

# -the METABOLIC REGULATOR-

the guardian of your wellness and ideal weight.

Your healthy  
metabolic regulator  
(your brain)

## Outcome 2

Living at your ideal weight (and best health) free from conscious stress.

Naturally directs your fitting food & volume -  
your energy **IN**  
(the reboot menu)

## Outcome 1

The daily mental & physical energy you need.

Instinctively motivates  
your day to day action and  
rest - your energy **OUT**

## **The metabolic regulator (MR) and why your yearly service is a good idea!**

Hypothetically, let's say every day you had a choice of choosing whatever all-natural, completely untainted food to nourish your wellness and energy needs.

You have every known vegetable, pulse & legume, fruit, nuts & seeds, and animal protein sources. Herbs & spices are available and given we're in the 21st century, we'll say you also have whole wheat flour accessible. Let's even say a classic wine and/or beer be possible.

Regardless of the macronutrient (carb, fat, pro, alc), your food choices are up to you.

The volume and timing of your selected and self-prepared food is solely up to you.

Your effective metabolic regulator will lead you naturally, free of conscious thought, towards the food and food volume you need on that day. Furthermore, your metabolic regulator will motivate your action for that day.

The result of your healthy functioning metabolic regulator will be your good health and your ideal weight.

Nature designed your brain to motivate your needs, including your most fitting appetite.

For example, some days you'll feel like loads of juicy carbs, while other days, only a tiny portion of protein will serve your nutritional needs & interests.

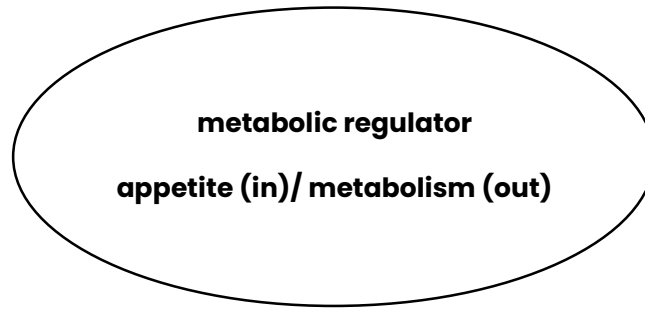
Also, some days you'll feel extraordinarily motivated to move, while other days action will not appeal.

It's identical to your thirst (and urinary) reflex.

This brain-driven motivation, your metabolic regulator, will naturally work towards maintaining your best health & wellness (guarding against industrialised illness) – and – retaining your ideal body weight – the weight nature intended best for you.

Your metabolic regulator senses the calories and nutrients of real whole food – and what you need on that day.

For example, The MR perpetually monitors your weight and triggers the appropriate appetite and action to maintain your ideal healthy weight for life. The MR knows there is little to no advantage in carrying additional weight, and it will adjust your appetite and movement interests to avoid a power/weight imbalance.



**Why the metabolic malfunction?**

**Why metabolic syndrome illness such as; heart disease, diabetes, gut-disorders and obesity.**

**Why do some countries of equal economic standing present drastically different health statistics?**

E.g. If the classification for 'overweight' relates to weighing 10kgs over the BMI calculation.

Why does Italy record 7% living overweight, yet the UK, USA, and Australia record 46%?

While this additional weight gain may not lead to metabolic illness, including mental and behavioural disorders, openly available statistics, confirm a strong relationship between obesity and ill-health.

Historically, the blame of metabolic syndrome illness (including excessive weight) falls on dietary;

- Fat
- Sugar
- Carbohydrates
- Alcohol
- Salt

However, these five dietary ingredients are the backbone of most healthy nations. It appears the metabolic regular throughout these healthy nations is working as nature intended.

**Ok what about overeating and the supersize phenomenon!**

Yes, the UK, USA & Australians now consume larger meals and more calories than they need. However, northern European nations typically present with larger appetites than normal. Again, they do not present with the UK, USA, and Australia metabolic syndrome stats.

### **Is fast food the culprit for metabolic malfunction?**

If fast food is classified as; hamburgers, fries, hot dogs, meat pies, and sugar-loaded soft drinks, again, most countries offer these choices, and most countries do not fall to the metabolic syndrome.

### **The prime reason for metabolic malfunction.**

Nutritional mismatch.

Confusing the metabolic regulator (the brain) with created or re-created food, regardless of the claimed healthy outcome, is clearly linked with metabolic ill health.

Example 1; Your MR, your brain, identifies, quickly, the caloric value of a mouthful of;

- Saturated animal fat
- Cane sugar
- Watermelon
- Nuts
- Classic wine or beer

And, it will adjust your appetite and energy interest accordingly – again – to maintain your best health and ideal weight.

Example 2: Your MR, your brain, does not know what to make of a mouthful of;

- Sugar-free anything
- Fat-free anything
- Lite, low-cal, cholesterol-free, slimming, x flavoured, x coloured, and enhanced food

The caloric value is lost, and the MR loses it's understanding of what you need right now.

Created or re-created food presents a nutritional mismatch.

The result is typically consuming more calories at some point in the day, and the slowing down of the basal metabolic rate – and the motivation to move.

**Real food does not need enhancing, improving, and alteration.**

The reboot project defines gut-healthy choices, the balance of dietary carbohydrates to drive up prime fat-burning, and lifestyle strategies to tune your ideal caloric consumption.

Still, the key reboot ingredient is prioritising real whole food only.

**The reboot project returns the metabolic regulator as nature intended.**

How?

- ✓ The order of meals and their specific nutrients across the 18 days (24 or 30 days for some) has reasoning.
- ✓ We make all meals from scratch – albeit easy to make meals.
- ✓ We avoid all heavily industrialised food – created food or re-created food.

**The reboot menu eliminates 'nutritional mismatch' drivers:**

Monosodium Glutamate	Artificial sweeteners
Artificial food colouring	Carrageenan
Sodium Nitrate	Sodium benzoate
Guur Gum	Trans fat
High fructose corn syrup	Xanthan gum
Artificial flavouring - 620	Yeast extract

- ✓ Firstly we clean the gut with higher fibrous foods and load up on high macrobiotic balance.
- ✓ Then we focus on lowering but not eliminating carbohydrates – both simple and complex. Our goal is switching 'on' the fat-burning metabolic pathway and switching 'off' the sugar-burning way.
- ✓ Prime hydration status play a key role.
- ✓ Finally, we practice the ideal caloric day to day volume. Typically, this volume is lower for most people, and we call this practice the hunger games rules.

**Finishing the reboot project will store metabolic balance.**