

DR. CABRAL'S TOP 30 HEALTH RESOURCES

The Most Trusted Tools for
Optimizing Your Health,
Backed by 30 Years of Clinical Experience



Dr. Stephen Cabral
Board Certified Doctor of Naturopathy

After 30 years of researching and personally using all the top health resources in the health, fitness, and wellness industry I have seen companies come and go.

What I want to share in this document are the top companies and products that my clients, my family, and I use on a daily/weekly basis. These are my **Top 30 After 30 Years** and are listed in 6 simple categories:

- ☼ Longevity & Anti-Aging
- ☼ Exercise & Biohacking
- ☼ Skin & Beauty
- ☼ Sleep & Home
- ☼ Home Dr's Office
- ☼ Integrative Health & Functional Medicine

I hope you enjoy these products as much as I do and always let us know if you have any questions!

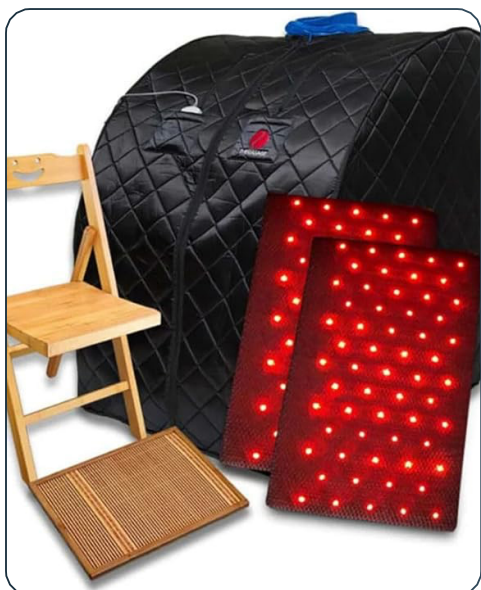


Stephen Cabral

Board Certified Doctor of Naturopathy
Author of the **Rain Barrel Effect** & **Personomics**

LONGEVITY & ANTI-AGING

Longevity isn't about chasing youth. It's about supporting how your body repairs, adapts, and stays strong over time. While a personalized approach will always go deeper, these are some of the most trusted tools and resources our team and clients turn to for supporting cellular function, recovery, and healthy aging.



Thera360 Sauna

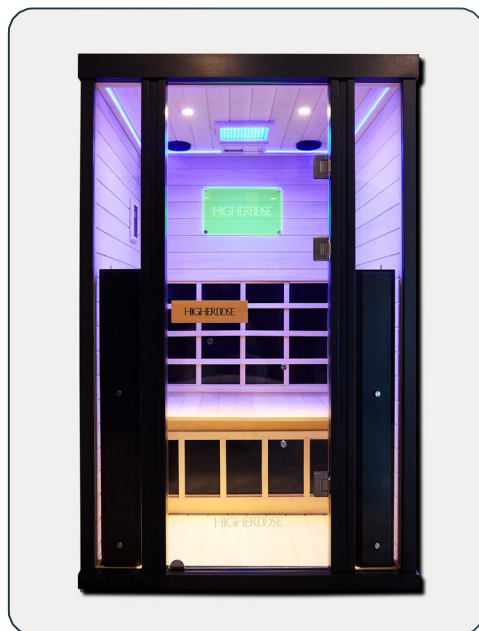
A full-spectrum infrared sauna designed to support deep detoxification, circulation, and cellular recovery. By gently heating the body from within, it promotes the elimination of toxins through sweat while helping reduce inflammation, improve cardiovascular function, and enhance overall energy. Its targeted technology makes it an efficient, at-home tool for optimizing longevity, resilience, and daily wellness.

[Learn More](#)

HD High-End IFR Sauna

This sauna delivers advanced full-spectrum infrared technology to deeply penetrate tissues, promoting enhanced detoxification, circulation, and muscle recovery. This high-end system supports cellular health, reduces inflammation, and encourages a restorative sweat that helps the body naturally eliminate toxins. Over time, it can help elevate energy, strengthen resilience, and become a cornerstone of your long-term wellness routine.

[Learn More](#)





Therasage PEMF Mat

Uses pulsed electromagnetic field therapy to support cellular repair, improve circulation, and promote deep relaxation. By helping recharge the body at a cellular level, it can reduce inflammation, ease muscle tension, and enhance recovery from daily stressors. This gentle yet powerful tool supports nervous system balance, better sleep, and overall resilience.

[Learn More](#)

Reverse Osmosis Water Filter

Provides advanced, multi-stage filtration to remove contaminants like heavy metals, chlorine, fluoride, and other impurities from your drinking water. By delivering clean, purified water at the source, it supports hydration, reduces toxic burden, and promotes overall cellular health. This foundational upgrade helps ensure every sip contributes to better energy, detoxification, and long-term wellness.

[Learn More](#)



Hydrogen Water Machine

Infuses water with molecular hydrogen, a powerful antioxidant that helps neutralize free radicals and reduce oxidative stress. This enhanced hydration supports cellular function, energy production, and recovery while promoting a more balanced inflammatory response. Making hydrogen-rich water part of your day offers a simple, powerful way to support vitality and resilience from within.

[Learn More](#)

EXERCISE & MOVEMENT

How you move each day has a direct impact on your energy, strength, and ability to recover. Alongside a personalized routine, these are the tools and technologies I recommend to support consistent movement, build resilience, and improve overall performance.



Walking Pad

Offers a simple, low-impact way to increase daily movement and support cardiovascular health without disrupting your routine. By making it easy to walk while working or at home, it helps improve circulation, boost metabolism, and support blood sugar balance. Over time, this effortless movement builds stamina, supports energy, and contributes to long-term health in a sustainable, low-impact way.

[Learn More](#)

Standing Desk

Encourages regular movement and better posture by allowing you to alternate between sitting and standing throughout the day. This simple shift can help reduce back and neck strain, improve circulation, and support sustained energy and focus. Spending more time on your feet throughout the day encourages better metabolic function and supports a more resilient, aligned body over time.

[Learn More](#)



Adjustable Dumbbells



Provide a space-efficient, versatile solution for strength training at home, allowing you to easily progress resistance as you build muscle. Regular resistance training supports metabolism, bone density, hormone balance, and overall functional strength. With regular training, they support lean muscle development, improve body composition, and build lasting strength.

Learn More

Rebounder

Offers a low-impact, high-benefit form of movement that supports lymphatic drainage, circulation, and cardiovascular health. The gentle bouncing motion helps stimulate detoxification, improve balance, and activate muscles without excessive joint stress. Just a few minutes a day can invigorate your energy, support immune health, and bring a light, revitalizing feel to your routine.

Learn More



HRV App & Chest Strap



Provides accurate insight into your nervous system, recovery status, and overall stress resilience. By measuring heart rate variability, it helps you tailor training, recovery, and lifestyle habits to optimize performance and prevent burnout. Ongoing tracking gives you insight to fine-tune your routine, helping you better support energy, recovery, and balance.

Learn More

SKINCARE & BEAUTY

While skin health is largely driven by internal factors like gut health, inflammation, and detoxification, the products you use externally still play an important role. The right formulations can help protect, nourish, and support the skin barrier. These are some of the go-to products I use and recommend to support clear, resilient, and naturally radiant skin.



Canopy Shower & Bath Filter

Removes chlorine, heavy metals, and other impurities from your water, reducing skin and hair irritation while supporting overall detoxification. By filtering bath and shower water, it helps maintain healthy skin, preserve natural oils, and promote a cleaner, more nourishing bathing experience. Daily use helps support softer, more hydrated skin while reducing environmental stressors that can impact long-term wellness.

[Learn More](#)

OS-01 Skin Peptide

A targeted peptide serum designed to support skin regeneration, hydration, and youthful elasticity at the cellular level. By stimulating collagen production and promoting cellular repair, it helps reduce the appearance of fine lines, wrinkles, and environmental damage. With continued use, it helps strengthen skin integrity, enhance radiance, and support a more youthful complexion.

[Learn More](#)





Red Light Face Shield

Delivers targeted red and near-infrared light therapy to support skin rejuvenation, collagen production, and cellular repair. By stimulating circulation and reducing inflammation, it helps improve skin texture, firmness, and overall radiance. Over time, it supports clearer, healthier-looking skin while promoting a naturally refreshed appearance.

[Learn More](#)

Copper Dry Brush

Designed to gently exfoliate the skin while stimulating circulation and supporting lymphatic drainage. Regular use helps remove dead skin cells, promote detoxification, and improve skin tone and texture. This simple ritual helps stimulate circulation, reduce puffiness, and leave your body feeling refreshed, energized, and renewed.

[Learn More](#)



HigherDose Red Light Hat

Delivers targeted red and near-infrared light therapy directly to the scalp to support hair follicle health and cellular energy production. By stimulating circulation and reducing inflammation, it can help strengthen hair, improve scalp vitality, and enhance overall hair resilience. Regular use helps create an optimal scalp environment while supporting fuller, healthier-looking hair over time.

[Learn More](#)

SLEEP & HOME HEALTH

The space you live in shapes how well your body truly rests and resets. These are the products I recommend to create a calmer, more supportive environment – one that encourages deeper sleep and more complete recovery.



Air Doctor Air Filter

Provides advanced multi-stage filtration to remove allergens, dust, bacteria, and airborne pollutants from your indoor environment. By delivering cleaner air, it supports respiratory health, reduces inflammation, and promotes overall immune resilience. Helps create a cleaner, fresher home environment-supporting clearer thinking, easier breathing, and a space that simply feels better to live in.

[Learn More](#)

Wake Light

Stimulates a natural sunrise to gently wake you, supporting healthy circadian rhythms and improving sleep quality. By gradually increasing light intensity, it helps reduce grogginess, boost morning energy, and enhance mood. Supports a more natural wake-up rhythm, helping you feel alert, grounded, and ready to move into your day with ease.

[Learn More](#)





Bamboo Sheets

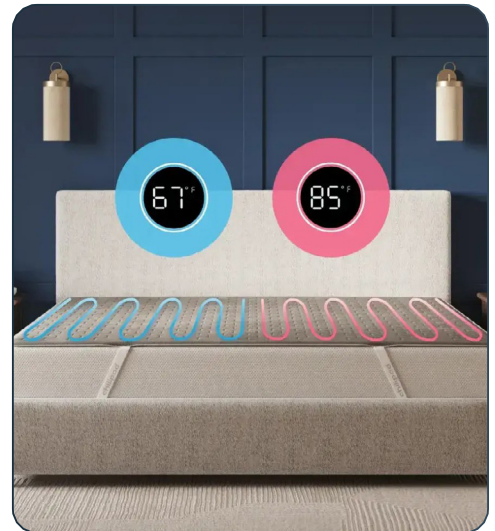
Luxuriously soft, breathable, and naturally moisture-wicking, promoting a comfortable and restful night's sleep. Their hypoallergenic and temperature-regulating properties support skin health and reduce irritation, while creating an optimal sleep environment. Creates a cool, breathable sleep environment that helps you wake up feeling more rested, refreshed, and recovered.

[Learn More](#)

Cooling System

Regulates sleep temperature to create a consistently cool and comfortable sleeping environment, supporting deeper, more restorative rest. By preventing overheating and night sweats, it helps improve sleep quality, hormone balance, and overall recovery. Keeps your body in a more optimal temperature range, supporting better focus, sustained energy, and deeper, more restorative rest.

[Learn More](#)



Neurosym Vagus Nerve

A device designed to gently activate the vagus nerve, supporting nervous system balance, stress resilience, and improved digestion. By enhancing parasympathetic activity, it can help reduce anxiety, promote relaxation, and support restorative sleep. Helps your body shift out of stress mode, supporting calm, recovery, and a more regulated, balanced nervous system.

[Learn More](#)

HOME DR'S OFFICE

Having the right tools at home makes it easier to stay connected to your health day to day. Below are the resources I personally recommend for tracking key markers, staying informed, and taking a proactive role in your care.



Blood Pressure Monitor

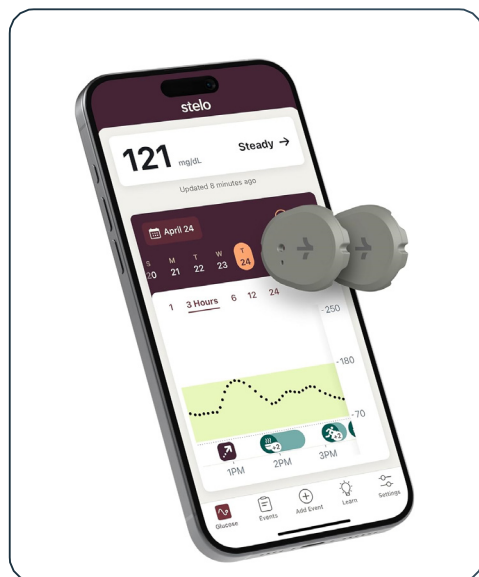
Provides accurate, at-home tracking of blood pressure to help you stay informed about cardiovascular health. Regular monitoring supports early detection of hypertension, stress management, and better-informed lifestyle choices. Gives you clear, at-home insight so you can stay on top of your cardiovascular health and make confident, informed decisions.

[Learn More](#)

Continuous Glucose Monitor

Provides real-time tracking of blood sugar levels, giving insights into how diet, exercise, and lifestyle choices impact glucose balance. By monitoring trends continuously, it helps optimize energy, support metabolic health, and prevent blood sugar spikes or crashes. Offers real-time feedback on how your body responds to food, movement, and stress—so you can make more aligned, intentional choices.

[Learn More](#)





Ear/Forehead Thermometer

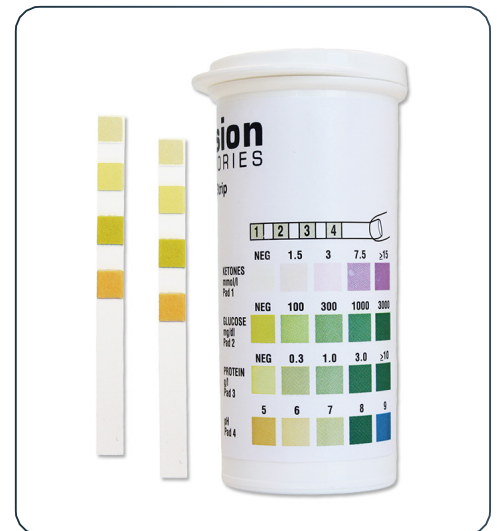
Provides fast, accurate, and non-invasive temperature readings for the whole family. By allowing quick detection of fevers or temperature changes, it supports timely health decisions and early intervention. Makes it easy to quickly check in on your body, track changes, and respond with confidence when it matters most.

[Learn More](#)

Urine Test Strips

Offer a simple, at-home way to monitor key health markers such as hydration, kidney function, and metabolic balance. By providing immediate insights into nutrient status and potential imbalances, they empower proactive health management. A simple way to stay in tune with your body—helping you spot shifts early and adjust your routine as needed.

[Learn More](#)



Renpho Bodyweight Scale

Provides accurate measurements of weight, body composition, and BMI, helping you track progress toward your health goals. By offering insights into muscle mass, fat percentage, and hydration, it supports informed lifestyle and fitness decisions. Keeps you connected to your progress, building awareness and consistency as you move toward your goals.

[Learn More](#)

INTEGRATIVE HEALTH & FUNCTIONAL MEDICINE

A functional approach looks beyond surface-level symptoms to understand what's really driving imbalance in the body. While individualized testing is ideal, these are the tools and resources that I commonly use to support a more targeted, root-cause approach to health.

At-Home Lab Testing



Allows you to conveniently assess key health markers from the comfort of your home, providing insights into hormones, nutrient status, and metabolic function. By identifying imbalances early, it empowers personalized strategies for diet, supplementation, and lifestyle adjustments. Brings deeper insight into your health, allowing you to take a more proactive, personalized approach to how you feel day to day.

[Learn More](#)

3rd Party Tested Supplements

Ensuring purity, potency, and safety by undergoing independent testing for quality and accuracy. By choosing verified supplements, you can confidently support nutrient balance, immune function, and overall health. Ensures you're putting clean, high-quality ingredients into your body—so your routine works with you, not against you.

[Learn More](#)



Functional Medicine Detox



A comprehensive approach designed to support the body's natural detoxification pathways, including liver, gut, and lymphatic function. By combining targeted nutrition, supplementation, and lifestyle strategies, it helps reduce toxic load, improve digestion, and enhance energy levels. Supports your body's natural detox pathways, helping you reset, feel lighter, and function more efficiently from the inside out.

[Learn More](#)

IHPI Health Coach Certification

Provides comprehensive training in integrative health principles, equipping aspiring coaches with the knowledge and tools to support clients' nutrition, lifestyle, and wellness goals. Through evidence-based education and practical application, it empowers graduates to guide others toward optimal energy, balance, and long-term health. Completing this program builds expertise, confidence, and credibility in the field of holistic health coaching.



[Learn More](#)

1-on-1 Health Coaching



Offers personalized guidance to optimize nutrition, lifestyle, and overall wellness based on your unique needs and health goals. Through tailored strategies and ongoing support, it helps improve energy, reduce stress, and promote sustainable healthy habits. Working directly with a coach empowers you to achieve lasting results and take control of your long-term vitality.

[Learn More](#)

LOOKING FOR MORE?

I hope these were helpful, and yes they are my **"Top 30 After 30 Years,"** but of course there's many more!

For 100 more of my favorite resources please see the full list at:
[StephenCabral.com/resources](https://stephencabral.com/resources)

Plus, new honest product reviews every Friday on the **Cabral Concept!**



Wish you all the best of health & happiness!

Stephen Cabral

Board Certified Doctor of Naturopathy
Founder of Personomics

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