

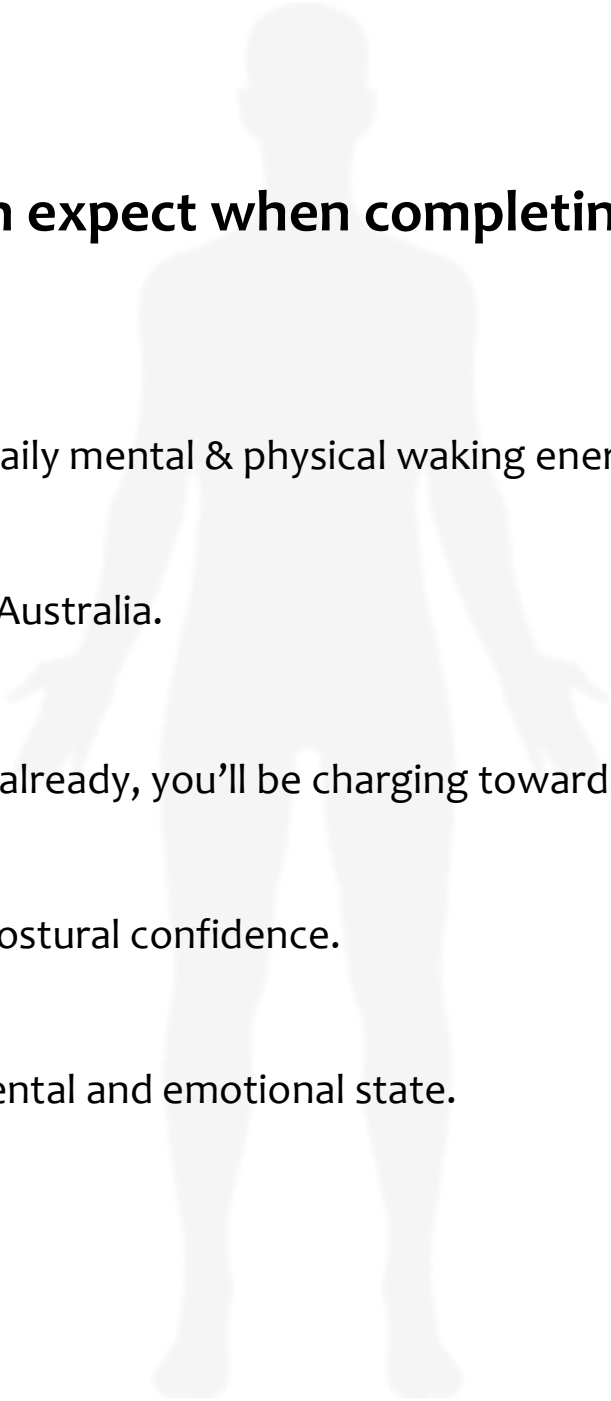
REBOOT 12

the bp system

Step by Step

1. Coordinate your starting test with Brad Pamp.
2. Print the 8-Week Timetable – page 4, and the e-book.
3. Prepare and comply with the day-to-day practice, only.
4. Be clear on the daily practice – see the details, pages 4-9.
5. Your Invitation: Contact Brad Pamp for any clarification.

What you can expect when completing the Reboot 12.

1. Your prime daily mental & physical waking energy.
 2. Sleeping for Australia.
 3. If you're not already, you'll be charging towards your ideal weight.
 4. A returned postural confidence.
 5. Your best mental and emotional state.
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Your Reboot 12 System

Your systematic integration of the 12 key components.

1. H₂O/Na⁺
2. The Reboot Breakfast
3. Psyllium Husk
4. Moving as listed
5. Supergreens
6. The Reboot Afternoon Grazing
7. Spinal Balance Movements
8. The Reboot Lunch
9. Mindset Counterbalance.
10. Flexibility
11. The Reboot Dinner
12. Multi-Vitamin



The Purpose from your Reboot 12 Commitment.

<p style="text-align: center;">NUTRITION</p> 	<p style="text-align: center;">MOVING</p> 	<p style="text-align: center;">SLEEPING</p> 
<ul style="list-style-type: none"> • Leave your appetite depressed for 6-8 hours post (main) meals. • Boost your immune and collective wellness. • Lower your inflammation. • Sustain optimum gut-health balance. • Aid in organ function (e.g. heart, pancreas). • Naturally, be drawn to your right food choices. • Lower the appeal towards low value high-risk food. 	<ul style="list-style-type: none"> • You are optimising your mental balance – to counter stress and leave mental confidence and calmness. • Promote stored fat as the preferred fuel source. • Lower your collective inflammation and the healing of chronically inflamed joint and soft tissue. • Leave your prime posture. • Depress your appetite. 	<ul style="list-style-type: none"> • Lower your sympathetic mental & physical stress. • Wake refreshed and mentally & physically confident. • Your best sleep drives your best fat-burning metabolism. • Quality fitting sleep also has your appetite more satisfied with lower calories.

Your Test

- I. Weight.
- II. Blood Pressure.
- III. HbA1c – Blood Glucose.
- IV. Triglycerides.
- V. HRV – Stress Test.



Test	Why	Goal
Weight (kgs)	<ul style="list-style-type: none"> To live consistently at your ideal predetermined weight while aging, which is well-linked with good health. Additional and unnecessary weight increases the stress physically and mentally. This stress increases the vulnerability towards ill-ness. The Reboot 12 model will metabolise towards your ideal weight & frame for life. See the HAMWI Method for your ideal weight. If you would benefit from losing 20kgs (8-weeks), you will. 	HAMWI Method
Blood Pressure (mm Hg)	<ul style="list-style-type: none"> Typically, consistent higher blood pressure will lead to illness. With your improved food choices, consistent and appropriate movement, stress-management practice, and the consequent weight loss, typically, your BP will drift towards your prime CV pressure. 	<120/<80 mm Hg
HbA1c Blood Glucose (%)	<ul style="list-style-type: none"> This test is a crucial indicator of your improving collective health. Higher (HbA1c) blood glucose will almost always lead to ill-health and weight gain. Your blood glucose balance will likely reach a healthy balance – 4.9 -5.3%. 	4.8 – 5.3 %
Triglycerides (mmol)	<ul style="list-style-type: none"> Too low and too high blood fat balance is sub-optimal. With the right lifestyle practice, your blood fats (triglycerides) will balance towards 1.60 – 1.90 mmol. 	1.60 – 1.90 mmol
HRV – Stress Test (0-100)	<ul style="list-style-type: none"> HRV testing measures the balance of your autonomic (stress) system. With unmanaged mental stress, along with physical ill-health (stress), typically one will score <50/100. A healthy HRV score is 65+/100. The higher, the better. 	65>/100

Testing Schedule

- Brad Pamp will email your test results immediately after testing.

Your ideal testing schedule: Before starting Reboot 12, week 3, 6, and on finishing.

Your Reboot 12 Program.

- Comply with the day to day listed practice, only.
- E.g. Day One – a glass of salted water on waking, eat the Reboot 10 breakfast, and that’s it for the day.

TEST	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	*H2oNa+ Breakfast	*H2oNa+ Breakfast	*H2oNa+ Breakfast Pysllium Husk	*H2oNa+ Breakfast Pysllium Husk	*H2oNa+ Breakfast Pysllium Husk	*H2oNa+ Moving Breakfast	*H2oNa+ Moving Breakfast
Week 2	*H2oNa+ Moving Breakfast Pysllium Husk	*H2oNa+ Moving Breakfast Pysllium Husk	*H2oNa+ Moving Breakfast Pysllium Husk	*H2oNa+ Moving Breakfast	*H2oNa+ Moving Breakfast Grazing	*H2oNa+ Moving Breakfast	*H2oNa+ Moving x 2 Breakfast
Week 3 TEST DRY WEEK	*H2oNa+ Moving Breakfast Supergreens Grazing	*H2oNa+ Moving Breakfast Supergreens Grazing	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Grazing Spinal Ex	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Grazing Spinal Ex	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Grazing Spinal Ex	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Grazing Spinal Ex	*H2oNa+ Moving x 2 Spinal Ex Breakfast Supergreens Grazing Spinal Ex
Week 4	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Grazing Spinal Ex	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Lunch Grazing	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Lunch Grazing	*H2oNa+ Moving Spinal Ex Breakfast Supergreens Lunch Grazing Mindset	*H2oNa+ Moving Spinal Ex Breakfast Lunch Grazing Mindset	*H2oNa+ Moving Spinal Ex Breakfast Lunch Grazing	*H2oNa+ Moving x 2 Spinal Ex Breakfast Lunch Grazing
Week 5 DRY WEEK	*H2oNa+ Moving Spinal Ex Flex Breakfast Lunch Grazing Mindset	*H2oNa+ Moving Spinal Ex Flex Breakfast Lunch Grazing Mindset	*H2oNa+ Moving Spinal Ex Flex Breakfast Spinal Ex Lunch Grazing Mindset Dinner	*H2oNa+ Moving Spinal Ex Flex Breakfast Lunch Grazing Mindset Dinner	*H2oNa+ Moving Spinal Ex Flex Breakfast Lunch Grazing Mindset Dinner	*H2oNa+ Moving x 2 Spinal Ex Flex Breakfast Lunch Dinner	*H2oNa+ Moving Spinal Ex Flex Breakfast Lunch Dinner
Week 6-8 TEST TEST	*H2oNa+ Moving x 2 Spinal Ex Flex Breakfast Multi-V Lunch Grazing Mindset Dinner	*H2oNa+ Moving x 2 Spinal Ex Flex Breakfast Multi-V Lunch Grazing Mindset Dinner	*H2oNa+ Moving x 2 Spinal Ex Flex Breakfast Multi-V Lunch Grazing Mindset Dinner	*H2oNa+ Moving x 2 Spinal Ex Flex Breakfast Multi-V Lunch Grazing Mindset Dinner	*H2oNa+ Moving x 2 Spinal Ex Flex Breakfast Multi-V Lunch Grazing Mindset Dinner	*H2oNa+ Moving x 2 Spinal Ex Flex Breakfast Multi-V Lunch Dinner	*H2oNa+ Moving Spinal Ex Flex Breakfast Multi-V Lunch Dinner

Your Practice

Step 1 – H₂O Na⁺.

Step One, Day One, Priority One.


The Practice	The Facts
<ul style="list-style-type: none"> <input type="checkbox"/> 250ml Water <input type="checkbox"/> A ‘small’ pinch of Pink Himalayan Salt. <div style="text-align: center; font-size: 2em; font-weight: bold; margin-top: 20px;">Na⁺</div>	<ul style="list-style-type: none"> • Your consistent optimal hydration is vital to your best health. • Most people live dehydrated. • This proven hydration practice is simple and timeless. • Practice this strategy on waking every day for the next ten weeks. • Your best hydration will manage your ideal appetite over the next few weeks. • The Na⁺ inclusion helps with cellular saturation and avoids stomach bloating commonly linked with drinking water alone. • Ideal hydration also allows for optimum mental clarity. • Do it! Daily.

Step 2 – Breakfast.

‘Pampy’s Power Punch Mix’: The ultimate mix of slow-energy releasing (low-sugar) carbohydrate, heart-healthy and stored fat metabolising good fats, plus gut-healthy fibre and taste.

We start your nutritional day with a ‘higher’ portion of (slow-energy releasing) carbohydrates (relative to fats & protein), because;

- a) A faster refuelling of your morning workout will depress your appetite towards 1 pm-ish.
- b) Promote a higher mentally clarity from 7 am – 2 pm.

Buy it, Mix it!	Make it, Eat it!
<p>500g Tupperware container</p> <ul style="list-style-type: none"> <input type="checkbox"/> 750g Quick Oats <input type="checkbox"/> 100g Chia seeds <input type="checkbox"/> 100g Linseeds <input type="checkbox"/> 200g Shredded Coconut <input type="checkbox"/> 100g Slivered Almonds <input type="checkbox"/> 1tspn Ground Cinnamon <p style="text-align: center;">Shake it up!</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>✓ ¼ Cup of PPP Mix adding to a bowl.</p> <p>NOTE: Your Volume</p> <ul style="list-style-type: none"> • Start with the listed ¼ cup and tinker day to day. <p>The Reboot Rules:</p> <ul style="list-style-type: none"> • If you’re exercising ‘more’ than is listed and you’re ‘hungry’ before midday, you will benefit from ‘more’ breakfast. Start by adding a further ¼ cup.


<ul style="list-style-type: none"> <input type="checkbox"/> Berries of choice [Blueberries, Blackberries, Strawberries, Cherries] <input type="checkbox"/> Raw Dark Honey <input type="checkbox"/> Natural Yogurt • Coffee, Tea, Herbal Tea, including Green Tea, is all permitted – NO SUGAR. 	<ul style="list-style-type: none"> ✓ 1 Cup water. ✓ Microwave 2 minutes. Note: Tinker with the water volume relative to reaching a ‘moist’ porridge-like mixture. ✓ Add; ½ cup of berries (your choice), or ½ banana, and or, 1 tpsn raw honey. ✓ Also, FYI, a tbsn Natural Yogurt is an excellent choice. <p>SPECIAL NOTE: Meal Timing</p> <ul style="list-style-type: none"> • Be sure to consume your breakfast as soon as your morning workout finishes. • Avoid waiting longer than 30 minutes to eat post-workout. • Failure to immediately refuel will typically throw your appetite into a frenzy later in the day – towards ‘excessive’ calories and ‘bad’ calories. <p>Caffeine – I believe, and many experts believe, some, caffeine, benefits our health. Caffeine typically depresses the appetite – this is usually a good thing.</p>
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Step 3 – Psyllium Husk (Powder)

The prime high fibre ‘gut-cleaner’ along with the balancing of your ideal blood glucose balance.


<ul style="list-style-type: none"> <input type="checkbox"/> Psyllium Husk Powder <input type="checkbox"/> Vanilla Extract 	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> • 1 Tbspn Phyllium Husk. • 1 Cup water, or with orange juice. • Consider 2-3 Drops Vanilla Extract if mixing with water. • Stir or blend.
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Step 4 – Moving


Your Formula	Worth noting!
<p>Schedule the time – before work (morning) is best.</p> <ul style="list-style-type: none"> I strongly believe in the added benefits of morning exercise (best body temp for the day, boost waking metabolism, prime hormonal balance, and fewer excuses). However, schedule your exercise when life allows. But make it a priority.  <p>Frequency: Daily, schedule a daily session. *Intensity: Never ‘harder’ than your easy conversational paced 60-70% of max perceived effort. All movement is rhythmic & continuous. Time: 20 minutes, non-stop – yes, just 20 minutes. Type: Walking, Jogging, Riding, Rowing, Stepping, X-Machine, Swimming.</p> <p>Note: ‘Moving x 2’ means doubling your time 20 minutes x 2 = 40 minutes in your easier aerobic zone.</p>	<p>The night before;</p> <ul style="list-style-type: none"> ✓ Clothes out & ready. ✓ Overdress if need be, removing layers as you naturally heat up. ✓ Alarm set. ✓ Have a backup plan pending weather. <p>Special Note:</p> <ul style="list-style-type: none"> I strongly advise against ‘harder’ intensity exercise at this time. More strenuous exercise increases inflammation and typically the appetite. While this effort is OK with developed and tolerant health & fitness, for now, aerobic easier rhythmic movement will ‘lower’ your inflammation and appetite – our two prime current goals. <p>Bored?</p> <ul style="list-style-type: none"> Change up your exercise mode, the route, your music playlists, grab a buddy, use visuals (Netflix) etc. <p>Cooling post-workout.</p> <p><i>Mainly related to middle-aged men currently carrying more weight than their ideal;</i></p> <ul style="list-style-type: none"> Finish your post-workout shower with cold water (5 seconds). This is more critical when exercising later in the evening in the summer months. 2 Failure to cool quickly will typically influence good quality sleep.

Step 5 – (mid-afternoon) Grazing

<ul style="list-style-type: none"> The afternoon appetizer settler is designed to leave your appetite somewhat satisfied on less calories at dinner time – and to stop unnecessary pre-dinner snacking and alcohol. 	<p>A glass of salted water before the appetizer.</p>
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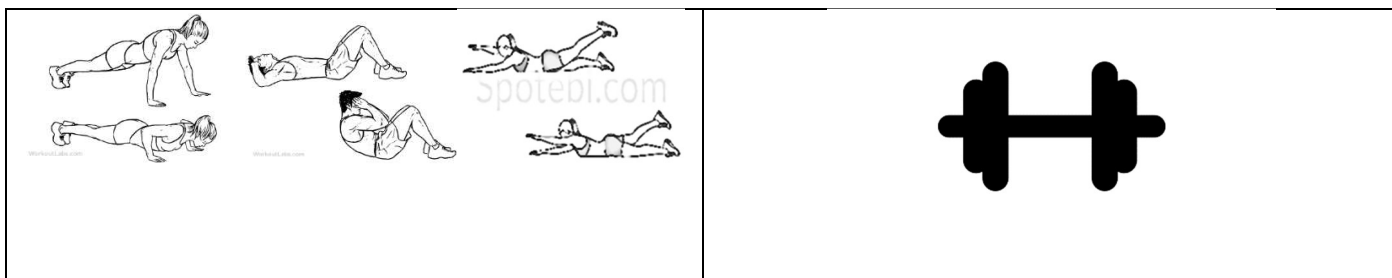
<ul style="list-style-type: none"> • Choose from the list. • Ideally, prioritise the afternoon appetizer (e.g. 2.30-4.30 pm), with the morning graze typically being unnecessary. • Prepare and contain your choice the night before. • Consider further hydrating before the appetizer – e.g. a small glass of H₂O Na⁺ 	<ul style="list-style-type: none"> <input type="checkbox"/> 5-10 Almonds, <input type="checkbox"/> 1 Apple or 1 Pear, <input type="checkbox"/> Carrot or and Celery with Hommus, <input type="checkbox"/> Capsicum & Guacamole, <input type="checkbox"/> Cucumber & Tzatziki, <input type="checkbox"/> Hard-boiled egg & salt (*A great choice) <input type="checkbox"/> Tin of sardines. <input type="checkbox"/> Wholemeal Corn Thins with any dip. 
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Step 6 – Supergreens

<p>Your (shopping) Choices;</p> <ul style="list-style-type: none"> • Supergreens • Vital Greens • Spirulina • Happy Greens • Alkalising Greens <p>If you're taking on the Reboot 10, it is most likely you're currently harbouring excessive inflammation.</p> <p>Poor food choices, sedentary habits, frequent mental stress, smoking, excessive alcohol, and poor sleep can all contribute in elevating your inflammation towards an unhealthy level.</p> <p>Green (grassy) based powdered drinks promote an anti-inflammatory alkalizing effect – this is good – really good.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Tbpn of green powder <input type="checkbox"/> 250ml water <input type="checkbox"/> Stir... <p>Warning – the taste is typically unappealing.</p> <p>Re the Taste; you may require;</p> <p>½ tpsn honey, 1/3 banana (blended), 2 drop of vanilla extract, Orange juice.</p> <p>Whatever it takes, get it in.</p> <p>This is important.</p> 
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Step 7 – Spinal Exercises

<p>Choice One</p> <p>Ideally, performed straight after your aerobic movement.</p> <ul style="list-style-type: none"> • 2 x 10 reps Push-Ups (pic 1) with 20 seconds rest between sets. • 2 x 10 reps Sit-Ups with 20 seconds rest between sets. • 2 x 20 reps Back Arches (face down) with 30 seconds rest between sets. 	<p>Choice Two</p> <ul style="list-style-type: none"> • Dumbbell based workouts. • Select your (right) DB weight, • Complete 1 of the seven 5-minute workouts each day. • Weblink: http://www.bp4oplus.com.au/ultimate-postural-balance/
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Step 8 – Lunch

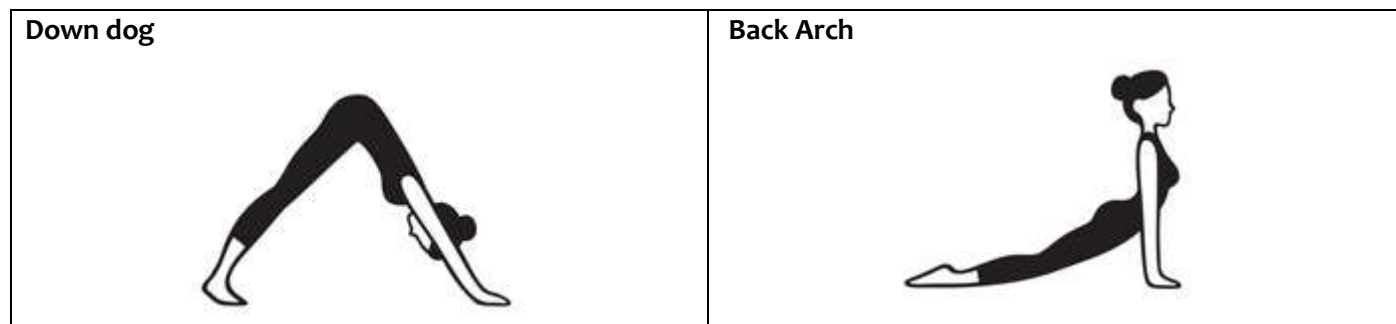
<p>Protein Choices</p> <ul style="list-style-type: none"> ○ Chicken Breast ○ Beef ○ Tinned Salmon or Tuna ○ Boiled Egg <p>Salad</p> <ul style="list-style-type: none"> ○ Green leaf of choice ○ Cucumber ○ Avocado ○ Sundried tomatoes ○ Other salad choices... ○ Pepita Seeds – pan fried & contained. ○ Supermarket pre-made salads: Tabouli, Quinoa Bean Mix, Cous Cous pumpkin mix etc <p>Dressing (optional)</p> <ul style="list-style-type: none"> ○ Olive Oil, Lemon, Sea Salt. 	<ul style="list-style-type: none"> ✓ Prepare and contain the evening before. ✓ Mix protein, salad, and the dressing in the container. ✓ Mix up your daily protein choices and salad mixes. ✓ If you must, add your protein choice, salad and dressing to a wholemeal wrap, usually microwaved for 20 seconds. ✓ I will also add sea salt to this meal. The sea salt will not harm your health but help balance your best hydration status and drive fullness on fewer calories. ✓ Hydrate before each meal (water & salt). <p>In short: Clean protein + your made leafy green salad.</p>
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Step 9 – Mindset

<ul style="list-style-type: none"> ○ Laying down is best; sitting will also work. ○ Relax and close your eyes, if possible. ○ Inhale & exhale ‘nasally’, only. ○ Inhale 4 seconds/ exhale 6 seconds. ○ 10 seconds split x 12 = 2 minutes. 	<ul style="list-style-type: none"> ▪ The feature and benefit of this breathing practice is the focus on NASAL breathing, only. ▪ Consider using headphones, youtube search: relaxing music. ▪ Play.
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Step 10 – Flexibility

To conclude your exercise session, perform slowly and efficiently the two movements for 15 -30 seconds each.




Step 11 – Dinner

Dinner is the time to lower your carbohydrate portion, mixing clean cuts of protein with healthy fats.

Your objective is to be satisfied on lower calories.

A mix of protein, good fats and fibre will leave your appetite satisfied on a smaller (lower calorie) portion.

<p>Protein Choices – e.g, your palm size.</p> <ul style="list-style-type: none"> ○ Chicken Breast, Turkey, ○ Beef, Pork, and all Red Meat, ○ Salmon, Tuna, and all Fish, ○ Egg <p>Vegetables</p> <ul style="list-style-type: none"> ○ All above the ground garden vegetables, ○ Below the ground root veg 3/7, only. <p>Dressing Butter, Garlic, Sea Salt – herbs & spices.</p> <p>Avoid (for this reboot): Pasta, White Rice, Bread, All commercial sauces, processed meats, most cheeses, all processed choices contained refined sugar.</p> <p>Keep your meals simple.</p> <p>Consider enhancing the flavour with herbs & spices, including salt & pepper.</p> <p>Pre-plan, prepare, prioritise.</p>	<ul style="list-style-type: none"> ● Hydrate before eating. ● Decreases your typical protein volume by 20 %. ● Mix up your protein choices regularly. ● When eating out: simple, clean protein & vegetables. ● Mix up your vegetable dressing. <p>Alcohol RULES: For every standard drink consumed add a further 7.30 minutes of exercise the following morning.</p> <p>I would prefer primarily dry evenings.</p>  <p>On finishing your meal, your fitting portion.</p> <ul style="list-style-type: none"> ● Enjoy a cleansing peppermint tea, then, ● Brush your teeth.
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Step 12 – Multivitamin

A Multivitamin will benefit your current health.

1 morning & night.

Multivitamins are a combination of different vitamins generally found in food sources. They are used to provide vitamins that are not taken in through your diet. Basically, multivitamins help bridge some nutrient gaps so you can meet the recommended amount of nutrients.



Your motivation

I encourage contact, with myself, Brad Pamp for whatever it takes to comply with the listed schedule.

Brad Pamp

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What you (might) need.

Shopping List

Choose and shop.

All produce can be purchased from any Supermarket: Woolies, Coles, IGA etc.

	Pink Himalayan Salt		Avocado		Chicken Breast		Salmon		Multi-Vitamin
	Sea Salt		Almonds		BBQ Chicken		Any Fish – frh or frz		Mushrooms
	Quick Oats		Carrots		Beef		Any Red meat		Tzatziki
	Shredded Coconut		Celery		Tinned Salmon		Broccoli		Corn Thins
	Linseeds		Hummus		Tinned Tuna		Broccolini		Peppermint tea
	Chia Seeds		Cucumber		Green leaf		Cauliflower		Green tea
	Slivered Almonds		Eggs		Sundried tomatoes		Squash		
	Ground Cinnamon		Sardines		Pepper		Brussell Sprouts		
	Raw dark honey		Capsicum		Pepita seeds		Green beans		
	Berries of choice		Guacamole		Tabouli		Pumpkin		
	Natural Yogurt		Supergreens		Quinoa Bean Mix		Sweet potato		
	Phyllium Husk		Vital Greens		Cous Cous Mix		Brown rice		
	Vanilla Extract		Spirulina		Olive Oil		Shallotts		
	Bananas		Happy Greens		Lemon		Onion		
	Apple		Alkalisising Greens		Chicken cuts		Ginger		
	Pear		Orange Juice		Pork		Wholemeal Wraps		

- ✓ All clean cuts of meat
- ✓ All Fish/ Seafood
- ✓ All garden vegetables
- ✓ All poultry & eggs

Get Started!