

BodyReboot

**Ignite Your Metabolism,
Quickly Shed Weight &
Eat Your Way To Health**

By Bill McIntosh



STEP 3

Step 3: Switching on Your Body's Fat Burning Furnace

The Truth About Eating High-Fat (Bombs Away!)

One part of the ketogenic diet that some people have a hard time adjusting to, is just how much fat you should eat. In fact, I'll bet you're not eating enough fat. If you were, you could be losing weight even faster while speeding up the entire reboot process.

Some are concerned it's unhealthy to consume a high amount of fat. That's usually the mainstream nutritional programming that's been forced on us all and is left over in your mind. A high fat diet can be good for you if you've cut out regular sugar consumption and are eating low carb diet. The fatal combination is when you mix a high fat diet with high sugar and high carbohydrates. This is where heart disease, bad cholesterol and other side effects come in. A healthy, high fat diet is actually a good thing!

A study by done in 2004 compared a low carbohydrate diet like the one I've recommended in this book to a low fat and high carbohydrate diet officially recommended by the "US National Cholesterol Education Program". Keep in mind that this is an officially recommended "healthy heart" diet created by mainstream experts as a healthy diet to lower heart health risks. If you've been reading this

book so far, I bet you can guess which diet won the health battle:

- “Weight loss was significantly greater” on the low carb diet. (nearly twice as much weight loss).
- Blood test results revealed “significantly favorable” improvements to measurements of heart health on the low carb diet.
- There was no increase in bad cholesterol or other tests indicating increased heart risks on the low carb diet.

The results show no negative changes to cholesterol or any other indication of harmful impact to cardiovascular health.

Another study in 2003 compared a traditional high carbohydrate, low fat diet against a low carbohydrate diet like ours. Unsurprisingly, the results showed the one like ours was healthier. Not only did it cause significantly more weight loss, it also lowered “bad” cholesterol and increased good cholesterol.

Another study published in *The American Journal of Clinical Nutrition* indicated a high fat diet had a positive impact on brain health. In addition to losing significantly more weight, those on a low carb and high fat diet saw an increase in the speed at which the brain processes information.

Those currently experiencing type 2 diabetes were studied in 2008. The study compared a more

traditional diet often prescribed to diabetic patients against a high fat, low carb diet. The study was designed to investigate the impact a high fat diet would have on the patients. During the study, diabetes medications were either reduced or eliminated in 95.2% of the low carb group, compared to 62% in the other group.

The evidence is overwhelming that a high-fat diet can result in dramatic and fast weight loss. Not only that, it's associated with improvements in cardiovascular health, blood pressure and diabetes. If you've been doing your reboot, more than likely, you've already seen this with your very own eyes.

If you're not consuming enough fat by this stage of your diet, that's okay. There's a very easy solution to this. They are called "fat bombs". Fat bombs are very easy to make, healthy recipes that can supercharge ketogenesis and help those keto test strips get even darker.

Fat bombs are often smaller portion sizes and can be a quick snack to supplement normal meals. They can be sweet and sinfully delicious, or they can also be savory with ingredients like bacon. Honestly though, you could make one in just about any type including: sour, bitter, crunchy, chewy, melty, cheesy, and spicy

The idea is to pack them full of healthy fat. This way you're giving your body the fat it needs to kickstart ketogenesis and fire up that fat burning furnace.

Tools for Building Fat Bombs:

- Eggs
- Avocados (or avocado oil)
- Coconut oil
- Bacon or bacon fat
- Ghee (purified butter with “bad fats boiled off)
- Grass fed butter
- Cream cheese
- Nut butter (almond butter or others)
- Any high fat ingredient

The idea is to find creative ways to build small snacks around these ingredients loaded with fat. Here’s an example:

Bacon & Egg Fat Bomb:

1. Hard boil 2 eggs & mash them with a fork or other kitchen tool in a small bowl.
2. Mix in 2 tablespoons of mayo & 1 tablespoon of butter (or ghee).
3. Add a dash of any desired seasoning (salt, pepper, paprika or whatever you’d like per your taste)
4. Mash them in a bowl until you get a sort of yellow paste.
5. Form them into 4 small balls.
6. Cook 4 slices of bacon & crumble once it’s cooled.

7. Roll the balls of egg over the bacon & give them a nice coating of bacon bits.
8. Voila! You're done. Bombs away!

For more fat bomb recipes, check out our website or cookbook at:

www.bodyreboot.com/bookrecipes

The bottom line is that you should be increasing your healthy fat intake and if you've been holding back on fat: It's time to embrace the high fat, low carb lifestyle!

In addition to increasing fat and lowering carbs, there are a few other body "hacks" you can do to increase your metabolism, rebalance hormones and lose weight. These hacks often have great side-effects too. I've heard people reporting an increase in mood, energy, mental clarity, sex drive and a host of other benefits. In the coming few chapters, I'll show you these hacks and how to work them into your reboot. They'll result in a vastly healthier body and they really aren't that hard to do.

Food Windows & Boosting Fat Loss

Using what I call a "Food window" has been proven to be an incredibly effective way to balance your body's hormones, increase metabolism, and further boost weight loss. A food window really just means

you're going to establish a set timeframe in which you're going to eat.

One example of a food window would be only eating between 11 AM and 7 PM. You have a late breakfast at 11 AM, a lunch that afternoon and you finish dinner by 7 PM. Then you would not eat food until 11 AM the next morning. This is sometimes also referred to as intermittent fasting. Intermittent fasting was made popular by Martin Burkhan in the bodybuilding community. He discovered it was a great way to burn fat but preserve muscle at the same time.

We're interested in eating this way not just because it burns fat and preserves lean muscle, but because of several other benefits that help with blood sugar levels, hormones and other long-term gains to be had. This is another form of "hacking" your body to get it to reset and rebalance itself.

I recommend you try this for 10 to 14 days of your reboot. It's important to be consistent and I'd say an absolute minimum would be seven days. Also, there are a variety of strategies for making this work around your lifestyle and your schedule. In the next chapter I'll give you some specific strategies and tips on how to calculate your own Food Window and put it in practice.

Don't worry though, if when you think about "fasting" you get the idea in your mind of starving yourself, of suffering from hunger. This is not at all

what you'll be doing. We can get the same benefits of fasting without starving ourselves. Keep reading and I'll explain.

The benefits of fasting were first discovered by studying people who fasted for religious purposes. One thing science has been curious of is why many people do not experience hunger after they've started fasting. Of course, at first, before a body has adapted it will send hunger signals to make you feel hungry. Oddly though, after that initial effect you become a lot less hungry and/or more quickly satisfied with less food than in a non-fasted state.

As science has begun to study this phenomenon, they discovered a whole host of changes that your body makes as it adapts to fasting. Some of the things a fasted state can trigger are:

- Increase production of human growth hormone
- Speed up or increase weight loss
- Improve cardiovascular health
- Benefit the brain
- Decrease your risk of cancer
- Increase your lifespan
- Activate autophagy (the process of your cells rejuvenating & detoxifying themselves)

I don't know about you, but I think those are some very intriguing benefits!

While the results have been demonstrated in several scientific studies, science does not yet fully understand why fasting has these positive effects. One theory is that food deprivation serves as a sort of conditioning effect, where the body tries to adapt to being in a fasted state, and therefore the changes it makes have long-term benefits. I personally agree with this theory. I feel, like many of the other things we're doing on the reboot, that we are forcing the body to readjust and adapt so that it resets itself in a way that keeps us healthy.

After all, we know that if you do not reset your body you're likely to gain back weight that you lose or fall back into unhealthy habits. Just general overall statistics of the success of health and weight loss programs prove this point. Not to mention scientific study after study back it up. It's true. We want to make long-term changes to our body that will keep us healthy. So, by "hacking" your body now and forcing it to adapt to a fasted state, the hormonal changes will have long term benefits to your health after your reboot is over.

Studies have shown an improvement in stabilizing blood sugar and insulin levels through the use of fasting. We know that not only is overloading the body with sugar and carbohydrates the cause of diabetes, it's the underlying cause of weight gain and many other health issues. By further stabilizing blood sugar and insulin we are hoping to further control these issues.

Two other studies have shown the weight loss from being in a fasted state also reduced blood pressure and lowered cholesterol. These studies were done on subjects who alternately fasted and then ate normally over an 8- to 10-week period. Through your reboot, we are going to try and get similar results with a much, much easier strategy.

Two more studies seem to indicate that alternate fasting was a better way to lose weight long-term. A third study showed that not only was it better for long-term weight loss, but the subjects did not experience an increase in hunger. In fact, it was quite the opposite, the fast appeared to have an appetite-blunting effect. There was also a large systematic review of over 40 different scientific studies and it determined that eating this way was actually better at suppressing hunger when compared to normal calorie-restricted diets.

We are creatures of habit and tend to get hungry when we're used to eating. So, when you implement your own Food Window plan, you'll likely see an increase in hunger at first. However, that should fade pretty quickly.

One final concern that some may have is that fasting can reduce muscle mass. That, by having a long window when you're not eating, your body will break down muscle tissue in an attempt to recapture calories that it needs. A paper published in 2006 showed that even 40 continuous hours of fasting didn't significantly harm muscle mass or cause

muscle atrophy. Your body is also far less likely to burn lean muscle mass if you are in a ketogenic state.

The science shows that when you eat the way I'm describing in the next chapter, you will:

- Lose additional weight
- Retain lean muscle mass
- Rebalance your body's hormones
- Have long-term health benefits that help make the results of your reboot permanent

In the next chapter I'll describe in more detail exactly how to establish your eating window and how to implement it.

Implementing Your Own Food Window

There are many forms of fasting and even many forms of what they call intermittent fasting. Some plans want you to go long periods of time without food (24 to as much as 72 hours), but I don't think this is necessary. You can get dramatic benefits with a much easier to implement plan.

I personally do a 17:7 eating window schedule. This is 7 hours of eating time and the minimum of 17 hours of being in a fasted state. When I am doing this food window schedule, I typically eat breakfast at roughly 11 AM and have my dinner around 6 PM. I stop eating completely at 7 PM until the next breakfast. I time it so I get a minimum of 17 hours of

no eating. I still drink water, coffee and other beverages that don't have calories. I also still put my keto activator in my morning coffee.

When my schedule permits, I try to extend my fasted period. I'll often eat breakfast at sometime between 1 PM and 3 PM. It's pretty easy to do and it's a great way to get a little longer fast. You might want to do your first few days normally before you try to extend beyond a 16 hour fast.

I find that I'm not hungry at all in the morning when I wake, and I seem to be powered by ketones. I have more energy in the mornings than I used to, even though I'm not eating. Occasionally I'll get a late-night craving for a snack and I'll force myself to drink something instead.

I recommend you implement your own eating window schedule for 10 to 14 days of your reboot. After that, it becomes a very useful tool in your healthy toolbox. Many people continue to do intermittent fasting or Food Windows over the long-term and see many health benefits.

The first few days of your schedule may take some adjusting to. You may get hungry in the morning or late in the evening, but if you adapt a schedule similar to what I do, you'll sleep through most of your fasted state.

You can also work out normally while implementing an eating window schedule. I do add a little bit of extra protein to my meal immediately before or after

the workout when I'm fasting like this. The science shows that you don't have to do this to avoid losing lean muscle mass, but especially if you're trying to gain muscle mass you might want to do this, too.

This eating schedule will cause your body to make further changes to its hormones in an attempt to adapt. You should see some pretty dramatic benefits from this. Some people report feeling positive effects within the first 72 hours of adopting this eating window schedule.

Be sure to visit our body reboot challenge page and let us know how it's going for you. By sharing your experience in our community, you'll have a chance to win cash and prizes. It's all about challenging yourself to get bigger, more dramatic results! Head on over to:

www.bodyreboot.com/bookchallenge

And say hi. I'd love to see you over in our community and can't wait to hear about your results.

The Chemicals That Are Killing You

Oddly, the contents of this chapter are sometimes seen as controversial. Those who have a hard time confronting the truth might even try to write them off as conspiracy theories. However, the science on this is clear: the rise of plastic products related to our food supply is killing us.

It's proven that plastic food containers, microwaveable food packaging, plastic water bottles and a long list of other products leak out measurable amounts of chemicals into our food and drinks. These chemicals cause cancer and a whole host of other serious health issues. It is also proven that these very chemicals interfere with your hormones and metabolism. As you consume these chemicals it becomes easier and easier for your body to put on fat and harder to get rid of it. In fact, continuing to consume these chemicals could cause you to gain back the weight that you're losing on your reboot. My statements here are not theories. Check the scientific reference pack over on our site and you'll see that study after scientific study showed these as facts.

When US government researchers tested over 2500 Americans age 6 years old and up, they found that literally 100% of those studied had measurable amounts of these chemicals in their bloodstream. Every single person tested had them in their bloodstream! Based on this, I can guarantee that you have these chemicals running through your bloodstream right this moment.

I highly recommend you take whatever steps are necessary to lower your exposure to these chemicals. And to be honest, it's nearly impossible to completely eliminate them in today's modern society. They are everywhere. However, it can be highly effective to cut the amount that you're consuming

and lower the amount of these chemicals that are in your body.

If you're a man, these chemicals can cause you to have gynecomastia (otherwise known as man boobs). If you're a woman, you might be interested to know that countries that widely use plastics with their foods have nearly twice the rate of breast cancer.

Let's examine some of the strange and damaging effects these plastics and the chemicals in them can have on your ability to lose weight, your overall metabolism, and your health. Then let's review some simple steps you can take to protect your health. This is a vital step to complete your reboot.

Products surrounding our modern daily lives have a surprising amount of toxic chemicals. Most people are simply not aware of the surprisingly high amount of hormone-disrupting, cancer-causing chemicals you absorb every single day. We'll also look at easy ways to avoid falling victim to this serious problem. Many of the common effects from these chemicals will harm your progress with your BodyReboot, so read on.

BPA (bisphenol-A) is the most well-known of a wide number of chemical additives used to enhance the properties of plastics. It is one of the best-studied of the range of *more than 10,000* different additives that allow manufacturers to create plastic products with exactly the right durability, flexibility, color, scent, or other properties. BPA also causes some well-known health-risks, because it is a synthetic organic

compound known as a *xenoestrogen*. It is a common additive to plastics and resins used in food containers and other consumer plastic products. The problem is that receptors in the human body recognize BPA molecules as a form of the hormone estrogen. Studies have shown that overexposure to BPA triggers several serious health problems including neurological problems, cancer, disruption of thyroid activity, and metabolic disease, leading to increased obesity. The theory is that the body thinks this chemical is estrogen and it reacts to large amounts of it in harmful ways, like it would if confronted with an unbalanced surge of real hormones.

The problem is far worse than BPA, however. First, *virtually all plastics* contain a cocktail of chemical additives that leach out as the material degrades. Some chemicals release into food and water stored in plastic containers. Some even release into the air when the plastics are heated or exposed to the sun or other factors. Government regulations limit BPA use in plastics in many situations, but remember those 10,000+ other chemicals that can also be added to plastic?

You probably guessed it: plenty of other additives plastic affect us, too. Some are better, some are worse and the long-term health effects of exposure to many additives to plastics remain unknown. Now that BPA specifically has been highlighted for its dangerous effects, some companies are playing what amounts to a shell-game with plastic products. They offer “BPA-Free” plastic products, implying their option is safe, while in fact, other alternative

chemicals with lower public profile, such as BPS (bisphenol-S), are used. BPS is another xenoestrogen and is thought to be behind many of the same problems as BPA.

These compounds have also directly been linked to increased rates of obesity and a host of other problems. Science shows that BPA is dangerous and BPS and a whole list of other additives are, too. In the case of xenoestrogens, specifically, this can lead to terrible problems with your endocrine system and can trigger hormone responses that make weight loss almost impossible and increase the risk of type 2 diabetes. How does that affect us day-to-day? Plastic seems to be in lots of things, but what really is our exposure?

The US Center For Disease Control says “In the *Fourth National Report on Human Exposure to Environmental Chemicals (Fourth Report)*, CDC scientists measured BPA in the urine of 2,517 participants aged six years and older who took part in CDC’s National Health and Nutrition Examination Survey (NHANES) during 2003–2004. By measuring BPA in urine, scientists can estimate the amount of BPA that has entered peoples’ bodies.

CDC scientists found BPA in the urine of nearly all of the people tested, which indicates widespread exposure to BPA in the U.S. population.” You read that correctly, a measurable amount of BPA is inside every man, woman and child tested! I suspect they’d find similar results if they tested for BPS and the long list of other related chemicals.

The other frightful impact is that these chemicals are known to increase rates of cancer. For example, xenoestrogens are directly linked to increased rates of breast cancer in women. Did you know that the rates of breast cancer in modernized countries that use plastic products have nearly twice the rates of breast cancer when compared to countries that do not?

It turns out that things like plastic water bottles and Styrofoam food containers are just the tip of the iceberg. Most non-stick cookware has plastic coating with chemicals that'll release over time, under heat, right into food. Canned food is also a potential risk, since virtually all cans have a thin plastic coating on the inside to extend the life of the metal can and the contents. There is even an incredible amount of BPA-laden plastic in thermo-printed paper products, such as receipts, tickets, passes, etc. Many items (like the cans) that are definitely not made of plastic, have a plastic coating or treatment.

Since there's really no way to avoid some level of exposure to these harmful substances, the best approach is to start with the most obvious and avoidable of the known problem substances, avoiding them where possible. Just the conscious act of avoiding undue contact with products mentioned in this chapter can have great benefit. As you find alternatives for your plastic products and remove unnecessary plastics from your life, take the time to learn about the dangers of these and other items and you'll be able to improve further. Plastic and

dangerous chemicals like xenoestrogens are so common that they're hard to avoid, but over time, you can develop your knowledge of them and also practice avoiding them and employing alternatives instead.

Items and Materials to Avoid Extended Contact With Your Food:

- Plastic or Styrofoam food containers, including plastic water bottles
- Plastic bags for food
- Food in cans with plastic lining or coating
- Cookware with non-stick coatings
- Cooking appliances that combine plastic parts and heat, such as some kettles and coffee makers (opt for glass or stainless steel, where possible)

For your reboot, you'll want to find and eliminate as many possible sources of BPA & BPS that touches your food, especially when it's hot. Fast food or coffee in Styrofoam containers: cut them out. TV dinners inside plastic containers: don't use them (or at least dump them onto an uncoated paper plate before microwaving them). Plastic to go boxes: get rid of them.

Since you're probably consuming a large amount of coffee or tea on your reboot, this is a big one to consider. There are a large variety of coffee/tea makers that are lined with plastic. The nearly boiling hot water runs right over the plastic, leaking out xenoestrogens right into your coffee before you

drink it. Or what about the little plastic instant coffee pods? Those are also leaking plastic compounds right into your hot drink as it runs through them.

The solution for this is to find a coffee or tea brewing machine where the hot water only comes in contact with glass or stainless steel. There are a large number of selections available on Amazon. A siphon coffee maker is my personal favorite, but they come in a variety of other styles including French press and even some drip coffee makers.

In addition to direct contact with your food, it's been found that BPA, BPS, and related chemicals are also covering fast food receipts, tickets, or anything printed on thermo-coated paper. Think about when you handle this kind of paper... There's a sort of powdery, slick feeling to them, right? You can sometimes feel it rub off on your hands. That's a fine, concentrated powder loaded with BPA and BPS. Then, what do you do after handling your fast food receipt? That's right, you touch your burger and fries, thereby eating a large quantity of BPA directly!

Another surprising source is clothing. Anything made from nylon or other plastics contain these chemicals (stick to natural fiber options when you can)

Chemicals in Drinking Water

Beyond plastics, there are two other chemicals we are exposed to every day that can cause problems with your metabolism and hormones. These are chlorine and fluoride.

We are not going to take up much of the controversial information out there when it comes to why we are exposed to high levels of fluoride and the harm it may cause our brains. There's a wealth of information you can find for yourself online about the neurological impact of fluoride. For the purposes of the body reboot, we are interested in its impact on your metabolism and hormones.

Chlorine is widely used to disinfect drinking water. It's also commonly used in high concentration in swimming pools. It's known that chlorine in high concentration is a deadly poison. However, it's thought that in lower concentrations it's safe. That's not entirely true.

Both fluoride and chlorine have similar effects on the body. Studies show they can have a negative effect on your thyroid gland. Both fluoride and chlorine can harm your metabolism and throw your hormones out of balance. One way this occurs is by interfering with your body's ability to utilize or absorb iodine.

So, another part of your reboot should be to eliminate, or at least lessen, the amount of fluoride and chlorine you consume each day.

The easiest way to do this is to use fluoride-free toothpaste and to use a water filter that will eliminate both fluoride and chlorine. I have found one that is very affordable and very effective. It not only removes chlorine and fluoride, but also a whole host of other toxic compounds found in drinking water. Check the product reviews section on the bodyreboot.com website for more information.

In the next chapter, we will discuss a powerful thing you can do that takes only minutes each day. This powerful concept can produce an amazing improvement in your energy levels, mood, metabolism and weight loss, but you can do it in literally 10 minutes.

Sleep, Sun & Body Cycles

Our bodies are amazing survival machines. They can, and will, adapt to almost anything. Luckily for us, we've been able to use this fact to reboot and reset our bodies and regain our health.

However, there's something extremely basic and extremely important that your body needs to function properly. This need is so basic that it's visible in nearly every animal and plant on our planet. The machines that are our bodies evolved to regulate themselves around cycles. The main cycle they run on is the day and night cycle. The sun comes up and your body goes through a whole host of changes in order to provide you with energy and get your day

started. The sun sets and your body goes through another set of changes preparing you for sleep so that it can repair and recharge for the next day.

Your body's proper function is tied to the cycle and it has evolved some very specific features to take advantage of it. The one we are most interested in is how it takes advantage of sunlight. When your skin is exposed to sunlight there are a whole host of physiological changes that begin to occur. Many of these changes support your metabolism and help keep your body in balance.

It's already known and accepted that a lack of exposure to sunlight can cause various health problems and can even cause a lowering of overall energy level and emotional mood.

You've probably also heard that exposing your skin to sunlight helps your body to manufacture vitamin D. This vitamin is essential to many systems of the body and is notably important to your metabolism.

The problem is that with our modern lifestyle we don't follow this cycle very well. We often don't sleep on a normal schedule. Many people don't expose their bodies to much sunlight on a daily basis. And I'm certainly guilty of staying up late on a phone, iPad or computer which also throws this cycle off.

Studies have shown that exposing your skin to sunlight not only helps your body create vitamin D but sets off a whole series of changes within your body. A notable example is a rise in the level of nitric

oxide which helps to increase metabolism and is shown to aid weight loss.

Another study showed that exposing your skin to sunlight earlier in the day directly resulted in weight loss. When they studied this, the subjects experienced greater fat loss and a lower overall body mass. Other studies have tied a lack of sunlight the problems with metabolic syndrome and diabetes. A different study showed an improvement in diabetes symptoms simply by increasing sunlight exposure.

This doesn't even take into consideration the positive benefits of vitamin D. Vitamin D deficiency has been tied to an increase in weight, increase in blood pressure, increase in cholesterol and causing pre-diabetes.

There's also the benefit of trying to get regular sleep on a normal schedule. Studies have shown that not sleeping enough or sleeping on an irregular schedule can increase the stress hormone cortisol, lower metabolism and cause weight gain.

So, for this step of your reboot your task is to expose as much of your skin as possible to sunlight as early in the day as you can. Do this daily (or as close as you can get).

Now, I realize this might not be easy for everyone depending upon where you live and what your work schedule is. If you find it impossible to do this with natural sunlight, do a quick Google search or look on Amazon to find indoor ultraviolet lights designed to

mimic natural sunlight. Many people use these to help supplement vitamin D through their skin or to fight what they call seasonal affective disorder. SAD is when you experience a depressed mood because of a lack of sunlight from the seasons.

I think you'll find that the increase in vitamin D that your body will produce is going to help you a lot. Not only that, it will help set your body's internal clock and help better regulate your hormones. Even though you've already ramped up your metabolism significantly, you may see a further increase from this change. Plus, you'll benefit from all of the other physiological impacts of this activity, like increased nitric oxide which helps the metabolism.

You may also find you feel better and sleep better and that's because of the melatonin and serotonin cycle that happens in your body. Exposure to sunlight sets off a reaction in your body and it begins to manufacture serotonin. Serotonin is a vital brain chemical that is tied to a whole host of important body functions. Lack of serotonin can impact your energy level, emotional state and mood. Then, as the sun goes down, your nighttime body cycle kicks in and actually transforms that serotonin it made earlier into something called melatonin. Melatonin is essential for sleep and being low in it causes insomnia. So, by firmly getting this cycle in place the benefits will be significant.

Your Reboot is Complete!

By now, if you been doing the body reboot system, you will have seen significant improvement to your health. Chances are, you lost a lot of weight and are feeling much better than before you started. If so, congratulations!

The minimum time for a reboot is seven weeks. Your reboot can continue if you feel you have more gains to be had by continuing. Perhaps you have more weight to lose before you hit your goal weight and, if so, you should keep going. Perhaps you want to build more lean muscle mass and bring your body fat down as low as possible, if so, you should keep going. Be sure to visit our website at bodyreboot.com and sign up to our newsletter there so you can keep getting information and support as you continue on your reboot journey.

Or, if you feel you've gotten all the gains you wanted from the reboot, then once again, congratulations! You're now done with the BodyReboot!

I thrive on the positive health results that the system gets for people. It really is my mission in life to help as many people as possible get through a reboot and improve their health. So I'd love to hear from you!

Send me a private message about your results and let me know how it went. You can do that at:

www.bodyreboot.com/booksuccess

I'd also love to have you participate in the body reboot challenge for chance to win cash and prizes. As of the time of this writing there is over \$10,000 in the prize pool and the grand prize winner can win \$2,500 in cash just by sharing their body reboot experiences with the community over at:

www.bodyreboot.com/bookchallenge

A Word on Maintenance

It's important that you keep the hard-won results you achieved during your reboot. Because you used the body reboot system, your odds of having long-term success are dramatically higher. However, it is important that you transition to a healthy lifestyle that you can support on a permanent basis

If you go back to all your old bad habits, eventually, you'll undo everything you achieved during your reboot. So, it's important to understand how to transition back to a normal routine and preserve your results.

The simple answer is to keep doing most of that which are already doing on the reboot. However, you can increase your carbohydrate intake. You should gradually increase this while watching the scale each day. When you start to gain weight again you know you've taken your carbohydrate intake too high and you should cut back until you maintain your weight. For most people that's going to be between 50 and

100 carbs per day. This will vary a lot, depending on your body size and exercise levels.

If you found you're really enjoying the ketogenic lifestyle, there's no reason you can't continue eating a very low carb diet. I'm not aware of any science that shows harmful effects from maintaining a ketogenic diet over the long-term. Personally, I fluctuate in and out keto a little bit, but generally, try to maintain a ketogenic state while eating while under 50 g of carbs per day. I'll occasionally treat myself to a single cheat day, but not very often. After all, remember that our ancestors evolved to be basically in the ketogenic state except for the rare times that high carbohydrate-rich foods were plentiful.

For a detailed explanation of exactly how to transition from your reboot into maintenance, head on over to our website at:

www.bodyreboot.com/bookmaintenance

And I'll post detailed instructions for you there. I'll also provide updated information and some options to support you in your long-term health.