

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1911

FR: 2000 Episodes, Favorite Athletic Socks, Pandemic Weight Gain Spike, Exercise During Pregnancy

Welcome back to the #FridayReview where we are going to tackle the best of this past week!

On today's show, I will cover:

- 2000th podcast celebration coming soon!
- New EquiLife Packaging
- My favorite athletic socks (product review)
- Pandemic Weight Gain (research)
- Exercise While Pregnant (research)

And, of course, I'll touch on a lot more along the way during the show.

I hope your week has been going great and now tune in to today's #CabralConcept 1911 for all the details – Enjoy the show!

EPISODE TAKEAWAYS

1

Pandemic Weight Gain

42-62% of people have gained 29 lbs on average in the US over the last year.

2

Exercise in Pregnancy

Research shows that infants who's mothers exercised during pregnancy had more advanced motor skills than those with mothers that did not.

3

Wheat and Gluten are Not Health Foods

Gluten based products in moderation may be fine for most people (but not daily). Overconsumption of gluten and wheat based products leads to inflammation and gut health issues.

RESOURCES

- Gluten Freedom (book review)
- Balega No Show Athletic Socks (Men or Women) (product review)
- One Year Later, a New Wave of Pandemic Health Concerns (research)
- Podcast on Pandemic Weight Gain
- Effects of Aerobic Exercise during Pregnancy on Infant Motor Skills (research)



DR. CABRAL'S MOST POPULAR RESOURCES



Dr. Cabral's Protocols & Science-Backed Supplements



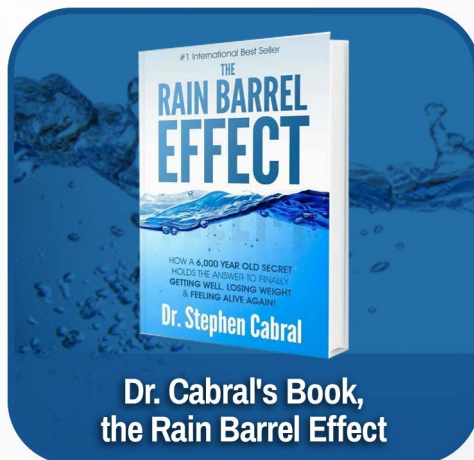
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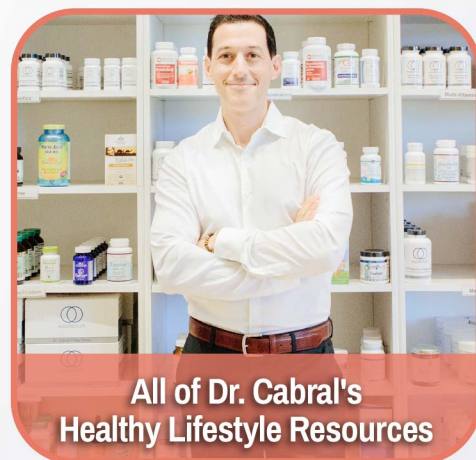
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Dr. Cabral's Book, the Rain Barrel Effect



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