

# The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

# #1897

## FR: New Gut HRA, Stone Essential Oil Diffuser, Secret Language of Cells, Standing While Eating, Cold Brew Coffee

Welcome back to today's #FridayReview where I'll be breaking down the best of the week!

I'll be sharing specifics on these topics:

- New Gut Health Results Accelerator!
- Stone Essential Oil Diffuser (product review)
- The Secret Language of Cells (book review)
- Standing while Eating (research)
- Cold Brew Coffee

For all the details tune into today's #CabralConcept 1897 - Enjoy the show and let me know what you thought!

## EPISODE TAKEAWAYS

# 1

### Cellular Communication

Our body and immune cells communicate with the brain. These biological conversations tell us about the brain-body connection and will play an important role in the future of medicine.

# 2

### Standing While Eating

There is a natural strain on the body when you stand creating reduced sensory receptors on the tongue. Food is not as flavorful if you eat it while standing.

# 3

### Cold Brew May Have 2X the Caffeine

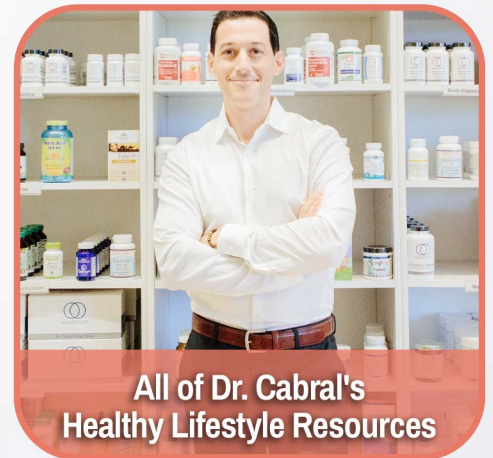
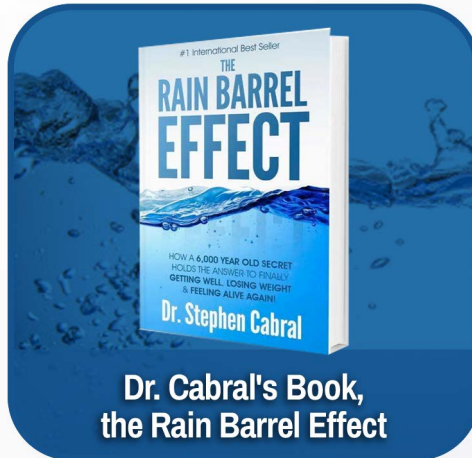
If your cold brew coffee has over 200-300mg per serving try diluting it by using half cold brew and half spring water.

## RESOURCES

- Free Health Assessments
- New Gut Health Results Accelerator (GUT100 for \$100 this week only)
- Vitruvi Essential Oil Diffuser (product)
- The Secret Language of Cells by Jon Lief (book review)
- Extending the Boundaries of Sensory Marketing and Examining the Sixth Sensory System: (research)
- Deluxe Cold Brew Coffee Maker



# DR. CABRAL'S MOST POPULAR 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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Thank you again and every review gets entered in my monthly contest to win great prizes!

