Clove Water : My Protocol To Fix Gut Inflammation & Bloating Transcript

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Gut Inflammation and Digestive Symptoms

If you are battling with bloating after your meals, or you have stomach upset issues, you feel gassy a lot of times, then today's video is for you because today I am sharing with you this one spice which has shown in scientific studies to reduce gut inflammation, improve gas and bloat issues at the same time improving your digestion in your gut.

So stay till the end because I am going to share with you exactly how to use this spice in the right way and the most common mistakes that people make while using this spices which actually harms your gut.

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 medicines plans.

Most people have been diagnosed with IBS or they constantly struggle with gut related problems of gas, bloating or indigestion. They have tried several medications or other natural therapies but they are not getting better.

The real reason is that the underlying issue over here is gut inflammation. Because when your gut is inflamed, that affects your digestion. With improper digestion, your food starts fermenting, which causes lot of gas production, lot burping as well as bloating in your stomach.

Why Cloves Help with Bloating and IBS

Along with that, when you're gut inflame, it leads to leaky gut issues, so that's the reason you start reacting to a lot foods that you are eating on a daily basis.

Plus because of gut inflammation, it causes imbalance in your gut microbiome. That's the good and the bad bacteria. And because this overgrowth of this bacteria that affects your bowel movements as well as it affects how your is functioning.

So the important thing over here is to start reducing your inflammation so your guts can start working and all of these symptoms get better for you. Now this is where the simple spice, if you use for seven days, you will see great results in improving your gut.

And this spice is cloves. Yes, You might have heard of cloves and you might be using them in cooking purposes. But the reason you're not seeing the benefit is that because you are not using it in the proper way and using in wrong time of the day.

So instead of helping your guts, they are actually damaging your GUT. Today I am going to share with you the right way of using these cloves And also will share you my secret recipe that has helped several of my patients in improving their gut health.

Now let me first share with you how clove, which are the spice which has been there in our cabinets for such a long time, can help in Improving your gut.

So clov has a compound called eugenol. It has very high antioxidant and anti-inflammatory properties. In fact, a research study which was done in 2022 showed that clove extract, when used in colitis cases, which is inflammation of the colon area, was able to reduce inflammation markers like IL-6 and TNF-alpha.

Plus, it also improved the gut microbiome balance. It actually got rid of the bad bacteria and improved the growth of good bacteria in the gut.

How to Make Clove Water Correctly

This study was followed up by another study which was published recently in 2025, which again showed that the clove extract significantly was able to reduce inflammation in gut as well as clover extract in this study showed improvement in digestion as gut motility.

So clearly, both the studies confirm that clove extract is significant in reducing inflammation in the gut, improving your gut microbiome, improved gut motility as well as digestion.

By working on all of these pathways, clover can help in reduce bloating, gas, gut motility issues, constipation, digestion problem, leaky gut as well as IBS like symptoms.

So now let me share with you how to exactly use this clove and what is the right time of using it. Actually it becomes a medicine for your gut. For using cloves, we need to extract the eugenol from the cloves.

We need prepare it in the drink form. You will need 1 cup of water, 2 whole cloves, not more than that. Because using more amount of cloves can actually be irritating to your gut.

And then as an optional content, you can add a little bit of ginger also. How to prepare this drink? You take 1 cup of water and then you start boiling it.

Once it comes to a boil, then switch off the flame. Add the two whole clove in this water. And along with that, also add a half an inch of fresh ginger into this water also.

Let it sit for 10 minutes, so all the extracts from the clove and the ginger gets dissolved in the water. And then you strain it from a strainer into another cup.

Then you drink it very slowly in next 5-10 minutes. Now here's you have to be careful.

When to Drink It and Who Should Avoid It

Clove is really good for digestion and for bloating and gas production. But people who have excessive stomach acid issues, this drink might actually irritate the stomach.

So for those people, avoid this. Sometimes it takes time for your gut to get adjusted to the cloves. So start drinking this clove water with your meals first.

Start with the heaviest meal. Either it is your lunch or dinner, start with drinking 1 cup with meals so you will see that your gas and bloating are less after your meal Now after a few days, when your body gets adjusted or if you feel that the clove water is really working for you, then you can add one cup of this clover water in the morning empty stomach also.

What it does is that it reduces gut inflammation starting in morning itself so that sets the stage for the whole day of improving your gut. But here's a caution over here.

If you start using this Clove Water and you are feeling excessive acidity in your stomach, or you feel your stomach is upset, then this drink is not for you and stop using it.

But for majority of the other people, you can start using on the regular basis and within 7 days you will see amazing results of improving your digestion, reducing your bloating as well as gas production.

Now, along with using this clove water, for these first 7 days, if you avoid dairy and gluten and processed food, that will immensely help your gut.

7-Day Gut Reset and Closing Tips

Because these are also inflammatory for your guts and as we are trying to reduce inflammation with the clover water. So, If you give up these foods for at least 7-days, the Clove Water works better for you and you will see better results that way.

So if you are that person who is battling with constant gas, bloating, stomach upset, IBS like symptoms or constipation issues, then this natural clove remedy might be the answer for you.

But it might not work in day one, so give it at least a week so it starts working in your body and helping in reducing the gut inflammation and improving the digestion of your system.

So give it a try and see how that works for you and share in the comment section what improvements you see after using this natural remedy. I hope you like this video.

If you do, please like and subscribe to my channel so you keep on getting these simple tips and tricks in future also to keep improving your health. Also, share this with others who might benefit from this information.

Until next time, take care, bye bye.