



## Day 6: Restoring Balance

Welcome to Day 6 of TeaRelief! You're nearing the end of our journey together, and today's focus is on restoring balance in your body and mind. Balance is key to maintaining long-term relief from pain, and today's practices and tea will help you achieve that harmony.

### MORNING RITUAL: GROUNDING MEDITATION

Start your morning with a grounding meditation.

Find a quiet space, sit comfortably, and close your eyes. Take a deep breath in, and as you exhale, imagine roots growing from the base of your spine into the earth, anchoring you to the ground.

Focus on this connection for a few minutes, feeling stable and supported. This grounding practice will help you find balance and stability as you move through your day.

### TEA OF THE DAY: TURMERIC-GINGER BALANCE



Today's tea is a potent blend of turmeric and ginger, designed to restore balance and reduce inflammation. Both turmeric and ginger have powerful anti-inflammatory properties, making this tea ideal for easing back pain and promoting overall joint health. The combination of these two ingredients also supports digestion and circulation, further helping to restore balance in your body.

**Ingredients:**

- 1 green tea bag (or 1 teaspoon of loose green tea leaves)
- 1 cinnamon stick (or 1/2 teaspoon of ground cinnamon)
- A pinch of black pepper
- 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, add the green tea bag, cinnamon stick, and black pepper.
3. Let it steep for 3-5 minutes.
4. Strain the tea into a cup.
5. Stir in honey (if using).
6. Drink it warm, feeling the invigorating spices and green tea energize your body and ease any discomfort.

**Evening Reflection: Celebrating Your Strength**

As you wind down this evening, take a moment to acknowledge your strength. You've come so far on this journey, and every day you're getting stronger—both physically and mentally. Reflect on the progress you've made, and celebrate the resilience and commitment you've shown. Write down a few words of encouragement to yourself in your journal, reminding yourself of the powerful healing you're achieving.

Tomorrow, we'll continue to build on this energy with another healing tea blend and more practices to support your relief. Keep up the great work—you're almost there!

With encouragement,

**Dr. Monica**