

bpsystem10

a 42-day program

Step by Step

1. Coordinate your starting test with Brad Pamp.
2. Print the 42-Day Timetable and the e-book.
3. Prepare and comply with the day-to-day practice, as listed.



the proven & tested 'bpsystem10' results.

1. Your 'prime' mental & physical waking energy.
2. Sleeping for Australia.
3. Your ideal weight or pressing hard towards your ideal weight.
4. Your best postural balance & the confidence that comes with.
5. Your supreme mental and emotional state.




the bpsystem10

Your systematic integration of the 10 key components.

1. H₂O/Na⁺ Rehydration
2. Action as listed
3. bpsystem10 Breakfast
4. Psyllium Husk
5. bpsystem Lunch
6. Spinal Counter-Balance.
7. bpsystem10 Dinner
8. Alkalising Drink
9. Glycine Supplementation
10. Lavender Drops



Some key responses from bpsystem10

NUTRITION 	MOVING 	SLEEPING 
<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 – **blood glucose balance). • 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.

key testing pre-during-post bpsystem10

- 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 – 12.90 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

bpsystem10 daily schedule

#	Time of Day	Practice
1	On waking, 5.30 am...	a glass of water with a pinch of pink Himalayan salt.
2	5.30 am...	20-30 minutes of 'aerobic' rhythmic movement up to 7/7 (min 6/7). 5-7 minutes of postural exercises up to 7/7 (min 4/7).
3	6.30 am...	bpsystem self-made cereal mix breakfast. coffee, tea, herb tea optional.
4	10 am...	a glass of water with Psyllium husk up to 4/7 (min 2/7).
5	12.30 – 1 pm...	bpsystem self-prepared protein/salad lunch. optional grazing choice (listed, only).
6	3.00 pm...	spinal re-greasing exercises (7/7).
7	6.00 pm – 7.30pm...	bpsystem self-prepared protein/veggies. alcohol permitted with bpsystem10 rules.
8	8.30 pm...	alkalising drink as listed.
9	9.30 pm...	glycine supplement with water.
10	10.00 pm..	2 Lavender drops on pillow.

the process

1. Prepare and schedule all 10 components for start day.

- ✓ Shop, pre-prepare food, schedule training your time & details, diarise all other components.
- ✓ Tick off your fully programmed day – a good practice until you form the well-automated habits.

Or,

2. Integrate progressively.

- ✓ Week one: H₂O/Na⁺, bpsystem10 breakfast, & psyllium husk.
- ✓ Week two: now also include: training, bpsystem10 lunch & afternoon spinal de-grease.
- ✓ Week three: now also include: bpsystem10 dinner, alkalizing drink & lavender de-stress.

your bpsystem10 practice

1 – H₂O Na⁺.

Step One, Day One, Priority One.


The Practice	The Facts
<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;">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.

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!
500g Tupperware container <div style="display: flex; align-items: center;"> <div style="flex: 1;"> <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 </div> <div style="flex: 0.5; text-align: center;">  </div> </div> <p>Shake it up!</p>	<p>✓ ¾ Cup of PPP Mix adding to a bowl.</p> <p>NOTE: Your Volume</p> <ul style="list-style-type: none"> • Start with the listed ¾ 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



<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 <ul style="list-style-type: none"> • Coffee, Tea, Herbal Tea, including Green Tea, is all permitted – NO SUGAR. 	<p>benefit from ‘more’ breakfast. Start by adding a further ¼ cup.</p> <ul style="list-style-type: none"> ✓ 1 Cup water. ✓ Microwave 2 minutes. <p>Note: Tinker with the water volume relative to reaching a ‘moist’ porridge-like mixture.</p> <ul style="list-style-type: none"> ✓ Add; ½ cup of berries (your choice), or ½ banana, and or, 1 tspn 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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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 	 <ul style="list-style-type: none"> • 1 Tbspn Psyllium 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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4 – Action



Your Formula	Worth noting!
<p>part one – aerobic action</p> <p>part two – spinal balance</p> <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>part one</p> <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 – 30 minutes, non-stop. Type: Walking, Jogging, Riding, Rowing, Stepping, X-Machine, Swimming.</p> <p>part two</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>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. <p>spinal balance 'harder' dumbbell workouts (7)</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/

5 – 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> <p>Consider adding a grazing choice;</p> <p>A glass of salted water before the appetizer.</p> <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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6 – Back & Hips de-grease.

Perform slowly and efficiently the two movements for 30 seconds each.


<p>Down dog</p> 	<p>Back Arch</p> 
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7 – 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 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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8 – alkalizing drink

<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</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Tbspn 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> 
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all contribute in elevating your inflammation towards an unhealthy level.

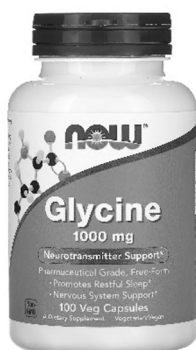
Green (grassy) based powdered drinks promote an anti-inflammatory alkalizing effect – this is good – really good.

Whatever it takes, get it in.

This is important.

9 – Glycine supplement.

Mix 1 tpsn of glycine in water before bed.



Glycine is an amino acid, or a building block for protein. The body can make glycine on its own, but it is also consumed in the diet. A typical diet contains about 2 grams of glycine daily. The primary sources are protein-rich foods including meat, fish, dairy, and legumes. Glycine can also be taken as a supplement.

Glycine helps to regulate the body's immune response, to limit unhealthful inflammation and speed up healing. As a neurotransmitter, glycine both stimulates and inhibits cells in the brain and central nervous system, affecting cognition, mood, appetite and digestion, immune function, pain perception, and sleep.

10 – Lavender drops.

2 drops of lavender oil on your pillow.

2/7



Lavender's impact on overall health can be dramatic. In terms of mood, lavender oil can promote supreme relaxation. It also found a reduction in blood pressure, heart rate and respiratory rate. Finally, the research showed that lavender may be actually be able to alter brain waves and reduce stress. It typically drives ideal sleep.

your motivation

tick em off

Day	Na+	Action	Break	Psyll	Lunch	Back	Dinner	Green	Glycine	Lav
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42 days wins!

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		Glycine supplement
	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		Alkalising 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!