

THE REBOOT#5 PROGRAM

The following health facts will be posted throughout the Reboot.

Day 1 - Understanding the Hunger Games Laws.

- Fine-tuning your innate appetite – with the top 5 appetite suppressors.
- Practice consuming only the calories your body & lifestyle needs.

Day 2 – Pampy’s Reboot Cereal Mix

- Forget about mass-produced typically enhanced & preserved boxed choices.
- Trial the Nutritious Nine ingredients starting your day.

Day 3 – Why your gut health drives your brain health.

- How to clean up your gut health.
- How to bolster your gut biome with ‘palpable’ probiotic foods.

Day 5 – ‘What if’ I’m Rebooting and I’m faced with...

- So you’re going out, you’re at the footy, your family has little interest.
- 5 go to alternatives when under the pump.

Day 6 - Hydration Matters.

- Testing your hydration status.
- The best way to hydrate, daily.

Day 7 - How mental stress distorts fat-burning metabolism.

- A closer look at the effect of ‘stress’ hormones.
- The top 5 immediate de-stressing strategies – that work.

Day 9 – The Reboot Soup – gut health heaven!

- Now your gut is ready to burn fat for Australia.
- Even you can cook up the Reboot Soup.

Day 11 - What is Ketosis?

- What happens when you burn stored fat properly.
- Engaging your healthy ketogenic state.

Day 13 – I'd kill for 8 hours of uninterrupted sleep!

- The typical reasons for inadequate sleep.
- The Circadian Rhythm Reset Program – Resetting your 24-hour clock!

Day 15 - The 3% Fat-Loss Rule.

- Beware of losing too much too quickly – Day 15 @ <3% only.
- Calculating your ideal weight management journey.

Day 16 - Trust me, Nose-Breathing is best!

- Why nose-breathing is far superior for your continued best health.
- Training your proper breathing pattern as nature intended.

Day 17 - Busting a Fat-Loss Plateau.

- The two typical reasons for stalled fat loss.
- 5 key tips on revving up your fat-burning metabolism.

Day 18 – Why Mass-Produced Industrialised (Fast) Food wins, most of the time.

- The 3 ways commercial groups draw you towards their mass-produced food.
- Changing food behaviour, explained.

Day 19 - Jamie Oliver says...

- JO tells us of the best veggie on the planet.
- And how to cook it, right.

Day 20 – How Blood Glucose dictates fat-burning exercise!

- Case Study following 4 subjects.
- See the numbers and how they relate to you.

Day 21 - All About Alcohol.

- How alcohol will influence your metabolism.
- Brad drinks, but he knows the numbers!

Day 23 - Why occasional Intermittent Fasting Works.

- The undeniable health benefits from an intermittent fast.
- The best way to integrate an occasional fast.

Day 24 - Case Study: Big Eric finally nails his proper appetite.

- Eric ate for Australia.
- He now consumes only the calories he needs – which still includes beer!

Day 25 – Cold Immersion – the ultimate mind & body jolt.

- Why cold therapy sends your focussing mind and fat-burning metabolism into the stratosphere.
- Go all in or consider the cheat version – which works a treat.

Day 26 - The Physical Test proving your Fat-Burning Health.

- Brad takes you through his trusted aerobic test.
- Designing your own test and exercising the right way, for fat loss.

Day 27 - Dressing Meals as Nature Intended.

- Check out 5 ripper dressings.
- Even the worst cook can whip these choices up.

Day 29 - Case Study: Janet's loses 3.7% of her weight, the right way!

- Why does this % loss over 25 days matter?
- Check out the math.

Day 30 - Why sitting poorly, affects your mental focus & metabolism.

- Why your brain is scrambled at 2.30 pm.
- Sit this way, please.

Day 31 - Pampy's Energy Bar.

- Forget about 'unhealthy' expensive commercial snack bars!
- Make Pampy's belter! And enjoy!

Day 32 - Balancing your Calories the Right Way!

- We Aussies have our calorie intake around the wrong way.
- The right way and how to practice the right way.

Day 33 – The only supplement I recommend.

- Why Brad Pamp believes why near all supplements are a waste!
- The one and only supplement worth considering is...

Day 35 – That's a Wrap! What now!

- Well done.
- Practising your new habits.