#1 Natural Capsule To Fix Inflammation & Thyroid (Quick Fix) Transcript

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Introduction to Tocotrienols

What if I told you there is a form of vitamin E that 99% of supplement companies completely ignore and the new research suggests that can be one of the most powerful tool in reducing inflammation in your body.

And here's the kicker, most doctors do not talk about it. Most patients have never heard about. But today you are going to hear about this particular form of vitamin E and how you can use it to lower inflammation in your body.

Now most people have heard about vitamin E and its benefits for eye health as well as skin health. But what people are unaware that there is a specific form of vitamin e which research shows can lower inflammation significantly in the body.

This particular form of vitamin E is called tocotrinols.

Why Tocotrienols Matter for Inflammation

Most people have heard of tocopherols which is only one form vitamin e and they have never heard tocrotrinol as the form a vitamin which the new research suggest is the most powerful antioxidant reduces inflammation in the body as well as also enhances the metabolic capability of your body so you can lose weight also.

So if you are that person who has high amount of inflammation is going through autoimmune diseases like Hashimoto's or if just want to improve your health in general then this video is for you.

Stay till the end because I am going to share with you exactly how to use this particular trochotrinols in your daily life so that can help you in improving your health.

So whenever you are going to buy a supplement of vitamin E, if you look at the bottle, it will only show that it has tocopherols as a form of Vitamin E.

Well, vitamin e is not just one compound, It is a combination of eight compounds, four tocoferols and four tocotrinols. And here's the shocking part, for reducing inflammation in your body, Tocotrinols are the ones which actually work.

The tocotrinol are up to five times more potent in reducing inflammation in your body as compared to tocopherols. So if your vitamin E supplement has only tocoferols, then you're missing the opportunity of getting the full benefit of vitamin e in our body.

And we know inflammation is a root cause of all chronic health conditions. Whether it is autoimmune diseases like Hashimoto's, whether it's heart diseases, diabetes or even cancer.

Now let me share with you the research backing my claims. First of all, these tocotrinols block something called NF-kB.

Research on Anti-Inflammatory and Metabolic Benefits

NF kB is the main molecule which is responsible for chronic inflammation in your body. Certain research studies on tocotrenols have shown that they can reduce the levels of CRP by 40%. They are able to reduce your oxidative stress by 34% and they are to increase your anti-oxidant capacities by more than 22%. So we have several researches studies which prove that these tocrotrenol really help in reducing inflammation.

These toccotrenoles have two different forms. One is the delta-tocotrinols and the other one is gamma-tocotrinol.

Now these delta-tocotrenols are up to 5 times stronger than your regular tocopherol and these gamma-tocotrenol are 3 times more powerful than the tocoferol.

So definitely they increase your antioxidant capacities and antioxidants are the compounds which help in fighting off inflammation in your body. And the benefit of these tocotrinols do not stop at only reducing inflammation they actually improve your metabolic health.

A 24 week study that was done on diabetic patients who were given these tocotrenols on the regular basis. At the end of that study, they saw significant improvement in their sugar levels, their insulin resistance lowered, plus their triglyceride also improves significantly.

So this clearly proves the metabolic benefit of these tocotrenols and can be very useful specifically for thyroid and Hashimoto's patients to improving their glycemic control and help them in losing that stubborn weight.

Now what is also important to know that these stocotrenols are taking care of one pathway which is the NF-kB but we have several other pathways which are causing inflammation in the body.

So you need to combine these tocopherols with another compound which the thymoquenone. which comes from the black cumin seed oil.

Combining Tocotrienols with Black Cumin Seed Oil

These thymoquinones will block your COX-2 pathway, your LOX pathway as well as your TNF pathways too. these are all the other pathways which combined with NF-kB is responsible for causing inflammation.

So when you combine the power of these tocotinols which blocks the NF kB with the thymoquinone which come from black Cumin seed Oil which block the cox, the LOx and the Tnf alpha pathway too then you are getting a complete anti-inflammatory medication.

Now this protects your body cells by three-layer defense. They actually protect, modulate and repair your cells so that even if your cell are being damaged from inflammation, they create the mechanism to repair them also.

Here's also a very important thing to know. Some of the recent studies have even shown that the alpha-tocopherols interferes with the absorption and working of these tocotrenols.

So if you are taking a vitamin E supplement which has both alpha-tocopherol and tocoterinols, they might not work the best because your tocotenols do not get the full advantage of working alone.

It is very important to find a supplement of tocotonols alone and not with tocopherols And then if you can combine it with the black cumin seed oil supplement, the combination works in a synergistic way in reducing inflammation, improving your metabolic health as well as your thyroid health too.

Now along with giving you the benefit of lowering inflammation. The combination of tocotrenols with black human seed oils has other health benefits too, it actually improves your liver health and you know that liver is your master detoxifier.

So by improving you liver's health, It helps your body in detoxification process. In fact people who have fatty liver disease it can help in reversing your fatty-liver issues also.

Plus it also protects your heart.

Additional Benefits for Liver, Heart, and Brain

It lowers triglycerides, it lowers the bad cholesterol which is the LDL and supports the HDL which your good cholesterol and reduces inflammation in your cardiovascular tree.

So it protects you heart from any further damage which happening over there. The other thing it does is protects the brain. By having very high amounts of antioxidants, it protects the brain from any damage from inflammation.

This is what is happening in people who have Alzheimer's or dementia that their brain cells are being damaged from Inflammation. The specific form of Antioxidants that you get from this combination protects your brain cells from any damage and can significantly improve that brain fog that you might be experiencing.

Now the bigger question is that where can you get these tocotrenols from? Well the most important source of these tocotrenol is anatose seeds. These anatase seeds has the purest form of tocotenols in the whole world.

So that's where you need to get these tocotrinols from these annatto seeds only. So several places have these Annatto seed powders, which is also used as condiment in cooking purposes.

And in certain cultures, it is used also as a medicinal benefit too. If you want to these Tocotrinol on the natural basis, the best thing is to consume these Anatto Seed powder that will give you the purest form of Toco Trinols.

Now this is where we have created this specific supplement. which derives these tocotinols from the purest form of annatto seeds and what we have done is that we've combined black cumin seed oil also in this particular supplement so that you get the combination of both of them together.

The name of the supplement is Cell Renew. It has about 125 mg of delta and gamma tocotrenols and it is combined with 1 gram of purest form of black cumin seed oil.

Best Sources and Supplement Recommendation

If you take two capsules of this on the daily basis, you will see significant improvement in your inflammation your metabolic health will improve, you will support your liver as well as your heart health.

And if you are dealing with Hashimoto's disease, then there is a good chance that you were able to lower your thyroid antibodies and support you thyroid health also.

But if your unable to buy this supplement, my recommendation would be to find anatomy powder into your online or your local stores and start consuming it.

but along with it make sure you are also using black cumin seed oil the same time so that way they both combined together will work really great. Now the important thing to know these are not going to work in a day or two you're looking for at least four to six weeks of taking these supplements on the regular basis but then you will see an improvement in your energy you'll feel less bloating you feel energized in the morning you will feel your inflammation levels are lower.

How to Use It and Final Takeaways

So today I shared with you this unknown tocotrinols which is a specific form of vitamin E which most people are missing and that can be a key in getting rid of inflammation in your body and supporting your to get healthier again.

I hope you like this video. Give this supplement a try or try to use food as a source to get these particular tocotrenols and black cumin seed oil and share in the comment section what difference you see after using it for at least four to six weeks.

I Hope you liked this Video. If you do, please like and subscribe to my channel as well as share this information with others who can benefit from it.

Until next time, take care. Bye.