

# BodyReboot

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

By Bill McIntosh



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# **Step 1: Break the Cycle of Bad Health**

## **Introduction / My Story**

There are a variety of reasons why someone might pick up and read this book. Perhaps for you it's the quest for an easier way to look better and lose weight. Or maybe it's because you want to improve your health and you realize it's time to act before things get worse. Whatever your reason, in BodyReboot™ I think you'll find a powerful solution to lose a dramatic amount of weight. It's both a solution to burn fat quickly and a way to take long-term control over your health so the results become permanent.

The best part about what you'll learn while reading this book is that you don't have to count calories, starve yourself, waste a lot of time running on treadmills or doing aerobic exercise until you drop. You can get fast and dramatic results without any of these things.

As you read, I'll show you how I rebooted my own body, permanently lost over 50 pounds, ramped up my energy level, boosted vitality, improved my mental clarity and even got into better physical shape than when I was in my 20s. I suspect you'll get

similar results when you apply what you learn in the upcoming chapters.

I had known in the back of my mind for some time that I needed to lose weight. Over the years, as my metabolism slowed and became less active, I'd begun to pack on the pounds. I could see it every morning as I looked in the mirror preparing for the day to come.

I knew that I'd look better if I dropped the extra 50 pounds I had put on over the years. I knew that my rising cholesterol levels would improve if I lost the weight. I knew I would feel better and have more energy if I lost weight. I knew I wouldn't be self-conscious when I took my shirt off at the beach or at the pool. I even knew that being overweight was a health risk.

But none of this was enough motivation for me to do what it takes to drop the weight permanently. For me it took something dramatic to spur me into action. I hope for you it doesn't take something quite so scary.

It took the real-life fear of death to get me to finally act. You see, I had received some very bad health news. I had an MRI of my lungs done and when the results finally came back, the doctor informed me they were littered with nodules and masses. I was facing the prospect that I could have a case of very advanced lung cancer.

At first, this had a severe impact on me mentally and I became obsessed, worrying about my family. After all, what would happen to my children and my wife if I died of lung cancer?

Finally, it was my concern for my family that shocked me into taking action. I needed to learn how I had got here, what could I do to improve my situation, and how could I make sure it never happened again. What I found was quite shocking. Some might find this unbelievable: the single biggest cause today of preventable death is being overweight. Even in cases like mine of possibly having cancer.

Being overweight has been proven to substantially increase your chances of having cancer, heart disease, stroke, diabetes, high cholesterol, high blood pressure, body pain, sleeping problems and even mental illness. It is the single biggest cause of preventable death not just in the United States, but in the entire world. I know this may sound shocking but it's not opinion, this is completely based on peer-reviewed science.

As I did my own research, digging through scientific studies, research papers, articles, and anything else I could find, it all led me to one conclusion:

Today's modern lifestyle and typical eating habits were the reason I had become overweight in the first place and are the exact reasons I had become sick.

You see, you've been misled about the underlying reasons you become overweight in the first place.

You've been lied to about how to truly lose weight quickly, keep it off and permanently maintain a healthy lifestyle. You've even been lied to about what's truly healthy in the first place. As you continue reading, you'll discover for yourself:

- **It's not 100% your fault that you're overweight in the first place.**
- **How your body's hormones have locked you into a permanent state of being overweight.**
- **The one change you can make to reverse it.**
- **How sugar and carbohydrates are killing you.**
- **How a very small amount of exercise, done right, can make major changes to your metabolism and your health.**
- **How being fat and eating carbohydrates can feed cancer and help it grow.**
- **How one thing that is everywhere in your environment is making you fat and sick.**
- **How rebooting your body is the solution for quick, permanent long-term weight loss.**

When I did my BodyReboot™, I dropped over 50 pounds in just a matter of a few months and I've kept it off permanently. I'm now in the best shape of my adult life with the energy and vitality that I had when I was a kid. I didn't have to starve myself or become a slave to exercise, living at the gym. I didn't even have to count calories. I bet anyone can do the

same thing. You can get results like these by following the BodyReboot™ system like I did.

But before we get on to the good stuff... I need to make it clear that, probably like you, I'm an average person who wanted to take control of my health. I knew there had to be a way to quickly lose weight and keep it off. What I'll tell you in this book is exactly how I did that. To be transparently clear, I'm not a Doctor. I'm not a nutritionist. I'm not a fitness professional. So, don't take anything I say in this book as medical advice. Do your own due diligence & consult your own professionals. I cannot diagnose disease, nor can I treat illness.

But... I can share with you what I've learned and how you can apply it to get the same kind of dramatic results as I did.

## **The Science Behind the Solution**

Everything contained in this book is based on published science that's available for you to see for yourself. This book goes far beyond a half-baked idea or laymen's theory. It's the step-by-step process I put myself through, based on what I learned from the science.

Much of what I'll cover is controversial and goes against outdated theories about food, nutrition and exercise. It is instead based on cutting-edge science and a different perspective when it comes to how your metabolism works. I'll be providing you with

links to the scientific journals and studies, so you can see the science for yourself and not have to rely purely on my opinion.

The amount of science that supports the BodyReboot™ system is quite large. So, to avoid this book becoming a huge monstrosity filled with footnotes and references, I've decided to provide you with a constantly updated online reference guide. It's 100% free to you as a reader of this book. To get access to the science & reference guide, go to:

[www.bodyreboot.com/references](http://www.bodyreboot.com/references)

**(plus, you'll get some cool free stuff there)**

In the next chapter you'll see just how important it truly is to drop those extra pounds (even if you're just a little overweight).

It's not even a slight exaggeration when I say:

### **Being Overweight is Deadly**

Continue reading and you'll find out exactly why you're at risk.



## **The Importance of a Healthy Weight & Your Survival**

Most people do the BodyReboot™ for its most obvious benefits. After all, it's awesome to look good, feel sexy, and be proud of your body. This is exactly how you'll feel once you complete your BodyReboot™.

### **BUT there's something else you really should realize...**

It's quite likely you're part of an epidemic. It's probably the largest and most deadly epidemic in the entire history of all mankind. The odd thing is that it's largely being ignored.

And you're not alone... The shocking data shows that 7 out of every 10 Americans are afflicted with this epidemic. Yet most people have no idea they're at risk.

This epidemic is killing millions of people, making them feel sick, robbing them of energy, harming their sex life and even causing mental illnesses like depression.

Government scientists have already discovered this epidemic is now the largest cause of death worldwide. It kills more people than car accidents, suicides and every type of violent crime combined.

### **Sorry to be blunt but...**

If you are overweight (even a little bit) the science shows you're far more likely to die.

There are several reasons for this I'll go into as you read on. The good news is all of them can be reversed and you can save your health.

It's certainly worth your time to read on. After all, there's only one thing in life that you cannot somehow buy or replace: That's your time on this earth. Our bodies will not live forever, and the statistics show that being overweight will rob you of years of life. As you continue to read, you'll discover exactly why this is happening to you.

If you don't solve this for yourself, science also shows one thing is certain: your situation will only get worse and the longer you delay, the harder it will become to fix it in the future.

My hope in telling you all this is that you won't take this as just another fad diet book to gather dust on your shelf. I certainly hope that these facts help inspire you to push through and complete your own BodyReboot™. I hope it gives you the motivation to act and get that healthy body you deserve.

**So, when you're feeling discouraged, come back and read this chapter for motivation. Realize just how important it is for you to complete your BodyReboot™.**

Looking back, I know I'm thankful that I stuck to it. I'm certainly thankful for the extra years that my

BodyReboot™ gave me. Now I feel great and know I'll enjoy much more life with my family.

My sincere hope is that when you complete yours, you'll get more years to spend with your loved ones too. And that during the time you get, you'll feel better and enjoy life much more.

Now it's become my mission in life to help you and anyone else who wants to improve their health. I do this by helping you drop that extra weight permanently. This dramatically lowers your odds of getting things like cancer, stroke, heart attacks, high blood pressure, diabetes, high cholesterol, cardiovascular disease and all the other horrible things that being overweight can do to you.

### **The Good News:**

With the system I've laid out for you in this book, your weight loss will happen quickly and more easily than many of the alternatives. Don't worry, you won't have to starve yourself or become an exercise fanatic to get amazing results fast!

So, once you start getting these kind of results, please come back to our Facebook page at:

[Facebook.com/bodyreboot](https://www.facebook.com/bodyreboot)

And tell me all about it.

In the next chapter I'll show how this epidemic is intentionally being hidden from you. Not only that, I'll reveal the outright lies you're being told when it comes to how to lose weight and get healthy once and for all.

In the next few chapters I'll strip away the lies and misinformation and replace it with the truth. This will unlock fast and permanent weight loss and long-term health for you.

## **You've Been Lied To**

Did you know that despite breakthroughs in medical science and more information about health available than ever before: The average lifespan is actually getting shorter?

I mean, logic would say we should be living longer, right?

So why in the heck are people dying earlier?

Why are the rates of things like cancer, heart disease, diabetes, strokes and obesity going higher than ever before?

Why, with this wealth of medical breakthroughs and scientific knowledge, is it so hard to lose weight and just keep it off?

This doesn't make any sense and I'll show you why as you read this chapter.

### **The real problem here is that you've been lied to.**

The important scientific breakthroughs when it comes to health, hormones and metabolism are not being talked about. Instead, we are being fed pop culture lies about health. This is happening even though the science shows these lies are false.

I could go into the theories behind why this is. I could talk about things like enormous multinational corporations that now control our food supply and their conflicts of interest when it comes to telling you the truth about healthy eating. Or I could reveal how massive pharmaceutical companies profit by feeding you drugs that mask, hide, and maintain a poor state of health. Or even discuss how special interest groups influence government-issued health advice that goes against proven science. However, I won't. Instead, I'll reveal what the most harmful lies are and show you the truth.

It's important you understand the truth and the reasons why the BodyReboot™ system works.

All my statements below are backed by science and you can check the references on our site to verify this:

<http://www.bodyreboot.com/references>

Once you're armed with the truth and know how to fix the damage that they have done: **you** will be in control of your health and you'll have the power to lose that weight and be healthier than ever before.

## **Lie #1: The Key to Health Is A “Balanced Diet”**

Take a look at just about any government-recommended nutritional guideline and you'll see one thing in common with them all:

They recommend a “balanced” diet high in carbohydrates, a moderate amount of protein and a very low amount of fat.

They suggest you get those carbohydrates with a combination of fruits, vegetables and grains.

The problem here is that science is starting to show a high carbohydrate diet like they recommend results in a long list of health problems. Things like inflammation, high cholesterol, heart disease and certainly fat gain all come from consuming a diet high in carbohydrates.

It's no wonder 7 in 10 Americans are overweight!

Then combine an already high carbohydrate diet with sugar and things like high fructose corn syrup you have a recipe for disaster.

Multiply this yet again when you're eating today's modern highly-processed diet and you quite literally could have a death sentence.

The end results are changes to your metabolism, changes to your hormones, you become overweight and eventually have long-term health issues.

What makes this problem even worse is that the changes to your hormones and your metabolism become locked-in and will actively hurt any effort to lose weight. **Have you ever wondered why it's so hard to lose weight and keep it off?**

The reason this is an issue goes straight to the heart of human genetics. Long ago, we evolved a big advantage when it comes to storing the energy that comes from carbohydrates. This was such a big advantage that the human population exploded shortly thereafter.

### **Imagine life many thousands of years ago...**

We lived largely as hunter-gatherers and food was not always plentiful. In fact, harsh winters could make finding food nearly impossible for months at a time. Without enough food energy we did not survive well, and our children often died. This was especially a big problem during Earth's various ice ages.

Fruits and grains were only available for small amounts of time each year and were a very rare treat. However, a genetic mutation in one of our ancestors

gave us the ability to quickly store the carbohydrates in fruits and grains as fat. Our bodies are special in this fast fat storing mutation and it's not commonly found in other animals.

Now, with the extra fat stores, our odds of survival through the winter improved greatly. Mothers now had enough fat reserves to ensure that they could not only survive the winter, but also ensured their children would survive as well.

There's a scientific theory that credits human success and the human race's rapid increase in population to this very genetic mutation. As a species, we could now take advantage of high energy foods like fruits and grains by quickly storing the carbohydrates as fat. Suddenly we could better survive harsh times when food was scarce and therefore, we could thrive as a species.

This original genetic advantage is now a huge health crisis. Our modern population consumes fruit, grains and sugar every day, all year long. Our bodies did not evolve to deal with this. The results are clear and it's a health epidemic with huge increases in the number of people who are becoming overweight and getting things like diabetes, stroke, heart disease, cancer, high blood pressure and even high cholesterol. All can be traced back to side effects of a high carbohydrate diet.

The problem becomes long-term because when you consume carbohydrates you get a rapid rise in blood sugar which then, in turn, results in your body



releasing insulin to bring it under control. From there, a cascade of hormones is released, and your body makes changes to its metabolism to adapt.

These reactions have not evolved to happen every day, not to mention the many times a day occurring in a modern diet. As your body tries to adapt, it becomes overwhelmed. Your hormones go out of balance, your metabolism slows, and you get fat.

Instead, a healthy diet should actually be low in carbohydrates. It should especially be low in the carbohydrates found in fruits, starchy vegetables and grains.

But now, what should you do after years of consuming a diet that has you locked in a state where it's hard to permanently lose fat?

The good news is that with the BodyReboot™ you can reset your metabolism, restore the balance of your hormones, lose that fat and permanently keep the weight off.

And you can do this quickly with some simple changes to your eating habits.

## **Lie #2: To Lose Weight Just Lower Your Calorie Intake**

They'll often tell you that losing weight is just a matter of consuming fewer calories. Just cut calories, then you lose weight. It sounds simple, right?

This is obviously not the full story and I'll reveal how cutting calories as your weight loss plan can sabotage you and set you up for failure. Further, this can even prevent you from maintaining long-term weight loss.

Did you know that your body will often respond to a drop in calorie intake by slowing down its metabolism and actively fighting you to prevent you from losing weight? This is called *adaptive thermogenesis*.

The body is a wonderful machine. It constantly monitors and adapts to what you eat and how much you eat. Its goal is to stay alive and it is programmed to make sure you have enough energy. If you think back to lie number one, you'll remember our ancestors often had a tough time of it during the winter, when food was scarce. So how do you think your body responds when it detects a sudden decrease in calorie intake?

It responds by slowing down your metabolism and trying to hang onto the fat reserves that it has stored for you! A substantial cut in calories confuses your body into thinking it's starving.

Further, all calories are not created equal. For example, calories from fats take a lot of energy for your body to convert to a usable form. Calories from protein are also more difficult for your body to convert into a usable form. This means your body must burn calories to process fats and proteins. As opposed to calories from carbohydrates which can

quickly and easily be converted into blood sugar and fat.

The type of calories you consume can also directly influence your metabolism. It has been found, for example, that consuming a diet high in fat can increase your metabolism. When you consume fat, your body burns more calories in a rested state. The opposite is also true with a diet high in calories from carbohydrates. This can slow down your metabolism and cause you to burn fewer calories overall.

Science has shown that consuming modern processed foods can also slow down your metabolism, which further harms all attempts at losing weight.

Science has also proven it's possible to lose a substantial amount of weight without starving yourself and without making huge cuts to your calorie intake. This is what's so great about BodyReboot™: you'll drop the weight and reset your metabolism without starving yourself or depriving you of good-tasting food.

### **Lie #3: Cardio Exercise Is How You Lose Weight**

How many times have you been told that the key losing weight is cardio exercise?

Usually, you're told to do things like running on treadmills, jogging, exercise class and all the other

ways to bring your heart rate up and “burn calories”. Typically, these exercises take a long time and you can spend many hours a week to get noticeable results.

Not only are none of these things necessary, too much cardio exercise will harm your body’s ability to lose weight. It can completely kill your diet and your efforts to lose fat.

Studies have shown that intense cardio exercise can cause your body to slow down its metabolism. Further, it can actually cause you to lose lean muscle mass which even further cuts your body’s ability to burn calories and remain healthy.

Science has shown shorter bursts of exercise that work to strengthen your muscles are the single best way to lose fat. This has a multiplication effect where, not only does it burn calories during the workout, but long after the workout. It also helps to balance your body’s hormones which has further benefits to your metabolism and your fat loss.

Doing a BodyReboot™, you can get dramatic results with zero exercise, but I do recommend at the end of week two of your reboot that you begin to do a small amount of exercise.

When I usually mention to guys that the best exercise is strength training they usually think of big, obnoxious muscle-heads at the gym lifting enormous weights. The women immediately fear that somehow

strength-training exercise will make them muscular and bulky.

This is most definitely not the case. I'll show you a quick and easy exercise routine that is not cardio and will strengthen the lean muscles in your body. This will make you leaner, stronger, healthier, and you'll burn a ton of fat in the process.

The funny thing about the routines I'll show you is that men can see an increase in the size of their muscles, but in women you see the opposite. Women typically see that it gives them a lean and very fit look to their body and does not build bulky muscles.

An extra benefit for women are that these routines can help give you the sexy booty you might be looking for.

Perhaps the best part of the routine I'll show you is that you can spend less than an hour a week and still get very dramatic results.

#### **Lie #4: Fat Is Bad for You**

I find it odd that most government-issued nutritional guidelines say that we should consume only a very small amount of fat in our diet. After all, if we rewind back to the many thousands of years ago when humans were hunter-gatherers we consumed quite a lot of fat.

You may have heard that eating fat will give you all kinds of heart and circulatory problems and is horrible for your health. Walk down the aisles of any store and you'll see labels everywhere tagged with "low fat" or "fat-free". We've been brainwashed to think that eating fat is bad.

The truth is, fat is essential for our health.

Multiple studies have shown that a high-fat diet is safe and actually improves health. The best part of the study results is that diets high in fat also resulted in a surprising amount of weight loss.

There's even a study, recently done, that shows a high fat diet can dramatically increase health and reduce inflammation (inflammation is the cause of many different health problems).

Where fat does become a problem is when you mix it with a diet high in sugar and processed foods. This deadly combination seems to magnify the bad effects sugar has on your body.

It's important you realize the truth when it comes to weight loss and how to become healthy. Because the BodyReboot™ system is built on these truths. As you continue reading, I'll be giving you the action steps that will help you:

- Ramp up your metabolism to burn fat
- Rebalance your hormones so you feel great and lose weight

- Modify your diet so you maximize your weight loss
- Tweak your eating habits so your dramatic weight loss results become permanent

These are not the only lies when it comes to health and nutrition. Perhaps you've run across some of the other nutritional, medical, or fitness falsehoods that exist out there. If so, please head over to our Facebook group and share your thoughts:

[Facebook.com/bodyreboot](https://www.facebook.com/bodyreboot)

## **Your Body Is Stuck in A Struggle for Balance**

Your body is in a constant struggle for balance. It's what makes it such an awesome survival machine. Give it too much of something... it adapts. Give it too little... it adapts. Make these changes long-term and it changes its very own structure. It will modify the very structure of how it works in order to adapt to the changes.

The unfortunate byproduct of this amazing adaptation ability is that when you leave bad health habits unchecked, it results in long-term changes and long-term damage to your health. It will attempt to adapt and change until some systems will literally "burn out" from overuse. Type 2 diabetes is a prime example of this at work.

These changes are often difficult to reverse, but lucky for you, not impossible. The entire goal of the BodyReboot™ system is to hit the reset button on your body's hormones and metabolism to undo the long-term damage. Because if you've been eating a high carbohydrate diet (as most people eating a modern diet are), then your body has adapted.

Usually it has adapted by stashing away lots of fat, adjusting your hormones to deal with that, and eventually slowing down your metabolism. Your body will actually attempt to remember these changes and keep you in this state. That's why it's often so difficult to lose weight and keep it off.

To make matters worse, when you drastically cut calories or dramatically increase your exercise, your body also adapts and makes changes trying to adjust. This can result in it slowing your metabolism even further because it thinks that you're starving and it also thinks that you need massive fat reserves to deal with the high demand of energy from your exercise. When this happens, it's called *adaptive thermogenesis*.

As an example, a scientific study of the contestants from the television show "The Biggest Loser" showed that contestants actually burned 500 fewer calories per day compared to other people their same age and size. This helps explain why so many contestants regain their lost weight after the show is over. On average, show contestants regain 70% of the lost weight since the finale of the season when they were on the show. The diet industry reacted



strongly to the study in an attempt to defend that diets actually do work. Many experts tried to blame the bad long-term results on the contestants losing weight too fast. The science seems to show, however, that it is not the fact that they lost weight fast, it's because they did not do it in a way that made long-term changes to their body's hormones and metabolism so they could keep their results.

In addition to adapting to try to stop you from losing weight or force you to gain it back, your body will actually use your very own brain chemistry against you to force you back to your old weight. In a previous chapter we talked about your body's "set point" where it tries to regulate your metabolism to stay at what it thinks is your ideal weight and body fat percentage. When your body thinks you lost too much weight it will produce more hunger-inducing hormones in an attempt to make you hungry, so you'll give it the calories it needs to build back up.

It gets even stranger than this, because not only will your body use your brain chemistry to make you hungry it will release dopamine to make you feel good and reward you when you eat sugary or high-carbohydrate meals to give it what it wants. In one scientific study it was shown that in rats this caused the development of binge-eating problems. It resulted in an addiction-like state to high-carbohydrate foods.

So, the trick to long term weight loss and health is to figure out how to reset your set point and rebalance your hormones so this does not happen.

In the next chapter I'll reveal the method you'll use to reverse all the changes your body has made that have resulted in you gaining weight and possibly having a host of other health issues as a result. Don't worry, it's not that difficult. Just follow along with the steps that I outline in the rest of the book and you can reboot your body just like I did.

## **It's Nearly Impossible to Lose Weight Long Term Unless...**

Once your body has adapted, it will fight you to change back. UNLESS... you reboot it. The plan is to reboot the body in 3 steps over the next 7 weeks. It's important to go on the right gradient and not try to do all the steps at once. We must shock the body into making changes, but too much change, made too fast will make it hard on you.

At the center of all this are hormones. Much of what we will be doing during your reboot is rebalancing them. If you've gained extra fat, then it's nearly certain that a whole list of hormones are out of balance in your body.

A recent study showed that rebalancing hormones can have a greater impact on weight loss than cutting calories. Another study showed that hormones out of balance are largely responsible for people becoming obese in the first place.

As an example, one study showed that an increase in a hormone called cortisol, that not only interferes with weight loss and increases weight gain, but actually causes your body to deposit fat right in your belly. So, if you have fat accumulating around your belly, cortisol being out of balance could be the cause. Put your hormonal balance back how it should be and your body will release that stubborn fat around your belly.

The British Journal of Nutrition published a paper showing that a poor diet high in carbohydrates can impact the balance of a hormone called serotonin. Serotonin is an important hormone for the brain and can severely affect mood. Not only that, serotonin is an important part of your body's day and night cycle allowing you to sleep well. Your body converts serotonin into melatonin and helps you get more restful sleep.

Important sex hormones like testosterone and estrogen are often at the top of the out-of-balance list. These hormones being in proper balance are essential to have an optimum metabolism and to remain healthy. Not to mention these hormones being out of balance can harm sexual desire and performance.

In addition to sex hormones being out of balance, you may also have issues with other important hormones that control your metabolism, your energy levels, your mood, and even your mental state. The good news is that by the time you're done with your

BodyReboot™, these should all be back in balance. You'll be feeling great!

The BodyReboot™ seven-week system resets your body with these three steps:

### **Step 1: Break the Cycle of Bad Health:**

First, with some tweaks to what you eat, we're going to break you out of bad health habits you might be stuck in. You'll see quick and noticeable weight loss results at the same time.

### **Step 2: Fire Up Your Metabolism:**

As you begin this step, your body will begin burning calories and shedding even more weight. I'm sure you'll begin to get really excited as your weight loss results begin to really speed up.

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

I'll show you the specific exercise routines that make significant changes to your body's ability to burn fat. Don't worry, it takes less than an hour a week to see these results. Plus, you'll be melting away fat while you do them!

You should now have a better understanding of the science behind the cause of weight gain. You should also know the truth about what it takes to quickly and permanently lose that weight. So I think it's time we get you started. In the next chapter, you'll be taking your first steps with the system.

Are you ready to hit your body's reboot button?

## **Withdraw from Sugar & Bad Carbohydrates**

The very first step of your body reboot is to sort of shock your body by completely withdrawing from all sources of sugar and dramatically cutting your carbohydrate intake. You'll cut out all sources of added sugar, most sugary fruits, and all high carbohydrate foods. Your goal is to consume less than 25 grams of carbohydrates per day while you're rebooting.

This might sound drastic, and it probably is, when you compare it to your normal eating habits. Don't worry; it will get easier and we will raise your daily carbohydrate intake at the end of your reboot.

This is the first step to normalizing your blood sugar levels, so you don't get big spikes and drops. This will also begin to balance your hormones since your body does not have to release insulin to deal with these wild swings in your blood sugar. Will also begin to see some weight loss pretty quickly as you take this first step. A nice side benefit is that after you go through withdrawal, you will regain lost energy and you'll feel great.

Know that your body will fight you and you may experience some unpleasant side effects from the withdrawal at first. Make sure you're drinking lots of

water and taking nutritional supplements to ensure you're getting all your vitamins, minerals, and electrolytes.

You can get all the supplements you need in our online store over at:

**[www.bodyreboot.com/store](http://www.bodyreboot.com/store)**

Use coupon code “book15” to get 15% off your first order.

We have an entire line of nutritional supplements designed to make withdrawal faster and easier while keeping any side-effects to a minimum.

When I was younger, I used to smoke cigarettes. Much like being overweight, I knew it was bad for my health. I knew that to some people (like my wife) it was unattractive. I knew that the stench of cigarette smoke was not appealing to non-smokers. And I knew that if I didn't quit, odds were, it would eventually kill me. Even knowing all that, I wasn't willing to quit for many years. I was strongly addicted.

The drug nicotine, among other things in cigarettes, is a highly addictive drug. Like many mind-altering drugs, your body will go through withdrawal after it has become used to them. It will attempt to force you to smoke more cigarettes and acquire more nicotine.

Going through my own reboot showed me just how much carbohydrates (especially sugar) are like a drug. When I first stopped eating sugar at the beginning of my body reboot I went through actual withdrawal symptoms. I had to get through them just like I did with nicotine when I quit smoking.

The cravings were intense and the temptation to go back to snacking and eating sweets was tough to fight. I could literally feel my body adjusting its hormones and brain chemistry trying to force me back into eating the foods that I knew were hurting me.

Science shows that your body very much does react to sugar and carbohydrates like it does to mind-altering drugs. It releases hormones and adapts brain chemistry in response to consuming (or withdrawing from) carbs and sugar. Then when you give in during withdrawal, it will flood your bloodstream with dopamine (a powerful pleasure and reward neurochemical) and make you temporarily feel great you when you comply.

Realize that this is what you're fighting when you begin to feel cravings to snack or a desire to give in and have some sweets. Also realize that as you get through it, the cravings will get less and less. They'll eventually go away. Not only that, you'll feel much better and begin shedding weight very quickly once you've overcome your addiction to carbs and sugar.

### **Guidelines for Getting Started:**

Cut out sugar completely:

- Remove all sources of high fructose corn syrup
- Cut out all products that have added sugar
- watch product labels for sneaky sources of sugar
- Most fruit are high in sugar content. Cut out fruit (for now) with the exception of small amounts of berries.

Cut out high carbohydrate vegetables:

- Cut out starchy root vegetables like potatoes and yams
- Cut out rice and corn
- Stop eating vegetables with a high sugar content like green peas.

Looking at product labels and searching online for nutritional information are lifesavers. There are a surprising number of foods that have hidden sources of carbohydrates and sugars. You'll want to figure out what the net amount of carbohydrates are in the foods you eat. Do this by taking the total amount of carbohydrates and subtracting the fiber and any sugar alcohol. The formula looks like this:

(total carbohydrates) - (fiber) - (sugar alcohol) = net carbohydrates

While fiber is technically a carbohydrate, your body cannot digest it and therefore it doesn't count towards the total carbohydrate calculation.



Sugar alcohols are sweet substances often used as sugar replacements that are safe and don't have the nasty side effects of many artificial sweeteners. The best part is that most of them do not impact your blood sugar, do not affect hormones and do not have many calories.

So if you were eating a food that showed having 15 grams of total carbohydrates, but it also had 7 grams of fiber and 3 grams of sugar alcohol it would only have 5 grams of net carbohydrates (which would be fine for a meal on our plan).

The math would look like this:

$$\begin{array}{r} 15 \\ -7 \\ \hline -3 \\ =5 \end{array}$$

We'll talk more about counting carbs and eating a low carbohydrate diet in the next chapter. For now, concentrate on cutting down to 25 grams of carbohydrates or less per day with little to no sugar at all.

Withdrawing from sugar and carbs might be tough at first. That's why it's important to have plenty of low-carb snack foods around.

Here are some tips that will help you beat your cravings by changing habits or replacing the old bad foods you used to eat with better stuff. There are plenty of no sugar and low carbohydrate snacks you

can have instead. Don't worry, these taste great and will help you beat the cravings.

**Drink More:** Staying hydrated is not only important if you want to improve your overall health and achieve maximal fat loss. Drinking more water will also prevent your food cravings. This is because your body often has trouble telling the difference between hunger and dehydration. There are times when you feel like you could go for a snack, but what you really need is just a glass of water. Other great alternatives are: Unsweetened tea, Unsweetened coffee (organic if possible and for creamer use only 100% real heavy cream), club soda, and herbal tea

**Stock Up on Healthy Foods:** Junk food is always going to be at the supermarket, so you're the one that needs to stay away from it and surround yourself with foods that will help you live a healthier life. Also, make sure you keep all your healthy snacks at a close distance all the time, just so you can munch on something that's good for you if you start craving junk food.

**Eat When You're Hungry:** Before you start eating something, take a few minutes to ask yourself if you're truly hungry. If you identify that you're not actually experiencing hunger, you will help yourself not give in to every craving you have. However, if you are really hungry, try eating a healthy snack/meal.

**Snack On Healthy Food:** Sure, a bag of chips is a tasty snack that you can enjoy while watching your

favorite TV show, but it will have a negative effect on your health. Instead, try snacking on veggies with ranch dressing or blending a healthy, delicious protein shake or smoothie.

**Sleep More:** A recent study conducted by the University of Chicago suggests that sleep loss boosts hunger and unhealthy food choices. If you don't sleep enough, the presence of a hormone known as ghrelin (this hormone is a known appetite trigger) will rise by 30%. At the same time, the hormone leptin (that signals satiety) will drop by 18%.

**Stimulate Happiness:** When a person is under pressure, their body releases a hormone known as cortisol that makes their brain want to seek out rewards. Comfort food weakens the effect of this hormone due to its large content of starches and sugar which will raise blood sugar and release pleasure neurochemicals like dopamine. In other words, if you don't want to crave junk food, you should find a way to stimulate happiness and avoid stressful situations.

**Drink Some Caffeine:** Drinking caffeine is great because it will help you make it through the day without any high-calorie snacks. According to a study conducted by Duke University, caffeine can successfully mask hunger.

**Grab a Vitamin or Nutritional Supplement:** Many of the cravings you have can be a sign of nutrient-deficiency. An easy way to make sure you consume all the basic nutrients throughout the day is to start

taking a multivitamin and mineral supplement. This way, your body will be less likely to trigger cravings. BodyReboot.com has a variety of supplements designed to help you with this. See our store online for more information at:

[www.bodyreboot.com/store](http://www.bodyreboot.com/store)

**Make A Smoothie:** Smoothies made with protein powder are a great snack replacement. They are also quite delicious when you prepare them using organic low sugar fruit and vegetables. Smoothies are also known for providing you with a lot of energy. You can use sugar free coconut milk or almond milk to make a delicious smoothie.

**Snack on Sugar Free-Chocolate:** there are a variety of choices of dark chocolate that do not contain sugar. My favorite is sweetened with erythritol and is by a brand called choc zero.

**Eat Nuts:** nuts are a great snack replacement and I eat them to replace potato chips. My favorites are almonds and macadamia nuts. Many nuts are low-carb. Just be sure to look up nutritional information and avoid nuts with a high sugar content.

**Other good snack ideas include:** cucumber, celery, and jicama with ranch dressing, turkey lettuce wraps, pepperoni chips (microwave on paper towels until crispy), hard-boiled eggs, lox and tomatoes, roast chicken, celery with almond butter, chicken wings (*not* coated with flour or breading), pickles, a slice of turkey or ham, 1 ounce of cheese with a vegetable, and many more.

**A note on sweeteners:**

there are many options for sweeteners besides sugar. Some of them are misleading and you'll need to pay attention to product labels to be sure that they are not sugar in disguise. Some examples of disguised sugar are: cane syrup, agave nectar, cane crystals, barley malt syrup, corn syrup, fructose, dextrose, evaporated cane juice, glucose solids and many others.

However, there are also good alternatives for sugar. These have been a lifesaver for me because I had quite the sweet tooth before withdrawing from sugar. My favorite sugar replacements are erythritol and Monk fruit powder. Using these ingredients, I've been able to make cookies, brownies, chocolate cake, cheesecake, berry pie and many other delicious desserts.

I think this is a large part of how I've been able to be successful with my reboot. Don't hesitate to prepare yourself sweet tasting snacks using the following non-sugar sweeteners:

- Stevia
- Erythritol (sugar alcohol)
- Monk fruit
- Chicory root (inulin)
- Tagatose
- Xylitol (sugar alcohol)
- Sucralose (liquid only not powder)

Also, I caution you to stay away from all other artificial sweeteners. Many of them are worse for you

than the sugar that they replace. And most of the artificial sweeteners used in mass manufactured products like diet soda have been proven to have a negative effect on hormones and blood sugar. This might explain why you see overweight people drinking diet sodas and never losing weight.

Your body will not reset its hormones and reboot your metabolism until you have withdrawn from carbohydrates and sugar.

Cutting out sugar & lowering your carbohydrate intake is the first step of your reboot. After you've cut out sugar & "bad carbs", we're going to force your body to begin burning fat for energy like a furnace. This is a key part of how you'll see very fast results with your weight loss. This important process is called ketogenesis and it will accelerate your weight loss even further. Soon, your fat-burning furnace will switch on and begin burning that weight off.

Now that you've begun withdrawing from Sugar and carbohydrates it's time to start the next phase of the BodyReboot™. In the next chapter I'll show you the right way to start a ketogenic diet often called a "Keto diet". This will force your body to burn fat faster than ever before. Ketogenesis is the process by which your body converts fat into energy and then instead of using sugar, it powers your body through ketones with a process called ketosis.

## Get Your Body into Ketogenesis

For the next phase of your reboot you'll be starting a ketogenic diet. A lot of people simply refer to it as a "keto diet". Basically, what this does is to cause your body to burn fat for its energy supply.

The ketogenic diet has been rigorously tested by the scientific community and has been shown to be a highly effective weight loss solution. Many studies show it has a superior result when it comes to weight loss than any alternative.

What happens during a ketogenic diet is that each day your body will begin to consume the fat you eat for energy as you eat it. It will then immediately begin burning your body's fat reserves as it's very next source for energy.

The process goes something like this:

Phase 1: your body consumes any available carbohydrates and converts them to blood sugar for energy.

Phase 2: if it doesn't get enough energy from carbohydrates, your body takes any fat that you have eaten and converts it into what are called ketones. Ketones are what your cells use to create energy instead of blood sugar.

Phase 3: your body next uses its built-in fat supply and begins to burn fat to produce even more ketones.

So, the more energy your body needs, the more ketones it must create and the more fat it will burn to get them. Because you are not giving your body carbohydrates, any increase in your metabolism or any energy you burn from working out basically come directly from your body's own fat supply.

And because you're following the reboot system with me, you'll be exploiting this to ramp up your metabolism and burn fat faster than any other way I've been able to find. It's a perfect combination of factors because while balancing your hormones, we'll be increasing your metabolism and exploiting your body's built-in fat burning furnace. The most visible result from this is rapid weight loss and the inches melting away from around your waist.

A ketogenic diet does not require you to count calories or starve yourself. In fact, I encourage you to eat enough so that you're full and satisfied with your meals. I personally didn't count a single calorie during my weight loss phase and I dropped 51 pounds! Another side benefit is that we don't give your body a chance to think it's starving, because if you remember from previous chapters, that will slow your body's metabolism to a crawl and harm your ability to lose weight.

The one thing you will be counting are carbohydrates. During your reboot you must ensure that you consume less than 25 g of carbohydrates per day. After your initial reboot is over and you go on to maintenance, you'll increase that number and find



your body's balance. So you will get to reintroduce some of your favorite carbs back into your diet later on. For now, however, you've got to be strict and stick with your 25 g per day limit.

The ketogenic diet is not just a fad diet. It's a powerful tool to help reset your body. Beyond that you will find it becomes an easy way to make long-term changes to your eating habits once you have begun your ketogenic diet. It's by this combination of resetting the body and adjusting your long-term eating habits that you'll have drastic weight loss that becomes permanent.

### **The Rule Of 70/25/5:**

While really more of a guideline than a rule, you'll want to consume roughly 70% of your daily calories from fat, 25% from protein and 5% from carbs (but not sugar).

70% of your calories from fat may sound like a lot, but it's easy to do, especially if you follow the rest of the advice contained in this book. If you find you need more help and information about the keto diet, check our website for my other books. You'll find one specifically on the details of the ketogenic diet and my cookbook filled with fat-heavy, delicious meals.

For some readers, a diet high in fat might set off alarm bells in your mind. You might be thinking

“That’s too much fat! Won’t it cause me to have high cholesterol or heart issues?”

The science shows that this is just plainly not true. Today’s modern food industry has falsely convinced us that we need to eat a low-fat diet. Not only is this not true, it’s the complete opposite. There are a great many studies that show a diet high in fat can actually lower cholesterol and improve heart health.

In addition to proven dramatic weight loss from a high-fat diet, it’s been shown that this diet can specifically target fat around the belly. One study showed that a diet high in fat can help with Alzheimer’s. Another study showed a diet high in fat actually lowers bad cholesterol and increases good cholesterol. Several studies show a diet high in fat can manage diabetes symptoms and reverse insulin resistance. A high-fat diet has also been shown to improve energy levels, brain health and mental function at the same time. If you’d like to learn more about the science that proves this, check out our references page at:

[www.bodyreboot.com/references](http://www.bodyreboot.com/references)

My final thoughts on the high fat subject really focus on the dangers of being overweight in the first place. The simple fact of having excess body fat is a far greater danger to your health than any high-fat diet could ever be. So, for the next seven weeks try it out. After all, you will go back to a diet more balanced at the end of your reboot. At that time, you can decide

how much fat you want to continue to consume over the long haul. My guess is that after seeing the dramatic health changes you will continue doing some form of the ketogenic diet permanently.

## **A False "Keto Diet"**

One thing that can be confusing is that there are people out there selling something called ketone supplements. They claim that merely by eating or drinking the supplements you will lose weight. The theory is that eating ketones directly also forces your body to consume fat for energy. This is partially true, but you miss out on 90% of the possible weight loss and long-term gains. I do not recommend you take any ketone supplements during your reboot.

Ketone supplements are sometimes called things like raspberry ketones, keto salts or exogenous ketones. I do not recommend you take these.

In my opinion, the best short-term and long-term results come from your body creating its own ketones. You want your body to trigger ketogenesis so that it creates its own ketones naturally.

## **Things to avoid that will mess you up:**

**Very high protein consumption:** If you consumed too much protein your body can also break down protein to create blood sugar for energy. This can interfere with ketogenesis so you want to avoid eating too much protein. Don't worry though, it takes a LOT of protein to make this happen. Usually

this only becomes a problem if you exclusively eat meat and nothing else (which goes against the keto diet anyway). Another time this can be an issue is if you're consuming a lot of protein shakes or protein bars every day.

**Sugar or flour based foods of any kind:** these have a dramatic impact on your blood sugar and immediately stop ketosis in your body. It can take 12 to 72 hours to restart ketogenesis depending on how much you ate.

**Not paying attention to food labels:** it's shocking how many foods that are labeled and marketed as healthy, but are actually loaded with carbs and sugar. I've even seen products claiming to be low-carb or keto, but when you carefully examine the ingredients and nutritional information it becomes apparent that it's not healthy and most definitely not keto friendly. So be sure to read the ingredients and nutritional values on your labels or look up the information online before you eat something you're not certain is keto friendly.

**Not paying attention to your body's clues:** if you're feeling hungry or having other negative effects while on keto don't ignore this. If you're hungry, eat! Just make sure you're eating something that is keto-friendly. Also, hunger and many of the negative effects you might experience go away when you consume enough liquid. So, drink water, coffee, tea or any non-sweetened drink you can get your hands on. I can't stress enough how much you should

increase your water intake while on a ketogenic diet. You'll feel better and get faster results if you do.

For more tips on maintaining a ketogenic diet, visit our website at:

[www.bodyreboot.com](http://www.bodyreboot.com)

On our site you can also find our complete keto diet book & cookbook, vitamins, minerals, healthy fats and even a coaching program to help you correctly implement the body reboot system.

In the next chapter, you'll find more tricks to improving your ketogenic diet and ramping up the fat loss even further. The entire goal of the body reboot system is to get you dramatic and rapid results. I'll show you how as you continue.

## **Ketosis & The Truth Behind Fat Loss**

Put simply, ketogenesis is the state in which your body is producing ketones by burning fat. Ketosis is the state of having ketones in your bloodstream. Your body utilizes ketones to produce energy instead of glucose (often called blood sugar).

Having ketones present in your bloodstream is a sign that ketogenesis is occurring. You can also measure the presence of ketones in urine. When it's present in either of these places and you're not consuming any ketone supplements it means your body must be burning fat in order for them to be there.

You should be measuring to discover when your body is in a state of ketosis. You can do this with over the counter ketones and test strips. You literally just pee on them and they change color to tell you if there are ketones present in your body. You can get them at many pharmacies and on our website's online store.

Generally, within a few days to a week of starting your reboot you should be in ketosis and ketogenesis should have started in your body. If after a week you're still not in ketosis reread the previous chapter and work out what you can do to improve your keto diet.

Once ketogenesis starts, the fat loss begins. Everyone is different, but many people can see measurable results within the first few weeks. It's likely you'll get pretty excited about the results you're going to see. Please share them with us our Facebook page at:

**[www.facebook.com/BodyRebootOfficial](https://www.facebook.com/BodyRebootOfficial)**

Also, we periodically have reboot challenges where we give away cash and prizes for those who share their journey as they progress through their own

reboot. We love to hear all the wins and successes you'll have during your body reboot.

Check our website to see when the next reboot challenge is and you might have a chance at cash and prizes just by losing weight and getting healthy:

**[www.bodyreboot.com](http://www.bodyreboot.com)**

## **Some background on why the ketogenic diet works:**

**The body has four sources it can use to create energy:**

- Carbohydrates from food
- Protein that can be converted into glucose in the liver and used as energy
- Fat that you have eaten
- Stored body fat and ketones

In the typical modern diet, you're consuming large amounts of carbohydrates and that becomes the main source of fuel for the body. This sets up a process that goes a bit like this:

1. The carbohydrates from sugars and starches are quickly broken down into glucose in the bloodstream. This becomes the body's primary energy source.
2. At this point, the hormone insulin is released to begin removing extra glucose from the bloodstream. Because too much sugar in your

bloodstream can lead to dangerous medical conditions which harm the cardiovascular system, the nervous system, and can even cause cellular damage throughout the body.

3. Insulin converts the excess glucose into something called glycogen. Some of this glycogen gets stored in the liver as a source of fuel storage. The rest gets stored in your muscles for emergency fuel reserves.
4. When that glycogen in the muscles is not burned from exercise it remains in the muscles.
5. Your body only stores about 1800 calories worth of glycogen. When these reserves become full, your liver and your muscles send the signal to your brain to stop insulin production. When this happens, glucose begins to rise again in the bloodstream.
6. This results in excess glucose building up in the bloodstream once again. This in turn flips on demand for even more insulin calling for more and more insulin to be released to prevent a dangerous buildup of blood sugar.
7. At this point your body will also begin stashing the excess carbohydrates and blood sugar it has in the form of fat. This begins the process of becoming overweight.
8. As blood sugar continues to remain high, insulin levels then spike and eventually a diet high in carbohydrates can lead to something called insulin resistance.
9. If a high carbohydrate intake continues, glucose floods the bloodstream, insulin levels



continue to increase in the body's fat stores get bigger and bigger.

10. Your body begins to adapt and adjust trying to deal with the imbalance of energy you're feeding it. This will result in a variety of health problems. Things like diabetes, heart disease, stroke, cancer and many other diseases are born from this process.

Another thing about a ketogenic diet that makes it so effective is that you can pay very little attention to counting calories. As long as you're not eating carbs, simply eat until you're full. There are many reasons why this works. Some examples would be that it keeps your hormones in check and prevents your body from going in the starvation mode and lowering your metabolism.

I believe the whole calories in and calories out concept of weight loss is flawed. By turning on ketogenesis and following your reboot plan it's simply unnecessary. If, after a few weeks of being in ketosis and you're not getting rapid weight loss, it's probably not because you're eating too many calories. Drop by our Facebook page and ask questions. We'll be glad to help you figure out what's wrong and steer you in the right direction.

It's been said that being in a state of ketosis has a lot of benefits to the brain and other systems of the body. Some amazing side effects of a ketogenic diet are that you can get an increase in energy, increased mental clarity, and better sleep. Several studies have uncovered beneficial effects like these.

## **A common confusion: ketoacidosis**

Ketosis and ketoacidosis are often confused as being the same thing when they are in fact two completely different things. It's important to clarify the two because one is very good for you and the other is a dangerous side effect of diabetes.

Ketosis is part of the natural fat burning process in your body. It's completely normal when your body is burning fat and is not dangerous. Your body is built to make ketones and use them for energy. This is a good thing.

Ketoacidosis happens when you have severely uncontrolled diabetes. It's a dangerous state that needs immediate medical attention. This is not caused by the ketogenic diet. It's actually caused by the opposite type of diet when you consume excess carbohydrates and your blood sugar has gone out of control. This is damaging to your body. The blood becomes acidic and it can become a life-threatening situation.

Like anyone who's currently being treated for disease, if you are being treated for diabetes you should talk to your doctor before starting a ketogenic diet.

So even though these two things sound similar they are not related, and ketoacidosis is not a normal concern for someone on a ketogenic diet.

In the next chapter you'll learn about an amazing food you can consume every morning to boost your fat loss. Follow the advice in the next chapter and you will accelerate your weight loss results.

## **Coconut & MCT Oil: Supercharged Keto**

Anytime you research the ketogenic diet online you're going to run across an interesting recommendation. You'll see people recommending that you take coconut oil and melted butter and put it in your morning coffee or tea. This can actually kickstart your body into ketogenesis and ramp up your weight loss.

Some researchers investigated why this happens and worked out that there's a very special type of fat contained in coconut oil. These are called medium chain triglycerides. Also known as MCTs or MCT oil. And the people behind the bulletproof brand popularized putting MCT oil into your coffee instead of raw coconut oil. This resulted in even better increases to ketogenesis and ramped up fat loss even further.

A lot of people will also take refined butter products and add it to their coffee in the morning, attempting to increase the amount of "good fats" that they get in their daily diet. One example of this is something called ghee. Ghee is a wonderful type of butter that has the less desirable fats boiled off and only some of the healthiest fats are left.

So, by using coconut oil, butter, MCT oil, and ghee many people increase the amount of healthy fat they consume each day while turning up the heat on their body's fat-burning furnace.

At the start of my own body reboot I did exactly this. At first, I was using coconut oil and plain butter for my refrigerator. This didn't taste the greatest, but I think it did help me maintain a state of ketosis. I eventually replaced regular butter with ghee, but that still didn't taste the greatest.

I went on to try MCT oil (which is flavorless). This tasted better and increased my ketosis even further, but it gave me a variety of stomach issues. Many others also reported that they can't consume too much MCT oil without getting a stomachache, diarrhea or other digestive issues.

Others have issues with putting butter or ghee into their coffee because of either the flavor or a different set of digestive issues that some people have.

After a ton of research, I discovered a very specific blend of natural oils that gives you all the benefits of MCTs without the stomach upset. In fact, you can consume a surprising quantity of MCT oil with this blend and have little to no stomach issues.

This patent-pending, and proprietary blend of natural oils also contains a large quantity of healthy fats and omega acids. And personally, I might be a little

biased, but I think it tastes much better than any of the alternatives.

It's called Keto Activator™ and is available in our online store at:

**[www.bodyreboot.com/store](http://www.bodyreboot.com/store)**

Try it out and I think you'll find that it really helps speed up the process of getting into ketogenesis. Plus, it has many health benefits for your cardiovascular system, your hormones, and your metabolism.

Adding these ingredients to your daily diet is a vital part of the body reboot system and should not be left out. Whether or not you use our proprietary keto activator, you must get MCTs in your diet from either MCT oil or coconut oil.

## **Vital Importance of Vitamins & Minerals**

I'm sure you've heard it a million times throughout your life: you need to eat well so you get all your vitamins and minerals. This advice probably started from your mother and continued on, since we hear it in the media regularly. I think we often ignore this advice because it sounds so simple. However, ignore this advice at your peril because if you're lacking in any vitamins or minerals it will slow down your weight loss.

If you ensure that you're getting a proper balance of all the minerals and all the vitamins that you need you can actually speed up your fat loss and increase your metabolism. It's quite likely in the first place that one of the reasons your metabolism has slowed down is because you do not get enough of one or more vital vitamins or minerals.

I recommend you take a good multivitamin supplement while on your reboot (and continuing afterwards too). However, there are some specific vitamins and minerals that you must take in high quantity while in ketosis.

The three vital ones you must get in high quantities are: magnesium, calcium, and vitamin C. Not just any supplement will help you with this. Many magnesium, calcium, or vitamin C supplements do not absorb very well into the body. Or they simply don't give you enough of these vital components.

### **Magnesium:**

Magnesium is an important component in your metabolism, your nervous system, your muscles, and the proper function of many structures in the body. Today's modern diet is dramatically short in magnesium.

Low magnesium levels in one's diet have been associated with type 2 diabetes, metabolic syndrome, high blood pressure, cardiovascular disease, sudden cardiac death, osteoporosis, migraine headache, asthma, and colon cancer. A recent scientific study

showed that almost half (48%) of the US population consumed less than the required amount of magnesium from food.

When you're short on magnesium you can feel anxious, stressed, have muscle aches, muscle spasms or twitches, poor digestion, and trouble sleeping. Magnesium is also a vital component for your body's metabolism and is used in the body's energy-production processes.

Science has shown that increasing the amount of magnesium you're consuming can increase mental function, improve sleep, lessen stress or anxiety, and even help with constipation.

The problem with most magnesium supplements is that they just don't absorb well into the body. Often, they don't even contain enough magnesium to remedy the shortage that you have in the first place.

Here at BodyReboot we've created a very special product that is almost instantly absorbed by the body once you take it. In fact, I can feel the stress relief and sleep benefits personally within a few minutes of taking this product. It's a combination of instantly absorbable calcium, magnesium and vitamin C. You can get it in our online store at:

**[www.bodyreboot.com/calmagbook](http://www.bodyreboot.com/calmagbook)**

**Calcium:**

A recent study revealed that most Americans do not get enough calcium in their diet. Most are consuming well under the daily recommended amounts.

Not only is calcium vital for bones and teeth, it plays a crucial part in how your cells communicate in your body. It's necessary for normal cell function. It's an important part of how your nerves transmit signals and communicate with your body. It plays a vital role in how your body secretes hormones. It's also crucial for proper muscle contraction and relaxation.

You can see how important increasing your calcium intake really is.

### **Vitamin C:**

It's been found that increasing vitamin C can reduce the likelihood of you gaining weight and can speed up resting metabolism.

One study showed that vitamin C may play a vital role in how your body metabolizes fats. Vitamin C may be a crucial part in keeping your cardiovascular system healthy.

Although vitamin C may not directly cause fat loss. It seems a deficiency in it may slow down or harm your body's ability to burn fat. This would definitely interfere with any diet or exercise routine.

With my instant CalMag formula, you'll get the vitamin C that you need to ensure your body can lose weight at its most efficient rate.



## Detox with Greens

Your mom has probably also given you some pretty good advice when she told you: you should eat more greens.

I found tremendous value in the green superfood called chlorella. It's got some of the highest concentrations of chlorophyll, the chemical that makes green foods green. And it's got some amazing health benefits.

Studies have suggested chlorella itself can shrink fat cells and lead to weight loss. Another study showed that consuming chlorella can help to normalize blood sugar and insulin levels (which will greatly help your reboot).

Another unfortunate side effect of the modern lifestyle is that we are exposed to a wide variety of chemicals. From the water we drink to the food we eat and the air we breathe, we are exposed to chemicals our bodies are not equipped to deal with. There's a whole host of health issues directly related to these toxins making their way into our bodies. One of the places these toxins go is your fatty tissue. Chlorella has been shown to aid in removing toxins like heavy metals and mercury from your fatty tissue.

Some of the health benefits from consuming chlorella include:

- Enhanced immune system
- Better digestion
- Increased absorption of nutrients
- Assistance to the nervous system
- And many other benefits

I recommend you add a chlorella supplement to your daily routine while you're on the reboot. You can get them in our online store at:

**[www.bodyreboot.com/store](http://www.bodyreboot.com/store)**

Perhaps the most important part of the weight loss plan has absolutely nothing to do with losing weight. It's so important that I've seen people completely fail at their diet plan because of it. Certainly, many people gain back the weight even after losing it because of this. Follow my advice in the next chapter and avoid becoming a weight loss sad story.

## **The Mental Journey & Avoiding Failure**

Many people fail at dieting because of their mental state. Others fail at maintaining their weight loss and long-term health for the very same reason. This is why it is so important that you begin your reboot in the right state of mind. Beyond that, there are some very specific mental attitudes and decisions that I'll share with you which greatly increase your odds of success.

I'll share both negative things to avoid and positive concepts that you should apply daily. If you follow my advice, I think you'll find it helps greatly. I'd love to hear if these tips in changing your mental outlook help you. After reading the chapter, head on over to our Facebook page and let me know if it helped:

[www.Facebook.com/BodyRebootOfficial](http://www.Facebook.com/BodyRebootOfficial)

### **Blame Shame Regret and Negative Thoughts:**

Negativity can creep into your thoughts even when you don't want it to. This is often the reason people fail on diets. So how do you avoid it? Follow these simple tips and I'll bet it will help you stay positive about your diet and continue until you achieve the success you're looking for.

**Your diet is not a succeed or fail situation:** When you approach it like this you're setting yourself up for frustration and heartache. This is totally unnecessary because if you follow the advice I'm about to give you, you will succeed. Because there really is no such thing as failure when you're on the path to getting healthier. Sure, you might have a momentary sidetrack or slip-up, but if you stay on the path you can be certain that you will lose weight, look better and feel great. In fact, I guarantee it!

**You will have momentary slip-ups:** The path to success in almost any area of life has ups and downs. It often looks like people succeed wildly and easily. Social media today magnifies this and makes it look like people are living wonderful glamorous healthy fit

lifestyles with ease. It's just not the case. Most people's journey to success are filled with ups and downs. Their success is filled with mistakes and sometimes tragedies. What truly guarantees success is when you can ignore the momentary failures get back up and continue on.

**Don't beat yourself up:** I've seen so many people trap themselves in failing with weight loss because they think of a momentary slip-up or lack of results as a failure. They get so stuck in self-blame and doubt that they continue to feel ashamed that they failed. NEVER "beat yourself up" and feel like you failed, no matter what happens on your diet, fitness, or health journey. The moment you let your mind take you down that path is truly the moment that you failed. Because all you have to do is make the decision that it was no big deal and restart. If you do, you will get the results. After all, isn't a healthier fitter slimmer and happier you worth it?

**Don't worry about what others think:** This is another area where people get stuck. They're concerned that others will judge them or secretly gossip behind their back about a lack of results. Or someone will make fun of a momentary slip-up because you ate a piece of cake or haven't worked out in two weeks. At the end of the day, who cares? Don't let others' negativity interfere with your health. There's nothing more important than continuing forward and succeeding with your weight loss goals so you look great and feel wonderful. Isn't your long-term success truly the sweetest revenge for anyone who doubted you?

**Own it:** If you're going to slip up, actively embrace it and make the mental decision to do it. "Own it" and let it be under your power. Don't trick yourself and play the mental victim game that it's an accident or that you couldn't help it. This will send you down the path of negativity. If you have to go off your diet or health routine for a day... so what? You will start again in the morning! Which is also just another decision. So, if you feel like you're going to slip up: embrace it, decide actively to do it and decide right then and there that you will be back on your plan the very next day and stick to it.

## **A Positive Approach to Weight Loss and Health:**

Now that we've covered what not to do, let's talk about what you should do instead. The following steps will help ensure your success with the body reboot system.

**Reward yourself:** At around the third or fourth week of your reboot, you'll have made some significant weight loss goals. Celebrate these! When you've achieved the goal around this phase, why not take a cheat day? Or just a single day, or a single meal, eat one of your guilty pleasure foods you haven't been able to eat while on keto. Be sure to apply the rules above and own it, celebrate it and get right back to work the next day. Of course, you don't have to go off the diet if you don't want to and you can reward yourself in other ways. The important point is to celebrate and do something special that you feel good about.

**Be proud:** you'll be making some serious progress in your weight loss goals and in achieving long-term health. Be proud of all the little successes along the way. Some people have large amounts of weight that they'll have to lose before they reach their final goal, but they'll have achieved many successes along the way.

Don't let these little wins pass by without acknowledging and celebrating them. Some successes may be actual weight loss numbers in terms of pounds lost. Others might be changes to your appearance and feeling happier about how you look. You may notice your complexion improves and your skin looks better. You may lose inches off your waist or other areas. Perhaps many of your old fat clothes will no longer fit you. Whatever it is, celebrate with yourself or with others!

When I did my body reboot, I had all of these wins along the way and then some. For example, one that I personally really like was when I couldn't wear any of my clothes and the only clothes that would fit me were from my teenage son! This was a real eye-opener in taking a minute to think about it and realizing how big of an achievement that was really helped me. My wife was really amused by it, too.

**Keep a decisive mental attitude:** so many people drift through life pointing out all of the things that happened to them, or that people did to them or that they couldn't avoid. This mental state becomes damaging to your ability to succeed in life. Don't

focus on things that are out of your control. Don't trick yourself into thinking things that you actually caused are out of your control. This only makes you more out-of-control and less effective. You have a hard time achieving goals and getting what you want. In weight loss and health, it's the same thing.

Instead take a moment to seize control of your life and your health. Actively make decisions every day that set the pace for what happens to you. Decide things like "I'm losing weight!", "I'm getting healthy," or "I'm feeling better". Don't give up on this even if your mirror screams back at you... "Liar, liar pants on fire!" Make those decisions anyway!

**Make a list:** write up a list of all the benefits that you'll get when you complete your reboot. Think of the long-term health benefits and the short-term results. How you'll feel? How you'll look? What will you do once you've achieved the results you want? Note these all down. Write it all out (or print from or on your computer) and keep it somewhere where you'll see it daily.

I'm confident if you follow through with your reboot, you'll see amazing results! All these little tips will help keep you on the path to success. I can't wait to see you over on the other side!

In the next chapter we're going to begin step two of your reboot. Here's where things get really exciting! By following the advice I'm about to give you, you're going to fire up your metabolism and burn fat like you've never experienced before. If you thought the

results you're getting so far are good, wait till you see what's next!

**Stay tuned for steps 2 & 3!**