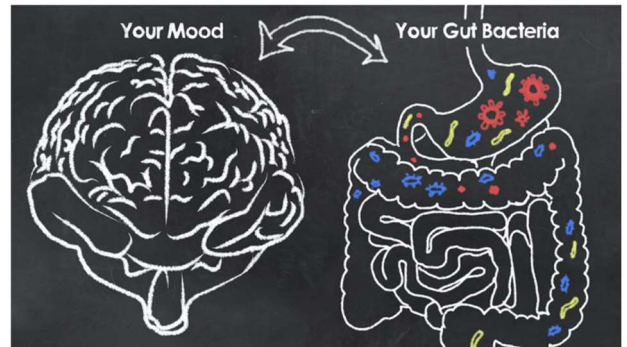


THE REBOOT#5 PROGRAM – THE GUT IS THE SECOND BRAIN

Throw junk in, get junk out!



- Your gut and your brain are in constant two-way communication.
- Your gut microbiome creates neurotransmitters to regulate brain activity, calm anxiety and boost your mood.
- Imbalances in gut bacteria are linked to anxiety, depression and poor concentration.
- 95% of the body's serotonin (happy hormone) is stored in the gut.

A simple trial.

How do you 'feel and think' following;

1. Heavier alcohol consumption, mass-produced food, excessive refined sugar, or excessive grainy carbohydrates?

Or,

2. Clean whole food, including dark green leaf, 'above the ground' vegetables, fish, and naturally infused lemon?

Reboot Phases 1-3 focus much on positioning ideal gut health.

While we are setting up towards reaching your prime fat-burning metabolism, the mental & emotional benefits are perhaps a more important reason for gut health practice.

Reboot your mind by rebooting your gut.