1 Pinch In Morning Reverses Aging And Inflammation Transcript

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Introduction to the Amla Anti-Aging Remedy

Today I am sharing with you this one pinch natural remedy which has the nature's most powerful anti-aging compound and interestingly none of the anti-aging experts have been talking about this remedy which when taken correctly not only improves your skin health but can also reverse aging for you.

So stay with me till the end to know the exact recipe and how to use it correctly. 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 medicine plans. The magical remedy I am talking about is Amla. It is also called Indian gooseberry.

Now before you click away thinking that yes I already know about Amla or I am already using it.

What Amla Is and Why It Matters

Let me tell you this thing. Most people who are consuming Amla are using it in the wrong way. They are completely destroying all of its health benefit and that's the reason they are not seeing the improvement from it.

And until you combine Amla with this particular natural ingredient, it doesn't get absorbed from your gut. And it's not me, it's the research suggesting it.

Okay, now let's first talk about what is Amla and why I am claiming it to be the world's most powerful anti-aging compound. Well, Amla or Indian gooseberry is a powerful Ayurvedic medicine, has been used for centuries but the modern research is now catching up with it.

Amla has a unique set of antioxidant compounds called emblicanins. Interestingly, there is no other food which has these antioxidant compounds and the research study shows they have powerful anti-aging benefits.

Plus, AMLA also contains Vitamin C and here's an interesting fact. AMLA has 20 times more Vitamin C than an orange. Plus, the Vitamin C in AMLA is bound to a compound called tannins.

What that means is that these tannins safeguards the Vitamin C against getting oxidation, so keeps it more stable so your body can absorb more.

Why Black Pepper Improves Absorption

That's the reason majority of the vitamin C supplements or other foods high in vitamin C fail because they do not have this protective compound and that's the reason AMLA works better.

But here's one problem that research study showed with AMLA. The problem is actually not in AMLA but actually in your gut. Your gut has certain enzymes called glycoproteins.

The job of these enzymes is to flush out large polyphenol compounds like the ones which are present in amla. So your gut is not able to absorb it. Now this is where research scientists figured out a way.

The way was adding black pepper or piperine to amla. The piperine compound in black pepper suppresses these enzymes in your gut. and thereby promotes the absorption of these antioxidants and vitamin C compounds from amla directly into your bloodstream.

And this was showed by a research study. Now before I give you the exact recipe of how to prepare this amla in

the morning, let me first tell you the common mistakes people make when using this recipe.

Common Mistakes When Using Amla

The very first mistake is that as soon as you heat amla, whether it is by putting it into boiling water or just cooking amla, you are completely destroying the polyphenol compounds, the amble cans into the amla because they are very sensitive to heat and will get destroyed when you are heating amla.

So when you're using amla to cook food or when you're using boiled amlas then that completely loses its efficacy. The second mistake is that if you do not combine your amla with the carrier molecule of piperine then it doesn't get absorbed from your gut and that's the reason you will never see any benefit from it.

Plus amla has to be taken empty stomach. That's the only way it gets absorbed because when you take it with food all of the antioxidant compounds from amla doesn't get absorbed in your system.

Alright, now let me share with you the exact recipe that you make in the morning. For this, you will need 1 teaspoon of amla powder. As I said, amla is also called Indian gooseberry.

So look for Indian gooseberry powder, 1 teaspoon of it. Try to look for cold pressed or freeze dried amla powder because that is the highest amount of antioxidant compounds into it.

The second ingredient over here is black pepper because that has a piperine compound which enhances the antioxidant absorption from amla.

Morning Amla Drink Recipe

Now the best thing is to actually freshly grind black pepper. The reason being when you use ground black pepper, it loses piperine over the course of time.

So if you're grinding it fresh, then you're getting the maximum piperine. You can add a pinch of black pepper If you can tolerate more, then the ideal quantity would be a quarter teaspoon of freshly cracked black pepper.

The third ingredient over here will be ginger. You can simply grate half an inch of fresh ginger and add it to this recipe. The reason we are using ginger is that ginger again works on different anti-inflammatory and anti-aging compounds and when combined with amla and peppermint, it showed that it was able to lower inflammation and has more anti-aging benefits.

And then in the end, for taste purposes, you can add half a teaspoon of raw honey into it. Well, raw honey also has its own benefits because it has several polyphenol compounds which again improves the anti-aging benefits of this recipe.

Now let's talk about how to prepare this drink and when to drink it. First of all, to prepare this drink, you need 1 cup of warm water. Make sure it is warm and not hot water because again you destroy the antioxidants.

Now to this warm water, add your 1 tsp of amla powder, ¼ tsp of fresh cracked black pepper, ½ inch of grated ginger into it. half a teaspoon of raw honey into it and then basically you mix all of these together.

Best Time to Drink and Final Tips

You let it sit for one minute and then you drink it. Now what is the best time of drinking it? The research shows the best time to drink it is early in the morning because your body is into the fasting stage and in that fasting stage those enzymes which inhibit the absorption of amla in your gut are also the lowest.

After drinking this, you wait for 30 minutes before you go for breakfast or any other drinks. Before we move forward,

I would like to say, if you are feeling this recipe to be useful, make sure you like and subscribe to my channel so you keep on getting these great information in the future also.

So this one powerful natural recipe that I shared with you, which is research back, can literally start your journey of anti-aging benefit. I have made another video which combines really well with this recipe.

It is a 2 minute morning routine that can again support reverse aging. When you combine the 2 minute morning routine with this powerful amla recipe, you are getting a complete anti-aging protocol which is natural.

and takes only a few minutes to implement in your life. The link will be in the description for you. So give this a try and share in the comments section how you like it.

Again, make sure you like and subscribe to my channel as well as share this video with others so you keep on getting this kind of information in the future also.

Until next time, take care, bye bye.