The Best ACV Alternative For Gut Health & Weight Loss Transcript

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Why Apple Cider Vinegar May Not Work

If apple cider vinegar upsets your stomach or it causes acid reflux problems or it burns your throat or you have tried apple cider vinegar for weight loss but nothing really changed then today's video is for you because for many people who have gut inflammation, thyroid issues or have blood sugar problems, apple cider vinegar doesn't work for them and actually makes things worse.

It is not the fault of apple cider vinegar but it might be just too harsh for some people's body. So that's the reason in today's video, I am sharing with you the alternative to apple cider vinegar which supports your gut health, improves your digestion, improves insulin sensitivity, reduces inflammation And more importantly, also helps you in losing that stubborn belly fat.

Three Ingredients That Replace ACV

So stay with me till the end because I am going to share with you exactly how to use this alternative and why this can be a game changer in improving your health.

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.

Apple cider vinegar has been getting very popular. People see great results with it because it improves the digestion, improves the gut health. Plus because of the acetic acid in the apple cider vinegar, it reduces the sugar spike.

Plus it also helps in suppressing the appetite. And because of all of these reasons, it works really great in helping people to lose the weight. But here's a downside for many people when they consume apple cider vinegar they get upset stomach.

It irritates their gut so causes acid reflux problem. And sometimes it can also damage your tooth enamel. So that's the reason several people have messaged me asking for alternative to apple cider vinegar which still gives them the same results.

That's the reason I researched and look for best alternatives to apple cider vinegar which still gives you the same results. Now to get the best results we are combining three different ingredients which work on all of the different pathways which the apple cider vinegar works.

So let me first share with you these three ingredients and then I'm going to share with you how to exactly use them. So the first ingredient over here is lemon or lime juice.

So lemon or lime juice works in your gut very similar to apple cider vinegar. It stimulates your digestive enzymes plus it also stimulates your liver and your gallbladder to release that bile.

How to Make the Morning Drink

So thereby it improves the digestion in your stomach and plus it also reduces those insulin and sugar spikes which are the main reason of accumulating fat in your body.

So thereby lemon without burning your stomach supports the digestion and reduces the insulin spike. The second ingredient over here is soluble fiber. For that, either you can use psyllium husk or you can use soaked chia seeds.

Both of those are great source of fiber, specifically great source of prebiotics and fiber in your system. What it does

is that it slows the digestion in your stomach plus it reduces the insulin spike and also keeps you fuller for a long amount of time.

Their mechanism of action is actually very similar to the GLP-1 medication Ozempic without the side effect of the Ozempic. Now the mechanism of soluble fiber is even better than apple cider vinegar.

Now apple cider vinegar also suppresses your appetite but the soluble fiber specifically chia seeds and psyllium husk does a better job in curbing your appetite as compared to apple cider vinegar.

Now the last ingredient over here is ginger. Ginger has dual mechanisms. First of all, it reduces inflammation in your system plus it also has thermogenic benefits of your body.

What that means is that it increases your basic metabolic rate so that your body burns more calories. So thereby it supports the fat burning of your body.

So as you will see, these three things are doing a better job as compared to apple cider vinegar and thereby targeting the fat loss which also apple cider vinegar does.

But this combo of three things does a better job. Now, how to exactly prepare it and when is the best time of using it? What you do is that you need one cup of warm water in that you squeeze in half a lemon or lime.

If you do not have fresh lemon or lime, you can simply use half a teaspoon of lemon juice.

Best Time to Take It and Who It Helps

Then you add one tablespoon of psyllium husk or alternatively, you can add one tablespoon of soaked chia seeds overnight into this water. Now as an additional ingredient, if you want to boost the fat burning potential, then add a pinch of Ceylon cinnamon also to this drink.

Ceylon cinnamon again improves your insulin sensitivity as well as reduces inflammation in your system and research says it helps in losing weight too.

And that's it. Your one cup drink is ready. And the best time to consume it is in the morning because your body is waking up and is getting ready to start your day.

And if you give this drink in the morning, it restarts your metabolism, gets your body into the fat burning mode so that your body burns fat throughout the day.

So this drink is a great alternative if you do not tolerate apple cider vinegar, if you have sensitive gut, if you have acid reflux or acidity problem.

or if you have tried apple cider vinegar and you have not seen results, then this is a great alternative for those people. Again, this drink alone is not going to work.

Lifestyle Tips for Better Results

You have to combine it with a healthy lifestyle. What that means is that you eat an anti-inflammatory low carbohydrate diet and along with that, you do a 20-25 minute workout on a regular basis.

A combination of cardio exercising and strengthening is best for weight loss. And when you combine all of these three things, this drink in the morning, along with exercising and following an anti-inflammatory low carbohydrate diet, your body is going to start responding within 3-4 weeks.

You are going to see less bloating in your stomach, your bowel movements are going to be better, you will feel less inflammation in your system, plus you are going to start shedding some weight in the next 3-4 weeks.

Consistency is the key. You have to do it each and every day for three to four weeks for your body to start utilizing the ingredients and burning the stubborn belly fat.

So now I have given you an alternative to apple cider vinegar. So try it out and see what results you get. I hope you like this video. If you do, please like and subscribe to my channel.

So you keep on getting this great information in the future also. Also share this video with others who can benefit from this great information. Until next time, take care.

Bye bye.