



New York Times Bestselling Author  
& Clinical Psychologist at the  
Cleveland Clinic

# 10 Easy Recipes for Drinks for Calm & Comfort

By: Dr. Susan Albers PsyD

Clinical Psychologist & New York Times Best Seller

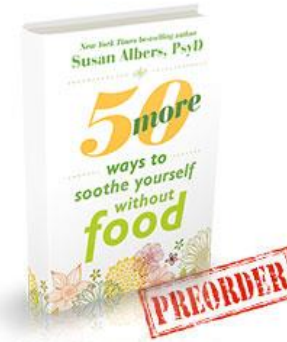


## Hello, I'm Dr. Susan Albers.

I'm a clinical psychologist and author of seven books on how to make healthy eating decisions, stay motivated and be more mindful in your life. This ebook is based on suggestions from my new book, *50 More Ways to Soothe Yourself Without Food*.

I'd like to share with you some ideas on how to calm and soothe your nerves naturally! Keep in mind that hydration is a key aspect in managing your hunger. People sometimes mistake thirst for hunger. The good news is that many of these drinks will sound familiar to you as they have a very long history of helping people to soothe their nerves and put them to sleep.

**Important Note:** Save these soothing, relaxing drinks for the evening or night when you don't need to drive or operate heavy machinery. Many of these drinks contain compounds that cause a sedating effect and are best enjoyed responsibly, like an alcoholic beverage. Always check with your doctor to make sure these drinks are okay for you as they are not recommended for some medical conditions or pregnant women.



*50 More Ways to Soothe Yourself Without Food*

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# What you will find...

- ▶ Do you turn to coffee when you need more energy? Try getting a boost with a nutritious drink.
- ▶ Do you reach for a drink to sip when you are bored? These drinks can help you regulate your hunger and are tasty too!
- ▶ Do you make daily trips to the coffee shop for a flavored latte? Make a healthier, tastier version at home!
- ▶ Craving a fast-food milkshake? Keep reading for an easy, delicious homemade drink recipe that will keep you calm and healthy.
- ▶ Has giving up soda been difficult? Try this tasty spritzer and sip your way to calmer nerves and satisfied taste buds.

This guide is NOT about distraction or restriction. In fact, it gives you a rare opportunity to say "Yes" to your flavor cravings. Only, unlike mindlessly downing a bag of potato chips, you will be completely involved in the ritual, preparation, and consumption of these drinks, so you can feel full and satisfied while remaining in the moment. Without further adieu, I give you 10 drink recipes you can try today to help soothe your nerves and bring you back to a state of mindfulness.

## Drink Mindfully

- ▶ **S Sit down.** Get comfortable.
- ▶ **I Involve** all of your senses. Sniff the aroma. Feel the heat or coolness on your hands. Watch the steam rising.
- ▶ **P Present** when you drink. Be-in-the moment, truly listening to your body. Notice each sip.

# 1. Chamomile Tea

## What it is?

Chamomile is the common name for a flowering plant in the daisy family. It has been used for centuries to treat a wide variety of health conditions, including digestive upset, muscle twitches, anxiety, restlessness, insomnia, and inflammatory skin conditions such as eczema and psoriasis.



# Chamomile Tea

## Why it soothes?

According to a randomized, double-blind, placebo-controlled study published in the *Journal of Clinical Psychopharmacology*, chamomile extract worked to reduce anxiety in those with generalized anxiety disorder (GAD) by 50 percent or more. It is reputed to be one of the most calming teas.



# How to make it:



The easiest way to make a cup of chamomile tea is to use prepared tea bags. However, an effective way to reap the benefits of this calming herb is to use dried chamomile flowers. Not only will this ensure you receive a helpful dose, the simple act of preparing the tea will help soothe your nerves. Here's how to brew a cup of chamomile tea with dried chamomile flowers:

**Step 1** - Boil 8 ounces of water.

**Step 2** - When the water reaches a rolling boil, carefully pour it into a serving teapot.

**Step 3** - Lightly measure 2 tablespoons of dried chamomile flowers and add them to the teapot.

**Step 4** - Place a lid on the pot and allow the mixture to steep for five minutes (longer if you want a stronger tea).

**Step 5** - Place a sieve on top of an 8-ounce cup. Pour the chamomile tea through the sieve and into the cup. This will allow the tea to get through while keeping the flowers out.

**Step 6** - Add honey if desired. Enjoy your tea mindfully in a quiet room with a calm atmosphere. Now would be a perfect time to put on some relaxing music, close your eyes, and reconnect with yourself.

**Warning** - If you are allergic to daisies, ragweed, or chrysanthemums, you may have an allergic reaction to chamomile tea. Proceed with caution. Be sure to ask your physician first as it may be too calming for certain health conditions.

## 2. Tart Cherry Juice Spritzer

### What it is?

A long time ago, your great-grandmother may have made cherry pies from tart cherries and put them on the windowsill to cool. Now, tart cherries (also called sour cherries) are recognized as a superfruit with multiple health benefits. Tart cherries get their healing benefits from flavonoid compounds called anthocyanins. Tart cherries have been shown to reduce muscle soreness after exercise, improve heart health, ease arthritis pain, boost immunity, regulate metabolism, fight abdominal fat and improve sleep.





# Tart Cherry Juice Spritzer

## Why it soothes?

- ▶ A study published in the *Natural Medicine Journal*, revealed that the natural melatonin (sleep hormone) contained in cherry juice significantly increased time in bed, total sleep time, and sleep efficiency in participants who consumed the juice.
- ▶ It is also believed that the anti-inflammatory properties of cherries may reduce inflammatory cytokines that could interfere with a restful night's sleep.
- ▶ A study published by the *Journal of Medicinal Food* showed that older adults experiencing insomnia enjoyed a modest improvement in sleep when consuming cherry juice for a two-week period.



# Tart Cherry Juice Spritzer

## How to make it:

You can drink eight ounces of tart cherry juice straight, pour two tablespoons of tart cherry juice concentrate into an 8-ounce glass and consume it twice a day.

One of my personal favorites is the tart cherry juice spritzer.

- ▶ To make it you'll need one bottle of seltzer or mineral water and some cherry juice concentrate.
- ▶ Fill an 8-ounce glass with five ounces of water.
- ▶ Add 1 ounce of tart cherry juice concentrate and 1 ounce of freshly-squeezed orange juice.
- ▶ Garnish with a sprig or two of fresh mint leaves.
- ▶ Enjoy mindfully.
  
- ▶ Mint is very refreshing and gives a great boost to the taste buds and senses. If you need to wake up or reduce boredom, try some mint and spritzer.



# 3. Cinnamon Tea

## What it is:

- ▶ Cinnamon is a warm, aromatic spice made from the rolled bark of a tree native to Southeast Asia. The organic compound that gives cinnamon its distinctive odor and flavor is called cinnamaldehyde, and it is a powerful fungicide and anti-microbial agent.
  
- ▶ Cinnamon has been used medicinally to treat infection, act as an anti-inflammatory, lower blood pressure, stabilize blood sugar, and improve insulin sensitivity.



# Cinnamon Tea

## Why it soothes:

Unstable blood sugar levels, especially those caused by hypoglycemia, can lead to increased food cravings, sudden fatigue, and anxiety. The American Diabetes Association recognizes cinnamon's ability to improve insulin sensitivity while reducing fasting serum glucose. This helps improve the way your body responds to insulin while keeping your blood sugar levels stable throughout the day.

In other words, it is a great drink to help manage sugar cravings!



# Cinnamon Tea

## How to make it:

To fully experience the soothing benefits of cinnamon tea, I recommend making it with organic cinnamon sticks. One cinnamon stick is equal to half a teaspoon of cinnamon, which amounts to approximately one gram.

- ▶ Follow these steps to make a strong, soothing cup of tea:
- ▶ **Step 1** - Put 1.5 cups of water into a pot or pan. Place 1 cinnamon stick inside.
- ▶ **Step 2** - Using a medium-low heat, allow the water to come to a boil. (This should happen within 15 minutes.)
- ▶ **Step 3** - Once the water is at a rolling boil, turn off the stove but allow the pot to remain on the burner.
- ▶ **Step 4** - Let the mixture stand for 15 to 20 more minutes.
- ▶ **Step 5** - Carefully remove the cinnamon stick, and reheat the tea.
- ▶ **Step 6** - Pour the tea into a teacup or mug and add a teaspoon of raw honey, if desired.
- ▶ **Step 7** - Find a quiet place to mindfully drink your tea. Inhale its spicy aroma, take note of the different flavors you experience, and feel your stress melting away.



## 4. Pumpkin Smoothie

### What it is:

Pumpkins are cultivated varieties of the squash plant. In October, you see them everywhere. In November, they're baked into pies.

But pumpkins are more than just a delicious way to treat your palette or a creative decoration for your front porch. They also pack quite a nutritional and medicinal punch.

Pumpkin has been shown to protect eyesight (due to its high vitamin A content), assist in weight loss, provide electrolyte balance, and improve immunity. It is also a natural source of tryptophan and essential fatty acids, two nutrients that have been shown to ease anxiety.



## 4. Pumpkin Smoothie

### Why it soothes:

- ▶ Tryptophan, abundant in pumpkin seeds, is an essential amino acid that converts to a neurotransmitter called serotonin, which helps promote feelings of well-being.
- ▶ A study published in the *Canadian Journal of Physiology and Pharmacology* showed that individuals with anxiety disorder experienced significant improvements in measures on the Endler Multidimensional Anxiety Scale after consuming a combination of tryptophan-rich gourd seeds and carbohydrates.
- ▶ Pumpkin seeds also contain magnesium, a naturally calming mineral. Just one cup of pumpkin seeds offers 168 milligrams of this essential mineral.



# Pumpkin Pie Smoothie

## How to Make It:

- ▶ 1 cup milk, soy or almond milk
- ▶ 1/2 cup pumpkin puree
- ▶ 1/2 cup Greek yogurt or frozen yogurt
- ▶ 1 tablespoon maple syrup
- ▶ 1/4 teaspoon pumpkin pie spice or cinnamon
- ▶ Splash of vanilla
- ▶ 1 frozen banana

Combine the milk or soy milk, pumpkin puree, yogurt, maple syrup, pie spice, vanilla and banana in a blender. Blend thoroughly.





## 5. Coconut Milk & Coconut water

### What it is:

Coconut water and milk is the sweet, slightly nutty-tasting liquid that comes from the grated meat of a brown coconut. Its rich color and flavor is attributed to its high oil content, which is mostly saturated fat. Like avocado and walnut, coconut is a healthy fat that can help keep your blood sugar stable and put an end to those insatiable food cravings.



# Coconut Water

## How it Soothes:

Coconut water has more potassium than four bananas, and super hydrating. Therefore, it's often a better option to restore your body than sugary sports drinks. If you are feeling run down, this may be the answer for you! Boosting your electrolytes is great when stress is wearing down your body and mood.



# Coconut Smoothie

- ▶ Coconut water
- ▶ 2 bananas
- ▶ 2 mangos
- ▶ 1 cup strawberries or 1 cup blueberries
- ▶ ½ cup Greek yogurt

Fill ice trays with the coconut water and freeze until solid. Place the fruit, honey and 12 to 14 coconut water-flavored ice cubes into a blender. Blend until smooth.

If this is too much work: There are a number of coconut water drinks packaged and ready to go. Throw one in your bag and sip on days that you feel like you need an energy boost!



# Coconut Milk Hot Drink

## How to make it:

You can use  $\frac{1}{2}$  cup of coconut milk from can a day in a smoothie of your choice.

Or, substitute coconut milk for the creamer you typically use in your coffee.

Or try this soothing and delicious combination:

- ▶  $\frac{1}{2}$  cup of coconut milk
- ▶ A pinch of salt
- ▶ A teaspoon of raw honey
- ▶ A few drops of vanilla extract
- ▶ A dash of nutmeg

Combine the ingredients and warm them on low heat until the mixture comes to a rolling boil. Immediately turn off the burner, and take the pot off the burner. Allow the mixture to cool for a few minutes, then, mindfully enjoy.



## 6. Macha Tea or Smoothie

### What it is:

Matcha tea is a finely-ground powder made from shade-finished leaves. That is, the tea leaves begin to grow in the sunlight and are then covered with shade to slow their growth, deepen the flavor of the tea, and increase its amino acid content.

It is typically found in many ancient Chinese medicinal drinks.



# 6. Macha Tea or Smoothie

## Why it soothes

- ▶ Matcha tea contains a significant amount of an amino acid called L-theanine, which has been shown to treat anxiety by increasing brain levels of dopamine (a neurotransmitter that helps control the brain's reward and pleasure centers) and GABA (an inhibitory neurotransmitter that decreases excitement).
- ▶ Furthermore, L-theanine has also been used successfully to improve test performance without causing the jitters attributed to caffeine.
- ▶ According to a study published in the *Journal of Functional Foods*, students who struggled with high anxiety experienced a marked decrease in their anxiety, including slowed heart rate, within 15 to 60 minutes of consuming water containing 200 milligrams of L-theanine.
- ▶ Another benefit noticed during the research was, unlike prescription sedatives, L-theanine did not slow reaction time, impair concentration, or cause drowsiness. In fact, the results were just the opposite. Students taking the L-theanine showed improved concentration and better reaction times than students taking the placebo!



# Matcha Tea or Smoothie

## How to Make It:

### Matcha Tea

- ▶ Making matcha tea using a bamboo whisk and a tea bowl is a soothing ritual to be savored and enjoyed.
- ▶ **Step 1** - Using a small sifter, sift 1 to 2 teaspoons of matcha powder into a cup.
- ▶ **Step 2** - Add 2 ounces of water at a temperature just under a boil.
- ▶ **Step 3** - Using a bamboo whisk, mix the two ingredients thoroughly in a zigzag motion until the tea becomes frothy.
- ▶ **Step 4** - Turn on some relaxing music, settle into a comfortable chair, and enjoy your matcha tea straight from the bowl.

Note: There are prepared tea bag versions that can help take out a step if this is too taxing.



# Matcha Smoothie

## How to Make It:

### Matcha Smoothie

If the tea is too strong, or you prefer something a bit different, try this easy matcha smoothie recipe:

- ▶ ½ a cup of plain Greek yogurt
- ▶ 2 tablespoons of raw honey
- ▶ A half a cup of ice cubes
- ▶ 1 teaspoon of matcha.
- ▶ Put all these ingredients into a blender and mix.

Find a quiet place to relax and enjoy your smoothie. Sip mindfully!





# 7. Oat Straw Tea

## What it is:

Oat straw comes from green oats and has been used for centuries to improve cognitive performance while easing anxiety. In addition, oat straw has been used to improve hair, skin, and nail health, enhance libido, soothe skin irritations, and treat insomnia.

## Why it soothes:

- ▶ Oat straw is rich in B vitamins, which have been shown to ward off depression, decrease anxiety, and boost mood. A study published in *European Neuropsychopharmacology*, found that oat straw was effective in treating depression, panic, and OCD.
- ▶ Natural compounds called saponins, contained within the oat straw plant, are also believed to help decrease blood sugar spikes after the consumption of a high-carbohydrate meal. Stable blood sugar means a more stable mood.



# Oat Straw Tea

When you brew herbs for a long amount of time, it is called an infusion. To reap the best benefits of oat straw tea, you can make it this way.

## What you'll need:

- ▶ 1 ounce of dried oat straw
- ▶ 4 cups of boiling water
- ▶ 1 quart-sized canning jar with a lid
- ▶ 1 pot or tea kettle
- ▶ 1 tea strainer

To make the infusion, put 1 ounce of dried oat straw into the canning jar, pour boiling water over the herb, wait for a minute or two, then place the cap on the jar. Allow the mixture to sit for four to six hours to experience its full nutritional benefit.

Strain out the herb and enjoy a mindful and relaxing cup of tea.



## 7. Oat Straw Smoothie

You can also use oat straw to make a soothing smoothie.

Mix 2 teaspoons of liquid oat straw extract (ask for it at your health food store)

A cup of your favorite fruit (strawberries, or blueberries etc)

½ cup of coconut milk

1 teaspoon of ginger

A cup of ice cubes

blend together. Enjoy.

You'll not only feel calmer and more relaxed, this drink will give you a nice burst of energy without the burst of energy and then crash you feel post caffeine.



## 8. Black Tea

### What it is:

Black tea is the most oxidized and strongly-flavored of the teas made from the *Camellia sinensis* plant. This tea has been shown to reduce the risk of stroke, encourage bone health, boost immunity, lower diabetes risk, improve concentration, and support digestive health.

### Why it soothes:

Like green tea, black tea contains the amino acid L-theanine, which has been shown to induce feelings of relaxation. According to a study published in the journal of *Psychopharmacology*, participants who drank a concoction of black tea four times per day for six weeks were found to have lower levels of cortisol (a stress hormone) in their blood than those who consumed a placebo drink.



# Black Tea

## How to make it:

The easy way: find prepared tea bags in your grocery store. Boil water and steep before mindfully drinking.

The ritual of making tea can be as soothing as drinking it.

- ▶ You will need:
  - ▶ 1 to 2 rounded teaspoons of black tea leaves
  - ▶ 6 ounces of water
  - ▶ A tea kettle
  - ▶ A tea strainer
- 
- ▶ Pour the tea leaves into the water and allow the water to just come to a rolling boil. Steep the tea for three to five minutes before straining the leaves and pouring the drink into your favorite teacup.
  - ▶ Enjoy the tea alone or with raw honey and cinnamon for a relaxing, flavor-infused experience.



# 9. Passionflower Tea

## What it is:

Passionflower is an evergreen climbing plant discovered in 1569 by Spanish explorers in Peru. For hundreds of years, it has been used as a folk remedy in the treatment of menopause symptoms, anxiety, high blood pressure, and insomnia.

## Why it soothes:

- ▶ According to a study published in the *Journal of Clinical Pharmacy and Therapeutics*, patients with generalized anxiety disorder (GAD) responded as well to a dosage of 45 drops of passionflower per day as they did to the prescription benzodiazepine, oxazepam (an anti-anxiety medication).
- ▶ Unlike the oxazepam group, however, participants in the passionflower group did not experience impaired job performance (ex. slowed responses).



# 9. Passionflower Tea

## How to make it:

- ▶ All you'll need to make this soothing tea is 1 heaped teaspoon of passionflower herb
- ▶ 1 cup of boiling water.
- ▶ Place the loose-leaf tea in a tea ball or strainer, put the strainer into your favorite teacup, and pour boiling water over the herb.
- ▶ Cover the cup and allow the tea to steep for 10 minutes.
- ▶ Pour and enjoy in a relaxing environment.

Note: This tea can make you sleep so check with you physician first to make sure it is okay for you!



# 10. The “Warm & Fuzzy: Blueberry Smoothie

## What they are:

Blueberries and peaches are both known to have calming, soothing effects on the body. They are also rich in essential nutrients.

## Why they soothe:

Research has shown that those who regularly consume blueberries experience a boost in killer T cells, which helps improve the body's response to stress.

In addition, blueberries contain phytochemicals known for their neuroprotective properties. According to a study published in the *Journal of Oxidative Medicine and Cellular Longevity*, oxidative stress can cause anxiety by impairing the function of the nervous system. Therefore, regular consumption of fruits rich in antioxidants may help treat and prevent anxiety. Peaches contain phytonutrients that are naturally sedating.





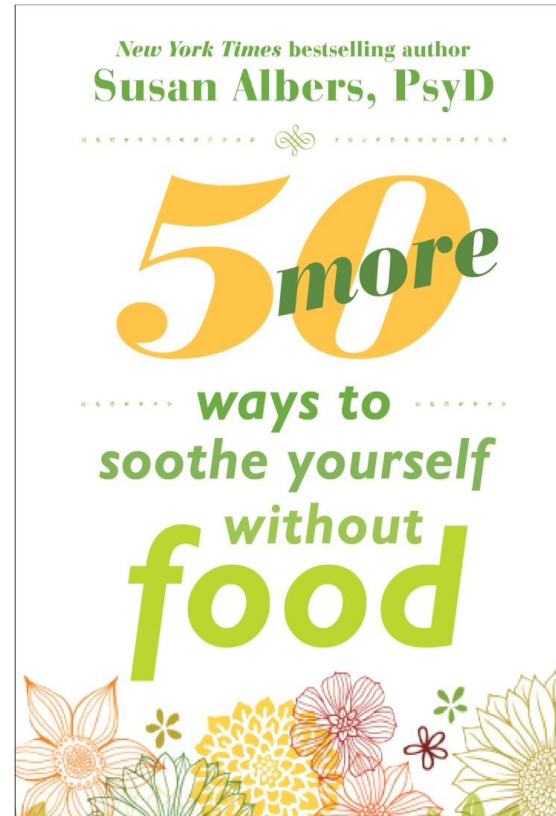
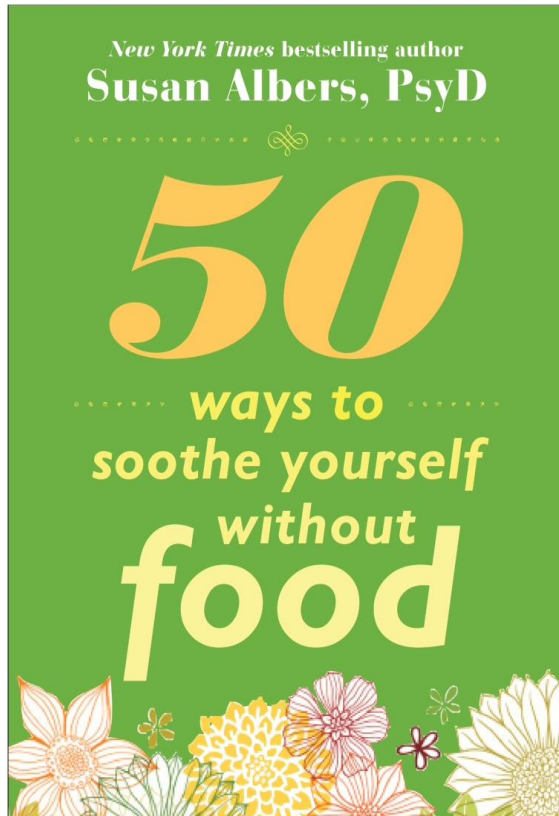
# Blueberry Peach Smoothie

## How to make it:

- ▶ This recipe is the ultimate "Cool, Calm & Collected" drink as it contains several of the above-mentioned ingredients to treat anxiety naturally.
- ▶ What you will need:
  - ▶ ¼ cup of cashew nuts (a good source of filling protein and calming tryptophan)
  - ▶ 1 cup of coconut milk
  - ▶ 1 ripe peach (remove pit)
  - ▶ ½ cup of frozen blueberries
  - ▶ A pinch of ground cinnamon
  - ▶ 1 teaspoon of dried oat straw
  - ▶ A saucepan
  - ▶ A blender
- ▶ In a saucepan, warm the coconut milk over a medium heat until small bubbles form on the side of the pan. Carefully pour the milk into a blender. Add the remaining ingredients, cover, and blend on low for a couple of seconds. Then, blend on high until all the ingredients are thoroughly mixed. Find a comfortable place to relax and enjoy your smoothie.



*Look in these two new books for more suggestions & ideas on how to find natural ways to calm and soothe your body!*



In both of my books, *50 Ways to Soothe Yourself Without Food* and *50 MORE Ways to Soothe Yourself Without Food*, you will find plenty of creative ways to find peace and comfort without eating. Over time, these habits will become automatic, and you will no longer reach for candy, soda, or a piece of pie to experience calm. Instead, the new strategies and techniques you've learned to soothe yourself and get closer to your goals. When the urge to munch threatens to take over and nothing else seems to work, these 10 drink recipes will help stop cravings in their tracks while keeping you calm and steady.

Thank you for spending time with me and allowing me to be your guide on the road to a healthier new you! Sign up for more tips and mindful eating suggestions on [www.eatingmindfully.com](http://www.eatingmindfully.com)

Mindfully yours,  
Susan

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