

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1915

TWT: Follow These 7 Doctors for Optimal Health & Healing

Ayurvedic Medicine, as well as the original Traditional Naturopaths, were on to something when they developed their healing protocols...

On the outside they can look overly simplistic, but underneath is where the magic lies...

This is because their methods are working on foundational principles that balance your entire physiology...

Tune into today's #CabralConcept 1915 to follow these 7 doctors for optimal health & healing - Enjoy the show and let me know if you'd add any others!

EPISODE TAKEAWAYS

1

Clean Water

Your body is about 2/3rds water. This is a fundamental place to start for health and healing.

2

Clean Air

Clean air can be hard to come by if you live in a city, large farm, industrial complex, or other polluted area, however a good indoor air filter helps a lot.

3

Sunlight

Sunshine has been demonized over the past 20 years, but it actually have its own healing properties that go far beyond vitamin D.

RESOURCES

- Podcast on Fluoride
- FindaSpring.org
- How to Find your Local Farmers Market
- Podcast on How Much Sleep you Really Need
- Podcast on How to Rejuvenate Faster with REM and Deep Sleep
- Podcast on How to Increase Your REM & Deep Sleep



DR. CABRAL'S MOST POPULAR RESOURCES



Dr. Cabral's Protocols & Science-Backed Supplements



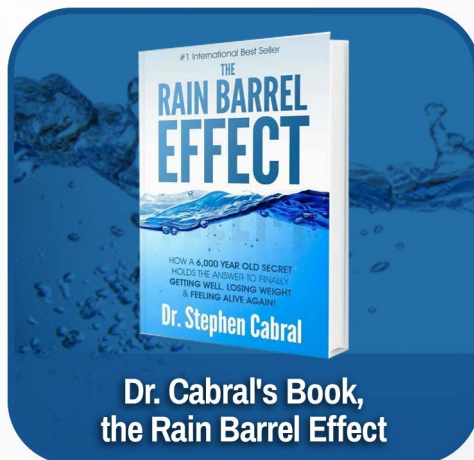
Discover Hidden Health Issues with At-Home Lab Testing



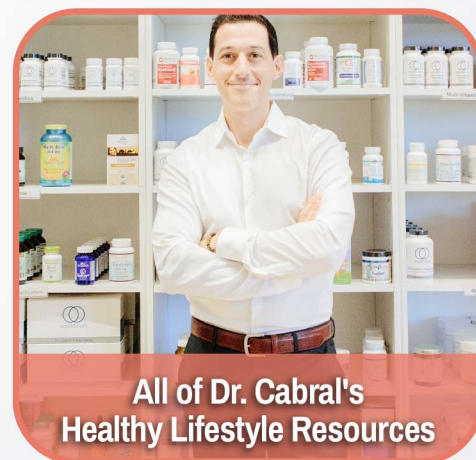
Learn to Heal with Health Results Accelerators™



Become an IHP Certified Health Coach



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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