

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1888

WW: Uncontrolled Weight Gain Explained Through Metabolic Syndrome

CHANGE YOUR BODY. CHANGE YOUR LIFE.

If you or someone you know is suffering from a multitude of inflammatory conditions, including weight gain, it's important to understand its root cause...

After all, without knowing how these conditions developed it will be challenging to overcome them...

That is why on today's show I'd like to focus on what "Metabolic Syndrome" is and what symptoms you should be watching out for in order to catch it before it's too late...

Tune into today's #CabralConcept 1888 to learn about uncontrolled weight gain explained through metabolic syndrome - Enjoy the show and let me know if you have any questions!

EPISODE TAKEAWAYS

1

Know Your Waist Circumference

The safe measurements to aim for are under >102 cm/40 inches men and >88 cm/34 inches women) and ideally about 4 inches less for each depending on height.

2

Know Your BMI

Your Body Mass Index should be in the healthy 19-24.9 range and definitely less than 29 which is considered obese.

3

Monitor Your Blood Sugar

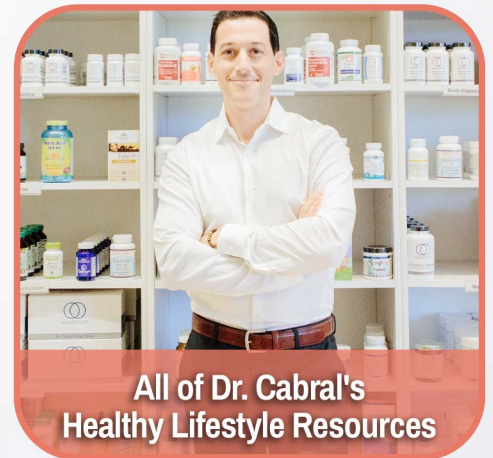
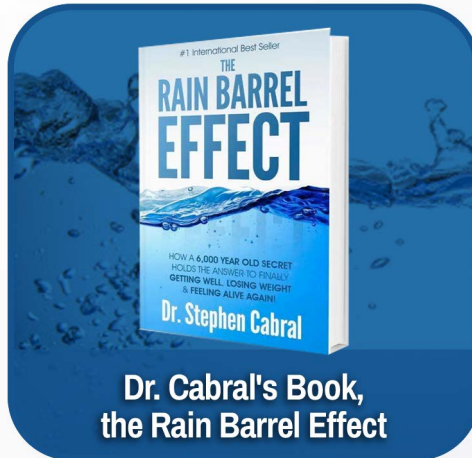
Your AM fasting glucose should be less than 100 mg/dL and ideally it is in the same range within 3 hours after every meal.

RESOURCES

- Blood Pressure Monitor
- Renpho Glucometer Testing Kit
- Comprehensive Big 5 Lab Tests
- Comprehensive Vitamin, Mineral and Digestion Tests
- Complete Stress, Mood & Metabolism Test



DR. CABRAL'S MOST POPULAR RESOURCES



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