



Day 3: Strengthening from Within

Welcome to Day 3 of TeaRelief! You're already making great strides in your journey to natural pain relief. Today, our focus is on strengthening your body from within, giving it the tools it needs to heal and protect itself.

MORNING RITUAL: BREATHING EXERCISES

Today, let's begin with a simple but powerful breathing exercise.

Sit comfortably, close your eyes, and take a deep breath in through your nose for a count of four.

Hold it for a moment, and then slowly exhale through your mouth for a count of six. Repeat this cycle five times.

This practice helps to oxygenate your body, reduce stress, and prepare your mind and body to fully benefit from today's healing tea.

TEA OF THE DAY: CINNAMON-CLOVE INFUSION



Today's tea is a warming and aromatic blend of cinnamon and cloves. Cinnamon is known for its anti-inflammatory properties and its ability to help regulate blood sugar, which can be beneficial for reducing inflammation. Cloves, on the other hand, are rich in antioxidants and have powerful anti-inflammatory effects, making this infusion perfect for soothing back pain and supporting overall joint health.

Ingredients:

- 1 cinnamon stick (or 1 teaspoon of ground cinnamon)
- 4-5 whole cloves
- 1 teaspoon of honey (optional, for sweetness)
- 2 cups of water

Instructions:

1. Bring 2 cups of water to a boil.
2. Add the cinnamon stick and cloves, then reduce the heat and let it simmer for 10 minutes.
3. Strain the tea into a cup.
4. Stir in honey (if using).
5. Enjoy the warm, comforting flavors while allowing the tea to work its magic on your body.

Evening Reflection: Acknowledging Your Progress

As you wind down this evening, take a few moments to reflect on the progress you've made so far. How does your back feel compared to Day 1? Are you noticing any subtle changes in

your pain levels, energy, or mood? Write down your observations in your journal. Remember, healing is a journey, and every step forward is a victory worth celebrating.

Tomorrow, we'll continue with another powerful tea blend and more practices to support your healing. Keep up the great work, and I'll see you then!

Warm regards,

Dr. Monica