



Day 5: Invigorating Your Healing Process

Welcome to Day 5 of TeaRelief! You've made incredible progress, and today's focus is on invigorating your healing process with a boost of energy and warmth. By energizing your body, you'll support your natural ability to heal and reduce pain.

MORNING RITUAL: ENERGIZING BREATHWORK

Today's tea is a vibrant blend of green tea, cinnamon, and black pepper.

Green tea is packed with antioxidants and has mild anti-inflammatory effects, while cinnamon and black pepper add warmth and boost circulation, helping to reduce pain and stiffness.

This invigorating blend is perfect for giving you that extra boost of energy while supporting your healing journey.

TEA OF THE DAY: SPICED GREEN TEA BOOST



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