



## Day 2: Deepening Your Healing Practice

Welcome to Day 2 of TeaRelief! You've taken the first step towards natural relief, and now we're going to build on that progress. Today's focus is on deepening your healing practice, both through the tea you drink and the mindful moments you incorporate into your day.

### MORNING RITUAL: GENTLE STRETCHING

This morning, let's add a gentle stretching routine to your ritual. Before brewing your tea, take five minutes to stretch your back and shoulders.

Reach your arms overhead, stretch from side to side, and gently roll your shoulders.

This helps to wake up your muscles and joints, making your body more receptive to the healing properties of today's tea.

### TEA OF THE DAY: CHAMOMILE-MINT SOOTHER



Today's tea is a warming blend of ginger and turmeric, two powerful anti-inflammatory agents. Ginger helps to increase blood circulation and reduce stiffness, while turmeric is renowned for its ability to fight inflammation and pain at its source.

### **Ingredients:**

- 1 tablespoon of dried chamomile flowers (or 1 chamomile tea bag)
- A handful of fresh mint leaves (or 1 teaspoon of dried mint)
- 1 teaspoon of honey (optional, for sweetness)
- 2 cups of water

### **Instructions:**

1. Bring 2 cups of water to a boil.
2. Remove from heat and add the chamomile and mint.
3. Cover and let it steep for 5-7 minutes.
4. Strain the tea into a cup.
5. Stir in honey (if using).
6. Drink it warm, letting the soothing warmth and calming flavors relax your body and mind.

### **Evening Reflection: Cultivating Gratitude**

As you close out your day, take a moment to reflect on what you're grateful for. Gratitude has a powerful effect on our overall well-being, and by focusing on the positive aspects of your day, you can foster a mindset that supports healing. Write down three things you're grateful for today, no matter how small.

Tomorrow, we'll continue to explore the healing powers of tea, with a focus on another blend that targets inflammation and pain. You're doing wonderfully—keep up the great work, and I'll see you in the morning!

With care,

**Dr. Monica**