This Creatine Trick Cuts Inflammation & Fat 3X Faster Transcript

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Introduction to Creatine for Inflammation and Fat Loss

If you have too much inflammation in your body or you are struggling to lose that stubborn belly fat. You have tried several natural methods and you've been unsuccessful.

Then using this supplement creatin can be really a big game changer specifically in reducing inflammation and helping you to loose weight. Now here's the catch, most people who are using creatine are doing it in the wrong way.

So specifically, if you want to reduce your inflammation, you have to use creatine in the right way so it can help your body in losing weight as well as reducing inflammation.

In today's video, I'm going to share with you the most common mistakes that people are making when using creatinine and what is the the way of using it so that it helps you in stopping inflammation in your 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 medicines plans. Creatine as a supplement is gaining a lot of popularity.

Who Dr. Anshul Gupta Is and What Creatine Can Do

Most people associate creatine with building muscles. But new research is shocking because it is showing creatinine can help in reducing inflammation in your brain.

It can also help you to gain more energy. At the same time, it reduces inflammation in people's body and plus it helps in losing that stubborn belly fat which most people are having difficulty in loosing.

Now let me first share with you the science behind how creatinine actually works in your body in reducing inflammation and losing the stubborn fat. So most of us know that creatine helps in building muscles.

The question is that why muscle is so important for our body? So research says that as soon as you hit your 30s, your body starts losing muscle. We are losing approximately 3-8% of our muscle per decade.

And this is only for normal people. People who are struggling from thyroid issues, who're vegan or vegetarian or have too much inflammation in their body.

plus who are not exercising on a regular basis. This muscle loss increases at an alarming rate. Now what happens when we lose muscle?

Why Muscle Loss Drives Inflammation and Belly Fat

Research is very clear that people who have less amount of muscle when they hit their 50s and 60s, they have higher chances of cardiovascular diseases, higher chance of diabetes as well as higher autoimmune conditions.

So clearly it has been shown in research studies that when you have less amount of muscle or you lose muscle, then inflammation levels increases in your body.

You start storing more fat when the inflammation level is high and that fat ultimately goes to your belly area and it is the most difficult fat to lose.

So this is where creatine solves all of these problems. Interestingly, research shows creatine not only reduces

inflammation in your joints, but different parts of your body.

Specifically for your brain neurons, it protects the brain from oxidative damage. And the research studies are supporting that actually using creatinine can slow down mental aging and improve brain functioning.

Plus creatine also reduces gut inflammation and thereby once it protects your gut, it protect your whole body. Plus it reduces CRP as well as IL-6 inflammation chemicals in your body and by reducing these chemical mediators it not only protects joints but your thyroid and other organs of your own body Now let me first share with you the most common mistakes that people are doing when they are using the creatine supplement.

And plus what is the best way of using it? What is right dosage and the form of creatinine? So the very first mistake people do is that they're using creatines only on the workout days.

How Creatine Helps the Brain, Gut, and Body

On the days when their not doing workouts they will not use creatins. that is not the way to using it because you need creatine supplement on the daily basis so it builds up in your system and helps your body reducing inflammation in the long term basis.

The second mistake a lot of people do is that they have seen different videos calling for loading doses of creatinine that means they are asking for heavy doses to start with and then slowly decreasing the dosage.

Now the problem with loading dose of creatine is that most people will feel bloated, lot of water retention and instead of helping with their reducing inflammation they will more inflammation in the body.

So that is not the right way of using it. Plus another mistake lot people do is they take creatinine with empty stomach and only with plain water. That is not the right way of using it because the creatin doesn't work in your body if you take it in this way.

So now I've told you the mistakes that people are making when using creatine. What is the Right Way of Using Creatine? Let me share with you that. First is The Timing of Taking Creatin.

The best time to take creatines is post workout. So if you are doing workouts, whether it is cardio or strength training, you take your creatinine immediately after that.

Common Creatine Mistakes to Avoid

But let's say if your not doing a regular workout or you're unable to do a workout right now but you still want to use creatine, then yes you can use it and you should use.

The way to use creatine is that you take it with a meal which has high amount of proteins and moderate amount carbohydrates. The reason slight amount dense carbohydrates are good because that raises your insulin level slightly and insulin helps your creatinine supplement to go directly to your muscles.

but because you are also using high amount of proteins, what it does is that it doesn't raise your insulin levels too high and plus all of the amino acids from this protein can work with your creatin to build new muscles.

So that's the way you use your Creatin, post workout and with a meal which has high amounts of protein and small amounts dense carbohydrates. What is a typical dosage?

I recommend creatine dosages to be between 3 to 5 grams. Anything more than that, most people will feel bloated. What's the best form of creatinine supplement?

Creatine monohydrate has the most amount of research that we know of. Yes, there are newer versions of Creatinines which new companies have come up with.

But as I do not have robust research studies supporting their claims, I still use creatines. Then the next thing to remember is that you have to boost the absorption of creatine from your gut.

Best Way to Take Creatine for Results

Instead of using plain water, take your creatinine with water which has Himalayan salt added to it. Again a pinch of salt is enough because those minerals will again help in transportation of that creatines directly to your muscle cells.

So you will see by using this method, you are not only increasing the absorption of creatin, You are also improving the transportation of the creatine directly to your muscle cells as well as by giving the right amino acids, helping your body to build new muscles.

Plus this creatine also helps in reducing inflammation specifically your brain inflammation, your gut inflammation as well as inflammation in your muscular system and your joints also.

As well it activates the Glut4 receptors and improves insulin sensitivity so you will see slowly and slowly that you are also losing that stubborn belly fat which you were unable to lose before.

So if you are that person who are struggling with high amount of inflammation or you're unable to lose belly fat, you have brain fog issues, low energy issues or just want to be more healthy then creatine is that one supplement that you should make as a part of your life because it has several health benefits and you will see a big improvement after using it.

I shared with you the best way of using it and how to use it, so try it. You're not going to see a difference on day one. But consistency is the key. So use creatine supplement on the daily basis, at least for 3-4 weeks.

I hope you liked this video and got some new insights. If you did, please like and subscribe to my channel so you keep on getting this great information in the future also.

Plus, share this information with others who might benefit from it! Until next time, take care, bye bye.