FUEL YOUR FERTILITY

Whole Lifecycle NUTRITION

NOURISHING MOCKTAILS & HERBAL SIPS

Why Go Alcohol-Free for Fertility?
Alcohol can disrupt hormone balance, burden the liver, and interfere with both egg and sperm quality. Replacing alcohol with nutrient-rich, supportive drinks is a gentle way to align your body with the rhythms of conception.

1. Liver-Loving Lemon Ginger Spritz
Supports detox + reduces inflammation

- Sparkling mineral water
- Juice of 1/2 lemon
- 1 tsp freshly grated ginger
- Dash of turmeric
- Optional: drizzle of raw honey



To make: Stir together, pour over ice, garnish with a lemon slice.

2. Adaptogenic Berry Fizz
Supports stress resilience + hormone harmony

- Handful of frozen mixed berries
- 1/2 tsp ashwagandha or holy basil powder (tulsi)
- Splash of unsweetened pomegranate or cherry juice
- Sparkling water or kombucha

To make: Muddle berries, mix in juice and adaptogen, top with bubbly.

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3. Cucumber Mint Mocktail

Hydrating + cooling for inflamed tissues

- Sliced cucumber
- Fresh mint leaves
- Squeeze of lime
- Coconut water or still mineral water

To make: Steep cucumber and mint in water for 2–3 hours. Serve chilled.

4. Rose + Raspberry Fertility Tonic

Heart-opening + uterine support

- 1 cup raspberry leaf tea (cooled)
- Splash of rose water (food-grade)
- Honey to taste
- Garnish: fresh raspberries or dried rose petals

To make: Brew tea, cool, add rose water and honey, serve over ice.

5. Golden Milk Elixir (Warm or Iced)

Anti-inflammatory + hormone-balancing



- 1 cup unsweetened almond or oat milk
- 1/2 tsp turmeric
- Pinch of black pepper
- Dash of cinnamon
- Optional: maca powder or vanilla extract

To make: Whisk all ingredients. Serve warm or over ice.