

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 3

This is day three of Glow15. Today, we're going to talk about AutophaTea. Do you ever wake up in the morning and can't get enough of the energy that you need? It doesn't matter what you do, if you drink energy drinks, if you drink coffee throughout the day, you're feeling like, "I just need a little bit more energy." Well, AutophaTea can really help you in that journey.

It took me years of research going to Calabria, Italy and meeting some of the most amazing scientists that work with this incredible whole citrus bergamot fruit. Also, traveling to the island of Okinawa where the largest group of centenarians live, and understanding what they drink as a beverage every day, became the foundation of AutophaTea.

Each of the ingredients in this little simple tea that you're going to make every single day while you're doing Glow15, have been independently tested and studied to activate autophagy in our body. Collectively, when you put them together, you have a power-packed tea that will not only help you burn fat, feel more energy, have mental clarity and get an overall sense of wellbeing, but it's also going to activate your autophagy. I want you to be drinking this tea anywhere from two to four cups every single day.

I'm going to share with you exactly what's in it and how to make it. Let's get started. Number one, you're going to take a bag of green tea, and incorporate a bag of Earl Gray tea with whole citrus bergamot fruit right in it. Just make sure when you buy the Earl Gray tea that it has the whole citrus bergamot and that the citrus bergamot is not synthetic because you won't get the autophagy activating benefits from it.

Here you have your green tea, and you have your Earl Gray tea with the citrus bergamot fruit. You put those together in a cup of hot water. Then add a stick of Ceylon cinnamon. There are different types of cinnamon out there. I want you to get the Ceylon cinnamon that comes from Sri Lanka because that's the form that has been shown to really activate autophagy. It's got so many health giving benefits.

You'll put one stick of Ceylon cinnamon right into the tea. Then you will add a teaspoon to a tablespoon, of either MCT oil or coconut oil. You can go with either one. If you're just getting started, you should start with a teaspoon of one of the two oils, and you'll mix it into your tea and voila you have the Glow15 AutophaTea. It's the one tool that you know that you can use at any time throughout the day that will activate your autophagy. If you're sensitive to caffeine after about 2:00pm, go to the decaf versions and that will make it a lot easier.

I've created an AutophaTea because I wanted to make this such a simple solution for you. But, of course, you can make it yourself easily the way I just described it. That's all about AutophaTea. So excited! We've gotten through three days of Glow15. On to day number four.