

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1910

TT: PCOS Root Causes & Protocols with Tallene & Sirak (Interview)

On this week's Conversations with Cabral we will be talking all about female hormone imbalances and PCOS...

It's a topic that isn't addressed often enough and as a result many women overlook the underlying root causes preventing them from rebalancing their body and getting well again...

That's why on today's #CabralConcept 1910 I am speaking with guest experts, Tallene and Sirak, about PCOS root causes and the protocols to rebalance your body - Enjoy the show and let us know what you thought in the comments!

EPISODE TAKEAWAYS

1

Symptoms Matter

Even without a diagnosis many women suffer from PCOS symptoms such as bloating, weight gain, oily skin, acne, irritability, facial hair growth, and hair loss.

2

Wholistic Approach

The root cause could be androgens, stress, thyroid, blood sugar, estrogen dominance, or others, which is why a truly wholistic approach must be taken.

3

Lab Test

By running the Stress (Hormones), Mood & Metabolism test right at-home you're able to figure out what your main underlying root cause is.

RESOURCES

- Exclusive EquiLife PCOS Testing
- The Cysterhood PCOS Community
- Complete Food Sensitivity Test
- Complete Stress, Mood & Metabolism Test
- All Podcast on Hormones
- Podcast on The Dangers of Wheat and Gluten
- Podcast on The New Dietary Guidelines
- Podcast on Dairy is Not a Health Food
- All Podcasts on Stress
- Interview with Dr. Cabral on A Cyster and Her Mister
- Follow Tallene and Sirak on Instagram
- Learn more about Tallene and Sirak (PCOS Website)
- A Cyster and Her Mister Podcast



DR. CABRAL'S MOST POPULAR RESOURCES



Dr. Cabral's Protocols & Science-Backed Supplements



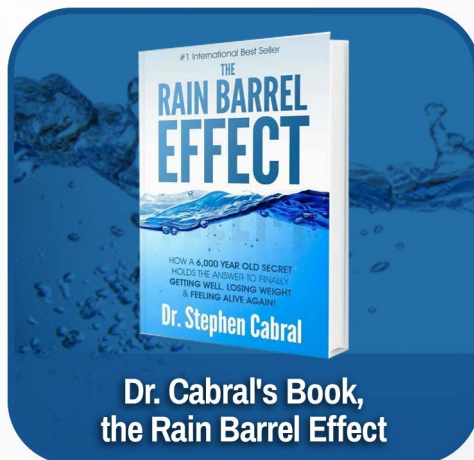
Discover Hidden Health Issues with At-Home Lab Testing



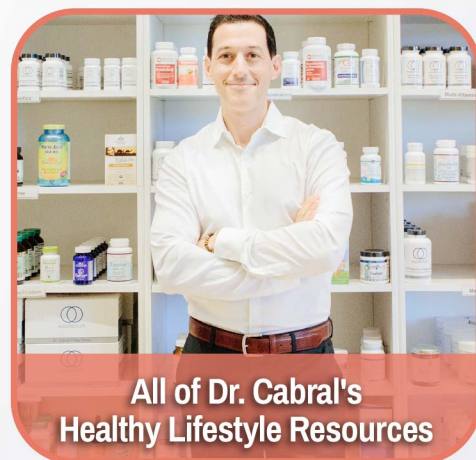
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Dr. Cabral's Book, the Rain Barrel Effect



All of Dr. Cabral's Healthy Lifestyle 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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