

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1879

MM: How 1st Principles Thinking Changed My Life

CHANGE YOUR BODY. CHANGE YOUR LIFE.

There may be multiple answers to a single problem, but only one methodology of thinking will get you to the correct answer the fastest...

It's called 1st Principles Thinking.

Once I discovered this method of reasoning and deduction I was able to come to the correct conclusions much faster when it came to problem solving...

That's why on today's #CabralConcept 1879 I'd like to share with you how 1st principles thinking works and how it changed my life - Enjoy the show and let me know if you have any questions!

EPISODE TAKEAWAYS

1

Use Big Rocks First

By understanding what choices make the biggest difference in your life you will be able to focus what little extra time you do have on those actions.

2

Ask Why... and then Why Again

In order to get to the root cause of an issue you need to continually ask why until you can't ask that question again.

3

Genetics Isn't a Root Cause

When it comes to your health, weight, or aging, genetics plays only a small factor and regardless of your genes it is the environment your cells are exposed to that turns your gene expression on or off.

RESOURCES

- Podcast on Big Rocks
- Comprehensive Big 5 Lab Tests



DR. CABRAL'S MOST POPULAR RESOURCES



Dr. Cabral's Protocols & Science-Backed Supplements



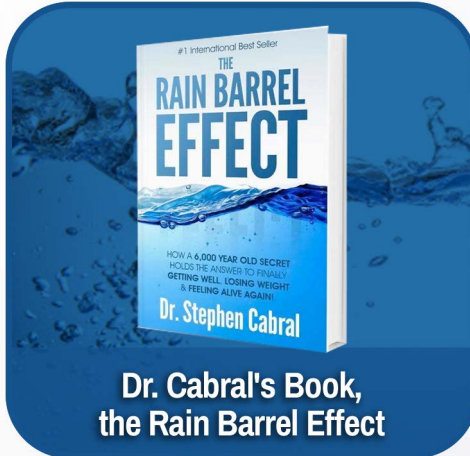
Discover Hidden Health Issues with At-Home Lab Testing



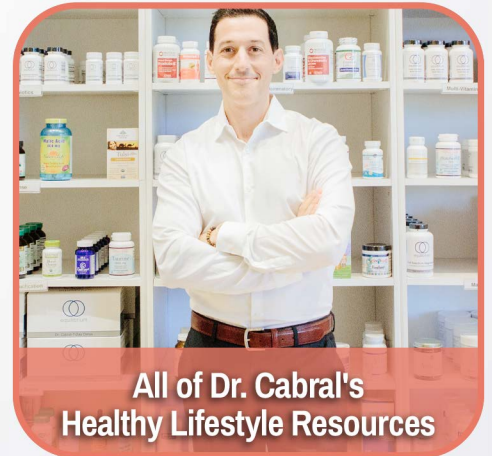
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Become an IHP Certified Health Coach



Dr. Cabral's Book, the Rain Barrel Effect



All of Dr. Cabral's Healthy Lifestyle Resources

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