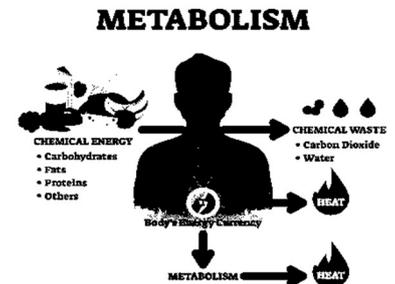


# REBOOT#5 - What happens when you reach your ideal life weight?

Many Rebooters have closely followed the key Reboot#5 principles.

The key Reboot#5 principles are;

- ✓ Balance meal caloric value more evenly across the waking day.
- ✓ Choose fresh, whole, unpreserved earthly food – loaded with healthy toxins.
- ✓ Lower the proportion of complex (starchy) carbohydrates.
- ✓ Prioritise unprocessed protein and good fats, first, before filling carbs.
- ✓ Near eliminate all refined sugar.
- ✓ Minimise preserved, altered, and manufactured un-real food.
- ✓ Move, aerobically, as often as possible.



The typical Reboot#5 response - expressed more simply;

- Lowering ‘unnecessary’ carbohydrates reduces insulin.
- Lowering insulin promotes glucagon.
- Glucagon promotes ketosis and the (increased) breakdown of stored fat.
- Ketosis increases leptin, a hormone released from fat cells, and reduces ghrelin.
- Ghrelin reduction lowers hunger.
- Lowering hunger reduces the innate need for unnecessary calories.
- Ideal calorie consumption and balance help lead to the right proportion of ‘body fat:all mass’ ratio.
- Ideal body fat: all mass ratio leaves one’s ideal healthy weight.
- Ideal body weight regulates the prime metabolic bio-chemical balance of the key hormones & neurotransmitters, like: testosterone, estrogen, cortisol, dopamine, serotonin.
- Prime bio-chemical balance dictates ‘healthy’ behaviour.

So on reaching your ideal weight, here’s what happens.

Your smart brain will lead you to;

- **The right volume of calories.** Some days your hunger will dictate consuming more calories; other days, you won’t feel like eating.
- **The right calories.** Some days you’ll feel like more carbs, some days more protein, and some days, natural sugar.
- **The motivation to move.** Some days, you’ll be psyched to move lots, while other days, motivated to rest.

Your brain is king and will automatically adjust your food choices, exercise dose, and consequent metabolism if you avoid (limit) adulterated and manufactured food.

Unreal food warps your sense of food; volume, type, and timing.

Reboot#5 principles naturally allow your smart brain to adjust your food and movement behaviour.