4 Best Seeds To Reduce Inflammation & Lose Weight Fast Transcript

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Why Inflammation and Belly Fat Persist

You are trying to eat clean as well as you are doing regular workouts and plus you have cut down on your calories. But still you not losing that stubborn belly fat.

Plus you feel a lot of inflammation in your body. And you wondering why is that so and what you can do to actually help improve your inflammation levels and also lose weight.

In reality, it is the underlying hormonal imbalances which is blocking your metabolism, keeping your body inflamed and not letting your to lose that stubborn belly fat.

This is where I have found seeds to be very powerful food which can help in reducing inflammation rebalancing your hormones as well as also help in losing that weight.

But here's a catch that most people do not realize. Seeds can either calm inflammation in your body or can actually make that bloating and weight gain worse if you are not using them properly.

Hormonal Imbalances Behind Slow Metabolism

So in today's video I am going to share with you 4 powerful anti-inflammatory seeds that you should include on a daily basis if you are trying to reduce inflammation, if your trying lose weight or if just trying be healthy.

More importantly I'm going share exactly how to use them on the daily bases so they don't hurt your body and in turn start helping your health to get more healthy.

So stay till the end because I am going to share with you exactly how to use these seeds on a daily basis to achieve these health results. Hi, I'm Dr.

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

One thing I see in my clinical practice day in, day out It's people who are trying really hard to get their health back. They're trying to eat healthy, they're doing workouts.

Still, They are not able to lower their inflammation. they are Not able To lose weight as well as they don't feel good in their body. And I was looking for reasons of why their metabolism is so slow.

Why their bodies still inflamed. And what I found was that it was underlying hormonal imbalances between your thyroid, between you adrenals, your cortisol, insulin as well as your female and male hormones.

Flax Seeds for Belly Fat and Estrogen Balance

A dysfunction in all of these hormonals cascades is the reason people do not achieve results. This is where I found these specific four seeds which has done amazing results for my patients by rebalancing their hormones, reducing inflammation and also helping people to lose weight.

So let me share with you these four anti-inflammatory seeds and more importantly how to use them correctly so you can achieve the health results. The number one seed over here is flax seeds.

Flaxseeds are really important for those people who have that hormonal driven belly fat which is present. plus whose inflammation levels are very high.

The reason being flaxseed specifically helps in insulin sensitivity. Insulin spikes are typically the reason people are unable to lose that belly fat.

By improving the insulin's sensitivity, flex seeds help in reducing belly-fat. The other most important thing is that flaxseed specifically helps in rebalancing your hormones, specifically your estrogen detox.

Lot of females have high estrogen state. This high estrogens creates a total hormonal imbalance in the whole body and that's the reason even though you might be doing strict calorie restrictive diet as well as workouts but you are not able to lose weight because of this high Estrogen levels.

And by re-balancing your Estrogene hormones it actually helps introducing that hormonally belly fat. What is the best way and best time of consuming the flaxseeds?

First of all, you need to consume only ground f. Do not consume whole f because they do not get broken down in your GI tract. So only Ground f is what you can use.

And stick with only 1 tbsp of f, not more than that. The best to time consume your f with your lunch meal.

Sesame Seeds for Liver Detox and Fat Metabolism

because during the afternoon time is where your body needs the most rebalancing of your hormones and plus eating it with your lunch will also stabilize your insulin.

Either you can sprinkle your 1 tbsp of flaxseed on your salad or on vegetables or you just simply mix 1tbsp of Flax Seed in half a cup or 1 cup of water and take it just before your meals.

So that's the number one seed you need to include specifically if you're trying to lose that stubborn belly fat which is most likely because of hormonal dysfunction.

The second seed to included over here are sesame seeds. Yes, sesame seed do not get the limelight they should get because they are very important in helping with liver detox as well as also in fat metabolism.

Accumulation of fat around the liver slows down your liver so it is not able to detoxify your hormones as well as it creates too much inflammation in your body.

And nobody is paying attention when it comes to weight loss in improving your detox. This is where sesame seeds are a game changer because they not only support your livers but also help in fat oxidation.

Now, what is the best time of consuming these sesame seeds? It is actually with your dinner. The reason being majority of the work your liver does is during the nighttime because that's the time it is detoxifying your body.

So you need to support your lever during nighttime. So the best way to consume is one tablespoon of sesame seeds which can be either ground up or they can roasted with your dinner.

Chia Seeds for Fullness and Blood Sugar Control

Again you can just simply sprinkle them on your vegetables or your salad or you add them to a one cup of water slightly warm and you take it before your diner.

The third seed over here to include are chia seeds. Chia seeds are a powerhouse. Specifically, they are high in fiber so they again improve your insulin sensitivity.

Second, They are very high prebiotics also so that they reduces the food cravings. So by these two mechanisms they keep you full longer as well as doesn't let your Insulin to spike.

Plus chia seeds have other benefits they're high protein content as they have also anti-oxidant compounds that lower inflammation in your body. That's the reason chia are one of my favorite foods to include on a daily basis.

Now chia seeds help in curbing your appetite so that's the reason I like to use my chia seed in the morning time. So the best way to consume them is one tablespoon of chia.

You soak them overnight in a cup of water and then you consume it in morning. Either first thing in the morning or you consume them with your breakfast.

Now, I've made another video. If you just want to use chia seeds for 7 days as a protocol to lose weight, then I give you exactly the 7-day protocol. The link will be in description for that particular video specifically for chia.

Seeds The fourth seeds over here are pumpkin seeds. Now pumpkin seeds are extremely important for supporting your metabolism, improving your basic metabolic rate as well as also improving thyroid hormone functioning.

Pumpkin Seeds for Metabolism and Thyroid Support

The pumpkinseeds are very high in zinc and magnesium. Both of these minerals runs your metabolic machinery and when you are low in these two minerals, your rate slows down and that's the reason people have slowed metabolism and they cannot burn calories.

Plus pumpkin seed being high again in protein and fibre reduces cravings. that's the reason I love pumpkin seeds because they improve your metabolic rate as well as they keep you full for longer amount of time so they reduce that sugar and salt cravings.

So this is where I like to use pumpkin seed as evening snacks. One to two tablespoons of pumpkin if you use at your evening snack. You can use slightly roasted and slightly salted pumpkin.

so that way they will reduce your craving significantly in that evening time plus they are going to keep your body into the fat burning mode which typically slows down during the late afternoon time.

So that's the reason pumpkin seeds are great as an evening snack. You can go up to three to four tablespoons if you need more amount of pumpkin seed as your evening snacks.

So these are my four superfood seeds which are going to help in reducing inflammation as well as will help you in losing the weight. But here's the most common mistakes that people make a lot of time.

First of all, they are eating too many seeds at one time, some people are using three to four tablespoons of chia seeds. At one go, that is too much. These seeds are concentrated super foods.

So Use only one tablespoon at a time, only in certain exceptions like in pumpkin seeds where you're using them as a snack you can use little bit more of those.

Common Seed Mistakes and How to Use Them Correctly

But other ones try to stick with one tablespoons a day. The second thing lot of people try do is that mixing a lot different kinds of seeds. Do not do those.

Every seed has a role to play. When you mix these seeds, they actually interfere with each other's working. Instead, spread the use of these seed throughout the whole day.

And as shared with you, each seed it has different role. So make sure you use them at the appropriate time during the day to have the maximum benefit.

So if you use these seeds correctly and you used them for at least one to two weeks, you are going to see that you

have less amount of cravings. You will feel that your body has less of inflammation.

Your bowel movements are better, your gut inflammation is less as compared to before. And after using them consistently for three to four weeks you should start noticing that the weight is slightly coming off.

Specifically you're going lose those inches around your belly area. Now obviously combining the use of these seeds with a healthy anti-inflammatory diet and also a workout on the daily basis will keep you healthy and will also get you better results in the long run basis.

So now you get to know these four super seeds which can be really a game changer in improving your health, reducing inflammation as well as helping you in losing weight.

Start incorporating them in your life and see what improvements they do to your body in the next 3-4 weeks. I hope you like this video. If you do, please like and subscribe to my channel so you keep on getting this kind of information in future also.

Plus, share this with others who can benefit from this. Until next time, take care, bye bye.