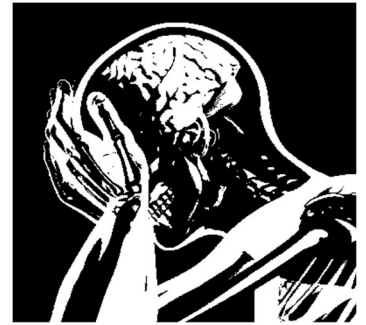


THE REBOOT#5 PROGRAM – MENTAL STRESS LIMITS YOUR BEST FAT-BURNING METABOLISM.

Sustained mental and emotional stress places your body in the ‘fight or flight’ (sympathetic nervous system) stress response.

Cortisol is the most dominant hormone related to stress, and it promotes sugar as the chief fuel source.

Stress, therefore, can limit weight loss and or lead to gaining weight.



The Typical ‘Testing’ Response from ‘Higher (Mental & Emotional) Stress.

Brad Pamp conducts the following non-invasive tests – see Brad’s website: [YOUR HEALTH](#)

- Systolic Blood Pressure (Top reading): **140>**.
- HRV Autonomic Nervous System Stress Test: **<50/100**.
- HbA1c Blood Glucose: **6.0%>**.
- Lung Capacity: **M: <3L/ F<1.5L**.

The Typical Behaviour from Sustained Stress.

- Tired.
- Intolerant.
- Cognitive de-focus.
- Conversational Disinterest.
- Low libido.
- Disinterest in exercise.
- Increasing interest in sugar and alcohol.

The Typical Physiology of Sustained Stress.

- Poor, intermittent sleep – waking around 1 pm and challenged returning to deep sleep.
- Upper respiratory illness (colds & flus).
- Heavier breathing when walking upstairs.
- Poor exercise recovery – soreness, fatigue, hungry.
- Weight gain.

- Declining athletic output.
- Dry skin.
- Thirsty.
- Snoring.
- Warm temples.
- Low back pain.

3 De-Stressing Strategies.

- I. **Box Breathing** – see The Reboot Program & the Three Key Components.
- II. **Rhythmic & continuous movement** – at a controlled conversational pace – see DTI Exercise Intensity in the Reboot Program.
- III. **Stabilising best gut-biome balance** – Phases 1-3 of the Reboot Program.

bp