#1 Natural CUP At Night Slows Aging Fast (Must Try After 30) Transcript

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Why Aging Accelerates During Sleep

If you want to reverse up to 10 years of aging while you sleep, then today's video is for you. Aging accelerates when our body loses its ability to repair itself while we sleep.

But the good news is that you can switch back this repair system easily. This is where I am sharing with you this one cup natural drink that you consume at bedtime that slows down aging of your skin and your body, improves the repair process of body so you have more energy and better mental clarity and all this happens while you are sleeping because this drink works overnight in your Body.

So stay with me till the end of the video because I'm going to show you exactly how to prepare this Drink and the best way to consume it so you can start your anti-aging process today itself.

Research shows that after the age of 30, our body starts showing signs of aging. And it is not because it's in our genes or because our body is getting weak.

The main reason our bodies start aging at a faster rate is that our repair system becomes inefficient and that leads to aging of our Body. Why this happens?

Because our growth hormone starts dropping.

How Repair Systems, Hormones, and Collagen Decline

Our melatonin levels which is our deep sleep hormone also starts dropping. Also our body's ability to make collagen also start decreasing. That's the reason you might start noticing that your skin is becoming more dull and maybe you are seeing some early wrinkles.

Your deep sleep becomes shorter and that's the reason you have less production of growth hormone and significantly impacts your repair process. Plus your metabolism decreases and you more hormonal dysfunctions.

There is higher cellular inflammation in the body. So these are all the reasons that our body starts aging at a quicker pace and a lot of people are using expensive facial serums or supplements or expensive face treatments but most of the time those are inefficient and the key important thing over here is actually restoring the homeostasis in your body by using natural ingredients which rebalances your hormone, improves your collagen production, reduces inflammation in the body so your bodies repair system improves and your body starts feeling better again.

So that's where I have prepared this specific bedtime tea which has ingredients which are supported by research that works on different pathways of aging and can help you in rejuvenate your own body in all natural ways.

Let me first share with you the ingredients of this drink and how they exactly start your anti-aging process. The very first ingredient over here is nutmeg.

Natural Bedtime Tea for Anti-Aging

Nutmeg is used world over for various health benefits. Some people use it as a spice for baking or even adding to their warm dishes. But what they don't know is that this nut meg has natural powers of increasing your body's melatonin production.

and also it improves the growth hormone production in your body plus helps your in going into the deep sleep mode. So this is what happens when you consume nutmeg before bedtime, you see your melatonin increasing and you also will feel that your is going to a higher deep-sleep mode, this the time where your starts producing more

growth hormones.

This growth hormone helps in collagen production which improves your skin health and skin glow plus it also improves the repair process of our cells thereby reducing inflammation in those cells.

Now let's say you do not have access to nutmeg, then an alternate ingredient over here can be cinnamon. Cinnamon has very similar properties because it helps improve insulin sensitivity, it has polyphenols which reduces inflammation, plus helps your body in going into the deep sleep mode.

So the first preference is nutmeg, but if you don't have it, then cinnamon is an alternative that you can use. The second ingredient over here is saffron.

Now saaffron research studies show that it has very high antioxidant, anti-inflammatory properties. Research has shown that saeffron protects your mitochondria and recent aging research shows that destruction of mitochondrion is a primary reason of aging.

So by protecting your Mitochondria, safferon slows down aging Also, Saffron activates something called BDNF in your brains, which improves your memory as well as your mental clarity.

Plus, saffron also improves the production of skin collagen, thereby improving your skin health also. The third ingredient over here is using either almond milk or coconut milk.

Both of these milks have a high amount of tryptophan as glycine in them.

Nutmeg, Cinnamon, Saffron, and Milk Benefits

Both of these compounds again help in improving our sleep quality, they improve our metabolism overnight for us as well as help our body in rebalancing hormones while we sleep.

Plus they also help support our adrenals by lowering cortisol. So together all of the three ingredients improves our deep sleep which improves growth hormone production.

It improves our mood as well as our memory. It reduces brain inflammation so you have mental clarity. Plus, it improves collagen production so that you will have better skin glow.

If you want to supercharge this drink, then you can add half a teaspoon of Ashwagandha powder. Ashvaganda powder for most of the people will improve their adrenal glands, reduce inflammation in their body as will also improve your energy levels.

So this is an optional thing that can be added. Now let me share with you exactly how to prepare this and how you consume it. So for this you need 1 cup of either almond milk or coconut milk and then you warm the milk slightly.

Do not boil it but just warm it. When the Milk is warm, you add 2-3 strands of saffron into it and after that you can add a pinch of nutmeg powder. And as I said, if you do not have a nutmeg powder, the alternate will be cinnamon powder only one fourth teaspoon only.

And then you let it sit for four to five minutes. So all of the antioxidant anti-inflammatory compounds from saffron and nut meg gets absorbed into the milk.

And then as an optional content, if you want to add your half a teaspoon of ashwagandha powder, you can add it and then you drink it slowly in the next 4-5 minutes.

How to Prepare and Drink the Recipe

Make sure you take it 30-45 minutes before bedtime because the ingredients of this drink needs to be absorbed in

your system and starts working better and it takes approximately 30 minutes for them to start working in our body.

Now there are some other additional things that you can do before bedtime that is going to boost how this drink is gonna work in your body. First is taking magnesium glycanate supplement with this.

Magnesium takes part in more than 300 enzymatic reactions and a lot of these enzymetic reactions are responsible for aging in our body and most of us are deficient in magnesium so taking this magnesium supplement will boost your anti-aging benefits.

This is where I have created a magnesium supplements, the link will be in the description if you want to buy it. it. Along with magnesium, make sure you are switching off all the screens 60 minutes before your bedtime.

That blue light from the screen interferes with your melatonin production as well as increases inflammation in your body while you sleep. Plus try to have an anti-inflammatory diet especially for your dinners and do not eat heavy diners.

Extra Nighttime Tips and Closing Advice

So today I shared with you a simple one cup drink that is ingredients backed by science which can help in rejuvenating your skin, your body as well as stop the aging process so you can slow it down and improve the quality of life by improving your energy, mental clarity your joint pain will be better as well as you will see an improvement in your mood.

Try this drink for the next couple of weeks and you'll start noticing that your quality of sleep is improved. You'll also notice that you're mood is more stable and waking up in the morning feeling more fresh.

So I hope you liked this video. If you do, please like and subscribe to my channel so you keep on getting this great information in future also. Also share this information with others who can benefit from it.

Until next time, take care, bye.