

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1894

TWT: Do You Have Leaky Brain? (10 Question Quiz)

Medical science has known about leaky gut for a number of decades now, but did you know the same permeability can happen with your brain?

Just like in your gut, your blood brain barrier can be breached leading to many neurological, health, and hormonal imbalances in the body...

That's why on today's #CabralConcept 1894 I'd like to help you assess if you have any signs of leaky brain with these 10 questions - Enjoy the show and let me know if you have any questions!

EPISODE TAKEAWAYS

1

Blood Brain Barrier

You have a natural barrier that is meant to keep toxins from entering the brain and only letting good nutrients in.

2

Leaky Gut, Leaky Brain

Just like your intestines can increase permeability so can your brain, which allows more toxins in and creates more inflammation.

3

Do You Have Leaky Brain?

Take the leaky brain assessment by listening to today's podcast or answering the quiz questions at StephenCabral.com/assessment (coming in May)

RESOURCES

- All Podcasts on Digestion
- Leaky Gut, Leaky Brain? (Pubmed Article)
- Podcast on Toxins in The Home
- Podcast on Everyday Toxins
- The Rain Barrel Effect Toxicity Quiz
- Leaky Brain in Neurological and Psychiatric Disorders (research)
- Complete Mind & Body Neurotransmitter Test
- Comprehensive Big 5 Lab Tests
- Complete Food Sensitivity Test
- Comprehensive Vitamin, Mineral and Digestion Tests
- Podcast on How to Complete a Brain Detox



DR. CABRAL'S MOST POPULAR RESOURCES



Dr. Cabral's Protocols & Science-Backed Supplements



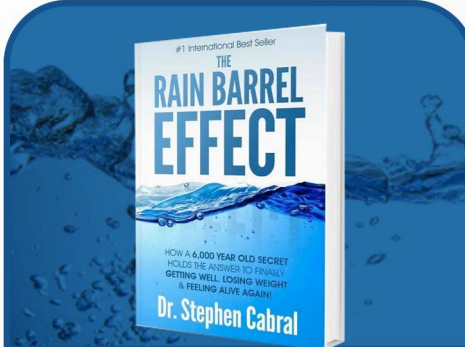
Discover Hidden Health Issues with At-Home Lab Testing




Learn to Heal with Health Results Accelerators™



Become an IHP Certified Health Coach



Dr. Cabral's Book, the Rain Barrel Effect



All of Dr. Cabral's Healthy Lifestyle 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!

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