

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1887

TWT: Harvard's 10 Health Commandments to Prevent Cancer

CHANGE YOUR BODY. CHANGE YOUR LIFE.

Cancer will affect 1 out of every 2 people within 10 years...

In my opinion, it is the only "wild card" health concern and we need to be having more discussions around how to prevent and heal this dis-ease in the body...

So to shed more science-based research on this subject I'd like to share with you Harvard's 10 Health Commandments to prevent cancer:

Tune into #CabralConcept 1887 for all the details - Enjoy the show and let me know what you thought in the comments.

EPISODE TAKEAWAYS

1

Don't Smoke

If you don't smoke don't start. If you do smoke stop. It's crucial.

2

Control your Blood Sugar

Cancer may not be caused by high blood sugar, but it can certainly thrive in that environment.

3

Antioxidant Rich Diet

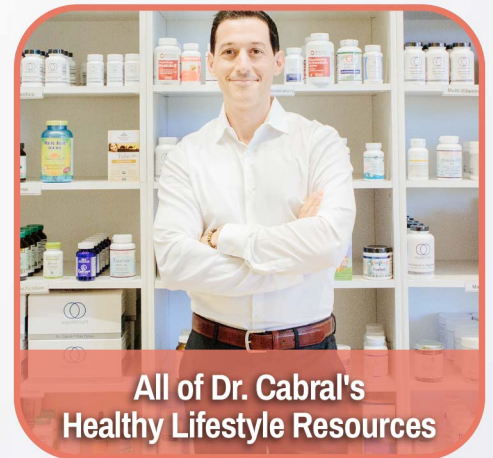
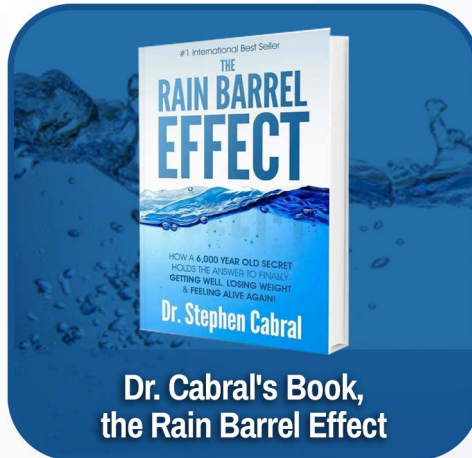
Follow a diet that is loaded with brightly colored fruits and vegetables that have been proven to prevent certain types of cancer.

RESOURCES

- Harvard Research
- Podcast on the Only Proven Anti-Cancer Diet
- Podcast on Plant Flavonoids that Extend Life
- Podcast on Eating a Rainbow
- Podcast on New Dietary Guidelines
- Podcast on Sleep and Cancer
- Complete Toxic Heavy Metals Test
- Complete Environmental Toxicity Test



DR. CABRAL'S MOST POPULAR RESOURCES



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