

# The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

# #1883

## FR: New Superfood Chocolate, Sinus Cavity Care, Microplastics in Shellfish, Ashwagandha & Dementia

Welcome back to this week's #FridayReview where we'll be covering the very best of the week, as well as reviewing these topics:

- Community Detox Starts Monday
- New Superfood Chocolate Bars!
- The Skin, Tongue and Nails Speak book (book review)
- Nasal Spray Reviews (product review)
- Microplastics and Shellfish (research)
- Ashwagandha and Dementia (research)

For all the details tune into today's #CabralConcept 1883 - Enjoy the show and let me know what you thought.

## EPISODE TAKEAWAYS

# 1

### Care for your Nasal Passages

Your sinus cavities can breed yeast, fungus and mold overgrowth. Find relief with certain natural nasal sprays.

# 2

### Microplastics in Shellfish

Mussels, oysters and scallops have the highest level of pollutants. Through waste management these plastics makes their way into the animals tissues.

# 3

### Ashwagandha and Dementia

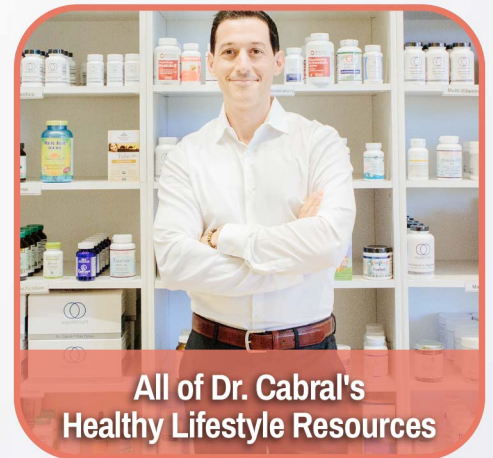
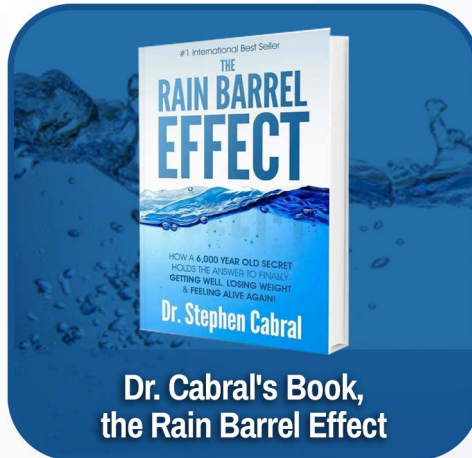
Ashwagandha leaves are thought to enhance cognitive performance. Research indicates that Ashwagandha can lead to better memory, improved executive function, attention and information processing. speed.

## RESOURCES

- New Chocolate Superfoods
- The Skin, Tongue and Nails Speak (book)
- Nutribiotic Nasal Spray (product)
- Colloidal Silver Nasal Spray (product)
- Nasya Oil (product)
- Podcast on Covid Tongue, Loss of Smell and Taste
- Previous Podcast on Microtoxins
- Microplastic Contamination of Seafood Intended for Human Consumption (research)
- Podcast Series on Alzheimer's: The Cabral Concept 728
- Podcast Series on Alzheimer's: The Cabral Concept 732
- Podcast Series on Alzheimer's: The Cabral Concept 746



# DR. CABRAL'S MOST POPULAR RESOURCES



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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>
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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!

