

Simple Daily Practices to Cultivate Inner Warmth

Morning Support

- Sip ginger tea to awaken your digestive fire (1 tsp grated fresh ginger + 1 cup water, bring to boil then gently simmer 5 mins)
- Add dates into the cooking process, for sweetness if you like.
- If you prefer *raw* honey, wait for the tea to reach body temperature before adding

Breakfast

- Warm porridge with cinnamon, clove, and a teaspoon of ghee

Meals

- Prefer soups, stews, broths and casseroles over grills, roasts and breads

Oil Practices

Sesame oil is warming and a good friend during winter

- Use sesame oil in cooking
- Rub soles of feet morning & bedtime with warm sesame oil, to improve circulation
- Massage abdomen/navel clockwise, with warm sesame oil for 3 mins, morning and bedtime, to keep your colon warm, moist and well lubricated for ease and flow

Warming Spices and Herbs

- A sprinkle of black pepper over all meals → gentle internal heat
- Garlic in soups/stews → warming when *cooked*
- Cinnamon, cloves, ginger, cayenne, mustard seed → all cultivate inner warmth

Lifestyle Tips

- Choose gentle, integrated practices
- Let warmth, softness, moisture guide food choices
- Focus on 1 or 2 achievable actions daily
- Start small, repeat daily

Let warmth build gently, naturally, and consistently from the inside out.