



## Day 7: Celebrating Your Journey

Welcome to Day 7 of TeaRelief! You've reached the final day of our journey together, and today is all about celebrating your progress and solidifying the practices you've learned. You've done something wonderful for your body and mind, and today's tea and reflection will help you carry this healing forward.

### MORNING RITUAL: GRATITUDE PRACTICE

Start your morning by reflecting on your journey over the past week. Take a few moments to practice gratitude—think about how far you've come, the relief you've experienced, and the positive changes you've made.

Gratitude helps to reinforce the benefits of the healing journey, making it easier to sustain your progress in the long term.

### TEA OF THE DAY: GOLDEN MILK TEA



Today's tea is a special blend known as Golden Milk, a rich and nourishing drink that combines turmeric, ginger, and cinnamon with creamy coconut milk. This tea is not only soothing and delicious but also deeply anti-inflammatory, helping to solidify the healing work you've done over the past week. It's the perfect way to end your journey and honor the commitment you've made to your health.

### **Recipe: Golden Milk Tea**

#### **Ingredients:**

- 1 teaspoon of turmeric powder (or 1 inch of fresh turmeric root, grated)
- 1/2 teaspoon of freshly grated ginger
- 1/2 teaspoon of ground cinnamon
- 1 cup of coconut milk (or your preferred milk)
- 1 teaspoon of honey or maple syrup (optional, for sweetness)
- A pinch of black pepper (to enhance the absorption of turmeric)
- 1/2 cup of water

#### **Instructions:**

1. In a small saucepan, combine the turmeric, ginger, cinnamon, black pepper, and water. Bring to a simmer.
2. Add the coconut milk and continue to heat for another 5 minutes, stirring occasionally.
3. Strain the mixture into a cup.
4. Stir in honey or maple syrup (if using).
5. Sip slowly, allowing the warmth and richness of the tea to comfort and nourish your body.

### **Evening Reflection: Looking Forward**

As your final reflection for this course, take time to look forward. How will you continue the practices you've learned? Write down a few commitments to yourself—whether it's continuing to enjoy these teas, maintaining your mindfulness practices, or simply being more in tune with your body's needs. Celebrate the progress you've made, and know that this is just the beginning of a healthier, more balanced life.

Thank you for joining me on this journey. Your dedication and effort have been truly inspiring, and I hope TeaRelief has brought you the relief and peace you were seeking. Remember, I'm always here as a resource if you need guidance in the future.

To your continued health and happiness,

**Dr. Monica**