

# THE LUX HEALTHSTYLE EDITION

## Choosing Adaptogens for Mood



CHECK OUT THIS  
JUICY WELLNESS  
READ

**The Rise of the Sober-  
Curious Movement: Is It  
Time for a Dry Month?**

## Mood-boosting Adaptogens and Nootropics: The Why and the How?

Have you noticed more of your friends swapping their cocktails for mocktails? There's a new trend taking over social circles, and it's all about staying sober. **The "sober-curious" movement is gaining momentum, with people choosing to ditch the booze in favor of a clearer mind and healthier body.** And it's not just about cutting calories—this trend has some impressive health perks too.

For those in perimenopause, the benefits are particularly noteworthy. Alcohol can exacerbate symptoms like hot flashes, sleep disturbances, and mood swings. Giving up drinking can help stabilize hormones and improve overall well-being during this transitional phase. Plus, let's not forget gut health. Alcohol can disrupt the balance of your gut microbiome, leading to bloating, inflammation, and digestive issues. By eliminating alcohol, you might find your gut feeling happier and healthier.



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# Staying sober without killing the vibe.

Where to start?

As you shift your mindset from cocktails to mocktails, I wanted to give you **my favorite tools for a high-vibe time in any social situation**. I love all of the non-alcoholic options on the market- you can find them on Amazon and I even find them at my local liquor store. But, how do you choose? Well- here are some common adaptogens and nootropics that you will find in those beverages.

## Adaptogens

- L-Theanine- Meditative and grounding, joyful
- L- Tryptophan- Calming and helps with sleep
- Ginger- Antidepressant effects because its essential oils, gingerol, interact with serotonin and dopamine receptors in the brain. Good for socializing.
- GABA- Social, Mood booster, Improve sleep, and helps with premenstrual syndrome (PMS),  
Focus
- Rhodiola Rosea- Social, vibrant and energized, stimulates serotonin, norepinephrine and dopamine activity, stress resistance, mood enhancement, mental clarity.
- 5-HTP- Raises serotonin (happy hormone) may have a positive effect on sleep, mood, anxiety, appetite, and pain sensation
- Gentian Root- Happy, emotional stability, promote improved memory and concentration, and reduce nervous tension
- Ashwagandha- Mood lifter, reduces stress and anxiety, energy boost, improved focus
- Schisandra- Beneficial to qi, or the life force or energy inherent in all living things (according to Chinese medicine), mood lifting. Also shown to help with night sweats, memory loss, stress and fatigue
- Demiana- Stimulating effect on the mind and body, while still balancing . Many herbalists prescribe Damiana for mild to moderate depression, anxiety and nervous exhaustion. It may enhance sexual health, believed to be an aphrodisiac
- Turmeric- Anti-inflammatory, Rejuvenation
- Passion Flower- Restoration and boosts GABA levels
- Birch Root- Restoration, may help with achy joints



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Green Tea- (Contains caffeine)- alertness, arousal, and vigor and can improve relaxation, tension, and calmness. It has anti-anxiety effects and increases dopamine.

Ginseng (Panax, American, Siberian)- Energy, immune support, cognitive performance

Holy Basil (Tulsi)- Stress relief, anti-inflammatory, respiratory support.

## Adaptogens

A NATURAL SUBSTANCE CONSIDERED TO HELP THE BODY ADAPT TO STRESS AND TO EXERT A NORMALIZING EFFECT UPON BODILY PROCESSES.

## Nootropics

NOOTROPICS, ALSO KNOWN AS "SMART DRUGS" ARE A DIVERSE GROUP OF MEDICINAL SUBSTANCES WHOSE ACTION IMPROVES HUMAN THINKING, LEARNING, AND MEMORY, ESPECIALLY IN CASES WHERE THESE FUNCTIONS ARE IMPAIRED

Nootropics:

### Mushroom Nootropics

Reishi Mushroom- Relaxation, Sleep-promoting, Anxiety-Calming

Cordyceps Mushroom- Energy-boosting properties, can improve physical stamina and endurance, leading to increased energy levels and mental alertness

Chaga Mushroom- Rich in antioxidants and may help protect brain cells from damage caused by oxidative stress. It also supports immune function, which indirectly benefits cognitive health.

B Nootropics: (Some Nootropics may be B vitamin derivatives in small doses, however seek a professional opinion before taking these in supplement form)

Vitamin B6 (Pyridoxine)- Brain health, mood enhancement, neurotransmitter support

Vitamin B9 (Folate)- Cognitive function, neural development, mood regulation

Vitamin B12 (Cobalamin)- Memory improvement, nerve health, energy boost

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Special Interests: Thriving with Gut Health in  
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