

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1869

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

CHANGE YOUR BODY. CHANGE YOUR LIFE.

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

