#1 Fastest Way To Cure Gut Problems (Science Backed) Transcript

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Introduction to the Gut Health Tea

If you have bloating, acid reflux, IBS or any gut related issues and you are looking for the best natural method to get rid of these gut-related problems, then today's video is for you.

Because I have seen several people in my clinic who have tried either lemon water, apple cider vinegar or ginger teas and none of those have been working for their gut.

In fact, some of the teas were making things worse for them. That's the reason I researched and came up with this natural tea which has all the ingredients that help people in improving their gut health whether they have bloating, acid reflux, IBS or any gut inflammation issues.

Hi I am Dr Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicines plans.

Why Common Remedies Fail for Gut Issues

Several people have gut related problems and they have tried several natural remedies but they do not see improvement or they actually see worsening of their symptoms.

And I started wondering what is the reason behind it. Because several people were using lemon water in the morning but their acid reflux were getting worse.

Other people were using peppermint teas, but it was not helping their bloating. Other were ginger teas but that was irritating their stomach. Then I realized all of these different formulations are working at different parts of your gut and all the different part of the gut are all interconnected and unless we work in each and every part that includes your esophagus, your stomach as well as your intestinal lining, you are not going to see improvement in the Gut related problems.

So that's the reason I came up with this special one cup tea recipe that works on different parts of the gut and has helped several of my clients improving their gut related issues.

The first ingredient over here is coriander seeds. Yes, many of you have seen coriander seed in the grocery aisles, but you never knew that coriander seats can be one of those powerful things that can heal your gut.

Specifically, coriander is a cooling herb. That means it reduces acidity as well as gut inflammation.

How the Tea Supports Different Parts of the Gut

Plus coriander seeds are also great for people with IBS, specifically whose stools are more on the looser side. So if you feel your gut is on fire, coriander are the solution.

The second ingredient over here are fennel seeds. But most people are not aware that fernel can drastically reduce the gas and bloating in your guts. Plus people who have a lot of stomach spasm and intestinal spasms.

Fennels can be a really game changer for them. Now peppermint teas also work for intestinal spasm but there is a negative side to pepparmint that it makes the acid reflux worse.

This is where fennel is better than peppirmint because it reduces the stomach spasms as well as it also improves your acid re-flux. The third ingredient which is the magic ingredient is licorice root specifically the DGL form.

Licorices is also called as muleti in Indian subcontinent. In research studies it has been shown that licorrice heals your gut lining. It improves your leaky gut problems as well as reduces acidity and also repairs the damaged intestinal and stomach lining of your guts.

Here's one important thing that people should know about licrice. Now, liquorice in people who already have high blood pressure issues can increase their blood pressures.

So if you are on blood-pressure medications or you have heart issues, then make sure you consult your doctor before you use liquor. The fourth ingredient over is ginger.

Now you might ask this question, well, you told ginger makes things worse for gut and you're using it in your tea.

Key Ingredients and Their Benefits

So here's what I came to know about ginger. If you are using too much ginger, then it irritates your gut. But if you're using just a little bit of ginger that it improves your digestion and reduces inflammation in the gut, so that's the reason only small amount of Ginger is what we are Using in this recipe.

The fifth ingredient is chamomile tea. Now most people might ask this question. Chamomiles is actually more for relaxation while you are using it for gut health.

The new research study shows that gut is your second brain. Gut has its own nervous system and produces its neurotransmitters like serotonin and dopamine.

So chamomile helps in rebalancing the nervous system of the gut. So specifically it helps and calming inflammation in your gut Alright, now let me share with you exactly how to make this recipe and when is the best time of consuming it.

To make the recipe, you need to take one and a half cup of water and you start boiling it and then you can put half a teaspoon of coriander seeds. Then you put one teaspoon of fennel seeds into it.

And then only one fourth inch of fresh ginger is what we want to put into this cup for you. You let it simmer for three to five minutes and then you switch off the flame and you add your chamomile tea bag into or if you have loose dried chamamile teas you can add that to it and add one-fourth teaspoon or licorice powder into.

Then again you let sit for around four to 5 minutes. After that you strain this tea into a new cup and then you slowly sip it in the next 5 to 10 minutes.

Make sure the tea is not hot. Now what is the best time of consuming this Tea?

How to Prepare and When to Drink It

So first you can consume this in morning time because lot of people are waking up either with bloating or acid reflux or as soon as they start eating their first meal, they have gas and bloat.

So before you consume your first meal, 30 minutes to 40 minutes before your meal you can have this one cup tea. The second time you have tea is again in the evening time 30-40 minutes after your dinner that is going to help you in reducing inflammation in your gut specifically in night time so that you feel fresh in morning.

So today I shared with you this one cup powerful natural remedy, which has helped several of my patients to improve their gas, bloating, IBS or gut related inflammation.

If you're liking this recipe, make sure you do like and subscribe to my channel. So you keep on getting this kind of information in the future. You keep improving your health.

Now, what to expect once you start making this tea? Well, on the very first day, you might not notice a huge difference. But if you keep using it, generally on the 3rd to 4th day, you are going to start noticing a shift in your gut that you might have less gas and you will see an improvement in digestion.

Expected Results and Diet Tips

After 7 to 10 days is where you're going notice that your bloating is less, your acid reflux is also less plus you'll feel that the gut inflammation has also reduced dramatically.

Now, obviously along with this tea, make sure you are eating an anti-inflammatory diet and try to control your process food intake and completely stay away from caffeinated beverages like tea and coffee as well as lot of fried or spicy food.

That definitely is going to help in healing your gut also. So try this Tea tomorrow itself and let me know in the comment section after one week of trying it what difference you're seeing in your Gut.

Until next time, take care, bye bye.