



## Day 5

Welcome to Day 5 of TeaRelief! You've made incredible progress, and you will enjoy today's recipe.

### 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 progress you're achieving.

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

With encouragement,

**Dr. Monica**