2-Minute Hack to Reverse Aging (Anti Aging Without Cream/Serum/Supplement) Transcript

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Intro: Reverse Biological Age in 2 Minutes

What if I told you that in just 2 minutes every morning, you can literally reverse your biological age. You don't need expensive equipments nor do you need a big list of supplements.

You just need to show up every morning and do this for 2 minutes and that can literally reverse your biological age. And this is not a fad. What I am sharing with you is research back.

So stay with me till the end because I am going to share with you this exact 2 minute morning routine which has helped thousands of my patients reverse their biological age and feel healthier and younger again.

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.

Now most people are looking at several social media videos about anti-aging benefits of several expensive supplements and different equipments.

Biological Age vs. Chronological Age

What they don't know is that with simple things that you can do at home, research has shown you can literally help your body to become healthier and have the same anti-aging benefits.

Now most people what they don't understand is that your chronological age is different from your biological age. Now your biological age actually determines how healthy you are.

So you might be 45 years of age in your chronological age. But if your cells are too inflamed, if your mitochondria is not functioning, and your stress hormones are through the roof, then your body might be functioning like a 60 year old.

But here's the good news. Research has shown some quick and easy things that you can do today that can literally reverse this biological age. So let me share with you this exact two minute protocol that you can do easily in the morning so you can kickstart your health journey.

So very first step over here is Wim Hof breathing technique. This is a very specific breathing technique which has shown in research study that it increases oxygenation of your blood, reduces inflammation markers in your body, plus it activates genes which are related to cellular repair and cellular resistance.

Step 1: Wim Hof Breathing

This is not just any breathing technique that you might have done before. This is a specific 60 second breathing technique that gives you all of these benefits, which I mentioned.

So this is the step one, Winhoff breathing technique. Let me share with you how to do it. Then we will move to the step two of the protocol. This will take approximately 60 seconds.

So for this, you sit comfortably in a chair with your back straight. Then you take 30 deep powerful breaths. So you inhale deeply through your mouth or your nose.

First, fill your belly and then your chest. Then do a relaxed exhale through your mouth. Do not force the air out but

gently do an exhale out. You can try to do it at your own pace slowly.

Approximately it takes 2-3 seconds to complete one cycle of this. And you complete 30 breaths after the 30 breaths are completed. Then you exhale forcefully completely and then you hold your breath.

Try to hold your breath as long as possible. Try to aim for at least 30-60 seconds. Don't strain your body, it might take you some time to get used to it.

And then finally when you feel that you need that air, take a deep breath in and again hold it for 10-15 seconds and then let it go. This completes 1 round.

You can do between 1 to 3 rounds of this cycle. Maybe you can start with 1 round initially and then slowly and slowly you can build up up to 3 rounds of this.

This was your step one. Now let's go to the step two which is the cold water face plunge. This will take approximately only 30 seconds. This particular 30 seconds are going to activate your cold shock proteins which is one of the most powerful anti-aging tool that you can use.

After you are done with your Wim Hof breathing, then either you go to your sink or take a very large bowl and fill it with cold water. You might have to add ice if it is not cold enough.

And room temperature doesn't count. You actually need it very cold. The colder it is, the better it is for you.

Step 2: Cold Water Face Plunge

Take a deep breath and plunge your face in this cold water and stay there for at least 10-15 seconds. Then you come up, take couple of deep breaths and then after that you plunge your face one more time over there for 10-15 seconds again.

That is total of 30 seconds and that's it. If initially it is very difficult to do a face plunge then you can just start with applying some cold water on your face here and there and then finally you can muster the courage of doing this cold water face plunge.

But this is a very important step because several research studies have shown that it activates the cold shock protein which triggers mitochondrial biogenesis as well as also triggers cellular repair.

Plus it also activates your anti-inflammatory system in your body so that your inflammatory markers are lower. Now let's move on to our step 3 which only again is going to take 30 seconds.

For 30 seconds, we are going to do a quick movement burst. What it does is that it activates an AMPK enzyme that reduces inflammation, improves insulin sensitivity as well as sends a signal for cellular repair in your body.

In fact, this AMPK gene also activates several longevity genes which fasting also activates. That's the reason I have included this in this morning routine.

There are couple of options over here. Option one is doing a plank hold. You might have heard of plank as an exercise. The same plank pose if you can just hold it for 30 to 40 seconds.

That is enough to activate that gene. The second option if you cannot do the plank hold is doing air squats. Basically you just need to do 20-30 body weight air squats.

Try to do full range of motion but keep it controlled. The third option is doing what we call a wall sit. Basically your back is against the wall and you are sliding down until your thighs are parallel to the ground.

Step 3: Quick Movement Burst

And then you hold it for 30 seconds. You don't have to do all the three exercises. You can just pick one or sometimes people will rotate these exercises on different days.

So by doing all of these three different steps by Wim Hof system, you're activating your nervous system, specifically your parasympathetic nervous system, which rebalances your hormones.

The cold face plunge improves your cold shock protein, which is the most powerful anti-aging thing. Plus it also improves your mitochondrial biogenesis.

And then in the end, doing this quick burst of movement activates the AMPK gene which reduces inflammation, activates autophagy in your body too. So in this quick 2 minute routine, you have activated and worked on all the different pathways of anti-aging and has already stepped into reversing your biological age and improving your health in general too.

Plus as a bonus tip, as soon as you wake up, if you can just do 30-40 seconds of sunlight exposure, that further enhances your sleep quality and will give you much more health benefits.

You might not see a difference in a day or two because it is working in your body internally.

Bonus: Morning Sunlight and Consistency

Do these consistently for at least a month and you will start noticing that you are waking up more fresh in the morning. You have consistent energy throughout the day.

You will feel that your brain is functioning optimally and much improved as compared to before. Plus your mood is much more stable and you will feel your inflammation and body pain also improving significantly.

So make this two-minute morning routine as a part of your ritual and you will see several health benefits of it and you will take your first step towards healing your body.

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 the future too. Plus, share this with others who can benefit from it also.

Until next time, take care, bye-bye.