

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1908

TWT: The Real Reason Wheat & Gluten Are Dangerous to Consume (Harvard Study)

CHANGE YOUR BODY. CHANGE YOUR LIFE.

We've been led to believe that "everything in moderation" is okay...

But the truth is that that's just not the truth...

Wheat (and one of its proteins gluten) is an inflammatory food that can cause massive gut issues when consumed too often...

So on today's #CabralConcept 1908 we'll talk about what happens physiologically when you eat wheat (even when you have no digestive symptoms), as well as how often is most likely too often to consume this inflammatory food - Enjoy the show and let me know what you thought in the comments!

EPISODE TAKEAWAYS

1

What Is Zonulin

Zonulin is a protein, synthesized in intestinal and liver cells, that reversibly regulates intestinal permeability/

2

Gluten Myth Busted

"No human being completely digests gluten," says Dr. Alessio Fasano (leading Harvard research on gluten).

3

Beyond Gluten

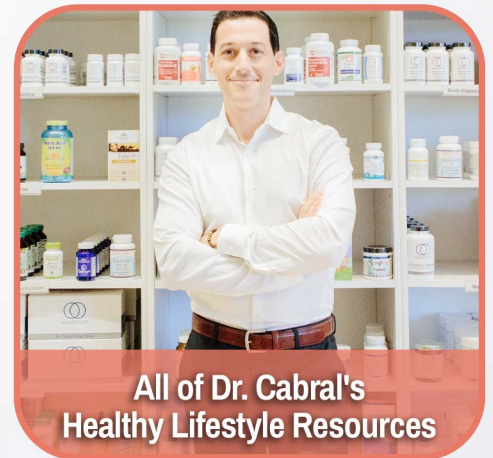
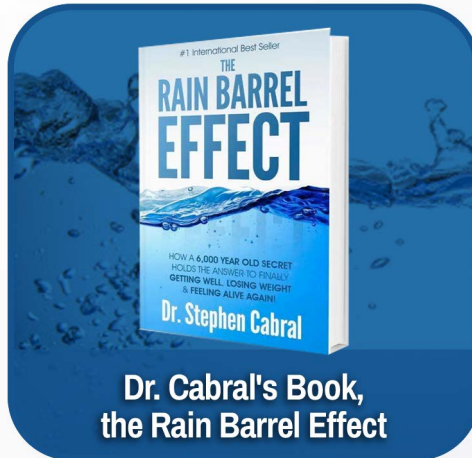
Zonulin is also triggered by harmful bacteria. This means your own imbalanced gut flora could be exacerbating leaky gut issues

RESOURCES

- Complete Food Sensitivity Test
- Complete Gut Bacteria & Parasite Test
- Podcast on the Difference Between a Food Allergy and Food Sensitivity
- Podcast on The Gut and Autoimmune Conditions
- Podcast on Symptoms of Leaky Gut
- Intestinal Permeability Biomarker Zonulin is Elevated in Healthy Aging (research)
- Gluten Freedom (book)
- All Podcasts on Digestion
- Podcast on Hidden Triggers for Gluten Sensitivity
- Podcast on How to Heal Your Leaky Gut
- Podcast on The Foundation of All Diets
- Podcast on Why Going Gluten Free Might be Bad For You



DR. CABRAL'S MOST POPULAR RESOURCES



Would You Take 30 Seconds to Rate & Review the Cabral Concept?

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!

1. Click link: <https://itunes.apple.com/us/podcast/cabral-concept-by-stephen/id1071469441?mt=2>
2. Click "View in iTunes" button
3. Click "Subscribe" button
4. Click "Ratings and Reviews" text
5. Click to rate and leave short review and you're done!

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

