



THE MORNING STIFFNESS FIX

A minute-by-minute protocol for waking up stiff — what to drink before your feet hit the floor, the ten minutes of movement that happen in bed, and the breakfast that

- The full forty-minute protocol, minute by minute
- Eleven make-ahead morning formulas
- The in-bed movement sequence, illustrated
- Three versions: normal morning, bad morning, flare

40 MINUTES · 11 MORNING FORMULAS · 3 ROUTINES

READ THIS FIRST

This guide is educational content about food. It is not medical advice, not a diagnosis, and not a treatment for arthritis or any other condition. It does not replace medication, and nothing in it should cause you to stop or change a prescription.

INTERACTIONS THAT MATTER

- Turmeric and ginger can increase the effect of blood thinners such as warfarin. Culinary amounts are not supplement doses, but the interaction is real. Every affected formula in this guide is marked.
- Tart cherry juice carries a meaningful amount of natural sugar. If you manage diabetes, treat it as juice, not as medicine.
- Ginger can lower blood pressure slightly, which matters if you already take something that does the same.
- If you are pregnant, breastfeeding, or preparing for surgery, ask before adding concentrated turmeric of any kind.

WHEN TO STOP READING AND CALL A DOCTOR

- A joint that is hot, red and suddenly swollen.
- Pain that is severe, or clearly worse week after week.
- Fever alongside joint pain.
- A joint that locks, gives way, or will not bear weight.

None of those are a stiff morning, and none of them are a job for a recipe.

WHAT IS IN HERE

The forty minutes

Minute by minute, from waking to out of the door.

Eleven make-ahead formulas

All of them prepared the night before.

Three routines

Normal morning, bad morning, flare morning.

The kitchen adjustments

For hands that do not work before eight.

The night before

What happens at 8 p.m. that decides 6 a.m.

THE FORTY MINUTES

Times are from waking, not from the clock. The whole sequence is built so that nothing asks a cold joint to carry weight before it is ready.

FORMULA FACTS		Normal morning
The full sequence		
AMOUNT PER SERVING		
00:00 · Before you move		2 min
00:05 · Ankles and wrists		2 min
00:08 · Knees to chest		3 min
00:12 · Hands		2 min
00:15 · Sit up slowly		1 min
00:18 · Heat		8 min
00:28 · Breakfast that is already made		5 min
00:35 · Then coffee, if you want it		5 min

Total: about thirty-five minutes, of which eight are a shower you were having anyway.

⚠ If a joint is hot, red and swollen, use the flare routine and speak to a doctor.

00:00 – BEFORE YOU MOVE

Takes about 2 min.

Reach for the flask beside the bed and drink the Wake-Up Infusion warm.
Do not stand up yet.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:05 – ANKLES AND WRISTS

Takes about 2 min.

Ten slow circles each way, still lying down. No stretching, no forcing, no pain.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:08 – KNEES TO CHEST

Takes about 3 min.

One leg at a time, ten times each, sliding the heel along the bed rather than lifting.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:12 – HANDS

Takes about 2 min.

Open and close ten times, then thumb to each fingertip twice. This is what gets a jar open at eight.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:15 – SIT UP SLOWLY

Takes about 1 min.

Roll to your side first, push up with the arm underneath. Sit on the edge for thirty seconds before standing.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:18 – HEAT

Takes about 8 min.

Shower warm — not hot — and aim it at the worst joint for two full minutes before anything else.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:28 – BREAKFAST THAT IS ALREADY MADE

Takes about 5 min.

Overnight oats, baked oats or kefir glass. Nothing that requires standing or chopping.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

00:35 – THEN COFFEE, IF YOU WANT IT

Takes about 5 min.

After food and after fluid, not before. On an empty stomach it is not doing you any favours.

WHY IT IS IN THIS ORDER

Warm fluid, then gentle movement without load, then heat, then food, then caffeine. Reversing any two of those is what makes a morning take forty minutes instead of twelve.

ELEVEN MAKE-AHEAD FORMULAS

Every one of these is prepared the night before. Nothing here asks you to measure anything at six in the morning.

No. 01 — The Wake-Up Infusion

On waking, before standing. Grate the ginger the night before and leave it in the flask. Add hot water at bedtime, cap it, and it is ready and still warm at six.

No. 02 — Ginger & Turmeric Morning Tea

Morning, with breakfast. Steep the ginger four minutes, then stir in turmeric and pepper off the heat.

No. 05 — The Overnight Oats Base

Breakfast, made the night before. Combine in a jar, refrigerate overnight, eat cold or warmed.

No. 14 — The Anti-Inflammatory Porridge

Breakfast, eight minutes. Simmer the oats, stir the spices in at the end.

No. 17 — Kefir & Berry Breakfast Glass

Breakfast, three minutes. Blend or simply stir.

No. 24 — The Berry Freezer Bags

Prep, ten bags at once. Portion 80 g of berries and a tablespoon of flax into each bag; freeze flat.

No. 28 — Chia Pudding, Made Friday

Breakfast, no cooking. Stir, refrigerate four hours or overnight.

No. 34 — The Cold-Hands Smoothie

Breakfast, two minutes. Tip the whole bag in and blend.

No. 39 — Ginger & Honey Fridge Syrup

Batch, keeps three weeks. Steep the ginger in warm honey and lemon, bottle, refrigerate.

No. 42 — The Simple Bedtime Milk

Bedtime. Warm gently.

No. 43 — Batch Baked Oats

Prep, six portions. Combine, bake at 180°C for 30 minutes, cut into six squares, refrigerate.

THREE ROUTINES

THE TWELVE-MINUTE VERSION

Flask, hands, ankles, sit slowly, warm shower. For the mornings that are only slightly stiff.

THE FULL VERSION

All eight steps above, about thirty-five minutes including the shower.

THE FLARE MORNING

Fluid and heat only. No movement sequence, no pushing, and a phone call to your doctor if it is new or severe.

KITCHEN ADJUSTMENTS

- A flask beside the bed, filled the night before. This one change does most of the work.
- Jar openers on the wall, not in a drawer you have to reach into.
- Everything for breakfast on one shelf at chest height.
- Lever taps rather than round ones, if you are replacing them anyway.
- A kettle you can pour without lifting — or fill the flask the night before instead.

THE NIGHT BEFORE

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- Fill the flask (No. 01).
 - Make the evening formula (No. 04) an hour before bed.
 - Set breakfast out — jar, spoon, bowl.
 - Warm room, dark room, and a consistent hour.
 - Alcohol close to bedtime shows up in how the first hour feels. That is not a moral point, it is a pattern.

BEFORE YOU GO

One change at a time. The most common way this fails is doing all of it in week one and none of it in week three. Pick the single formula that fits your evening and make it until you stop thinking about it — then add the next.

YOUR REFUND, PLAINLY

Sixty days, no questions, no form. Email accesssupport.ai@gmail.com and it is done. You keep the guide.

LEGAL

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