5 Yoga Poses To Reverse Aging & Stop Inflammation Transcript

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Introduction to Aging and Inflammation

Most people think aging is all about having wrinkles on your skin or having gray hair. But aging actually starts inside your body with chronic inflammation.

This chronic inflammation damages your body at the cellular level and this cellular damage is ultimately responsible for aging. So if you're trying to use those expensive facial creams or serums, they only work on your body at the surface level and you might have heard of those extreme workouts.

or extreme diets or extreme morning routines, which literally take up half of your day and are not sustainable for most of the people. So in today's video, I'm sharing with you this exact five minute yoga routine, which anybody can do with simple poses.

Yet science has shows that they are really powerful in helping your body in slowing down your aging as well as keeping your skin, your hair as well as your body healthy.

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.

From a medical standpoint, what we see is that aging is a process of damages which is happening to your cells by this underlying chronic inflammation.

Child's Pose and Deep Breathing

This chronic inflammation is like a slow burning fire. It doesn't give you big symptoms but it is slowly and slowly eating up your body and leading to aging of your body which ultimately shows up as either wrinkles on your skin, grey hair or poor overall health of your body.

So to tackle this problem, we need to go to the root of this problem, which is the inflammation, which is damaging your mitochondria, causing imbalance in your hormones, leading to destruction of your joints, your brain, as well as your cardiovascular tree.

So this is where this five minute yoga routine will help. So the first pose over here is the child's pose. this is where you are going to start your yoga routine into the child's pose.

So you come down into your child's pose, hips back, forehead resting. Place one hand on your belly and the other hand on your chest and then take some slow deep breaths.

Cat-Cow Spinal Movement

This specific pose combined with deep breaths is going to activate your parasympathetic system in your body. It reduces your stress hormone, the cortisol in your body plus it sends your body to start reducing inflammation and also gets your body into the repair mode.

So stay in this child's pose with deep breathing for one minute. Now we transition into the second pose which is the cat-cows pose. For this you move into all fours then you inhale and you gently arch your spine and then you exhale and you round your spine.

These slow spinal movements activates your vagus nerve.

Supine Twist for Digestion

The vagus nerve is the longest cranial nerve in your body and when you activate your vagus nerves, it sends signals to your gut, to your brain as well as different parts of your body to stop producing inflammatory chemicals in your system.

Important thing about this cat-cows pose is take your time and do it slowly. Do not rush into moving your spine very quickly because that doesn't help your vagus nerve.

do this slow spinal movement for one minute then we transition into the third pose which is the supine twist for this you lay on your back on your mat you bring gently your knees into your chest and then you gently twist to one side and then you switch and gently twist to the other side now this simple supine twist activates your digestive fire as well as help in improving your digestion and reducing gut inflammation.

The first driver of chronic inflammation in anybody's body starts in the gut. And by rebalancing your gut and reducing inflammation in the gut, we help in reducing inflammation all over your body.

Legs Up the Wall for Lymphatic Flow

Again make sure you are following a slow rhythm of twisting motion over here and you do these for the next one minute and then we transition into a pose four which is going to be the legs up the wall.

For this you take your mat near the wall You lie on your back and you place your legs up the wall. You let your arms relax by your side. Now this is one of the best poses for anti-aging benefit because it helps in lymphatic drainage of your body.

Most of us are not doing any exercise or any movement to support this lymphatic flow and that's the reason this limb flow gets sluggish and our inflammation markers accumulate in your system.

You keep your legs up for another minute and then you transition into Pose 5. The Pose 5 is the concluding phase and that is the seated forward fold. For this, you sit on your mat.

If you are able to fold your knees then you do it. If you are unable to do that then you can keep your legs straight and then you gently bend forwards from your hip.

Seated Forward Fold and Closing Benefits

You stay in this forward fold for a couple of seconds and then you come back seated up and then you can repeat this motion. This pose again supports your adrenal glands and by supporting your adrenal glands, it reduces cortisol in your system and again reduces that stress response and also slows down the aging process.

And that's it. In 5 minutes, you have done 5 different poses which are working on your body at the cellular level by detoxifying the waste materials improving circulation to your body, reducing inflammation as well as rebalancing the hormones and activating the parasympathetic nervous system and your vagus nerve.

These are all the reasons for accelerated aging in your body and by these five simple poses you have addressed all of these five reasons. Those elaborate workout routines or specific exercises or supplements that you were doing were exactly doing the same thing which these five poses did for you.

But the key over here is consistency. You are not going to see difference in a day or in a week time. These are working at a very gentle level in your body.

These should be part of your regular routine. Include them as a part of your routine only for 5 minutes a day and then after you do them on the regular basis for couple of months, you are going to start noticing that you have less

inclination in your body.

You definitely will have more flexibility plus you will feel more calm and centered in your body and your gut is going to work better as compared to before.

My goal today was to give you a simple 5 minute routine that you can follow on the daily basis and is easy for you to follow at any age and more importantly it gives results.

So that's what I've shared with you this science backed yoga routine. that is going to help reduce inflammation as well as start the process of anti-aging for your body.

So start including this specific routine on a daily basis and tell me after using it for a couple of months what difference you are feeling in your body.

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

Until next time, take care, bye bye.