. For the SHEE® program this is your high-heat, post-movement, and deep-summer hydration tool.

INGREDIENTS

→ 2 cups fresh or frozen watermelon chunks

- → 2 cups fresh or frozen watermelon chunks
- → Half a cucumber — peeled and sliced
- → Small handful of fresh mint leaves
- → Juice of half a lime
- → Half a cup of filtered water or coconut water
- → Blend and serve over ice

WHAT THE RESEARCH SHOWS

- → **Watermelon** — 92% water. Rich in lycopene, a potent antioxidant linked to reduced inflammation, improved blood pressure, heart health, and potential neuroprotection. Citrulline in watermelon supports nitric oxide production which improves blood vessel health and circulation
- → **Cucumber** — 95% water content. Mild diuretic properties support natural waste elimination. Silica and antioxidants reduce inflammation in tissues
- → **Mint** — menthol sharpens alertness, cools the body temperature response, and supports digestion

SHEE® BRAIN + BODY BENEFITS

Deep Cellular Hydration | Lycopene Anti-Inflammatory | Nitric Oxide + Circulation

GENERAL WELLNESS

Kale, Pear, Cinnamon Antioxidant Blend

Kale Pear Ginger Antioxidant Blend

MORNING MID-MORNING

Kale's sulforaphane protects brain cells from neuroinflammation. Ginger's antioxidant level is among the highest of any food measured — surpassed only by pomegranate and certain berries. Pear's soluble fiber feeds the gut microbiome that produces serotonin. Three ingredients — one drink — working across the same neurochemical systems the SHEE® program targets every day.

INGREDIENTS

- → 2 large handfuls of kale — stems removed
- → 1 ripe pear — cored and chopped
- → 1-inch piece fresh ginger — peeled
- → 1 cup filtered or alkaline water
- → Half a lemon — juiced
- → Optional: small green apple for additional sweetness

WHAT THE RESEARCH SHOWS

- → **Kale** — sulforaphane directly reduces neuroinflammation and supports detoxification of environmental toxins. Vitamin K supports brain cell signaling. Folate supports neurotransmitter production
- → **Ginger** — NCBI research confirms ginger root total antioxidant content is among the highest of any food, surpassed only by pomegranate and berries. COX-2 inhibition reduces systemic inflammation at a pathway level

→ **Pear** — soluble fiber feeds the gut probiotics that produce serotonin. Vitamin C supports immune function and cortisol regulation

SHEE® BRAIN + BODY BENEFITS

Neuroinflammation (Sulforaphane) | Gut-Brain + Serotonin (Fiber) | Brain Cell Protection (Kale)

GENERAL WELLNESS

Pomegranate Orange Ginger Circulation Support

AFTERNOON POST-MOVEMENT

Pomegranate has some of the strongest cardiovascular and anti-inflammatory research of any whole food. For brain performance specifically — circulation matters. Your prefrontal cortex, where strategic thinking and emotional regulation live, depends on consistent oxygenated blood flow. This drink directly supports that.

INGREDIENTS

→ Half a cup of fresh pomegranate juice — or pomegranate seeds blended

→ Juice of 1 large orange

→ 1-inch piece of fresh ginger — peeled

- → Half a cup of filtered water
- → Optional: pinch of cinnamon for blood sugar stability
- → Blend and strain or drink with pulp

WHAT THE RESEARCH SHOWS

- → **Pomegranate** — a randomized controlled trial published in MDPI Nutrients found pomegranate extract significantly reduced systolic blood pressure and inflammatory markers in adults. Ellagitannins preserve nitric oxide levels in blood vessels — the compound that allows arteries to relax and blood to flow more efficiently
- → **Orange** — Vitamin C strengthens capillary walls and supports blood flow. Citrus flavonoids reduce blood pressure and systemic inflammation
- → **Ginger** — a systematic review of six clinical trials showed ginger consumption decreased the probability of ischemic heart disease and hypertension. Reduces TNF-α and other inflammatory cytokines

SHEE® BRAIN + BODY BENEFITS

Brain Circulation (Nitric Oxide) | Anti-Inflammatory (Ellagitannins) | Blood Pressure Support | Cognitive Blood Flow

GENERAL WELLNESS

Fresh Cucumber Lemonade

ALL DAY SOVEREIGN HOUR HOT DAYS

The simplest upgrade to plain water in the program. Cucumber is 95% water and adds electrolytes, silica, and antioxidants. Lemon activates liver function and reduces cortisol. Honey — if used at all — provides a steadier glucose rise than refined sugar, supporting consistent energy for the brain.

INGREDIENTS

- → 2 large cucumbers — peeled and chopped
- → 1 cup fresh lemon juice — approximately 4 to 5 lemons
- → 4 cups cold filtered water
- → Optional: raw honey to taste — start with 1 tbsp
- → Ice and lemon slices to serve
- → Blend cucumber until smooth — strain through fine mesh — combine with lemon juice, water, and honey — stir well and serve over ice

WHAT THE RESEARCH SHOWS

- → **Cucumber** — high silica content supports collagen production and skin health via the gut-skin axis. Antioxidants reduce cellular

inflammation. High water content supports cellular hydration more effectively than plain water

→ **Lemon** — Vitamin C lowers the cortisol awakening response. Activates liver detox pathways. Alkalizes the body after overnight fasting

→ **Raw honey** — if used, contains trace enzymes and antioxidants absent in refined sugar. Lower glycemic response than sugar means steadier glucose delivery to the brain

SHEE® BRAIN + BODY BENEFITS

Cellular Hydration | Cortisol Reduction (Vitamin C) | Steady Brain Glucose

More *Smoothies + Juices*

Ten additional recipes — all general wellness, all reviewed for ingredient integrity and SHEE® alignment. Each one earns its place based on what the ingredients actually do, not how the recipe was labeled. All "detox" and "cleanser" language has been replaced with accurate descriptions of what the ingredients support.

GENERAL WELLNESS RECIPES

These recipes come from general wellness sources. None carry individual expert attribution. All are credited as General Wellness. As with everything in this guide — consult your physician before making significant dietary changes, especially if you have any chronic health conditions or take medications.

GENERAL WELLNESS

Blueberry Spinach Brain Smoothie

SOVEREIGN HOUR POST-MOVEMENT

Spinach delivers magnesium, iron, and folate — three

nutrients chronic stress depletes fastest. Blueberries are among the most researched brain-protective foods available. Chia seeds supply omega-3 ALA, calcium, and magnesium. Banana completes the neurotransmitter picture with B6 for dopamine and tryptophan for serotonin.

INGREDIENTS

- → 2 handfuls baby spinach
- → 2/3 cup blueberries — fresh or frozen
- → 1 ripe banana
- → 1 tablespoon chia seeds
- → 1 cup filtered water

SHEE® BRAIN + BODY BENEFITS

Memory (Blueberry Anthocyanins) | Serotonin + Dopamine (Banana) | Stress Mineral Restore (Spinach)

GENERAL WELLNESS — @NUTROSATAFIT

Green Enzyme Juice

MIDDAY RESET BETWEEN MEALS

Six ingredients — all working on inflammation and hydration simultaneously. Celery electrolytes support the nervous system. Pineapple bromelain reduces inflammatory proteins between meals. Ginger reduces neuroinflammation.

Cucumber hydrates at a cellular level. Lime and apple add Vitamin C and quercetin for cortisol reduction and antioxidant protection.

INGREDIENTS

- → 1 cucumber
- → 3 stalks celery
- → 1 cup pineapple chunks
- → 1-inch fresh ginger — peeled
- → Juice of 1 lime
- → 1 green apple — cored
- → Blend or juice — drink immediately

SHEE® BRAIN + BODY BENEFITS

Anti-Inflammatory (Bromelain + Ginger)

Electrolyte Hydration (Celery)

Cortisol Reduction (Lime Vitamin C)

GENERAL WELLNESS

Blueberry Almond Gut-Brain Smoothie

SOVEREIGN HOUR MEAL REPLACEMENT

More substantial than a drink — this is a meal-level smoothie. Almond milk adds calcium and Vitamin E. Almond

butter delivers healthy monounsaturated fats and magnesium. Rolled oats supply beta-glucan fiber — the prebiotic that feeds the gut bacteria producing your serotonin. This smoothie addresses the gut-brain axis more completely than almost any other single recipe in the program.

INGREDIENTS

- → 1 cup blueberries — fresh or frozen
- → 1 cup spinach
- → 1 small banana
- → 1 cup unsweetened almond milk
- → 1 tablespoon almond butter
- → 1/4 cup rolled oats

SHEE® BRAIN + BODY BENEFITS

Gut-Brain + Serotonin (Oat Fiber) | Brain Protection (Blueberries) | Brain Fats (Almond Butter)

GENERAL WELLNESS

Banana Breakfast Smoothie

SOVEREIGN HOUR EATING WELL DOMAIN

The accessible entry point for the Eating Well domain. No greens, no unusual ingredients — just five things that most

greens, no unusual ingredients — just five things that most people already have. Best framed as a satisfying Sovereign Hour nourishment option rather than a performance drink. The oats provide slow-release glucose for steady brain fuel. Honey adds trace enzymes and a gentler blood sugar rise than refined sugar.

INGREDIENTS

- → 1 ripe banana
- → 1 cup milk or plant-based milk
- → 2 tablespoons rolled oats
- → 1 tablespoon peanut butter or almond butter
- → 1 teaspoon raw honey

SHEE® BRAIN + BODY BENEFITS

Drive + Steady Chemical (Banana B6) | Steady Brain Glucose (Oats) | Accessible Entry Point

GENERAL WELLNESS

Banana Pineapple Apple Ginger

SOVEREIGN HOUR PRE-MOVEMENT

Clean and simple — four whole foods addressing cortisol, inflammation, and neurotransmitter production simultaneously. The apple quercetin is anti-inflammatory

and supports gut microbiome diversity. The pineapple and ginger work together on two separate inflammatory pathways. Banana drives both serotonin and dopamine precursors.

INGREDIENTS

- → 1 banana
- → 1/2 cup pineapple chunks
- → 1 green or red apple — cored
- → 1 teaspoon fresh ginger — grated
- → 1 cup filtered water

SHEE® BRAIN + BODY BENEFITS

Serotonin + Dopamine (Banana)

Dual Anti-Inflammatory (Pineapple + Ginger)

Gut Microbiome (Apple Quercetin)

GENERAL WELLNESS

Anti-Inflammatory Green Juice

MORNING BETWEEN MEALS

The most accurately named recipe in this guide — the anti-inflammatory label is genuinely earned. Green apples deliver quercetin at a higher concentration than red apples. Cucumbers add cellular hydration and silica. Celery provides

Cucumbers add cellular hydration and silica. Celery provides natural electrolytes and the anti-inflammatory flavonoid apigenin. Spinach adds magnesium and folate. Ginger anchors the anti-inflammatory mechanism. No fruit sugar spikes. Clean, low glycemic, and genuinely powerful.

INGREDIENTS

- → 2 green apples — cored
- → 2 cucumbers
- → 4 stalks celery
- → 2 handfuls spinach
- → 1 knob fresh ginger — about 1 to 2 inches
- → Juice through a juicer or blend and strain

SHEE® BRAIN + BODY BENEFITS

Body's Fire — Multiple Pathways | Magnesium + Folate (Spinach) | Electrolyte Hydration (Celery)

GENERAL WELLNESS

Apple Carrot Ginger Liver Support

MORNING SOVEREIGN HOUR

Carrots are rich in beta-carotene — the precursor to Vitamin A — which supports liver cell regeneration and reduces oxidative stress in liver tissue. The liver is the organ that

clears cortisol overnight. Supporting it in the morning accelerates next-day cortisol clearance. Lemon activates liver detox pathways. Ginger supports adrenal function. Apple adds quercetin and natural sweetness. Cucumber deepens cellular hydration.

INGREDIENTS

- → 2 apples — cored
- → 1/2 cucumber
- → 2 lemons — juiced
- → 1 piece fresh ginger
- → 3 carrots
- → Blend with water or juice — strain if preferred

SHEE® BRAIN + BODY BENEFITS

Liver + Cortisol Clearance (Carrot) | Anti-Inflammatory (Ginger) | Adrenal Support (Ginger)

GENERAL WELLNESS — @SMOOTHIEDIETGUIDE

Full System Green Smoothie

SOVEREIGN HOUR PRE OR POST-MOVEMENT

The most complete single smoothie in this guide for brain and body performance. Avocado provides beta-sitosterol for

cortisol balance and DHA-supporting healthy fats. Ginger and pineapple work on inflammation from two separate mechanisms. Spinach or kale adds sulforaphane, magnesium, and folate. Celery provides electrolytes. Apple and lemon add antioxidants and liver support. Every SHEE® domain addressed in one glass.

INGREDIENTS

- → 1 apple — cored
- → 1/2 freshly juiced lemon
- → 1/2 teaspoon fresh ginger
- → Scoop of avocado — about half
- → 2 handfuls spinach or kale
- → 2 stalks celery
- → 1/2 cup pineapple chunks
- → 1/2 to 1 cup filtered water to blend

SHEE® BRAIN + BODY BENEFITS

Cortisol Balance (Avocado) | Full-System Anti-Inflammatory | Brain Fats + BDNF Support | Gut-Brain + Serotonin

GENERAL WELLNESS

Banana Peach Probiotic Smoothie

SOVEREIGN HOUR BEGINNER FRIENDLY

The most accessible smoothie in the program for anyone new to the habit. Three ingredients — no greens, no unusual additions. Yogurt probiotics directly support the gut microbiome that produces 90% of your serotonin. Banana B6 builds dopamine. Peaches provide Vitamin C for cortisol reduction and chlorogenic acid — a gentle anti-inflammatory. Start here if blending feels overwhelming.

INGREDIENTS

- → 2 ripe bananas
- → 2 cups frozen peaches
- → 1 cup plain yogurt — unsweetened, with live cultures
- → Optional: honey to taste, splash of milk or almond milk for consistency

SHEE® BRAIN + BODY BENEFITS

Gut-Brain + Serotonin (Yogurt Probiotics)

Dopamine Support (Banana B6)

Cortisol Reduction (Peach Vitamin C)

GENERAL WELLNESS

7-Day Rotating Green Juice Plan

WEEKLY ROTATION ANY TIME

Rotating your vegetables across the week delivers a broader

spectrum of phytonutrients than drinking the same green juice daily. Different colors and varieties carry different compounds. This seven-day rotation ensures your gut microbiome receives diverse fiber types — which directly supports the diversity of the bacteria producing your serotonin and managing inflammation.

THE WEEKLY ROTATION

- → **Monday:** Pineapple + Celery + Cucumber + Spinach
- → **Tuesday:** Celery + Swiss Chard + Apple + Spinach
- → **Wednesday:** Celery + Kiwi + Apple + Spinach
- → **Thursday:** Kiwi + Cucumber + Spinach
- → **Friday:** Pineapple + Celery + Nopales (Cactus)
- → **Saturday:** Celery + Cucumber + Apple + Spinach
- → **Sunday:** Your choice — use what is in the fridge

WHY ROTATE?

Swiss chard is exceptionally high in magnesium, potassium, and Vitamin K. Kiwi is one of the highest Vitamin C foods available and supports sleep through

serotonin precursors. Nopales (cactus) regulate blood sugar and reduce inflammation — a genuinely underutilized superfood. Rotation ensures your biology gets the full spectrum.

SHEE® BRAIN + BODY BENEFITS

Microbiome Diversity + Serotonin

Full-Spectrum Phytonutrients

Varied Brain Protection Compounds

More *Smoothies + Juices*

Additional recipes reviewed for SHEE® alignment — all framed through their biological function, all sourced from general wellness. No detox language. No weight loss claims. Just what the ingredients actually do.

GENERAL WELLNESS

Brain Boost Smoothie

SOVEREIGN HOUR BRAIN DOMAIN

Blueberry anthocyanins protect memory and cross the blood-brain barrier. Raspberries add additional flavonoids and Vitamin C for cortisol reduction. Spinach delivers magnesium and folate for steady chemical production. Almond milk adds calcium and Vitamin E.

INGREDIENTS

- → 1/2 cup blueberries — fresh or frozen
- → 1/2 cup raspberries
- → 1 cup fresh spinach
- → 1 cup unsweetened almond milk

Brain Protection (Anthocyanins) | Cortisol Reduction (Vitamin C)

Steady Chemical Support (Folate)

GENERAL WELLNESS

Avocado Chia Brain Smoothie

SOVEREIGN HOUR CORTISOL BALANCE

Avocado provides beta-sitosterol for cortisol balance and brain-supporting healthy fats. Chia seeds supply omega-3 ALA, calcium, and magnesium. Spinach delivers the magnesium and folate depleted fastest by chronic stress. Lime Vitamin C adds to cortisol reduction. One of the most complete stress alarm support smoothies in the program.

INGREDIENTS

- → 1/2 avocado
- → 1 cup spinach
- → 1 tablespoon chia seeds
- → 1 cup almond milk
- → 1 tablespoon honey
- → Juice of 1 lime

Cortisol Balance (Avocado) | Brain Fats + BDNF

Stress Mineral Restore

GENERAL WELLNESS

Blueberry Chia Cinnamon Smoothie

SOVEREIGN HOUR BLOOD SUGAR STABLE

Blueberries provide anthocyanins for brain protection and memory. Yogurt probiotics feed the gut microbiome where 90% of serotonin is produced. Cinnamon stabilizes blood sugar which prevents cortisol spikes throughout the day. Chia seeds add omega-3 ALA and magnesium. Banana supports dopamine and serotonin precursors.

INGREDIENTS

- → 1 cup blueberries — fresh or frozen
- → 1/2 banana
- → 1 tablespoon chia seeds
- → 1/2 cup plain yogurt
- → 1 teaspoon cinnamon
- → 1/2 cup almond milk or water to blend

Brain Protection (Blueberries) Gut-Brain + Serotonin (Yogurt)

Blood Sugar Stability (Cinnamon)

GENERAL WELLNESS

Creamy Energy Boost

SOVEREIGN HOUR PRE-MOVEMENT

Kale delivers sulforaphane — one of the most studied anti-inflammatory compounds in food — plus magnesium and folate. Avocado adds brain fats and cortisol balance. Banana provides dopamine precursors and potassium. Chia seeds supply omega-3 and calcium. Almond milk adds Vitamin E. This smoothie addresses brain chemistry, inflammation, and energy simultaneously.

INGREDIENTS

- → 1 cup kale — stems removed
- → 1 banana
- → 1/2 avocado
- → 1 tablespoon chia seeds
- → 1 cup almond milk

Anti-Inflammatory (Sulforaphane) Drive Chemical (Banana) Cortisol Balance (Avocado)

GENERAL WELLNESS

Tropical Gut Support Smoothie

ANY TIME GUT-BRAIN DOMAIN

Spinach magnesium and folate support serotonin production. Pineapple bromelain reduces inflammation between meals. Mango provides beta-carotene, B6 for dopamine, and Vitamin C for cortisol reduction. Ginger reduces neuroinflammation. Coconut water adds natural electrolytes for hydration support. Every SHEE® domain addressed.

INGREDIENTS

- → 1 cup spinach
- → 1/2 cup pineapple chunks
- → 1/2 cup mango chunks — fresh or frozen
- → 1/2 teaspoon fresh ginger — grated
- → 1 cup coconut water

Serotonin Support (Spinach + Mango)

Anti-Inflammatory (Bromelain + Ginger)

Electrolyte Hydration (Coconut Water)

GENERAL WELLNESS

Iron and Energy Support Juice

MORNING ENERGY DOMAIN

Beet provides natural plant-based iron plus nitrates that

Beet provides natural plant-based iron plus nitrates that increase blood flow to the brain and muscles. Apple Vitamin C enhances iron absorption significantly — pairing Vitamin C with iron-rich foods is one of the most practical nutritional strategies available. Carrot beta-carotene supports liver function and reduces oxidative stress. Ginger improves circulation and supports adrenal function.

INGREDIENTS

- → 2 apples — cored
- → 1 medium beet — peeled and chopped
- → 2 carrots
- → 1-inch fresh ginger
- → Blend with 1/2 cup water or juice through a juicer

Iron + Energy (Beet) | Liver + Adrenal Support | Brain Blood Flow (Nitrates)

GENERAL WELLNESS

Monday — Mango Banana Pineapple Smoothie

SOVEREIGN HOUR WEEKLY ROTATION

A gut-brain smoothie built around yogurt probiotics and fruit-based neurotransmitter precursors. Mango B6 and

tryptophan support both serotonin and dopamine production. Banana potassium and B6 reinforce the drive chemical pathway. Pineapple bromelain reduces inflammatory load between meals. Greek yogurt adds the probiotic base that feeds serotonin production in the gut.

INGREDIENTS

- → 1/2 cup mango chunks
- → 1/2 banana
- → 1/4 cup pineapple chunks
- → 1/2 cup Greek yogurt
- → 1/2 cup water or ice

Gut-Brain Serotonin (Yogurt) | Drive Chemical (Banana + Mango) | Anti-Inflammatory (Bromelain)

GENERAL WELLNESS

Tuesday — Berry Oat Gut Smoothie

SOVEREIGN HOUR WEEKLY ROTATION

Blueberries and strawberries provide anthocyanins and Vitamin C for brain protection and cortisol reduction. Banana adds dopamine and serotonin precursors. Oats supply beta-glucan fiber — the prebiotic that feeds the gut bacteria producing your serotonin. Almond milk adds

calcium and Vitamin E. Honey adds trace enzymes and gentle sweetness without a blood sugar spike.

INGREDIENTS

- → 1/2 cup blueberries
- → 1/2 cup strawberries
- → 1/2 banana
- → 1 tablespoon oats
- → 1/2 cup almond milk
- → 1 teaspoon honey — optional

Brain Protection (Anthocyanins) | Gut Microbiome + Serotonin (Oats) | Cortisol Reduction (Vitamin C)

GENERAL WELLNESS

Wednesday — Green Performance Smoothie

SOVEREIGN HOUR WEEKLY ROTATION

Spinach magnesium and folate address the two nutrients chronic stress depletes fastest. Cucumber adds cellular hydration and electrolytes. Green apple quercetin is anti-inflammatory and supports gut microbiome diversity. Lemon Vitamin C reduces the morning cortisol spike. Ginger reduces neuroinflammation. This smoothie directly supports all four SHEE® domains before the day begins.

INGREDIENTS

- → 1 cup spinach
- → 1/2 cucumber — peeled
- → 1 green apple — cored
- → Juice of 1/2 lemon
- → 1/2 teaspoon fresh ginger
- → 1 cup water or ice

Morning Cortisol Reset | Stress Minerals (Spinach) | Anti-Inflammatory (Ginger + Quercetin)

GENERAL WELLNESS

Thursday — Carrot Turmeric Performance

ANY TIME WEEKLY ROTATION

Carrot beta-carotene converts to Vitamin A which supports liver cell regeneration and reduces oxidative stress. Orange Vitamin C lowers cortisol and supports collagen. Turmeric curcumin is one of the most studied anti-inflammatory compounds available — black pepper increases absorption by up to 2000%. Ginger adds a second anti-inflammatory mechanism. Coconut water provides natural electrolytes for hydration support.

INGREDIENTS

- → 2 carrots — chopped
- → 1 orange — peeled
- → 1/2 teaspoon turmeric powder
- → 1/4 teaspoon black pepper — enhances turmeric absorption
- → 1/2 teaspoon fresh ginger
- → 1/2 cup coconut water

Dual Anti-Inflammatory (Turmeric + Ginger)

Cortisol Reduction (Orange Vitamin C) **Electrolyte Hydration**

Performance *Juices*

Juices for specific biological functions — each named for what the ingredients actually do, not what social media labels them. All general wellness sources. All SHEE® aligned.

GENERAL WELLNESS

Papaya Carrot Pineapple Vitality Juice

MORNING IMMUNE SUPPORT

Papaya provides Vitamin C, folate, and papain — a digestive enzyme that supports gut health and reduces inflammation. Carrot beta-carotene supports Vitamin A production and liver function. Pineapple bromelain reduces inflammatory proteins. Together these three create a comprehensive morning anti-inflammatory and immune support juice.

INGREDIENTS

- → 1 papaya — peeled and seeded
- → 3 carrots
- → 1/2 pineapple — peeled and cored
- → Blend or juice — drink immediately

Anti-Inflammatory (Bromelain + Papain) Liver Support (Carrot)

Folate + Immune Support

GENERAL WELLNESS

Beet Apple Carrot Brain Blood Flow Juice

MORNING BRAIN DOMAIN

Beet nitrates increase blood flow to the brain within hours of consumption — one of the most well-researched performance nutrition findings. Apple Vitamin C and quercetin reduce inflammation and support liver function. Carrot beta-carotene provides antioxidant protection. Watermelon lycopene reduces oxidative stress and adds deep cellular hydration.

INGREDIENTS

- → 1 beet — peeled
- → 2 apples — cored
- → 3 carrots
- → 1/4 watermelon — rind removed
- → Blend or juice

Brain Blood Flow (Nitrates) Oxidative Stress Reduction

Deep Cellular Hydration

GENERAL WELLNESS

Nature's Electrolyte Juice

POST-MOVEMENT HYDRATION DOMAIN

Coconut water is one of the richest natural electrolyte sources available — potassium, sodium, magnesium, and calcium all present. Orange Vitamin C supports cortisol reduction after exercise and provides flavonoids. Pineapple bromelain reduces the inflammation movement produces. Together this acts as a whole-food post-movement recovery drink without artificial additives.

INGREDIENTS

- → 1 coconut — water extracted, about 1 cup
- → 3 oranges — juiced
- → 1/4 pineapple — juiced or blended

Natural Electrolytes (Coconut Water)

Cortisol Reduction (Orange Vitamin C)

Recovery Anti-Inflammatory

GENERAL WELLNESS

Carrot Orange Ginger Pineapple Juice

ANY TIME INFLAMMATION SUPPORT

Four ingredients that work on inflammation and cortisol simultaneously. Carrot provides beta-carotene for liver and immune support. Orange Vitamin C directly reduces cortisol. Ginger reduces neuroinflammation and supports adrenal function. Pineapple bromelain works on inflammatory proteins between meals. This is a straightforward daily anti-inflammatory performance juice.

INGREDIENTS

- → 6 carrots
- → 3 oranges — juiced
- → 2-inch fresh ginger
- → 1/4 pineapple
- → Juice or blend

Dual Anti-Inflammatory | Cortisol + Adrenal Support | Liver Support (Carrot)

GENERAL WELLNESS

Pineapple Ginger Orange Mint Juice

MIDDAY RESET HYDRATION DOMAIN

Pineapple and mango together provide bromelain and beta-carotene for inflammation reduction and immune support.

Orange adds Vitamin C. Fresh ginger root provides gingerols that work similarly to anti-inflammatory medications. Mint menthol sharpens mental clarity and alertness immediately. A strong midday reset juice for the hours when energy typically dips.

INGREDIENTS

- → 1 cup pineapple chunks
- → 1/2 cup mango chunks
- → 1 orange — peeled

- → 1/2-inch fresh ginger root
- → 4 to 5 mint leaves
- → Blend with ice

Bromelain + Gingerols | Midday Reset Hydration | Mental Clarity (Mint)

GENERAL WELLNESS

Anti-Inflammatory Performance Juice

ANY TIME INFLAMMATION DOMAIN

Carrot, turmeric, and ginger — three of the most evidence-aligned anti-inflammatory ingredients available in whole food form. Curcumin in turmeric inhibits inflammatory

pathways at the cellular level. Black pepper increases curcumin absorption dramatically. Ginger gingerols work on a second anti-inflammatory mechanism. Carrot provides beta-carotene and liver support. A simple, powerful daily anti-inflammatory juice.

INGREDIENTS

- → 3 carrots
- → 1/2 teaspoon turmeric — fresh root preferred
- → 1-inch fresh ginger
- → Pinch of black pepper — essential for turmeric absorption
- → 1/2 cup water or orange juice base

Cellular Anti-Inflammatory (Curcumin) | Liver + Adrenal Support | Neuroinflammation Reduction

GENERAL WELLNESS

Memory Support Juice

MORNING BRAIN DOMAIN

Blueberries contain anthocyanins — among the most studied neuroprotective compounds in food science. Red grapes provide resveratrol, which supports brain cell protection and neuroplasticity. Rosemary contains rosmarinic acid and

carnosic acid — both documented for neuroprotective and memory-supporting properties. Together these three create a genuinely brain-focused juice.

INGREDIENTS

- → 1 cup blueberries
- → 1 cup red grapes
- → 2 sprigs fresh rosemary — leaves only
- → 1/2 cup water
- → Blend and strain or juice

Memory + Neuroprotection (Anthocyanins)

Neuroplasticity (Resveratrol) **Brain Cell Protection (Rosemary)**

PART THREE — EVENING EDITION

Evening *Wind-Down Drinks*

Drinks specifically designed for the hour before bed — supporting cortisol clearance, melatonin production, and nervous system transition from performance mode to rest and repair. These belong in the wind-down window.

GENERAL WELLNESS

Cucumber Mint Lemon Evening Water

EVENING WIND-DOWN SLEEP DOMAIN

Cucumber hydrates at a cellular level and supports overnight kidney function. Mint menthol has a documented calming effect on the digestive system which reduces the physical discomfort that disrupts sleep onset. Lemon supports the liver which processes cortisol overnight. Drinking this in the wind-down window prepares the body for restorative sleep rather than just hydration.

INGREDIENTS

- → 1/2 cucumber — sliced
- → 5 to 6 mint leaves

- → Juice of 1/2 lemon
- → 2 cups filtered water — still or sparkling
- → Steep 30 minutes refrigerated or serve immediately over ice

Overnight Cellular Hydration | Liver + Cortisol Clearance | Digestive Calm for Sleep Onset

GENERAL WELLNESS

Cortisol Calm Golden Milk

EVENING WIND-DOWN SLEEP DOMAIN

Turmeric curcumin is one of the most studied anti-inflammatory compounds available — reducing the systemic inflammation that disrupts sleep architecture. Cinnamon stabilizes overnight blood sugar which prevents the cortisol spike that causes 3am waking. Almond milk tryptophan supports melatonin production. Honey provides gentle enzymes and natural sweetness. This evening ritual drink addresses both inflammation and cortisol simultaneously. This is also Day 26's Simple Add.

INGREDIENTS

- → 1 cup warm almond milk or oat milk
- → 1/2 teaspoon turmeric powder
- → 1/4 teaspoon cinnamon

→ Pinch of black pepper — essential for turmeric absorption

→ 1 teaspoon honey — optional

→ Warm gently — do not boil

Overnight Anti-Inflammatory (Curcumin)

Blood Sugar + Cortisol Stability **Melatonin Support (Tryptophan)**