

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1881

WW: The Ancient Monk Fast Revealed

CHANGE YOUR BODY. CHANGE YOUR LIFE.

Although there are many different types of fasting in the world very few have been around thousands of years...

However, the ones that have not only have great science behind them, but they've also stood the test of time (which may be just as important)...

And one such form of fasting that I believe in is called, the Monk Fast, which is practiced in many Eastern spiritual practices each week...

For all the details on how to complete this ancient Monk Fast tune into today's #CabralConcept 1881 - Enjoy the show and let me know if you have any questions!

EPISODE TAKEAWAYS

1

18+ Hours

Although many people are practicing 16:8 fasting there is no magic number to 16 hours, since autophagy (cellular clean up) seems to begin to ramp up at 18 hours.

2

24 Hours

And although autophagy happens before the 24 hour mark, amazing things begin to transpire in terms of cellular rejuvenation after 1 day of fasting.

3

Don't Go Overboard

Longer fasting (more than 12-16 hrs) is best done weekly, monthly, quarterly, or yearly depending on the length of time (tune into to previous podcasts for details).

RESOURCES

- All Podcasts on Intermittent Fasting
- Podcast on The Different Phases of Autophagy
- Podcast on The One Day Reset Diet
- Podcast on Intermittent Fasting and Muscle Loss



DR. CABRAL'S MOST POPULAR RESOURCES



Dr. Cabral's Protocols & Science-Backed Supplements



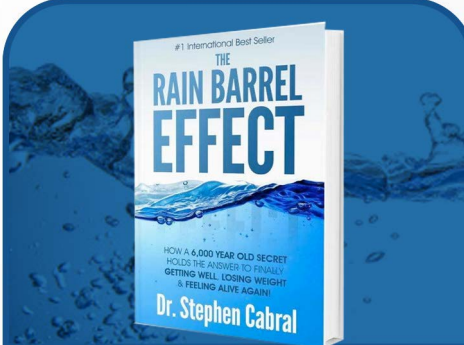
Discover Hidden Health Issues with At-Home Lab Testing




Learn to Heal with Health Results Accelerators™



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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