7 Day Chia Seeds Protocol For Fat Loss And Inflammation Transcript

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Introduction to Chia Seed Benefits

You might have heard chia seeds are a super food, specifically if you are trying to reduce inflammation, lose that stubborn belly fat or you want to improve your gut health.

I heard the same benefits of chia seed but to be very frank, when I introduced chia into my daily routine, I did not see much improvement. I was confused because research is very clear that chia seeds have all of these health benefits then why it was not working for me.

So what I did next was to take a deep dive into research and science behind how chia seed actually works in our body and what research says how we need to use chia And what I found was shocking.

There is a specific way to prepare them. A specific time to take these chia seeds and plus you have to combine them with additional ingredients then only these Chia seeds are going to work for you.

So this is where I made a 7 day protocol for myself. and I implemented in my own life and saw amazing results. Immediately I felt my inflammation levels decreasing, my gut health dramatically improved, I had more energy and felt much more lighter in the body.

Why Chia Seeds Work and Research Backing

So today I am sharing with you this exact 7 day protocols of how to use chia seeds in your life so you can reduce inflammation, improve your gut, lose the stubborn belly fat as well as rebalance your hormones.

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 medicines.

So let me first share with you what I found in research why chia seeds are considered a superfood. First of all, chia seed are very high in soluble fiber.

This soluable fiber feeds the good bacteria in your gut and acts as a prebiotic. Plus, this soluible fiber also reduces your insulin spike by more than 30%. Chia seeds are also very high in omega-3-ALA.

A 2024 meta-analysis research study showed that people who consumed chia seeds on a regular basis, they were able to reduce their inflammatory marker called C-reactive protein significantly.

Chiasseeds are very highly in protein content plus they have all the amino acids and they are very high in antioxidant compounds like quercetin also. So these are all the health benefits that I have found in research of chia seeds.

But as I shared with you before, when I was using chia in my daily routine, I did not see any significant health improvements. So this is where I am sharing with you my research backed and science based 7 day protocol of how to exactly incorporate chia seeds in your life so you can make them superfood to improve your health.

Let's start from day 1. On day one, we are just getting your body used to the chia seed.

Day 1: Morning Chia Lemon Water

We are preparing your bodies digestion and gut to handle that extra fiber and extra protein from chia. Because some people when they start chia seeds, they will feel little bit stomach upset with more gas and bloating.

How do you use it? Basically you mix one tablespoon of chia seed into a cup of warm water and then you let them soak overnight. In the morning when you wake up, you warm up another cup and add to these soaked chia.

and then you squeeze in half a lemon or lime into it. And then, you drink this chia seed water in the morning, empty stomach, before your breakfast. This chia seeds drink is going to hydrate your body as well as going prepare your for more advanced chia protocol.

The lemon and lime will give you vitamin C and antioxidants that again supports the absorption of omega 3s from chia. So that's simple day one protocol.

Let's start with day two now. Day two is all about stabilizing your insulin in your body.

Day 2: Chia for Insulin Stabilization

Insulin is one of the hormones which not only is related to diabetes but also causes fat accumulation plus also increases inflammation in the body How to do this day 2 protocol?

You need to take one tablespoon of cia seeds and you need soak them in one cup of warm water. Now this time you are only going to soak them for 20 to 30 minutes only.

And when are you going consume them? You are going them with the largest meals of your day. If you're having two meals a day, specifically lunches and dinner, you consume with both the meals.

30 mins before your lunch or 30mins before dinner is what you need to consume this mixture of chia seeds. This day two protocol will reduce your insulin spike by 30%. So that is day 2 stabilizing your insulins so you enter fat burning mode.

Now day 3 is the time where actually we ramp up this protocol. For this we are going to add a powerful addition of apple cider vinegar to your chia seeds.

Day 3: Apple Cider Vinegar Fat-Burning Mix

For this protocol, you need to soak again one tablespoon of chia seeds overnight in one cup of warm water. Then in the morning you add another one Cup of Warm water to this soaked chia Seeds and then you Add one table spoon of raw apple cider vinegar with mother to it and Then plus you also add a little bit of cinnamon powder to It also when is the best time to consume it you consume this mixture in The morning at least one hour to 30 minutes before your breakfast.

Why this works because the apple cider vinegar activates the AMPK pathway which help your body into the fat burning mode. It works really good with chia seeds and cinnamon because both of those are going to stabilize your insulin levels and plus this mixture is going keep you full for a long time so that you eat less.

That's the day 3. We actually start the Fat Burning Mode. Now day 4 is very interesting and most people have never tried this chia seed protocol using chia seeds at night time.

The reason we are using it at nighttime because your body repairs itself during the night. Plus your Body gets rid of toxins. How to use it? You take 2 tbsp of chia Seeds and then you take 1 cup of either almond milk or coconut milk and you soak your chia into this.

Day 4: Nighttime Chia Pudding

And then again you add a pinch of cinnamon into it. and then for sweetening purposes, you can always use stevia or monk fruit into it. If you do not have access to those, then a little bit of raw honey is also okay.

You make this chia seed pudding at evening itself when you are cooking your dinner because you want it to sit for at least one hour. What is the best time of consuming it?

You consume it 45 minutes to 1 hour before you go through bed. So that's day 4. On day 5, we are going to specifically work on this gut repair protocol.

We now know there are specific bacterias in the gut which are responsible for these sugar cravings as well as energy crashes. This Day 5 protocol is going to help improve your gut microbiome, specifically the bacteria which is responsible for sugar cravings.

For this, you need 1 tbsp of chia seeds. You soak them in 1 cup of warm water for at least 1 hour and the best time to consume this drink is actually after your lunch around 3-4 pm.

Day 5: Gut Repair Afternoon Drink

because around 3-4pm is where you will see those energy crashes and that is the time you are going for those snacks which are gonna destroy your gut microbiome.

So, this one tablespoon of chia seeds along with one cup of water, you soak them for one hour, then you add one table spoon of apple cider vinegar to it and then add another cup if it is too thick and you drink your chia seed drink around three to four pm.

Now we are entering day 6. This is where we're going to ramp up the protocol and we'll give you a double dose of fat burner chia seed. The first thing is early morning chia seeds, where you soak chia one tablespoon of it overnight into one cup of water.

and then you take it in the morning with one tablespoon of apple cider vinegar and little bit of cinnamon. So you can take empty stomach so we can ramp up the metabolism and enter the fat burning mode.

You take another dose of this around 30 minutes to 45 minutes before your dinner.

Day 6: Double-Dose Fat Burner Protocol

you make this preparation for dinner in morning itself You take one tablespoon of chia seeds, you soak them in one cup of water in the morning and then before you're consuming, before dinner, we are not adding apple cider vinegar.

Instead, add half a lemon or lime juice into it. Now this double dose of Chia seeds is going to ramp up your metabolism really great. And in fact, majority of research studies supports that we need two tablespoons of chia seed on a daily basis to see their maximum benefit.

Finally we are entering the Day 7 and this is the day I call as the inflammation crusher. On Day seven we want to impact your inflammation by all different angles because inflammation is a reason your body is not healing and not losing the weight.

For this you soak one tablespoon of chia seeds overnight in one cup of warm water and in the morning you need to brew One cup of green tea and you add one cup green to this mixture.

Half a teaspoon of turmeric powder. A pinch of black pepper powder, a quarter teaspoon ginger powder and then you squeeze in half a lemon or lime into it.

Now this drink has multiple anti-inflammatory compounds coming from green, turmeric, ginger, blackpepper as well as from chia seeds. This is going to completely crush any inflammation which is present in your body.

So now you understand there is a strategy behind using chia seeds.

Day 7: Anti-Inflammatory Chia Drink

And most of you would have not used chia seed in this kind of protocol. When you use this protocol, what difference are you going feel? You are going see at the end of 7 days that your your is feeling lighter.

You will feel less inflammation in you body your gut is going to be much more balanced, there will be less gas, less bloating as well as your bowel movements are going be improved.

Plus you will feel more energized, better sleep as you feel mental clarity. So this is what I learned the hard way by researching and trying chia seeds in different ways this 7-day rotational protocol by combining different antioxidants, different compounds to chia seeds and also varying the time when we are using the chia seed.

That's where I got results. So now you know exactly how to use these chia in your life. Try it for 7 days, see what difference you see. The maximum impact I saw was using this exact 7 day protocol and continued it 30 days.

Results and 7-Day Challenge Wrap-Up

So I would like you to invite and use this protocol for at least 7 days and if possible for next 30 days. And share in the comment section what improvements and differences you saw while using this.

I hope you like this video. If you do, please like and subscribe to my channel as well as share this with others who can benefit from this great information.

Until next time, take care, bye bye.