

———— THERAWOLF RELIEF BALM WELLNESS GUIDE ————

The Daily Relief Ritual

The 14-Day Plan for Everyday Comfort & Easier Movement



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A Note Before We Begin

Some days, your body simply feels heavier than usual.

Your ankles are puffy by evening, your knees are stiff after sitting, and your hands feel tight when you wake up. A long car ride, an afternoon on your feet, warm weather, or just doing more than usual can leave your body asking for a little extra attention.

I spent my nursing career at the bedside, and if those years taught me one thing, it's that the most useful self-care routines are rarely the most elaborate ones.

They are the small habits you can actually keep.

A couple of minutes of gentle movement. Feet up at the end of the day. Slow breaths before standing. A soothing massage ritual.

That's what this guide is about.

Over the next fourteen days, we'll build that routine together, one small habit at a time. The first week introduces each piece. The second week brings them together into a rhythm you can continue long after the fourteen days are over.

The chapters ahead explain everything you'll need, and Chapter 9 lays out the complete day-by-day plan.

One note before we start: this guide is not about diagnosing swelling or replacing medical care. Swelling – the medical word is edema – can have many causes, from a salty meal or a long day of sitting to conditions that need a doctor's attention.

That's why chapter 2 covers the warning signs first. Please read it before you begin.

Everything after that is your gentle comfort routine.





Why Do I Feel So Heavy or Puffy?

Understanding everyday puffiness, heaviness, and stiffness

Your body is constantly moving fluid. Blood travels through your vessels carrying oxygen and nutrients. Fluid also moves between the bloodstream and surrounding tissues, while the lymphatic system helps collect excess fluid and return it to circulation.

When that balance is disrupted, an area may feel swollen, tight, heavy, or stiff.

Gravity plays a part, too, which is one reason feet and ankles are common places to notice puffiness after spending a long time upright.

Sitting still for hours contributes as well, because your leg muscles aren't contracting the way they do when you walk. And those contractions help move fluid along.

That's why gentle activity and resting with your legs comfortably raised are among the simplest at-home measures commonly suggested for mild, familiar lower-leg puffiness.

Everyday situations that can leave you feeling heavier:



A long car ride, flight, or several hours of standing



A hot day outside



Being less active than usual



A particularly salty meal



Sleeping or sitting in one position for a long time



Doing more physical activity than your body is accustomed to

Feeling puffy is not the same as having a *lymphatic condition*

Lymphedema is a specific medical condition in which the lymphatic system does not drain fluid normally, allowing lymph fluid to build up in tissues.

Managing it is usually guided by a professional and may include skin care, exercise, compression, and specialized massage — a plan built for you, not a one-size-fits-all routine.

If you have been diagnosed with lymphedema, **follow the plan your healthcare provider or lymphedema professional has given you.** Do not replace it with a general routine from any book, including this one.

A Useful *Mindset*



Instead of asking:

“How do I force this swelling away?”



Try asking:

“What gentle things can I do today to help my body feel comfortable and keep moving?”

That shift matters.

The goal here is not aggressive massage or chasing instant changes in the mirror. It is a **comfortable, sustainable movement that can become part of everyday life.**



Know When Swelling Needs Attention

Warning signs and when to seek medical advice

Most of us would rather try something at home before calling the doctor. And for familiar, mild puffiness without concerning symptoms, gentle self-care may sometimes be reasonable.

But swelling is one of those signs where knowing your boundaries matters.

Do not massage new or unexplained swelling until you know what is causing it.

Contact a healthcare professional promptly if:

- New swelling appears in only one leg, foot, ankle, or arm without a clear explanation
- Swelling begins very suddenly
- Swelling is severe or painful
- The skin becomes red or unusually warm
- You develop a fever or feel acutely unwell
- Swelling keeps worsening
- Home measures have not helped after a few days
- You notice new swelling in the face or abdomen
- You have heart, kidney, liver, vascular, or diabetic conditions, and your swelling has changed

Seek emergency care

for swelling that comes with difficulty breathing, chest pain or pressure, coughing blood, fainting, or severe lightheadedness. Those combinations can signal a medical emergency.

An easy rule to *remember*

Familiar	New
+	+
Mild	One Sided, Hot, Red or Painful
+	+
Temporary	Sudden or Severe
=	=
Gentle self-care may be reasonable	Get medical advice !

You know what is normal for your body better than anyone. When something feels distinctly different, pay attention. In all the years I worked in nursing, I never once saw a patient regret getting a new symptom checked early.





Your Morning "Get Things Moving" Routine

Six minutes of gentle movement to start the day

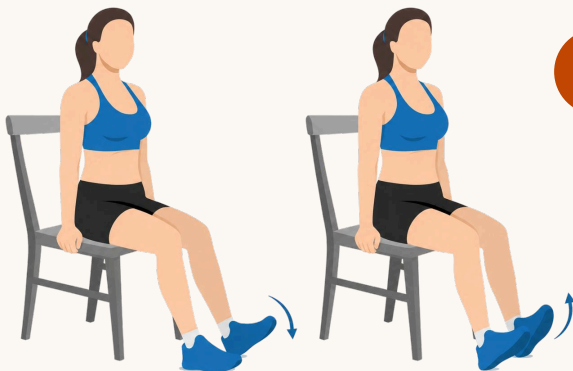
You don't need a workout first thing in the morning. You simply want to remind your body that the day has begun. U.S. physical activity guidance for adults sums it up in five words: **move more and sit less.**

This little morning reset routine takes six minutes, before breakfast or with your coffee.

6-minutes workout

1 Easy belly breathing

Sit upright, one hand resting on your abdomen. Breathe gently through your nose, letting your belly expand rather than forcing air into your chest, and exhale slowly. No counting required. The goal is simply to slow down and let your shoulders soften.

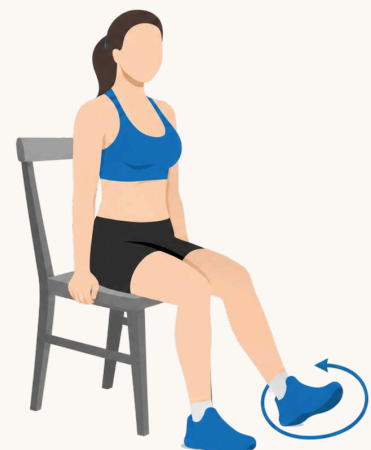


2 Ankle pumps

With feet slightly forward, point your toes away, then bring them back toward you. Repeat slowly 10–20 times. We taught these on the ward to patients before they ever stepped out of bed because they get the lower-leg muscles working without asking you to stand.

3 Ankle circles

Lift one foot slightly and draw a slow circle with your toes, five times each direction, then switch. Comfortable beats big.



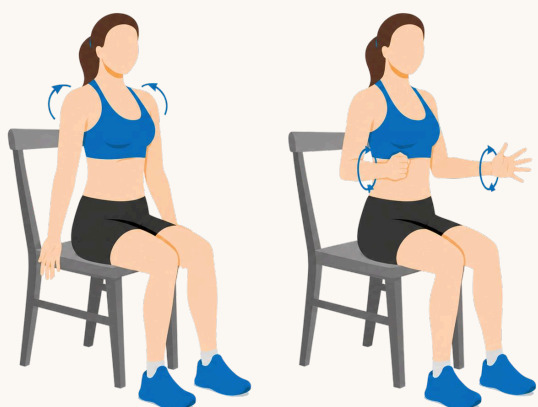
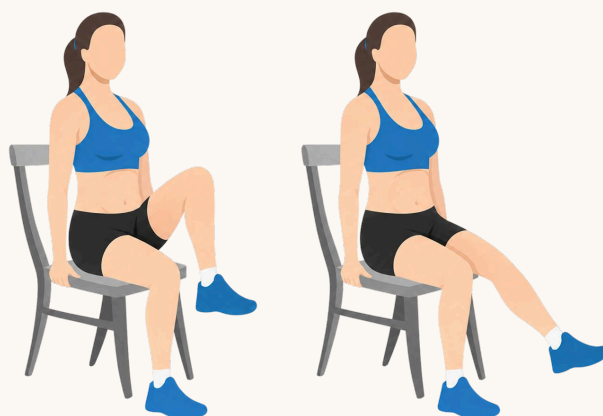
That's it. **Your goal is consistency, not intensity.** Some mornings you'll do all six minutes; some mornings just the ankle pumps and a walk to the kitchen. Both count.

Comfort rule

Exercise should never produce sharp pain, chest discomfort, unusual breathlessness, dizziness, or rapidly increasing swelling. If something doesn't feel right, stop and get appropriate medical guidance.

4 Seated marching

Sit tall and lift one foot a few inches, lower it, then the other, for 30–60 seconds. If lifting is uncomfortable, slide each foot forward and back instead.



5 Shoulder rolls and hand opens

Roll both shoulders backward a few times. Then spread your fingers wide, gently close your hands, and repeat 10 times, finishing with easy wrist rotations. Especially pleasant when hands and shoulders are stiff first thing.

6 Stand and walk

If standing is safe for you, rise slowly — use a sturdy chair or counter if needed — and walk around the room at an easy pace.





The "Don't Stay Still Too Long" Habit

Simple ways to keep moving throughout the day

One of the easiest wellness habits costs nothing – **change position regularly**. The goal here is to avoid staying planted in the exact same position for hours.

Every time a commercial starts – or every 45–60 minutes if you're reading, crafting, or at the computer – do something small:

- Walk to the kitchen and back
- Do ten ankle pumps
- Roll your shoulders
- Rise onto your toes a few times while holding a counter
- Take a lap around your home
- Stand for a moment if you've been sitting
- Sit and rest if you've been standing for a long time



The particular movement matters far less than the habit of interrupting stillness.

The same habit travels with you. On car, train, or plane journeys longer than a few hours, wear loose clothing, drink water, and stand up or do a set of ankle pumps every hour or so.

If walking is difficult, movement doesn't have to mean walking. Seated ankle pumps, gentle knee straightening, hand movements, and shoulder rolls all count. Adapt the movement to your body rather than forcing your body into someone else's routine.

Make it automatic

Small routines survive when they have a trigger, so pair movement with something you already do:

After my morning coffee



I walk for two minutes

When I finish lunch



I do ankle pumps

When my show ends



I stand and stretch

Before I apply my balm



I move the joint gently first



A Gentle Evening Self- Massage

A relaxing approach to massage and
everyday comfort

Massage can feel wonderful after a long day. But when puffiness is involved, more pressure is not better.

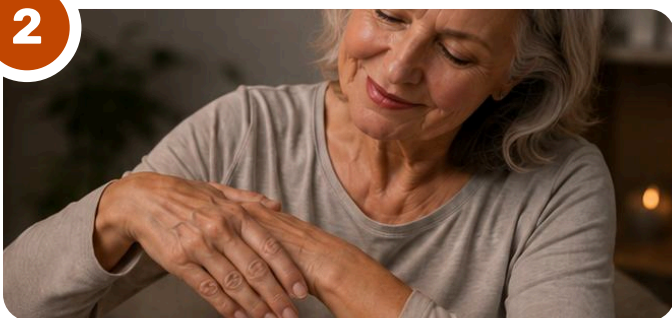
Provided your swelling is the familiar, mild kind (see chapter 2 for what needs checking first), use this short routine for relaxation and comfort

1



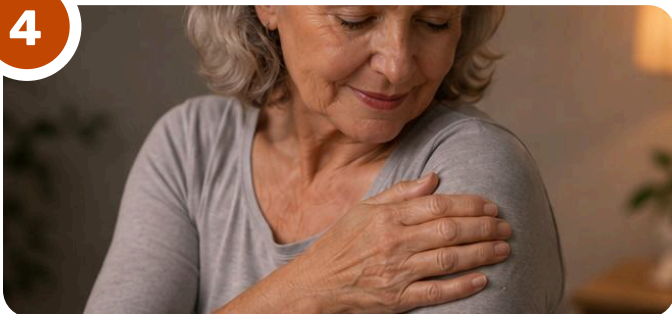
Get comfortable. Sit or recline somewhere supportive. If it's comfortable, rest your feet on an ottoman or pillows.

2



Relax your hands. A massage should not feel like kneading bread dough. Use your whole palm or the flat of your fingers rather than digging in with your thumbs.

4



Work around tired muscles. If a calf, thigh, forearm, or shoulder simply feels tired, use small, slow circles with your palm. Stay gentle.

What about "lymphatic drainage massage"?

Manual lymphatic drainage is a specialized technique used within some professional lymphedema programs. It is quite different from simply rubbing a swollen area, and not everyone with puffiness needs it.

If you have diagnosed lymphedema, significant persistent swelling, or swelling after cancer treatment or surgery, ask a qualified clinician or lymphedema therapist to teach you the right technique for your situation. That's far safer than copying an aggressive routine from social media.

3



Start gently. For the legs, make light, comfortable upward strokes along the skin. Use the same gentle approach on the hands and arms.

5



Finish with movement. Do ten ankle pumps for the legs or ten hand opens for the arms, then get up and walk briefly if that's safe and comfortable for you.

A woman with short brown hair is sitting on a light-colored couch, applying a yellow balm to her right leg. She is holding a small metal tin of the balm in her left hand. The background is softly blurred, showing a green plant and a lit candle.

Turn TheraWolf Relief Balm Into a Daily Ritual

Move, apply, massage, and reset



After you've made gentle movement and self-massage part of your routine, you can add one more simple step.

For areas that feel especially stiff, sore, or uncomfortable, reach for your **TheraWolf Relief Balm**. Used as directed, it can become a soothing part of your daily movement and self-care ritual.

A balm works best as part of a routine you'll actually remember. Instead of keeping the jar in a cabinet and reaching for it only when you're already frustrated, connect it to a predictable part of your day. For most people, the evening wind-down is the natural place

The whole ritual is simple enough to remember:
Move → Apply → Massage → Reset.

A note about the cooling sensation

TheraWolf Relief Balm contains peppermint oil, whose menthol creates that familiar cooling feeling on the skin. Topical peppermint oil can also cause irritation or a rash in some people, so follow the label:

- Use the balm only as directed
- Keep it away from sensitive or damaged skin and the eyes
- Follow TheraWolf's instructions about sun exposure after application
- Stop using it if you notice an unwanted skin reaction

And remember — **more balm is not automatically better balm.**

A small, consistent ritual beats overdoing it.

MOVE

Before reaching for TheraWolf, spend a minute or two gently guiding the stiff area through a comfortable range of motion. Slowly straighten and bend the knee, open and close the fingers, make small shoulder circles, or take a short, easy walk for the back. Never force a painful joint against resistance.

APPLY

Scoop a small amount of the Relief Balm with clean fingers and apply it to the area of everyday muscle or joint discomfort, following the product directions.

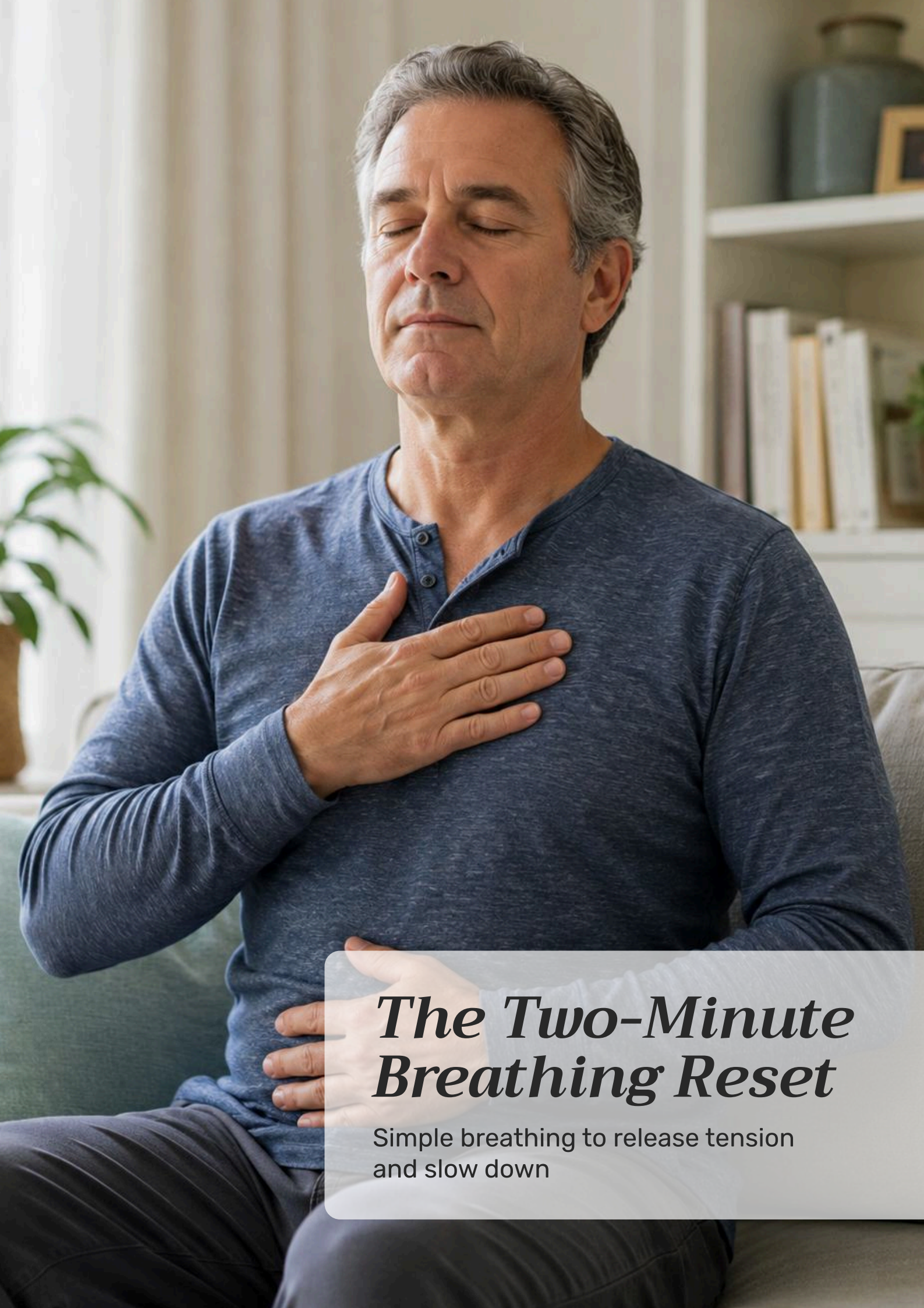
MASSAGE

Use comfortable circular movements to work the balm into skin. You don't need to press hard. Spend a minute or two letting the muscles around the area relax.

RESET

Finish with one more minute of gentle movement, then relax.





The Two-Minute Breathing Reset

Simple breathing to release tension
and slow down

When the body is uncomfortable, we tense up without realizing it. Shoulders creep toward the ears, the jaw tightens, breaths get shorter, movement gets cautious.

I saw it at the bedside constantly. And I watched how much difference a few slow breaths could make before a patient stood up or settled in to rest.

Slow, diaphragmatic breathing is a widely used relaxation technique, and here it isn't a treatment for swelling. It's a way to create a calmer moment before movement or rest.



Try this Exercise

- 1 Drop your shoulders** – don't force them down, just let them soften.
- 2 Place a hand on your abdomen** to give yourself something to focus on.
- 3 Breathe in** gently through your nose, letting the belly rise slightly.
- 4 Breathe out** slowly, imagining the tension leaving your shoulders.
- 5 Repeat for five relaxed breaths.** There's no prize for enormous breaths. Comfortable is better.

Pair breathing with movement by exhaling as you stand from a chair, rise onto your toes, straighten a knee, or start walking. It keeps you from holding your breath while you concentrate.

And adopt one small rule: **never rush the first movement after sitting for a long time.** One breath. Move your feet. Then stand.



Six Everyday Habits That Help You Feel Better in Your Body

Small choices that support everyday comfort and movement



1. Give your legs a break from gravity

If your feet and ankles predictably feel heavy after a day upright, **resting with your legs comfortably raised on pillows or a footrest is a simple option.**

When lying down, aim for a position that is comfortably above the level of your heart, if that position suits you.

Just make sure it doesn't strain your hips or back. And if lying flat ever makes you breathless, that's worth mentioning to your doctor.

2. Choose movement you actually enjoy

Walking is wonderful if you enjoy it, but it isn't the only option. Gardening, water exercise, dancing, chair exercises, tai chi, or a stroll with a friend all count.

National guidance encourages adults — including older adults — to **get regular aerobic and muscle-strengthening activity** suited to their abilities and health. If you're currently inactive, start small.



3. Notice your salt pattern

Salt isn't the enemy, and not everyone needs to limit sodium. But **high sodium intake can contribute to fluid retention in some people**, and clinicians may recommend cutting back when managing edema.

Notice if you feel puffier after takeout, soups, processed meats, or restaurant meals. These patterns can help guide conversations with your healthcare professional.

Follow any sodium, kidney, or heart dietary instructions you've been given, not general internet advice.





4. Be kind to your skin

Swollen or stretched skin can become dry or uncomfortable, so **keep it clean, dry, and comfortably moisturized**. Look at your feet and lower legs regularly, especially if you're older or have reduced sensation.

Don't ignore cuts, broken skin, unusual redness, or areas that turn hot and painful.

Good skin care is also a core part of professional lymphedema management, which tells you how much it matters.

5. Wear comfort, not constriction

Shoes, socks, or waistbands that dig into skin can feel miserable when you're puffy. **Choose what's comfortable** – tighter isn't always better.

Compression stockings may help tired or swollen legs, but the right type matters.

If you have diabetes, circulation issues, or swelling, check with a healthcare professional before use.



6. Drink enough water

A glass of water within reach is one of the simplest kindnesses you can do for yourself. Keep one where you'll see it and **sip throughout the day**, especially in warm weather or when you're more active than usual.

There's no need to force fluids – extra water isn't a treatment for puffiness – just don't let a busy day leave you running dry.

One exception: if your healthcare professional has given you a specific fluid restriction, that instruction always wins.





Your 14-Day "Move Lighter" Plan

A simple two-week routine to bring it all together

You don't need to overhaul your life. This plan builds your routine one small habit at a time. The first week teaches each piece. The second week puts them together into a rhythm you can keep.

If a day gets away from you, don't start over. Just pick up where you left off tomorrow.



Week One

Learn the Pieces

Day 1

Notice. Ten ankle pumps before standing this morning. Throughout the day, notice when your body feels heaviest or stiffest. This evening, write down one pattern — after sitting? after cooking all afternoon? after a salty restaurant meal? Today is about observation, not fixing.

Day 2

Move. Do the morning reset, take two short movement breaks during the day, and finish with one minute of ankle or hand movements. Your only job today is to interrupt stillness.

Day 3

Elevate. Gentle movement as usual. Notice any long stretches of sitting or standing. In the evening, rest with your feet comfortably raised for a while (if that's appropriate for you) and add five slow breaths.

Day 4

Create your balm ritual. Pick the time you're most likely to use TheraWolf consistently — after a shower, after an evening walk, during television, or before bed — and run through Move → Apply → Massage → Reset.

Day 5

Breathe. Practice the two-minute breathing reset before standing in the morning, during an afternoon rest, and before your evening balm ritual. Notice how often you've been holding tension in your shoulders or jaw without realizing it.

Day 6

Move your way. Choose a form of movement you genuinely like. A five-minute walk, ten minutes of gardening, chair movement while the coffee brews. It doesn't have to look impressive; it only has to happen.

Day 7

Review. Look back over the week. Which habits felt easiest? Which time of day does your body ask for the most attention? Circle two or three favorites — ankle pumps in bed, a walk after lunch, feet up in the evening, your TheraWolf ritual — because next week you'll weave them into full days.

Week Two

Put Them Together

This week, stop adding and start combining. Each day keeps the same simple shape — morning reset, movement breaks, evening balm ritual — with one small daily focus on top.

Day 8

Your first full day. Morning reset, at least two movement breaks, and the evening Move → Apply → Massage → Reset. That's the whole rhythm.

Day 9

Add water. Full day, plus a glass or bottle kept where you'll see it, sipped through the day.

Day 10

Add awareness. Full day, plus a glance at your salt pattern at each meal — just noticing, not overhauling.

Day 11

Add skin care. Full day, plus a look at your feet and lower legs in the evening: clean, dry, moisturized, nothing new or unusual.

Day 12

Add pleasure. Full day, plus ten minutes of the movement you enjoyed most in week one.

Day 13

Make it yours. Full day, but swap anything that isn't working for something that is.

Day 14

Lock it in. Write your personal routine down — the morning movements, the daily triggers, the evening ritual — and put it somewhere you'll see it. Keep only the habits you'll repeat. The best wellness routine is rarely the most elaborate one. It's the one that fits your life.



A woman with wavy brown hair is sitting on a light-colored sofa, smiling and looking towards the camera. She is wearing a blue long-sleeved shirt and light-colored pants. Her right hand is resting on her head. The background shows a cozy living room with a lamp, a potted plant, and a bookshelf. A white text box is overlaid on the bottom right of the image.

Your Daily Comfort Checklist

A simple routine to return to whenever
you need it

Come back to this page whenever your body feels particularly tired, stiff, or heavy.

This morning

- ☐ I moved my ankles, hands, or stiff joints gently.
- ☐ I stood up slowly after prolonged rest.
- ☐ I noticed whether today's puffiness or stiffness feels normal for me.

During the day

- ☐ I changed position instead of sitting or standing for hours.
- ☐ I took at least one short movement break.
- ☐ I wore comfortable shoes and clothing.
- ☐ I drank water regularly throughout the day.

This evening

- ☐ I rested comfortably, with my feet up if that helps.
- ☐ I used gentle movement instead of forcing stiff joints.

- ☐ **I completed my TheraWolf ritual: Move → Apply → Massage → Reset.**

- ☐ I took five slow, comfortable breaths.
- ☐ I checked my skin for unusual redness, warmth, irritation, or injury.

And most importantly...

- ☐ I listened when my body told me something felt different – and I know that anything new, sudden, or unexplained deserves a professional's opinion.



A Final Word

Feeling comfortable in your body doesn't always require a complicated plan.

Sometimes it begins with something much smaller. Like moving your ankles before you stand, a lap around the house after lunch, your feet up after a long afternoon, slow breaths instead of bracing against discomfort, a few quiet minutes with your TheraWolf Relief Balm.

These habits may seem almost too simple. That is exactly why they work – because you can repeat them, day after day.

And when movement fits easily into your day, you're far more likely to keep doing the things that matter to you. Like walking outside, cooking, gardening, playing with grandchildren, meeting friends, and getting around your home with confidence.

After a career of watching people recover, adapt, and thrive, my best advice fits in one line – start with one habit, then add another.

Move gently. Stay curious. Listen to your body.

And whenever a symptom feels new, severe, or different from your normal, give yourself permission to ask a healthcare professional about it. Taking good care of yourself includes knowing when home care is enough, and when it's time for help.



Important Health & Safety Information

This guide is provided for general wellness and educational purposes only. It is not intended to diagnose, prevent, treat, or cure any disease or medical condition, and it does not replace advice from your physician, nurse, physical therapist, pharmacist, or other qualified healthcare professional.

Swelling has many possible causes. Seek medical advice for persistent, unexplained, worsening, one-sided, painful, red, hot, or sudden swelling. Seek emergency medical attention when swelling occurs with symptoms such as difficulty breathing, chest pain or pressure, coughing blood, fainting, or severe lightheadedness.

If you have diagnosed lymphedema, cardiovascular disease, kidney disease, liver disease, diabetes, a history of blood clots, recent surgery, cancer treatment, significant mobility limitations, or another medical condition, ask your healthcare professional which massage and exercise practices are appropriate for you.

Use TheraWolf Relief Balm according to the instructions on the product packaging. Apply only as directed. Avoid sensitive, injured, or irritated skin and stop using the product if you experience an unwanted reaction. Follow product instructions regarding sun exposure.



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