



FROM NELEA LANE, CMWC

Calm Is the New Power Move

A simple guide to stress
reset, steady energy,
and focus you can feel



INTRODUCTION

WHY CALM MATTERS

We live in a world that glorifies doing it all.

But here's the truth: burnout isn't power. Calm is. Calm doesn't mean checking out. It means being present, steady, and strong enough to handle what life throws at you. It is the quiet confidence that comes when your stress chemistry finally works for you, not against you.

When Your Stress Runs the Show, You Don't.

THE STRESS HORMONE



Cortisol is your body's stress signal. In small bursts it helps you, but when it stays high, it wears you down.

That's when you notice:

- Brain fog that will not lift
- Energy crashes that hit hard
- Mood swings out of nowhere
- Cravings you can't shake
- Your adrenal system works overtime until exhaustion sets in. Stress also disrupts your gut, and your gut in turn disrupts your mood and energy.

WHAT THEY ARE SAYING

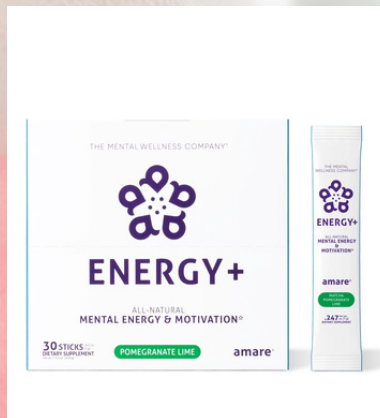
ONE GLASS. THREE POWERHOUSE INGREDIENTS.



A happy gut
means a steadier
mood

Gut Support

Probiotics and prebiotics for gut-brain health, mood support, stress resilience and cortisol balance.



Fuel that lifts
without the
crash

Clean Energy

Natural caffeine and adaptogens for steady, jitter-free energy.



Stress doesn't
get to steal your
brain

Focus and Clarity

Nootropics clinically shown to sharpen focus, recall, mental flow, and motivation.

INGREDIENT INTEGRITY

Backed by Science, Not Hype

Driven by science and powered with high-quality plant-based ingredients, Amare prides itself on maintaining best practices in sourcing and manufacturing processes. That includes using targeted nutrients like probiotics (for gut health), nootropics (for brain focus), and adaptogens (for stress balance).

- ☐ PLANT-BASED
- ☐ NON-GMO
- ☐ CLINICALLY STUDIED
- ☐ POWERED BY PROBIOTICS,
NOOTROPICS, AND ADAPTOGENS
- ☐ THIRD-PARTY CERTIFICATIONS

FOLLOW THIS

Simple Practices That Make Calm Stick

1/ **MORNING RITUALS**

Start your day with your glass over ice. Take a deep breath. Calm is your flex.



2/ **AFTERNOON**

Choose activity that energizes, not drains. Walks, stretches, or gentle strength tell your body it is safe to calm down.



3/ **SLEEP AS A PRIORITY**

Rest is when your stress chemistry repairs itself and your brain resets for tomorrow.





Calm Is the New Power Move

Stress doesn't run you. You run stress.

Ready to make calm part of your daily life?

Click here to get your first pack along with my bonus discount.

WANT TO GO DEEPER?

- Discover what's really driving your stress by taking the Mental Wellness Quiz.
- Explore the Finding Happy guide for more ways to support your mood, gut, and energy.

[Get the Pack](#)

[Take the Quiz](#)

[Finding Happy Guide](#)

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