

WELCOME CARE PACKAGE



Weight Loss • Wellness • Anti-Aging

StephenCabral.com

How It All Began

The truth is I don't know if I'd be speaking with you today if it weren't for me almost losing the battle with my own illness when I was 17.

After many years without any hope of getting better I almost stopped trying... Fortunately, I finally discovered the root cause of why I was sick and what was keeping me from my ideal body, mind, and health.

This is why I know that no matter what's wrong with you now, and no matter how depressed or frustrated you feel, I can tell you there is hope - And, you can get well again.

Once I discovered the truth, I've made it my mission to help clients overcome their weight, wellness, or aging issues through science based Naturopathic, Ayurvedic, and Functional Medicine.

Combining these 3 natural health sciences with state-of-the-art testing is how I help care for those that haven't yet found their answers.

I urge you to simply complete the at-home lab test of your choice and then allow me to create a Personalized Wellness Plan[®] just for you. This will allow you to take back control of your life and regain your health and ideal body.

You can do this, and I'll be right there to make sure you succeed.

I look forward to getting your test results soon and showing you how we can take that first step together...

Ayubowan,



Stephen Cabral
Board Certified Doctor of Naturopathy





SHREDDED BUDDHA BOWL

Ingredients

- 2-3c Romaine or Lettuce of Choice
- 1/2c Carrots
- 1/2c Beets
- 1c Mung Bean Sprouts
- 1c Chick Peas or Protein of Choice
- 2 tbsp Olive Oil
- 1/4 Squeezed Lemon Slice

Instructions

1. Shred carrots, beets and lettuce using a cheese grater
2. Place lettuce into a bowl
3. Garnish with remaining vegetables and protein on top of salad
4. Top with olive oil and squeezed lemon
5. Enjoy!

Tips

- *Try to purchase local organic vegetables whenever possible
- *Choose extra virgin, organic, cold, first-pressed olive oil

Serves: 1

Time: 10 minutes

CABRAL WELLNESS RECIPES

For More Recipes Visit: StephenCabral.com



PURPLE CRUSH SMOOTHIE

Ingredients

- 1/2-1c Blueberries (frozen or fresh)
- 1 tbsp Flax Seeds or Chia Seeds
- 1c Kale, Spinach, Chard, or Dark Leafy Green (frozen or fresh)
- 15-30g Protein or All-In-One Powder
- 6+oz Water
- 6+oz Almond or Coconut Milk
- 1/2-1c Ice (not needed if using frozen blueberries)

Add-ons (Optional)

- Banana (frozen or fresh)
- Maca
- Hemp Hearts
- Coconut Oil
- Greens Powder
- Energy Herbs
- * Choose 1 or 2 if desired*

Instructions

1. Combine ingredients in blender
2. Blend completely until smooth
3. Enjoy!

Serves: 1

Time: 5 minutes

CABRAL WELLNESS RECIPES

For More Recipes Visit: StephenCabral.com

Max Results Workout Formula

Gone are the days of long, boring workouts, or exercise so strenuous that it leaves you exhausted. I believe in, and have seen my clients get the best results from short, but effective 20-40 minutes workouts spaced throughout the week.

This allows your body proper recovery time and boosts your mood, energy, and helps you lose weight quickly. If you aren't currently exercising, I highly recommend simply adding more walking until you reach 10,000 steps per day.

When you're ready to take your results to the next level, add 1 more exercise day per week until you reach more exercise days than not (4-5 short workouts per week). Now, enjoy my Maximum Results Exercise Formula below!

Weekly Workout Planner



MONDAY

Metabolic Resistance Workout 1



TUESDAY

Cardio or Interval Workout 1



WEDNESDAY

Yoga or Rest Day



THURSDAY

Metabolic Resistance Workout 2



FRIDAY

Cardio or Interval Workout 2



SATURDAY

Free Fun or Goal Specific Workout



SUNDAY

Yoga or Rest Day

For more weight loss and exercise tips visit:
StephenCabral.com

Stephen Cabral Abs & Core Workout

Complete all 3 exercises in a row without resting between each set. After all 3 exercises, rest 1 min. Repeat 2x.

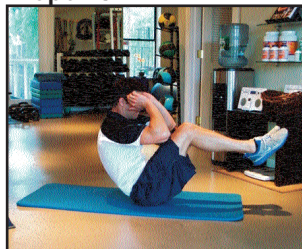
Full Body Crunches

- Complete reps to failure. Move to exercise #2

Start & Finish



Midpoint



How To: Lying on your back lift your shoulders, head & legs off the ground and keep them up the whole set. Engage your core muscles and crunch up while drawing in your legs. Slowly lower yourself down to the floor without losing tension.

Cobra Back Extensions

- Complete 10-15 reps. Move to exercise #3

Start & Finish



Midpoint



How To: Lie on your stomach with your arms and legs outstretched and off the ground the whole set. Using your glutes and back lift your upper and lower body off the floor while pulling your arms back to your hips by squeezing your shoulder blades together.

Brazilian Crunches

- Complete 24-30 reps alternating sides. Repeat all 3 exercises.

Start



Midpoint



Finish



How To: Get in a push-up position with your shoulders directly above your wrists. Lift your left leg off the ground & drop that hip under the other as you touch your left knee to your right elbow. Return to starting position & alternate sides.

For more weight loss and exercise tips visit:
StephenCabral.com

The Future of Medicine Is Here



Gone are the days of believing the modern medical system has our best interests and health in mind.

With 2 out of 3 adults overweight and medicated, 1 out of 4 children falling in line, and the US ranked dead last in health amongst industrialized nations, it's time to realize the medical system can no longer help us. We're on our own.

The Power Is Yours

The great news is that the future of medicine is finally here! You no longer need permission to run lab tests, or wait to be told all your numbers look "normal," so there's nothing they can do...

Now for the first time you can uncover the root causes of your health & weight loss issues and finally figure out what has been holding you back from achieving your ideal body and health.

As a sick kid 20 years ago, these are the exact labs I wish I had access to sooner. I know that the data from these labs combined with the right Functional Medicine Doctor interpreting them could have put me on the right track sooner...

It's Time to Take Back Control

My mission now is to empower you to take back control of your health. It's your body. It's your mind. It's your health. Now, it's time to find out what is holding you back from living the life you want.

It all starts with a simple at home lab test that's as easy as sending in a urine, blood drop, saliva, or hair sample.

It really can be that easy. Let me show you how. Together, we'll uncover the root causes of why you haven't been able to lose the weight, keep it off, or regain your health.

I look forward to reading your labs and sending your Personalized Wellness Plan[®] to you soon.

Stephen Cabral
Board Certified Doctor of Naturopathy

Functional Medicine Testing Guide



Until you find the root causes of why you're not feeling and looking your best, you'll never know how to achieve your goals. In my practice, instead of guessing, I use simple at-home lab tests that allow us to look deeper into how your body is functioning to discover what your body is missing and what it has too much of.

Functional Medicine (FM) Tests



Low Energy Adrenal Stress

Do you suffer from low energy, brain fog, trouble concentrating, muscle soreness, or immune issues?

[Complete Stress, Mood & Metabolism Test](#)



Weight Management

Do you struggle to lose weight or keep it off permanently? Find out which hormones may be keeping you from achieving your ideal body.

[Complete Stress, Mood & Metabolism Test](#)



Low Thyroid

Have you been told you have an over or an under active thyroid? Do you suffer from low energy, poor mood, weight gain, or hair loss?

[Complete Stress, Mood & Metabolism Test](#)



Gut Intestinal Permeability

Do you suffer from "leaky gut" issues such as rashes, headaches, joint pain, autoimmune dysfunction, fatigue, allergies, learning disabilities, poor memory, or behavioral control?

[Complete Candida, Metabolic & Vitamins Test](#)



Sleep Trouble

Do you have difficulty falling asleep or staying asleep at night? Can you fall asleep at anytime during the day, but are wired at night? Or, do you often wake up groggy?

[Complete Stress, Mood & Metabolism Test](#)



Food Sensitivities

Interested in finding out what foods may be causing an immune reaction in your body and leading to inflammation that can then be expressed as skin issues, headaches, fatigue, joint pain, etc.?

[Complete Food Sensitivities Test](#)

Get Started Today

3 Steps to Take Back Your Health



Visit StephenCabral.com, sign up for your welcome package and use the resources on the site to better understand your body.



Order your Functional Medicine Labs to discover the root causes keeping you from achieving your ideal body and health.



Set up a phone consultation with your Cabral health professional to receive your lab results and your Personalized Wellness Plan[®] written by Dr. Cabral.

StephenCabral.com/FM-testing