

# The Rain Barrel Effect

Stephen Cabral

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# Dedication

To my parents,  
for always letting me find my own path in life.

To my wife,  
for believing in me since the beginning & supporting me  
every step of the way.

To my 2 girls,  
for helping me discover what life is all about.

100% of this book's profits are donated to charity

# Thank You

Thank you to the thousands of people my team and I have been fortunate enough to work with. Here is a sample for the over 250,000 client appointments we've completed:

## **Success Story**

Success Story for the Rain Barrel Effect to come... Success Story for the Rain Barrel Effect to come... Success Story for the Rain Barrel Effect to come... Success Story for the Rain Barrel Effect to come... Success Story for the Rain Barrel Effect to come...

- Name

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# Introduction

When Sara came to me she had run out of places to turn...

She had no other options.

And at this point she had nothing to lose.

It's not exactly how I prefer to start off an initial consultation, but I certainly understood her frustration.

She had been lied to, given an inaccurate picture of her health, and as a result she was suffering. She couldn't eat anything without becoming bloated and she fluctuated between bouts of severe constipation and diarrhea.

But lately, Sara's more pressing complaints revolved around brain fog, fatigue, anxiety, low drive, and ambition. She said that her workouts were flat and that pretty much described the rest of her life...

She also had a great boyfriend whom she lived with, but she complained that her libido was so low she didn't even want to be touched. Plus, she felt like she was constantly retaining water, felt swollen, and had gained another 10 lbs even though she was "eating well" and doing almost 60-minutes of exercise most days a week.

After she vented and I listened for another 20-minutes, I could sense that this was probably the first-time Sara had actually had the opportunity to lay everything out on the table of what was going on with her.

You could see a sense of relief, but at the same time her years of dejection couldn't be covered up.



She had seen dozens of other doctors, GI specialists, and other alternative health practitioners with no real relief - except maybe a week or two reprieve before falling right back into the same symptoms of poor health.

Unfortunately, this is the state of our current healthcare system, and because of it people like Sara suffer needlessly everyday as a result.

But there is hope –

No one needs to be a victim of the system and shuffled from doctor to doctor, put on a cocktail of medications with still no relief, and then told there is nothing left they can do to help.

Like Sara, I too have a similar story that I will share later. It's not pleasant and it brings up painful memories every time I recall it, but because of that low point in my life I have made it my mission to ensure that others do not have to suffer *if they chose not to*.

You can get well and you will once you understand one very specific factor...

Your body has an innate power to heal itself once you allow it to return to a state of equilibrium. It is only an imbalance in one of the systems of the body that causes you to struggle with the symptoms of “dis-ease.”

Together, you and I will work to rebalance your body, get well, lose weight, and slow the aging process. It's not a mystery, yet the truth has been hidden for so many years that I had to travel half way across the world to a tiny island in the Indian Ocean to discover the secret...

I'd like to share with you now what I discovered –

**Stephen Cabral, ND**

Board Certified Naturopathic Doctor

Ayurvedic & Functional Medicine Practitioner

# My Mission

Before I share with you the condensed version of 20 years of research into natural health & medicine, as well as the over 250,000 client wellness & weight loss appointments worth of data, I'd like to set the stage...

It was never my goal as a kid was never to be a doctor.

I wanted to be an archeologist who traveled all over the world exploring past mysteries and intrigue filled with unknown adventure and uncovering lost secrets...

I studied hard in school, got good grades, and excelled at sports until one day all of that was taken away from me. I woke up one Monday morning, and my life changed forever.

The problem is as you will soon find out, had I known what I know now, I could have stopped myself from getting so sick. And, knowing what I know now I can no longer sit back and watch the symptoms of poor health spread across the world.

It's also no longer a mystery as to why this is happening. Right now, the air you breathe, the water you drink, the food you eat, the clothes you wear, and the chair you sit in are exposing you to more toxic chemicals than your body knows what to do with.

It's a slow poisoning of your body's systems. These systems were never genetically designed for this type of toxic onslaught.

Did you know that there are over 77,000 man-made chemicals in the environment all around you?\* And did you know it is these same exact

chemicals that have been proven to cause cancer, disease, and weight gain?

With these types of data-driven facts, it becomes easy to see why cancer is becoming the #1 cause of death in the world and will soon affect every 1 out of 3 people.\*

But it doesn't stop there.

These chemicals in our environment are a tremendous source of inflammation in our body. And this inflammation then leads to a host of issues such as auto-immune, skin, blood pressure, cardiovascular, fatigue, digestive distress, brain, and many more...

Just look at a few of the US health statistics:\*

- Auto-immune disease affects 55 million people
- Cardiovascular kills 1 in 4 people each year
- Blood pressure affects 1 in 3 people
- Migraines debilitate 13% of the population
- Anxiety or mood disorders afflict over 40 million people
- Obesity afflicts 1 out of 3 people and 2 out of 3 people are overweight

There is no coincidence here. We spend more each and every year on healthcare (although it should more appropriately titled, "sickcare"), yet people are getting more and more sick. And to make matters worse, it's said that this next generation of children being born will be the first generation to die younger than their parents.\*

Our medical system has no answers except to try to develop and patent more pharmaceutical drugs. But are drugs really the answer? Unless you believe treating the outward symptoms of a disease is actually doing anything other than covering up a ticking time-bomb, I'd have to say, no.

Therefore, I see no other choice, but for all of us to take our health care back into our own hands.

It doesn't have to be scary or difficult, and I firmly believe that once you are shown how easy it really can be to rebalance your body and remove the toxins, while replenishing your vital reserves you may actually begin to enjoy it...

I believe most people want to be well. They don't want to suffer. They want more energy, vitality, and most of all they want to feel alive!

They simply haven't been given the full picture of how to pull it all together –

This is why when I first met Sara she had no idea what she could possibly do next. She thought she had tried it all. What was holding her back was the same belief that most of us hold and that is that we must always be adding more to our body or life... Once I helped her focus on elimination and removal her health quickly came back in to balance.

I have the privilege of seeing people in my practice get well every day and recover long after they and their doctors had previously given up hope. I want the same for you. I want you to begin enjoying life again and never having to worry about how your health or weight is holding you back from what you truly want in life.

You deserve that...

Now let's show you how to get it.

# How to Use this Book

“Shock and disbelief.”

That's usually the reaction I get when I first explain the reason why so many people are suffering right now...

The reason for this, is that the media, pharmaceutical, government, food, and other big corporations that are strictly profit driven do not want you to know what I'm about to share. Because if too many people find out this information a shift in mindset may occur, and with it their profits may drop. They have a vested interest in keeping you in the dark.

It is my goal that possibly for the first time, you will discover the true root cause for the sickness and disease many of us needlessly suffer from. I also want the information that you're about to receive to be written in a conversational manner, so that you can best absorb it and then put it into action.

Although thousands of health practitioners will be able to use this information in their private practices, this book was written for anyone in the world to be able to read, implement, and get results.

With that goal in mind, I broke the *Rain Barrel Effect* up into sections:

## **Part 1**

The first part of this book will most likely bring out a mixed bag of emotions where you begin to question much of what you've been led to believe about the world constructed around you. You may even question how or why this atrocity on our humanity could possibly have taken place. I asked myself those very same questions when I first discovered the hidden truth.

However, it's important to know what we're up against on our quest to be well, take back our bodies, and live longer stronger. This is why I share this information. It's not to scare you, but rather to allow you to be awake

with your eyes wide open in a world where being healthy & happy is no longer the norm.

## **Part 2**

Once we lay it all out in Part 1, I will then very clearly break down exactly how we get sick, fat, or unhappy. I'll show you that no disease sets in overnight. Since this may be the first time you're hearing this I'm also going to explain it in real world talk just as if you and I were having a conversation together over Skype or in my practice. It is in this chapter that you will discover what the *Rain Barrel Effect* is all about.

## **Part 3**

In this section I recount my travels overseas and how it wasn't until I left the US, that I finally discovered the "secret" to how to get truly well again. This is more than just normalizing your lab test levels. It is a deep sense of well-being that only comes from bringing your body back to a rejuvenated state. This state is a complete balance between body and mind and it is the answer we've been searching for.

## **Part 4**

In Part 4, I'll share with you the exact plan I use every day in my Functional Medicine practice to help people just like you finally get well, lose weight, and feel alive again! It blends the best of modern-day medicine and the ancient healing forms. It's called the DESTRESS™ Protocol and it's something you can begin to implement immediately to start seeing the benefits in your life!

## **Part 5**

The this last section, and for the first time ever, I'm going to give away the exact 21-day Dr. Cabral Detox program I've been using for over 5 years with people all over the world. It is simply the fastest and easiest way to jumpstart your results. If you do nothing else, this protocol will walk you step-by-step through the healing process.

## Part 6

At the end of this book, I will provide you with an easy to use resource appendix full of helpful tips, products, websites, bonuses, and recipe guides. It will dramatically shorten your time needed to begin to return your body back to the state of health it was meant to live in. Plus, these resources will save you money and the time needed to do all the research yourself. Also, for every resource listed in this book simply go to [StephenCabral.com/rbe](http://StephenCabral.com/rbe) – That one page contains everything you need.

## Cheat Sheets

One additional item I added to each action step chapter is a “cheat sheet” at the end of that section. I believe this one step I chose represents the lowest barrier to entry, but will also provide tremendous benefit. I hope you find the same to be true and enjoy adding these simple healthy lifestyle strategies to your life.

You should also know that the *Rain Barrel Effect* was at one time a 600+ page book focused on the science of how your body becomes sick, overweight, and diseased. However, after realizing that this format is not what will help people the most, I reduced the technical aspects of the science and research data studies to be footnotes and asterisks – This allows those whom are interested to do additional reading on their own. I believe this final format is a lot more fun, approachable, and action-oriented to help you get the results you’re looking for!

It's going to be an amazing journey and my belief is that by the end of this book you feel a sense of relief. I want you know you've arrived. This book holds the answer and the plan you've been searching for in order to get your mind, body, and health back.

It is now with immense gratitude that I bring you the *Rain Barrel Effect*.