

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1869

FR: Health Coaches Podcast, New Glucometer, Anti-Aging Book, Flexner Report, Know your Food

Welcome back to this week's #FridayReview!

Today I'm going to share with you reviews & research on:

- New Health Coach Podcast
- New Glucometer (product review)
- Regenerate (book review)
- Flexner Report (research)
- Know the Source of Your Food (research)

We're going to review all this and much more on today's #CabralConcept 1869 – Enjoy the show!

EPISODE TAKEAWAYS

1

How to Use a Glucometer

Do you know what your fasting glucose is?

2

The Flexner Report

An important history lesson in the medical community

3

Know the Source of Your Food

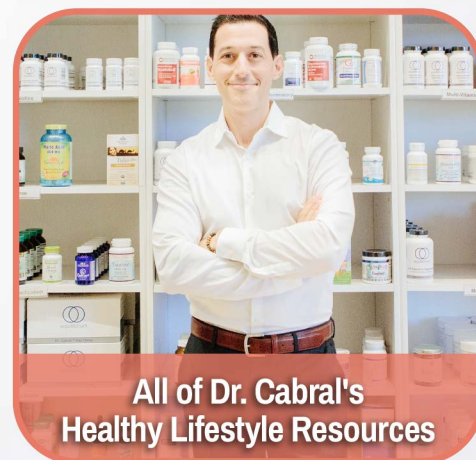
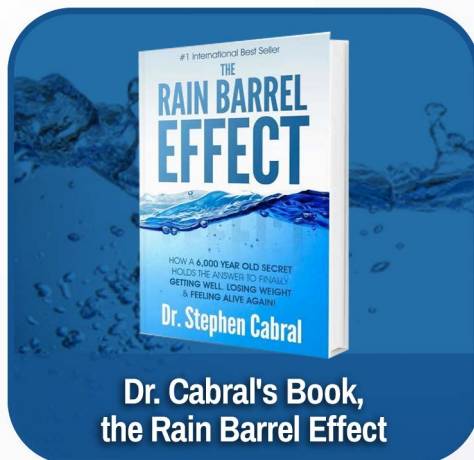
Work with companies you trust to ensure your food is raised and processed in a healthy environment

RESOURCES

- Health Coach Success Podcast
- Regenerate by Sayer Ji (book review)
- Achieve Equilibrium Detox Course
- Know the Source of Your Food (research)
- Podcast on Low Blood Sugar Signs
- Podcast on Outsmarting Your Blood Sugar Clock
- Renpho Glucometer Testing Kit (product)
- Podcast on High Blood Sugar Signs



DR. CABRAL'S MOST POPULAR RESOURCES



Would You Take 30 Seconds to Rate & Review the Cabral Concept?

The best way to help me spread our mission of true natural health is to pass on the good word, and I read and appreciate every review!

1. Click link: <https://itunes.apple.com/us/podcast/cabral-concept-by-stephen/id1071469441?mt=2>
2. Click "View in iTunes" button
3. Click "Subscribe" button
4. Click "Ratings and Reviews" text
5. Click to rate and leave short review and you're done!

Thank you again and every review gets entered in my monthly contest to win great prizes!

