

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1874

WW: 7 Healthy Ayurvedic Eating BioHacks

CHANGE YOUR BODY. CHANGE YOUR LIFE.

We live in a time of rediscovery...

What we call new advancements in science and nutrition have already been written about thousands of years ago...

The problem is that the words and language are different from today's speak, which means many people have not bothered to take the time to read the ancient wisdom captured in the Ayurvedic texts...

Today, I'd like to share with you some of those time-tested principles on today's #CabralConcept 1874 on the 7 Ayurvedic Eating Biohacks - Enjoy the show and let me know what you thought and if you can think of any others!

EPISODE TAKEAWAYS

1

Breakfast Should Be Easy

Breakfast literally means breaking your fast... keep it light and simple to digest.

2

The 2 Worst Foods

If you only ever cut 2 foods out of your diet start with processed oils and sugar.

3

Caffeine Has a 1/2 Life

Since caffeine has a half life of 6 hours never drink any after 2pm

RESOURCES

Previous Podcasts on Ayurveda

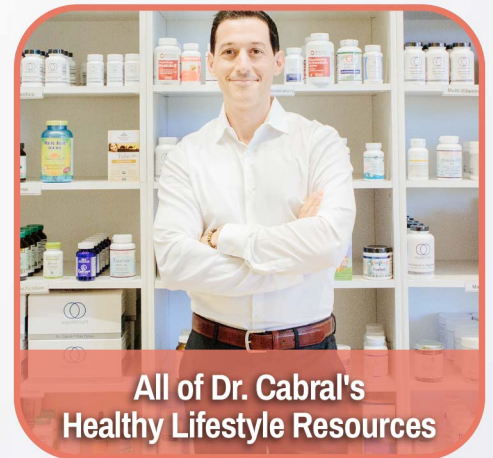
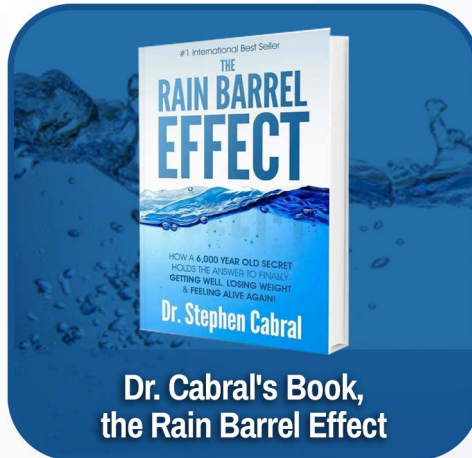
Podcast on The Best Breakfast

Dr. Cabral's Resource Page

Podcast on the 2 Foods that cause Inflammation



DR. CABRAL'S MOST POPULAR RESOURCES



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