



Day 3: Boosting Mobility

Welcome to Day 3 of TeaRelief! You're already making great strides in your journey. Today, our focus is on strengthening your body from within.

TEA OF THE DAY: CINNAMON-CLOVE INFUSION



Today's tea is a warming and aromatic blend of cinnamon and cloves. Cinnamon is known for supporting your body's anti-inflammatory processes and its ability to help encourage healthy blood sugar, which can be beneficial for encouraging optimal inflammation responses. Cloves, on the other hand, are rich in antioxidants and could have powerful effects on body's response to inflammation, making this infusion perfect for soothing back discomfort 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 journey. Keep up the great work, and I'll see you then!

Warm regards,

Dr. Komal Monica