This 10 Minute Morning Trick Works Better Than Ozempic Transcript

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Introduction to the Natural GLP-1 Protocol

Ozempic, Monjaro and similar medications are making waves across the weight loss industry currently. But most people are now realizing that they do come with a host of side effects and plus they are too expensive for most of the people to use them.

This is where I researched the literature and came up with a 10-minute natural protocol that you can follow in the morning which does exactly what these medications does.

It activates your GLP-1 hormone. On top of that, it activates another pathway called AMPK pathway and both of these hormones will help in reducing food cravings as well as will also help your body in melting that stubborn belly fat.

How Ozempic Works and Why GLP-1 Matters

So, today I am sharing with you this exact 10 minute morning protocol which is based on science and is completely natural without any side effects and it literally doesn't cost anything for you to follow this.

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.

Now, how does these medications like Ozempic work in your body? As you might very well know, they activate a hormone called GLP-1. Now this GLp- 1 hormone our body makes naturally and it is what we call as a satiety hormone.

It tells your brain you are full, so you eat less. Plus it slows the digestion, improves the insulin sensitivity and also reduces hunger hormones. And this is exactly the way they help your body in losing weight.

Now, what research also shows is that people who are overweight or are unable to lose weight, they have lower amount of this GLP-1 as compared to other people, who were thin.

So what is the exact reason why this glp- 1 hormone might be lower in your body? So the reasons are having chronic inflammation, specifically gut inflammation in our body, which interferes in the secretion of the GLp1 hormone.

Plus, it was also seen that the food that you consume also makes a huge difference. If you are consuming high carbohydrate content food, which includes ultra processed food.

Why GLP-1 Drops and Morning Routine Overview

Food which are high in sugar. Plus if you're snacking constantly throughout the day, then this GLP-1 hormone also decreases in the body. have hormonal issues like thyroid disorders, adrenal issues, too much stress in their life, this GLP-1 hormone again is secreted less in those people.

And when GLp- 1 hormone decreases in your body, your brain doesn't get the signal that you are full. So that is also a major reason that have food cravings.

Also, you do not feel full easily with your meals, so you eat more. So this protocol starts as soon as you wake up in the morning. As soon you as wake in morning, you take one big glass of warm water, not hot water but just warm and add to it one teaspoon of apple cider vinegar.

And then you drink this one glass very slowly. Now what does this water with apple cider vinegar does? It improves insulin sensitivity plus it also primes your gut hormone receptor where your GLP-1 works.

This morning water basically opens up all the hormonal channels in your guts. The step two is having two minutes of light movement. Light movement can be easily a couple of squats or you can do standing jogging.

Apple Cider Vinegar and Light Movement

or you can do couple of push ups. Any body movement that contracts your muscle is what we need over here, only for 2 minutes. The reason being when your muscles contracts early in the morning, it makes your body more insulin sensitive as well as it also regulates a hormone called glucagon which is also very important hormone in weight loss.

This 2 minute light movement plays a very significant role in controlling your food cravings and also reduces your appetite throughout the day. So, this is the step 2. Now, let's move to the Step 3. This is where my magic drink comes into picture.

So to prepare this drink, you need 1 cup of warm water. You need matcha green tea. Either you can have tea bags or you could just add 1 teaspoon of match green.

Then you'll need one teaspoon psyllium husk, half a teaspoon cinnamon powder and a pinch of turmeric powder & black pepper. And basically you mix all of these ingredients together.

Matcha, Psyllium, Cinnamon, and Turmeric Drink

So it is very easy to prepare. It hardly takes three to four minutes to make this drink. But this has helped thousands of my patients, specifically helping them to lose weight.

The reason being the psyllium husk over here activates the GLP-1 release from your gut. Tumoric reduces gut inflammation, again that helps the glp- 1 to work better.

Cinnamon improves insulin sensitivity and matcha green tea has something called EGCG which again is a potent antioxidant that supports the work of GLP-1 hormone in your body as well as activates the AMPK pathway.

Now step 4 over here is what I call as a protein anchor. This will again take another 3-4 minutes of your time. The first meal of the day whether you are consuming a late breakfast or early lunch has to be a very high protein content meal.

The reason being this morning drink is going to keep your appetite down as well as it is improving your insulin sensitivity. Now if you have a high-protein first meal, it activates AMPK pathway aswell as further activates the natural GLP-1 release in your body and immediately gets your fat burning mode.

But for this to happen, you have to have at least 20 to 30 grams of protein in your first meal.

High-Protein First Meal for Fat Burning

Either you can do it through a protein powder, which can be a vegan protein, powder or collagen protein power, or you could eat three to four boiled eggs for these.

Or if you do eat animal products, then you easily do either chicken or fish. Now, along with your proteins, if you're still hungry, then you can add your non-starchy vegetables.

Just stay away from the starchy vegetable like potatoes, sweet potatoes and any tuberous vegetables but you do any non stachy vegetables with protein and that will again help your GLP when released and keep your body into

the fat burning mode.

And that's it, this is the 10 minute morning routine. This protocol, when you follow for 1 week, you are going to start noticing a difference that you're feeling less hungry, your food cravings are less.

And once you've followed this protocol for 30 days, You'll start to notice that your waistline is shrinking. You're already melting fat, specifically that visceral fat which is most dangerous fat in your body.

You will feel more energy in your body as well as you will start noticing the shift into the weight scale that you have lost a few pounds over there.

Results, 30-Day Benefits, and Closing

And that's it. You don't need expensive medications. This is all natural approach. and you can start doing it today by these natural ingredients and just spending 10 minutes of your time doing each and every day.

Try this protocol today itself, incorporate it, follow it for 30 days and see what difference it makes 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.