

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1903

TT: Virus & Long-Term Illness Workout Program Protocols

Although over 99+% of all people that catch this virus will survive many are left with some longer lasting inflammatory issues...

The same response can happen with Lyme, EBV, Herpes, and many others...

I've explored this topic of "Post Viral Inflammatory Issues" on episode 1776, but today I'd like to dive more into how to overcome the wave of fatigue that can come with post-viral immune responses...

So on today's #CabralConcept 1903 we will walk step-by-step through the virus & long long-term workout program protocols to get your life back - Enjoy the show and let me know if you have any questions!

EPISODE TAKEAWAYS

1

Understand Your Starting Point

You may remember how "fit" and strong you used to be, but we can't dive right back into those type of workouts.

2

The True Goal

Your only goal right now should be progressive overload. Slowly working up your exercise tolerance every few weeks is the smartest way to recover.

3

Recognizing Relapses

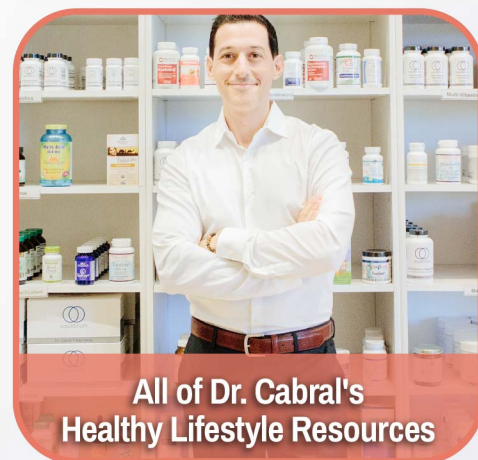
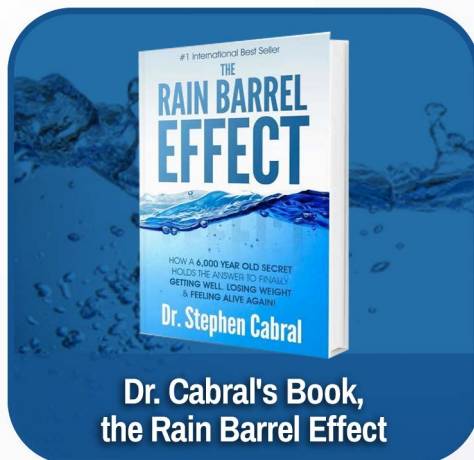
There may come a point where you can't progress for a little while - this means that if you continue to push it you may end up relapsing. Stop before that point and realize that recovery is not a straight line.

RESOURCES

- Podcast on Virus Protocol
- Podcast on Post Viral Inflammatory Issues
- All Podcasts on The Virus
- Podcast on Hermetic Stressors
- Complete Stress, Mood & Metabolism Test



DR. CABRAL'S MOST POPULAR RESOURCES



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