

# The CABRAL CONCEPT

By Dr. Stephen Cabral



**CHANGE YOUR BODY. CHANGE YOUR LIFE.**

# #1890

## FR: Finite & Infinite Games Book, New Wake Light, Antibiotics & Pesticides in Milk, Night Owl Research

Welcome back to this week's #FridayReview!

Today I'm going to share with you reviews & research on:

- April IHP Open Enrollment!
- New Wake Light (product review)
- Finite and Infinite Games (book review)
- Antibiotics and Pesticides in Milk (research)
- Night Owls Can Retrain their Body Clock (research)

We're going to review all this and much more on today's #CabralConcept 1890 – Enjoy the show!

## EPISODE TAKEAWAYS

### 1

#### Wake Up Naturally with Wake Lights

Wake lights help if you wake up before the sunrise. They can help to naturally increase neurotransmitters and cortisol and decrease melatonin.

### 2

#### Antibiotics and Pesticides in Milk

Between 36% and 60% of conventional milk research samples contained antibiotics. Chose organic, grass-fed or pasture-raised when it comes to meat, dairy and poultry.

### 3

#### Get to Bed Earlier

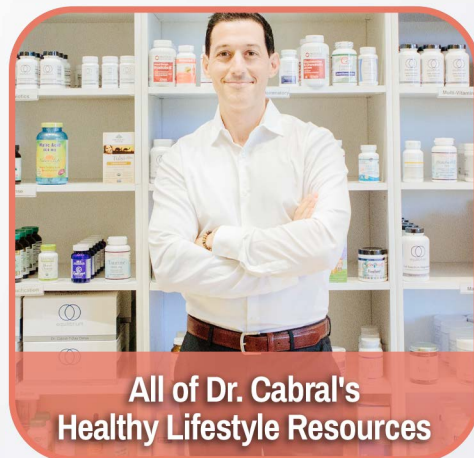
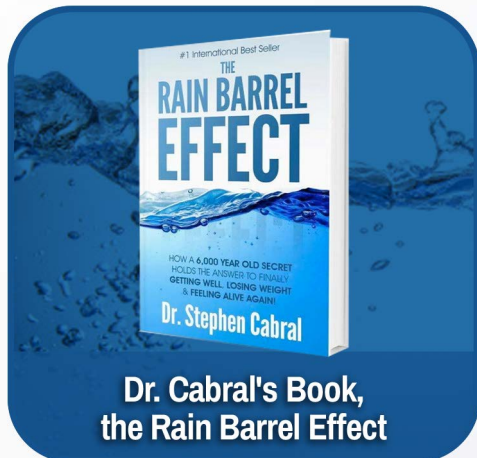
You can improve your overall levels of stress, cognition and brain performance by getting to bed earlier (before 10/11pm).

## RESOURCES

- Finite and Infinite Games by James Carse (book review)
- New Wake Light by Hatch (product review)
- Wake Light by Philips
- Production-related Contaminants (pesticides, antibiotics and hormones) in Organic and Conventionally Produced Milk Samples Sold in the USA (research)
- Night Owls Can 'Retrain' Their Body Clocks to Improve Mental Well-Being and Performance (research)
- Achieve Equilibrium Detox Course
- IHP Enrollment Open Now



# DR. CABRAL'S MOST POPULAR RESOURCES



## Would You Take 30 Seconds to Rate & Review the Cabral Concept?

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>
2. Click "View in iTunes" button
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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!

