



Tea & Scripture

Natural Remedies for Body and Soul



By Jamestall Jr.

TABLE OF CONTENTS

PART I — THE SPIRITUAL FOUNDATION

1. Introduction: Your Body, God’s Temple

- Scripture: 1 Corinthians 6:19–20
- Why health matters to God
- Our stewardship over our physical body

2. Biblical Plants & Healing: God’s Pharmacy

- Genesis 1:29 – “Every herb bearing seed... for food.”
- Herbal wisdom in the Bible (e.g., frankincense, hyssop, myrrh)
- Jesus’ compassion for physical healing

3. Tea as a Time of Worship

- How brewing tea can become a moment of peace and connection with God
- Incorporating Scripture, prayer, and stillness into health routines

PART II — HOW TO USE THIS BOOK

4. How Tea Heals

- What teas do: digestion, inflammation, stress, skin, etc.
- Affordable, supermarket-friendly ingredients explained

5. When to Drink Which Tea

- Morning boosters, midday metabolism, evening calmers

6. Pairing Habits with Teas

- Breathwork, light stretching, walking, prayer, fasting
- Bible-based lifestyle rhythms for health (e.g., Sabbath, rest, moderation)

PART III — THE TEA RECIPES

(Each recipe includes: Name, Purpose, Ingredients, Instructions, Best Time to Drink, Simple Habit Suggestion, and a Scripture Verse)

Section A: Belly Fat & Metabolism Boosters

7. Ginger Lemon Burn Tea
8. Green Tea & Cinnamon Cleanser
9. Apple Cider Vinegar Detox Sipper
10. Cayenne Metabolic Fire Tea
11. Cumin-Coriander-Fennel Belly Ease Tea

Section B: Anti-Inflammatory & Pain Relief Teas

12. Turmeric Golden Soother
13. Clove & Cinnamon Joint Relief Tea
14. Chamomile & Fennel Calm
15. Thyme & Ginger Sore Body Tonic
16. Nettle & Mint Flush Tea

Section C: Calm & Sleep Teas

17. Lavender Chamomile Sleep Tea
18. Banana Peel Magnesium Brew
19. Lemon Balm & Holy Basil Serenity Tea
20. Passionflower & Oatstraw Deep Rest Tea
21. Valerian Root Gentle Knockout

Section D: Immunity & Seasonal Defence Teas

22. Turmeric Ginger Defence Brew
23. Garlic Lemon Immuni-Tea
24. Elderberry Rosehip Defence Tea
25. Thyme & Honey Lung Soothe Tea
26. Clove-Orange Antiviral Infusion

Section E: Hormone Balance & Women's Wellness Teas

27. Raspberry Leaf Womb Support Tea
28. Chamomile & Fennel Harmony Tea
29. Maca & Cinnamon Energy Balancer
30. Nettle Nourish Tea
31. Holy Basil (Tulsi) Stress Soothe Tea

PART IV — DAILY HEALTH RITUALS & FAITH HABITS

31. Morning Temple Routine: Move, Pray, Sip
32. Midday Reboot: Walk, Hydrate, Reflect
33. Evening Wind-Down: Calm Tea & Stillness
34. The Power of Fasting (Isaiah 58, Matthew 6)
35. Sabbath Rest: A Healing Commandment

PART V — 7-DAY TEA & HABIT CHALLENGE

36. Daily Plan: 1 Tea + 1 Habit + 1 Scripture
 - Day 1: Detox + Lemon Water + Psalm 1
 - Day 2: Calm + Stretch + Philippians 4:6
 - Day 3: Belly Ease + No Sugar + Proverbs 4:20–22
(...and so on)

PART VI — FINAL ENCOURAGEMENTS

37. Grace Over Guilt: God Sees the Heart
38. Every Sip is a Seed of Healing
39. Keep Going: Your Health is Worship
40. Prayer of Dedication for Your Body and Life

PART I — THE SPIRITUAL FOUNDATION

Your Body, God’s Temple

Key Scripture:

“Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

— 1 Corinthians 6:19–20 (ESV)

Your body is not a mistake. It is not a burden. It is a sacred space, designed by God Himself and filled with His Spirit. The same God who shaped the stars also formed your lungs, your heartbeat, your cells—and called it good.

In the Bible, the temple was not just a building; it was the place where heaven touched earth. It was where God’s presence dwelled. Today, that sacred space is you.

When we speak about health, herbs, and healing, we’re not talking about vanity or trends. We’re talking about worship. Looking after your body is not about chasing perfection—it’s about honouring the Giver of Life with what you’ve been given.

Sipping a healing tea, walking in fresh air, choosing rest over burnout—these are not small things. They are spiritual acts. You are not too broken to begin again. Every step toward wholeness is a step back to the heart of God.

This book is here to gently guide you, using the wisdom of simple plants and the unchanging truth of Scripture. You won’t need expensive ingredients or perfect discipline—just a willing heart and a quiet cup.

Prayer:

Father, thank You for this body You’ve entrusted to me. Teach me to care for it not with fear, but with faith. May every sip, every stretch, and every breath be worship unto You. In Jesus’ name, amen.

Biblical Plants & Healing – God’s Pharmacy

Key Scripture:

“And God said, ‘Behold, I have given you every plant yielding seed... and every tree with seed in its fruit. You shall have them for food.’”

— Genesis 1:29 (ESV)

Long before science gave us names like antioxidants and anti-inflammatories, God gave us leaves for healing. In the very first chapter of Genesis, He provides plants as nourishment—not just for eating, but for restoration.

Throughout Scripture, healing herbs are used:

- Hyssop cleansed the unclean (Psalm 51:7)

- Myrrh and frankincense soothed and sanctified (Matthew 2:11)
- Fig poultices healed wounds (2 Kings 20:7)
- Aloe and balm were prized for their restorative power (John 19:39, Jeremiah 8:22)

God knew what our bodies would need—and placed it gently into creation.

Even Jesus, in His ministry, paid attention to people’s physical condition. He healed the sick, restored the weary, fed the hungry. He didn’t just preach to souls; He touched skin, opened eyes, and calmed bodies.

Our journey of healing doesn’t ignore the soul—but it begins by honouring the intertwined design of body and spirit. The teas in this book use simple ingredients you can find almost anywhere—because healing should never be locked behind a price tag.

Spiritual Reflection:

When you drink a tea made from ginger or chamomile or mint, remember: this is God’s medicine. Made in His wisdom. Offered in love. Received with trust.

Tea as a Moment of Stillness Before God

Key Scripture:

“Be still, and know that I am God.”

— Psalm 46:10

Life moves fast. Most of us rarely take time to pause and breathe. But there is something peaceful about the process of preparing a simple cup of tea. It invites you to slow down—to step away from noise and stress, and make space for stillness. And it’s in stillness that we begin to hear the voice of God.

You can’t rush a hot cup. The water must boil. The leaves or herbs must steep. You sit. You wait. And in that moment, you can choose to turn your attention toward the Lord.

This isn’t about the tea itself—it’s about what happens in your heart as you make time to rest in God’s presence. Think of it as a small doorway into a deeper practice of peace and prayer. A cup of tea can become a quiet companion in your spiritual rhythm—a simple reminder to breathe, to pray, to listen.

Jesus Himself often withdrew to quiet places to pray. He made room for stillness with the Father. We can follow His example, using even the smallest routines of daily life as a chance to connect with God.

Let tea time become more than a break. Let it become a moment of reflection, gratitude, and conversation with the One who made you.

Simple Practice:

Choose a time in your day—morning or evening—to prepare a cup of tea. While the water heats, read a short verse or whisper a prayer. As you sip, let your mind focus on God’s goodness, and ask Him to quiet your thoughts.

Suggested Verse to Begin With:

“The Lord is my shepherd; I shall not want.” — Psalm 23:1

Our journey of healing doesn’t ignore the soul—but it begins by honoring the intertwined design of body and spirit. The teas in this book use simple ingredients you can find almost anywhere—because healing should never be locked behind a price tag.

Spiritual Reflection:

When you drink a tea made from ginger or chamomile or mint, remember: this is God’s medicine. Made in His wisdom. Offered in love. Received with trust.

PART II — HOW TO USE THIS BOOK

When and Why to Drink Each Tea

Key Scripture:

“There is a time for everything, and a season for every activity under the heavens.”
— Ecclesiastes 3:1

Not every tea is meant for every time. Some support digestion after meals. Others calm the mind before bed. A few boost energy in the morning or help the body fight inflammation throughout the day.

This book is designed to help you **drink with intention**. For each recipe, you’ll find:

- **Best time to drink** (e.g., morning, evening, after meals)
- **Primary benefit** (e.g., reduce bloating, ease anxiety, support sleep)
- **Simple instructions** (using ingredients you can find worldwide)

Use the teas like you would use a gentle reminder: “Now is the time to breathe. To reset. To take care of the temple God has given me.”

Reading the Recipe Pages

Each recipe follows a consistent format to make things simple:

- **Name of Tea**
- **Purpose** (e.g., anti-inflammatory, belly fat support, calming)

- **Ingredients** (affordable and globally available)
- **Instructions** (boil, steep, drink)
- **Best Time to Drink**
- **Pair With** (e.g., light walk, stretching, prayer time)
- **Verse for Reflection**
- **Extra Notes** (optional biblical or health context)

Each tea is meant to be gentle, safe, and accessible. If you are on medication, pregnant, or nursing, consider speaking with a medical professional before beginning regular herbal use.

Other Easy Health Habits for Body and Soul

Key Scripture:

“Whether you eat or drink, or whatever you do, do all to the glory of God.”
— 1 Corinthians 10:31

Along with tea, there are **small lifestyle choices** you can make to help your body heal and your mind stay clear. These don’t require expensive tools, gym memberships, or drastic changes.

Here are a few ideas included throughout the book:

- **Walking in the early morning or late afternoon**
- **Stretching before bed**
- **Breathing slowly for 2 minutes while repeating Scripture**
- **Replacing one processed snack with fruit or nuts**
- **Going to bed 30 minutes earlier to support immune health**
- **Unplugging from screens 1 hour a day and being still**

Health is a gift. These practices are not about pressure—they’re about alignment. When your body is rested and nourished, your spirit is more free to focus, listen, and obey the voice of God.

PART III — THE TEAS: HEALING RECIPES FOR REAL LIFE

Section A: Belly Fat & Metabolism Boosters

Note: These teas are not quick-fix solutions, but natural aids that can help reduce bloating, improve digestion, and gently support fat metabolism—especially when combined with walking, restful sleep, and clean eating. Most are caffeine-free and safe for daily use.

1. Ginger Lemon Burn Tea

Purpose: Stimulate digestion and metabolism first thing in the morning

Ingredients:

- 1 cup hot water
- 1 tsp grated fresh ginger or ½ tsp ginger powder
- Juice of ½ lemon
- Optional: pinch of cayenne or honey

Instructions:

1. Pour hot water over ginger.
2. Stir in lemon juice and optional ingredients.
3. Let steep 5 minutes, then sip slowly.

Best Time to Drink: Morning, before breakfast

Pair With: A few minutes of prayer or stretching

Verse for Reflection:

“The wise man’s heart guides his mouth, and his lips promote instruction.” — Proverbs 16:23

2. Green Tea & Cinnamon Cleanser

Purpose: Boost metabolism and regulate blood sugar

Ingredients:

- 1 green tea bag or 1 tsp loose green tea
- ½ tsp ground cinnamon or 1 cinnamon stick
- 1 cup hot water

Instructions:

1. Steep green tea and cinnamon in hot water for 5–7 minutes.
2. Remove bag/stick and sip warm.

Best Time to Drink: Mid-morning or before lunch

Pair With: 5-minute walk or breathwork

Verse for Reflection:

“Let your moderation be known unto all men. The Lord is at hand.” — Philippians 4:5

3. Apple Cider Vinegar Detox Sipper

Purpose: Curb cravings and support fat metabolism

Ingredients:

- 1 tbsp raw apple cider vinegar
- Juice of ½ lemon
- 1 cup warm water
- Optional: dash of cinnamon or stevia

Instructions:

1. Mix all ingredients into warm water.
2. Stir and drink slowly.

Best Time to Drink: 20–30 minutes before meals

Pair With: Mindful eating (chew slowly, give thanks)

Verse for Reflection:

“So whether you eat or drink or whatever you do, do it all for the glory of God.” — 1 Corinthians 10:31

4. Cayenne Metabolic Fire Tea

Purpose: Stimulate fat burning and circulation

Ingredients:

- 1 cup hot water
- Juice of 1 lemon
- Pinch of cayenne pepper
- Optional: 1 tsp honey

Instructions:

1. Add lemon and cayenne to hot water.
2. Stir in honey if desired. Sip carefully.

Best Time to Drink: Morning or before a walk/workout

Pair With: A brisk walk or 15 squats

Verse for Reflection:

“The Lord will guide you always; he will satisfy your needs in a sun-scorched land.” — Isaiah 58:11

5. Cumin-Coriander-Fennel Belly Ease Tea

Purpose: Support digestion, reduce bloating, and ease belly discomfort

Ingredients:

- ½ tsp cumin seeds
- ½ tsp coriander seeds
- ½ tsp fennel seeds
- 1½ cups water

Instructions:

1. Boil all seeds in water for 5 minutes.
2. Strain and sip warm.

Best Time to Drink: After meals or in the evening

Pair With: Gentle seated breathing or a short walk

Verse for Reflection:

“He fills the hungry with good things.” — Psalm 107:9

Section B: Anti-Inflammatory & Pain Relief Teas

These teas are designed to gently reduce inflammation, ease joint or muscle discomfort, and support your body’s natural healing response. Chronic inflammation is behind many conditions like arthritis, fatigue, and even anxiety.

6. Turmeric Golden Soother

Purpose: Calm inflammation and soothe the body

Ingredients:

- ½ tsp turmeric powder
- Pinch of black pepper
- 1 cup hot water or warm plant milk
- Optional: ½ tsp coconut oil, cinnamon, or honey

Instructions:

1. Mix turmeric and pepper into the hot base.
2. Stir in extras. Sip slowly.

Best Time to Drink:

Evening or after physical activity

Pair With:

Gentle movement, journaling, or intercessory prayer

Verse for Reflection:

“Pleasant words are a honeycomb, sweet to the soul and healing to the bones.” —
Proverbs 16:24

7. Clove & Cinnamon Joint Relief Tea

Purpose: Ease joint aches and boost circulation

Ingredients:

- 2 whole cloves
- 1 cinnamon stick or ½ tsp ground cinnamon
- 1 cup hot water

Instructions:

1. Steep cloves and cinnamon in hot water for 7–10 minutes.
2. Strain and sip slowly.

Best Time to Drink:

Afternoon or post-activity

Pair With:

Stretching tight areas or massaging sore muscles

Verse for Reflection:

“He gives strength to the weary and increases the power of the weak.” — Isaiah 40:29

8. Chamomile & Fennel Calm

Purpose: Soothe stress-related inflammation and relax muscles

Ingredients:

- 1 chamomile tea bag or 1 tsp dried chamomile
- ½ tsp fennel seeds
- 1 cup hot water

Instructions:

1. Steep chamomile and fennel in hot water for 5–7 minutes.
2. Strain if needed. Sip warm.

Best Time to Drink:

Evening or after a stressful day

Pair With:

Quiet reflection or gratitude journaling

Verse for Reflection:

“Cast all your anxiety on Him because He cares for you.” — 1 Peter 5:7

9. Thyme & Ginger Sore Body Tonic

Purpose: Fight inflammation and support the immune system

Ingredients:

- 1 tsp dried thyme
- 1 tsp grated fresh ginger or ½ tsp ginger powder
- 1 cup boiling water

Instructions:

1. Steep thyme and ginger in boiling water for 10 minutes.
2. Strain and sip warm.

Best Time to Drink:

Morning or when you feel run down

Pair With:

A warm bath or rest day

Verse for Reflection:

“The Lord sustains them on their sickbed and restores them from their bed of illness.” —
Psalm 41:3

10. Nettle & Mint Flush Tea

Purpose: Reduce puffiness and calm systemic inflammation

Ingredients:

- 1 tsp dried nettle leaves
- 1 tsp dried or fresh mint
- 1½ cups hot water

Instructions:

1. Steep nettle and mint in hot water for 8–10 minutes.
2. Strain and enjoy.

Best Time to Drink:

Midday or after salty foods

Pair With:

Hydration check-in or a short outdoor walk

Verse for Reflection:

“He makes me lie down in green pastures. He leads me beside quiet waters. He restores my soul.” — Psalm 23:2–3

Extra Notes:

Nettle is rich in minerals like iron and magnesium, while mint helps soothe digestion and muscle tension. These anti-inflammatory teas are excellent for anyone managing chronic stress, fatigue, or joint pain. Sip regularly, especially during flare-ups or high-stress days.

Section C: Calm & Sleep Teas

These sacred sips help quiet the mind, soothe the nervous system, and gently guide you into rest. Ideal for evenings, anxiety, or anytime your soul needs peace. These teas support better sleep, reduce cortisol, and promote inner stillness.

11. Lavender Chamomile Sleep Tea

Purpose: Calm the mind and prepare the body for restful sleep

Ingredients:

- 1 tsp dried chamomile
- ½ tsp dried lavender
- 1 cup hot water

Instructions:

1. Steep chamomile and lavender in hot water for 5–7 minutes.
2. Strain if needed. Sip slowly before bed.

Best Time to Drink:

30–60 minutes before sleep

Pair With:

Dim lights and a prayer of surrender

Verse for Reflection:

“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” —
Psalm 4:8

12. Banana Peel Magnesium Brew

Purpose: Natural source of magnesium to relax muscles and support sleep

Ingredients:

- 1 banana peel (well-rinsed, organic if possible)
- 2 cups water
- Optional: pinch of cinnamon or honey

Instructions:

1. Simmer banana peel in water for 10 minutes.
2. Strain and sip warm.

Best Time to Drink:

In the evening after dinner

Pair With:

Leg elevation or gentle stretching

Verse for Reflection:

“He gives his beloved sleep.” — Psalm 127:2

13. Lemon Balm & Holy Basil Serenity Tea

Purpose: Reduce anxiety and balance cortisol levels

Ingredients:

- 1 tsp dried lemon balm
- 1 tsp dried holy basil (Tulsi)
- 1½ cups hot water

Instructions:

1. Steep herbs in hot water for 7–10 minutes.
2. Strain and sip mindfully.

Best Time to Drink:

Late afternoon or early evening

Pair With:

A moment of silence or journaling your worries to God

Verse for Reflection:

“Do not be anxious about anything, but in every situation... present your requests to God.” — Philippians 4:6

14. Passionflower & Oatstraw Deep Rest Tea

Purpose: Calm a racing mind and promote deep, uninterrupted sleep

Ingredients:

- 1 tsp dried passionflower
- 1 tsp dried oatstraw
- 1½ cups hot water

Instructions:

1. Steep herbs in hot water for 10 minutes.

2. Strain and drink slowly while winding down.

Best Time to Drink:

1 hour before bed

Pair With:

Soft instrumental worship or deep breathing

Verse for Reflection:

“You will keep in perfect peace those whose minds are steadfast.” — Isaiah 26:3

15. Valerian Root Gentle Knockout

Purpose: Natural sleep aid for restlessness and insomnia

Ingredients:

- 1 tsp dried valerian root
- 1 cup hot water
- Optional: chamomile or lemon balm for softness

Instructions:

1. Steep valerian root in hot water for 8–10 minutes.
2. Strain and sip just before bed.

Best Time to Drink:

Right before sleep, especially on restless nights

Pair With:

Unplugging from screens and thanking God for the day

Verse for Reflection:

“Come to me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28

Extra Notes:

Herbs like valerian, passionflower, and oatstraw work with the body’s natural sleep-wake cycles. They’re gentle but powerful over time. Chamomile and lemon balm also ease emotional tension. A nightly tea ritual is a beautiful way to surrender control and let God restore you.

Section D: Immunity & Seasonal Defence Teas

These teas are crafted to strengthen your body’s defences, especially during seasonal changes, stress, or exposure to illness. They are rich in antioxidants, warming spices, and herbs known to support the immune system and respiratory health.

16. Turmeric Ginger Defence Brew

Purpose: Boost immunity and fight inflammation

Ingredients:

- 1 cup hot water
- ½ tsp ground turmeric
- ½ tsp grated or powdered ginger
- Pinch of black pepper (enhances absorption)
- Optional: 1 tsp honey

Instructions:

1. Stir turmeric, ginger, and black pepper into hot water.
2. Add honey if desired. Sip slowly.

Best Time to Drink:

At the first sign of a cold or daily during winter

Pair With:

A warm bath or extra layers for warmth

Verse for Reflection:

“He heals the brokenhearted and binds up their wounds.” — Psalm 147:3

17. Garlic Lemon Immuni-Tea

Purpose: Fight off colds, flu, and sore throat symptoms

Ingredients:

- 1 clove fresh garlic, crushed
- Juice of ½ lemon
- 1 cup hot water
- Optional: honey or a slice of ginger

Instructions:

1. Steep crushed garlic in hot water for 5–7 minutes.
2. Strain, then stir in lemon juice and optional ingredients.

Best Time to Drink:

At the onset of illness or during exposure

Pair With:

Early bedtime and unplugging from media

Verse for Reflection:

“But I will restore you to health and heal your wounds, declares the Lord.” — Jeremiah 30:17

18. Elderberry Rosehip Defence Tea

Purpose: Strengthen immunity with vitamin C and antioxidants

Ingredients:

- 1 tsp dried elderberries
- 1 tsp dried rosehips
- 1½ cups water

Instructions:

1. Simmer berries and rosehips in water for 10–15 minutes.
2. Strain and drink warm.

Best Time to Drink:

Daily in cold/flu season or after exposure

Pair With:

Singing praises or writing a gratitude list

Verse for Reflection:

“With long life I will satisfy him and show him my salvation.” — Psalm 91:16

19. Thyme & Honey Lung Soothe Tea

Purpose: Support the lungs and ease cough or congestion

Ingredients:

- 1 tsp dried thyme
- 1 cup hot water
- 1 tsp raw honey

Instructions:

1. Steep thyme in hot water for 7–10 minutes.
2. Strain and stir in honey. Sip slowly.

Best Time to Drink:

During or after respiratory illness

Pair With:

Steam inhalation or gentle chest massage

Verse for Reflection:

“Breathe into these slain, that they may live.” — Ezekiel 37:9

20. Clove-Orange Antiviral Infusion

Purpose: Fight viruses and soothe sore throats

Ingredients:

- 4–5 whole cloves
- 1 slice orange peel (or zest)

- 1 cup hot water

Instructions:

1. Steep cloves and orange peel in hot water for 10 minutes.
2. Strain and enjoy warm.

Best Time to Drink:

Morning or when feeling run down

Pair With:

10 minutes in the sunlight or deep breathing

Verse for Reflection:

“But for you who revere my name, the sun of righteousness will rise with healing in its rays.” — Malachi 4:2

Extra Notes:

God’s pharmacy is rich with natural defenders. Elderberries, thyme, garlic, and turmeric have been used for centuries to prevent and shorten illnesses. Sip them slowly and prayerfully—God often heals through the simple and faithful care of our daily habits.

Section E: Hormone Balance & Women’s Wellness Teas

These blends are crafted to gently support the female body through its natural rhythms—whether monthly cycles, stress, or transitions like perimenopause. These teas promote balance, reduce cramps, ease tension, and encourage emotional harmony.

21. Raspberry Leaf Womb Support Tea

Purpose: Tone the uterus and support menstrual health

Ingredients:

- 1 tsp dried raspberry leaf
- 1 cup hot water
- Optional: mint or rose petals

Instructions:

1. Steep raspberry leaf in hot water for 10 minutes.
2. Strain and enjoy warm or chilled.

Best Time to Drink:

Daily during the luteal phase or period week

Pair With:

Journaling or resting with a hot water bottle

Verse for Reflection:

“You formed my inward parts; you knit me together in my mother’s womb.” — Psalm 139:13

22. Chamomile & Fennel Harmony Tea

Purpose: Calm PMS tension and ease bloating

Ingredients:

- 1 chamomile tea bag or 1 tsp dried flowers
- ½ tsp fennel seeds
- 1 cup hot water

Instructions:

1. Steep chamomile and fennel in hot water for 7–10 minutes.
2. Strain and sip slowly.

Best Time to Drink:

Before bed or during PMS symptoms

Pair With:

Evening prayer or mindful breathing

Verse for Reflection:

“Let the peace of Christ rule in your hearts.” — Colossians 3:15

23. Maca & Cinnamon Energy Balancer

Purpose: Support adrenal health and hormone balance

Ingredients:

- 1 tsp maca powder
- ½ tsp cinnamon
- 1 cup warm almond or oat milk

Instructions:

1. Stir maca and cinnamon into warm plant milk.
2. Blend or whisk for a creamy texture.

Best Time to Drink:

Morning or mid-afternoon

Pair With:

Sunlight and gentle movement

Verse for Reflection:

“She is clothed with strength and dignity.” — Proverbs 31:25

24. Nettle Nourish Tea

Purpose: Replenish minerals and support menstrual regularity

Ingredients:

- 1 tsp dried nettle leaf
- 1 cup hot water
- Optional: spearmint or lemon balm

Instructions:

1. Steep nettle in hot water for 10 minutes.
2. Strain and enjoy warm or cool.

Best Time to Drink:

Any time, especially during recovery or fatigue

Pair With:

Reclining meditation or a nourishing nap

Verse for Reflection:

“He gives strength to the weary and increases the power of the weak.” — Isaiah 40:29

25. Holy Basil (Tulsi) Stress Soothe Tea

Purpose: Balance stress hormones and lift the spirit

Ingredients:

- 1 tsp dried tulsi (holy basil)
- 1 cup hot water

Instructions:

1. Steep Tulsi in hot water for 7–10 minutes.
2. Strain and drink mindfully.

Best Time to Drink:

Afternoon slump or during emotional lows

Pair With:

A quiet pause or a moment of silence with God

Verse for Reflection:

“In quietness and trust is your strength.” — Isaiah 30:15

Extra Notes:

Women’s bodies are a sacred rhythm of renewal. Raspberry leaf, nettle, maca, and tulsi are plant allies that bring balance over time. When combined with rest, stillness, and compassion, these teas help restore harmony to both body and soul.

PART IV — DAILY HEALTH RITUALS & FAITH HABITS

Morning Temple Routine: Move, Pray, Sip

Start your day by treating your body as a temple. Stretch gently, speak to God, and drink something nourishing. This creates sacred momentum.

Midday Reboot: Walk, Hydrate, Reflect

Take a mindful pause. Go for a short walk, drink water or tea, and reflect on how you're showing up in your body and spirit.

Evening Wind-Down: Calm Tea & Stillness

Unplug, sip something calming like chamomile or tulsi, and sit with stillness. Let your nervous system settle as you give thanks for the day.

The Power of Fasting (Isaiah 58, Matthew 6)

Fasting isn't just about food—it's about focus. Set aside distractions to draw near to God. Let hunger for Him replace hunger for anything else.

Sabbath Rest: A Healing Commandment

Rest is holy. One day each week, slow down completely. Turn off the hustle. Let your soul and body be restored by doing less, not more.

PART V — 7-DAY TEA & HABIT CHALLENGE

Daily Plan: 1 Tea + 1 Habit + 1 Scripture

Day 1: Detox + Lemon Water + *Psalm 1*

Day 2: Calm + Stretch + *Philippians 4:6*

Day 3: Belly Ease + No Sugar + *Proverbs 4:20–22*

Day 4: Green Tea Focus + Gratitude Journal + *Romans 12:2*

Day 5: Sleep Tea + Screen-Free Hour + *Psalm 4:8*

Day 6: Hormone Balance + Nature Walk + *Ecclesiastes 3:1*

Day 7: Sabbath Sipper + Worship Music + *Isaiah 58:13–14*

PART VI — FINAL ENCOURAGEMENTS

Grace Over Guilt: God Sees the Heart

Health is a journey, not perfection. God sees your effort and your heart. Offer your best, not the impossible.

Every Sip is a Seed of Healing

Even small acts matter. Each tea, each pause, each prayer plants healing into your life.

Keep Going: Your Health is Worship

Don't give up. Your wellness honours God. It's not vanity—it's sacred stewardship.

Prayer of Dedication for Your Body and Life

“Lord, I surrender my body to You. Make me whole from the inside out. Let every habit, every sip, every breath glorify You. In Jesus' name, amen.”