

-reboot project-

Feb 2022

daily info

Day 1 – The Gut/Brain link

- *How what you eat influences your brain*

Day 2 – Hydration works!

- *The best (re) hydration strategy and the clear benefits.*

Day 3 – Alcohol by numbers.

- *How to balance the alcohol numbers.*

Day 4 – Ketosis explained.

- *Why favouring your fat tank is better than your sugar tank.*

Day 5 – Why stress typically drives weight gain.

- *'Stress' hormones and metabolism.*

Day 6 – Fast food rules!

- *The top 10 FF rules.*

Day 7 – Sleep matters!

- *The importance and how to reset your optimum sleep.*

Day 8 – Why occasional & 'intermittent' fasting works!

- *The reset most could do with.*

Day 9 – The 3% weight-loss rule.

- *Why gradual weight-loss is key.*

Day 10 – Busting weight-loss plateaus.

- *5 proven (a possible) strategies to break through.*

Day 11 – Why exercising too hard limits fat-loss.

- *Hormones, the appetite and metabolism.*

Day 12 – Consider the calorie re-balance.

- *Does more (calories) in the morning work?*

Day 13 – Case study 1 – Janet's weight loss.

- *How – the numbers!*

Day 14 – Case study 2 – Big Kev!

- *Dropped from eating for Australia.*

Day 15 – Q's & What if's

- *Typical questions answered.*

Day 16 – The brain/ stress Limitless series.

- *5 proven and simple mindfulness strategies.*

Day 17 – Typical reboot results.

- *Check out your (HBA1c) blood sugar balance.*