



CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Stress Relief Morning Drink
Calm Focus & Nervous System Support

www.consciousrewire.com

Stress Relief Morning Drink

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What This Supports: Stress Regulation • Calm Focus • Nervous System Support • Low-Prep Fuel

Why It Works: This drink combines calming amino acids, adaptogens, and healthy fats to support the nervous system and mental focus. It is designed for mornings when stress management and steady energy are the priority.

Ingredients:

- 1.5 cups pu erh tea
- 2 tbsp brain octane (MCT oil)
- 2 tbsp butter
- 250 mg L-theanine
- 1 ml CBD oil
- 1 ml chaga extract
- 1 tsp cacao powder
- 1 tsp ashwagandha
- Cinnamon, flaked salt, cayenne (to taste)

Directions:

1. Brew pu erh tea as usual.
2. Add oil, butter, and supplements and blend for 30 seconds.
3. Top with cinnamon, salt, and cayenne. Serve warm.

Key Nutritional Benefits:

- **Calm focus:** L-theanine is widely used to support relaxed alertness.
- **Stress response:** Ashwagandha is commonly used to support stress regulation.
- **Nervous system support:** CBD and cacao compounds may support relaxation and mood balance.
- **Steady energy:** MCT oil provides quick fuel without large blood sugar swings.

Best Use:

- High-stress mornings
- Meditation, breathwork, or light movement days
- As a coffee alternative when overstimulated

Quick Notes:

- Reduce or omit cayenne if sensitive to heat
- CBD use may vary by location—check local regulations
- Not intended as medical advice; consult a professional if on medication