7 Day Plan To Reduce Inflammation Fast Transcript

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Introduction to the 7-Day Inflammation Protocol

Are you still inflamed, stiff and tired? Then this exact 7-day step-by-step protocol that my patients use to crush inflammation is what you need today.

90% of the anti-inflammatory diets fail, the reason being they do not address all of the root causes of inflammation. and this seven-day protocol addresses all the five root causes of inflammation which are related to poor gut health, insulin spikes, low omega-3s, nighttime toxin accumulation and low antioxidants in your body and that's where this exact seven-day protocol addresses all of these five underlying root causes all naturally so that way you can get rid of inflammation within these seven days.

Hi, I'm 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.

Day 1: Gut Reset Morning Drink

So let me share with you this exact seven day protocol. Let's start from day one. Day one starts by resetting your gut. Most people do not know 70% of your immune system is actually present in your gut and not in your blood or body.

So without improving your gut health, you will never be able to get rid of inflammation. So to reset your gut, you need this morning drink. So to prepare this morning drink, you need one cup of warm water.

To this warm water, you add half an inch of grated ginger. Then you add half a teaspoon of turmeric powder. You let it sit for three to five minutes and then you squeeze in either half a lemon or a lime.

And then as a sweetener, you can add a little bit of stevia or maybe a pinch of honey. Now make sure you drink this empty stomach first thing in the morning.

The reason this drink works because it has powerful anti-inflammatory compounds which reduces inflammation specifically in your gut and help your gut to function better.

This drink alone has helped several of my clients in reducing their bloating and inflammation within 24 hours. So this is your day one. Start with this morning gut reset drink.

On day two, we are going to start working on stabilizing your insulin. Research shows by stabilizing your insulin spike, you can reduce your inflammation levels by up to 30%. And insulin spikes are not only in people with diabetes, it is happening with each and every person who has inflammation in your body.

Day 2: Stabilizing Insulin with Cinnamon Water

So what you do on day two, you still start your morning with the gut reset drink so that you continue to support your gut. But in addition, along with your lunch and dinner, you take 1 teaspoon of Ceylon cinnamon and then add it to warm water.

And then you drink it after your lunch and dinner. Cinnamon not only improves your insulin spikes but also have powerful anti-inflammatory compounds which further reduces inflammation in your system.

Now one more important thing, along with using cinnamon to improve your insulin spike, you will also have to reduce your sugary foods and sugary drinks.

Otherwise, the effects of cinnamon will be nullified by them. Alright, now let's move to day 3. This is where we need that omega 3 boost. Most of us are very low in omega 3s.

Omega 3s are very important compounds that help in fighting inflammation. And as most people are low in omega 3s, their inflammation levels never improve.

Day 3: Omega-3 Boost with Chia Seeds

For this on day 3 when you are preparing your morning drink which is 1 cup of warm water, ½ inch of ginger, ½ tsp of turmeric, ½ lemon or lime, add 1 tbsp of soaked chia seeds which are soaked overnight.

And again you consume this drink first thing in the morning. Chia seeds are very high in soluble fiber plus they are very high in omega-3 fatty acids and a 2024 research study showed that chia seed alone was able to reduce inflammation markers in people.

And the omega 3s from chia seeds when combined with ginger and turmeric enhances the benefits by three times. That's the reason we are combining them in the morning.

And then in your day three, again, you use your cinnamon water with your lunch and dinner again. Now let's move to day four. Day four is really very important because now we are going to do nighttime repair.

This is a key step that most people are not focusing. When you are sleeping, your toxins accumulate in your system plus inflammatory chemicals accumulate in your system and you're not preparing your body to reduce this inflammation in the nighttime.

So this is where this nighttime drink is very important for you. For this, you will need chamomile tea bags. You take one cup of warm water and then you put the chamomile tea bag into it.

Day 4: Nighttime Repair Drink

Leave it alone for three to five minutes and then you remove the tea bag. Then you add half a cup of warm coconut milk into this tea, half a teaspoon of turmeric powder, a pinch of black pepper and then for sweetener you can add a little bit of stevia or maybe add a pinch of raw honey into it.

All of these ingredients in this tea not only improves your sleep quality but supports your body overnight in removing toxins as well as helps your body in reducing inflammation overnight while you sleep.

Now on day 4 along with this night time drink make sure you are doing your morning chia gut reset drink also. Now day 5 is what I call as a consolidation day.

What that means is that we are going to continue the day 4 protocol on day 5. So you're going to start with your morning chia gut reset drink and plus you are going to do your nighttime drink, which I shared with you on day four.

Now as an optional thing on day five, if you want to continue your cinnamon water after your lunch and dinner, you can do that. All right, now let's move to day six.

This is where we are going to ramp up the protocol because we are going to hit inflammation by all different angles. So this is where you're going to start your day six with your morning chia gut reset drink and you are going to end your day with your nighttime drink.

But during the daytime, I would like you to introduce this alkaline water recipe. So that way it is going to help in flushing out the toxins and flushing out inflammatory chemicals during the daytime also.

Day 5: Consolidation Day

For this, you need half a litre of filtered drinking water. Then you add five to six cucumber slices and then you can cut one lemon into slices and then you can add it to this water.

Five to six fresh mint leaves. One fourth teaspoon of pink Himalayan salt. You can actually make this alkaline water recipe one night before. Basically, you add all of these ingredients into the jar with your filtered water.

You keep it overnight and then you strain it into a different jar and you can keep it in the refrigerator. you start drinking it around 3 to 4 pm in afternoon time.

Day 6: Alkaline Water and Full-Day Support

This time is most important because your body is becoming acidic from all the inflammatory chemicals which are being produced throughout the day and this alkaline water helps your body's pH in improving and thereby helping in reducing the inflammation too.

You can drink one glass of it around 3 to 4 pm and then you can drink another glass one hour before your dinner time. So that way the whole half a liter is gone during that daytime.

And then in the nighttime, one hour before your bedtime is where you can have that nighttime drink. Now, what I've noticed is that by the time people reach day six, they are ready to quit.

But don't quit because day six and day seven are the inflammation crushers. And this is where the real magic happens. All right. Let's move to day seven, the inflammation crusher day.

For this, we are using several different natural antioxidants to completely get rid of inflammation. So let's upgrade our morning drink. For this, you will need one cup of warm water.

But then in this warm water, you are going to add one tea bag of green tea and you are going to leave the green tea bag only for three to five minutes and then you are going to remove it.

Then in that one cup of brewed green tea, you are going to add one tablespoon of chia seeds, which are soaked overnight, half an inch of ginger, half a teaspoon of turmeric powder, a pinch of black pepper And you are going to squeeze in again half a lemon or lime into it.

And in the end, you can add either stevia or little bit of raw honey into it. Now this drink is a powerhouse of inflammation crusher. Green tea has EGCG, a very powerful antioxidant.

Turmeric has curcumin, which in research studies, crushes inflammation. Ginger has gingerols, which reduces inflammation in your gut. Chia seeds are high in omega-3s and fiber, again supports in reducing inflammation in multiple ways.

Lemon or lime has vitamin C which again reduces inflammation. So these powerful ingredients are working on all different pathways to completely get rid of inflammation.

Day 7: Inflammation Crusher Drink

and then again in your afternoon you use your alkaline water half a litre of it between 3 to 6 pm and then your night time drink which will be one hour before your bedtime.

That's it. This is the seven day protocol which has helped several of my patients in getting rid of inflammation completely. Now what do you do after seven days?

Either you can repeat the whole cycle starting from day one or you can just continue following the seven day protocol for another week or so. Now if you like this 7 day protocol, make sure you like and subscribe to my channel because I keep sharing new videos talking about natural ways of getting rid of inflammation completely.

Now what to expect once you start using this protocol. Most people on their day 1 and day 2, they will feel less bloating and less gut inflammation. From day 3 to day 5, typically people will feel less food cravings and they will feel little bit more energy in their body.

And then from day five to day seven, people are going to feel their inflammation levels decreasing, their sleep improves as well as they feel much better overall in their body.

So today I shared with you the exact step by step seven day protocol that can help you in getting rid of inflammation completely.

Results, Next Steps, and Closing Remarks

So give this a try and share in the comments section in the next one to two weeks what difference it made in your life. 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.