Supercharge Your Coffee With This Anti-Inflammatory Hack (Better Than Supplements) Transcript

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Coffeeu2019s Hidden Benefits and Risks

Most people drink coffee every morning. But what if I told you this morning coffee that you are drinking can either increase inflammation in your body or if you use it in the right way it can help your body in improving its health.

But what if I told you a simple hack that can supercharge your morning coffee and that can not only improve your energy but reduce inflammation, rebalance hormones plus also protect your gut lining and make you feel even healthier and better.

And more importantly what most common mistakes people do while drinking coffee that actually harms your body. So stay till the end because you want to know the exact recipe.

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 medicine plans.

Now, coffee as a traditional drink has been used for a very long time. It has actually several health benefits on its own because it is filled with antioxidant compounds.

But recently, coffee actually had gotten a really bad name because it can impact your health in the negative way.

Why Morning Coffee Can Cause Problems

The reason being most people are using coffee in a wrong way that actually interferes with their hormones, increases inflammation in their body, destroys their gut lining and also spike up your cortisol level.

Several people after drinking coffee also feel jittery, anxious. They have energy crashes in the afternoon which are actually because of this morning coffee which they don't realize it and plus their worsening gut health is the reason of this coffee.

The problem is that when we drink coffee alone in the morning, first thing, empty stomach, this is where it starts damaging our body. It damages our gut lining, it interferes with the natural cortisol hormone production in the body, plus it also destabilizes your blood sugar and also creates an imbalance in several hormones in your body.

And that's the reason of all of these negative effects of coffee on your body.

Ceylon Cinnamon for Inflammation and Blood Sugar

Now here's a good news, you can supercharge your coffee by adding just a few ingredients which negates the side effects of this coffee and actually makes it a health elixir.

So let me share with you this easy coffee hack that you can start doing tomorrow itself. The step one is adding Ceylon cinnamon to your morning coffee.

The reason this is going to help your body is that cinnamon is very high in several anti-oxidant compounds on cinnamaldehydes. These are powerful antioxidant and anti-inflammatory compounds.

So all of these compounds in cinnamon is going to help in reducing inflammation in your body. Second benefit of cinnamon is that it helps in rebalancing your hormone in the morning.

Specifically, cinnamon improves insulin sensitivity. Coffee destabilizes your blood sugar level. That's the reason you feel that jittery feeling. While cinnamon will help in stabilizing this blood sugar.

So you're not going to feel as jittery as compared to before.

Adding MCT Oil, Coconut Oil, or Ghee

So this is the first upgrade you add cinnamon to your morning coffee so that you can reduce inflammation in your body, stabilize your hormone as well as your blood sugar levels.

The step two over here is adding MCT oil or coconut oil. One of the things coffee does as soon as you drink it in the morning is that it puts too much pressure on your adrenals and leads to what we call as a cortisol spike.

This cortisol spike does give you a lot of energy in the morning, but then you will see those afternoon crashes. This is where this MCT oil or coconut oil is going to help stabilize your cortisol levels.

Because they are high in good fats, so you will have more sustained energy throughout the day, plus you will not have those caffeine crashes. Just one teaspoon of MCT oil or coconut oil is enough over here.

The third upgrade over here that you can add to your coffee is adding collagen powder to your coffee. Now adding collagen powder is an optional thing.

Specifically this collagen protects your gut lining as well as also gives you the right amino acid and right quality protein to start your mornings also.

Collagen for Gut Support

So specifically if you are that person where morning coffee causing a lot of acid reflux or specifically you have gut related issues like IBS, gas, bloating then adding collagen powder will be very useful for you.

Alright, now let me share with you the secret recipe how to exactly make it. So in one cup of black coffee, you add half a teaspoon of Ceylon cinnamon, then you add one teaspoon of MCT oil or coconut oil.

Or alternatively, you can add one teaspoon of Indian ghee, which is also called clarified butter. And then in the end, you can add one scoop of collagen powder.

That's it.

Exact Coffee Recipe and Common Mistakes

Either you can stir well to mix all of these things or you can blend with a stirrer and this will turn your coffee into an health elixir that is going to help improve your health, not damage your health.

Now, let me share with you these common mistakes that most people are doing while making this coffee recipe. First of all, use only Ceylon cinnamon, not casea or any other kind of cinnamon, because Ceylon cinnamon has shown to be the maximum benefits.

Second of all, do not add any creamers or half and half to your coffee. The best way to drink it is black coffee. And the third thing is that avoid drinking coffee as soon as you wake up.

Delay the coffee at least 30 minutes to 45 minutes after you wake up so that way this coffee can benefit your body. Okay, so this simple hack will supercharge your coffee and what you will notice is that you will feel less jittery, less anxious as well as you will have less energy crashes that you are experiencing later in the day as well as you will have better mental clarity and focus on the daily basis.

Expected Benefits and Closing Remarks

But is it going to happen tomorrow itself? No, it typically takes two or three weeks for all of these ingredients to start working in your body. so that you can start feeling calmer, better and more focused and energized in three to four weeks.

So I shared with you a simple hack that can literally turn your coffee into a healing elixir for your body. So give this a try if you are a coffee drinker and share in the comments after a few weeks what difference you are feeling in your body.

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

Until next time, take care. Bye bye.