

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1895

WW: Should You Only Eat One Meal a Day? (Warrior Diet or OMAD Diet)

CHANGE YOUR BODY. CHANGE YOUR LIFE.

How would you feel about eating only one meal per day?

Maybe you already do?

If not, there are many people out there by choice that have adopted this eating/lifestyle practice with varied results...

On today's #CabralConcept 1895 I'd like to share with you the science behind if you should eat one meal a day (and the pros and cons) - Enjoy the show and let me know what you thought!

EPISODE TAKEAWAYS

1

Nutrient Deficiencies

Just because you meet your macros does not necessarily mean you are meeting all your micronutrients.

2

What Are Your Micros

Your micronutrients are the vitamins, minerals, omegas, amino acids, and much more that your body uses to feed all the living cells in your body (beyond the carbs, protein, and fat calories).

3

Stressors

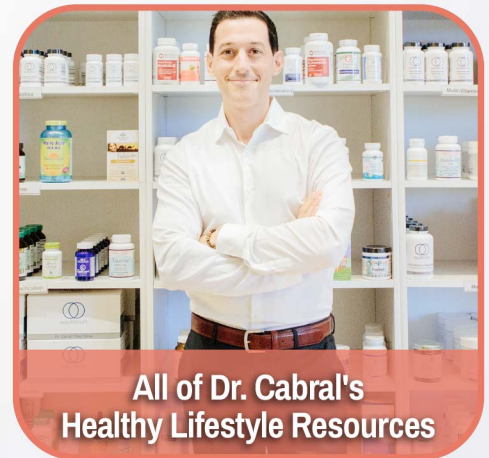
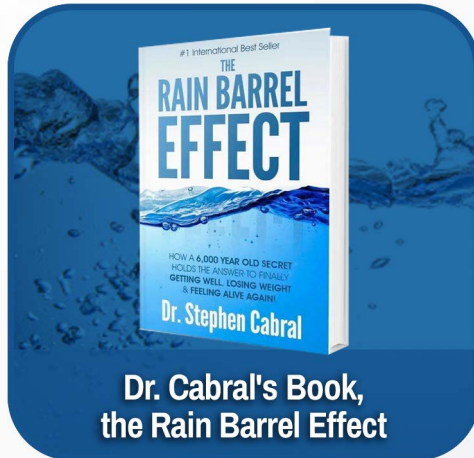
Not eating for more than 20 hours a day can cause unneeded stress on your nervous system and hormonal (endocrine) system leading to burnout and catabolism.

RESOURCES

- Previous Podcasts on Intermittent Fasting
- Podcast on Hermetic Stressors
- Podcast on Signs Your Body is Becoming Catabolic
- Podcast and REM and Deep Sleep (Part 1)
- Podcast and REM and Deep Sleep (Part 2)



DR. CABRAL'S MOST POPULAR RESOURCES



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