

DISCOVERING MOCKTAILS UNIQUELY CRAFTED®

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Lindsey Van Wagner is a writer, speaker, instructor, and lifestyle guide known for empowering clients to live with more intention, higher energy, and peace. She is passionate about behavior change and teaches graduate courses at American University. Her knowledge of health psychology and her own personal experience contribute to her passion to help others transform.

Sitting by the pool on a beautiful summer afternoon, the beers were flowing, the cocktails were blending, and the wine was pouring. Conversation and laughter filled the air.

I jokingly called out to my father, “Hey, why don’t you have any mocktails for me?! It’s MY birthday after all...” You see, I am the only one in my family who is sober, and while it has been over eight years now, sometimes I can’t help but feel a little slighted.

To my surprise he answered, “There are some in the fridge!”

Sure enough, three shiny, bright, slim cans sat in a neat line.

Their names got my attention—Mockapolitan, Mockscow Mule, Mockarita. While I don’t usually drink beverages promoted as “mock”tails—they are too sweet for my taste and very high in sugar—I thought it might be nice to celebrate with everyone.

At the first sip of a Mocktails Uniquely Crafted® Mockapolitan, I was hooked. It was definitely not what I expected from a drink out of a can. It tasted crisp...as if it had just been freshly mixed, and had the perfect balance of sweet and tart that you’d expect from a Cosmopolitan. As I scanned the ingredients of this magical concoction, I became even more dazzled by its simplicity and nutritional value. Usually, my non-alcoholic options are limited to soda, juice cocktails, or mixers—most of which are packed with excess sugar and harmful additives.

MIND, BODY, SPIRIT

As a nutrition educator, university professor, and wellness guide, my company *Spirit Vigilante* is founded on the principles of authenticity and truth. I help people find and live their purpose and align with their natural self, by mode of holistic behavior change and various healing practices.

I consider that moment by the pool, when I took the first sip of my Mockapolitan, as a divine moment of accidental fortune. As I learned more about the company and had

conversations with its founders, it became clear that our visions align and our missions intersect. I am still blown away by their thoroughness and passionate commitment to creating a healthy non-toxic and tasty alternative to alcohol. From their small-batch process, years of continuous innovation, thousands of hours in product development with food scientists, professional mixologists, and multiple flavor development companies, they have worked diligently to deliver a delicious, healthy, and refreshing beverage to drinkers and non-drinkers alike. Mocktails is all about promoting a healthy lifestyle as well as fostering inclusivity and connection, and I think we all could use a little more of that.

Follow Lindsey on instagram @spiritvigilante or visit her website: thespiritvigilante.com