

# The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

# #1902

## WW: Why The Flexitarian Diet Works So Well

The Flexitarian Diet may just be one of the most compelling diets to date...

While moving towards a more plant-based philosophy and rich in antioxidants, it allows for some flexibility...

This is why it's become much more popular over more extreme ways of looking at food or dieting...

For all the details on why the Flexitarian Diet works so well tune into today's #CabralConcept 1902 - Enjoy the show and let me know if you have any questions!

## EPISODE TAKEAWAYS

# 1

### Eat More Plants

Brightly colored fruits and vegetables provide the antioxidants and flavonols we need to get and maintain health.

# 2

### Organic Matters

Eating bugspray in the form of pesticides is detrimental to our health and should be avoided.

# 3

### Clean Animal Protein

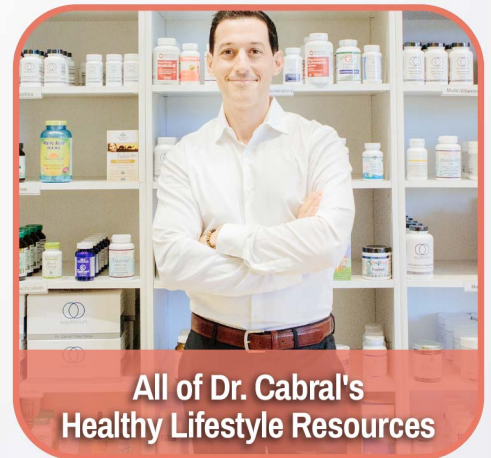
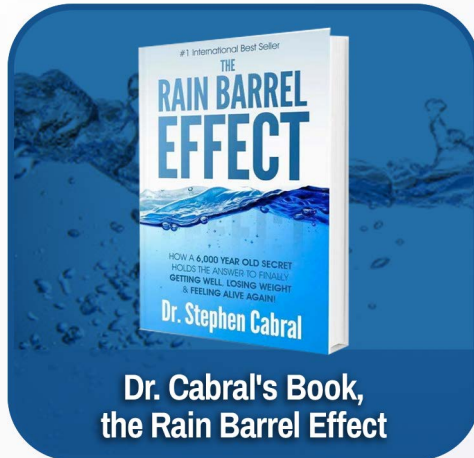
If you choose to eat some type of animal based products opt for grass-fed, pastured, or wild whenever possible



## RESOURCES

- Podcast on The Carnivore Diet
- Podcast on Eating a Rainbow
- Podcast on The Only Anti-Cancer Diet
- Podcast on The Foundation of All Diets
- Podcast on Saturated Fats
- Comprehensive Big 5 Lab Tests

# DR. CABRAL'S MOST POPULAR RESOURCES



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Thank you again and every review gets entered in my monthly contest to win great prizes!

