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## 1. How it works.

1. Open and review the day to day menus.
2. If the reboot menu looks right for you, shop accordingly, and get prepared.
3. Consider the (reboot approved) listed changes you may need to make, mark on your shopping list, and get ready to play.
4. Note tomorrow's preparation tips.
5. Check out the daily email post outs.
6. Invitation: Contact BP for queries.

That's it!

For your interest...

## 2. Some reboot results you can expect.

- ✓ Optimum mental & physical waking energy,
- ✓ Continued wellness,
- ✓ Mental clarity and optimum confidence,
- ✓ Prime sleep night after night,
- ✓ Inflammation balance,
- ✓ Exercise longer and faster.

AND

- ✓ Lead you towards your ideal weight (and shape) as nature intended.
- ✓ Maintain your optimum weight free from conscious thought and make you tolerant of 'sometimes' food.

Results show that it typically takes 18-26 days to stabilise a healthy fat-burning metabolism.

Healthy fat-burning metabolism drives a healthy and fitting appetite.

A healthy appetite maintains ideal weight and wellness (including athletic wellness).

Brad Pamp facilitates one on one non-invasive assessments.

A typical pre-and-post reboot assessment looks like this.

#	Test	Australian Average	After Reboot
1	Blood Pressure	140>/90>	120/80
2	Scale Weight – HAMWI Calc	8kg> HAMWI Calc	Ideal weight – HAMWI
3	Girth Measurement	Oversized	Proportional
4	HRV Stress Test	53/100	65>/100
5	Triglycerides	2.45 mmol/L	1.5 mmol/L
6	Blood Glucose	6.0 mmol/L	5.2 mmol/L
7	HbA1c Blood Glucose	5.8%	4.9%
8	Blood Ketones	0.0 mmol/L	0.2 – 0.5 mmol/L
9	Breath Ketones	0.0-3.0 & 10-60 ppm	1.8 – 2.5 ppm

The reboot works towards healthy ketosis – **tests 7-9 are all-important.**

Assessing in the red zone means you are favouring stored fat as your preferred fuel source.

You will be lead to your healthy best weight.

### Male vs Female

Typically, males of all ages will experience the 'expected' results listed above, including the weight changes, if a weight change is desired or necessary.

Typically, women of all ages can also expect to feel fantastic, with improved daily energy, wellness, mental clarity, and hormonal balance.

Most will also change weight if this is desired or necessary.

However, with the influence of hormonal differences, women typically lose less weight as a percentage of the starting weight than men – again, if weight loss is the goal.

Data shows Women aged 15-19 and 45-60yrs are metabolically influenced most.

Data also shows that a woman with limited weight loss after 28 days will benefit significantly by returning to day 15 and rebooting a further 14 days.

Repeating phase 3&4 near always drives the breakthrough weight-loss plateau.

### Self Assessment.

If you don't have the opportunity to sit an assessment with Brad Pamp, ask yourself these questions when finishing your 28-day reboot.

- How do you feel?
- Do you feel lighter?
- How are you sleeping?

- How is your all-day mental & physical energy?
- Are you managing stress better?
- Are you still harbouring aches & niggles?

Again, if you are still short of some of these healthy goals,  
I encourage returning to reboot day 7 and complete the final 12 days.

## 2. Employing the Hunger Games Laws.

The reboot goal is to find your most fitting daily caloric volume.

**Statistics show most Australians overeat.**

Practising your most fitting (caloric) portion.

1. The reboot listed food – The four progressive reboot phases, the integration of the right (macro) nutrients, and the near elimination of created & re-created food.
2. The hunger game appetite-suppressing strategies (see below), and
3. Exercising moderately (DTI strategy – see below).

**Working towards redefining your ideal food caloric volume.**

*The Australian food culture has led to increased food consumption – person to person.*

*Natural appetites have changed.*

*The reboot works towards re-calibrating your unconscious belief in the calories you need.*

*Ghrelin is the prime hormone responsible for making you hungry. Our goal is to change ghrelin behaviour, particularly relative to weight loss.*



## How it works

*The reboot dietary model works towards reaching appetite satisfaction  
and suppression of fewer (but more fulfilling) calories.*

### **a. Follow the meal to meal reboot guide; making minor adjustments or bespoke amendments.**

Consider your meal starting portion.

The listed recipes relate mainly to serving 4.

Please note the servings recommendations relative to Brad Pamp (male, high exercise load) & Lyndall Pamp (female, moderate exercise). Both are working towards their ideal weight.

## **➔ Please disregard counting calories.**

Further,

If you are a larger active male, consider increasing the serving while employing the hunger games rules.

If you are a relatively inactive smaller female, you should reduce the suggested starting portion.

The goal is to satisfy your appetite for 6-8 hours.

You should not fall hungry.

### **b. Consider the listed appetite-suppressing strategies before, during and after your meals.**

#### **1. Follow the meals listed as closely as possible, particularly with authentic food.**

- ✓ The food nutrients,
- ✓ The pairing of natural food colours (e.g. red goes with white & green),
- ✓ The protein, fat, & carb ratio, and,
- ✓ The dietary fibre,

Support appetite suppression (and metabolic fat-burning) on a lower caloric volume.

**2. Before and during meals, drink soda water (with the tiniest pinch of near tasteless pink Himalayan salt).**

Why?

- ✓ Filling the gut and stretching the gut walls prompts – STOP – you've had enough.
- ✓ The maintenance of optimum hydration.
- ✓ The brain finds it difficult to differentiate between hunger and thirst.
- ✓ Most of the time, you're thirsty, not hungry.
- ✓ Improves digestion.
- ✓ The faster your brain recognises it's got the nutrients it needs, the sooner you'll be full and satisfied.

**3. Immediately after finishing the last mouthful of your now revised and appropriate portion, drink the alkalising (green) drink – Alkalising evening drinks.**

- ✓ This practice will switch off the hunger hormone, 'ghrelin'.

**4. Consume coffee (natural caffeine choices) after your meal, not during.**

- ✓ Caffeine suppresses the appetite and fires up fat-burning metabolism.

**5. Soups (the reboot soup – day 3) fill the gut faster, stretching the gut wall and reducing the appetite.**

- ✓ Soups satisfy both hunger and aid in appropriate hydration – win/win.

**6. Adding spices to meals increases the metabolism and lowers the appetite.**

- ✓ Please feel free to include spices throughout your reboot meals further.
- ✓ Also, grazing on the furry tops of the fennel stem is not only unbelievably tasty and healthy, but they also lower your appetite.

**7. Slow down and smell your food before launching in.**

- ✓ This simple practice will play a significant role in adjusting the right volume.
- ✓ The brain processes your right volume from the right food smell more than taste or gut load.

**8. Focus on your meal only.**

- ✓ Dissociation for the good food itself, with, e.g. TV, sport, distorts your prime appetite balance, which is designed to signal, STOP, when you don't require additional calories.

**9. Brush your teeth after your last mouthful – trust me on this one.**

*And of course;*

- *Avoid ALL un-real food, where the colour, smell, and taste has been altered or manufactured.*
- *Manufactured food is typically free of natural toxins, which instruct your appetite to STOP when you're full.*
- *The fake stuff is a killer towards changing your food behaviour!*

### **3. Monitor and adjust your meal portions.**

Each day, adjust your portion based on your appetite response from the previous day.

If you feel well satisfied or satiated postmeal, serve (slightly) less food at the same mealtime the next day.

If you are falling hungry within 6 hours of a meal, increase your portions ever slightly.

- ☞ Remember, our goal is to reduce your daily calories but avoid hunger.

Reducing too little unfulfilling calories and exercising harder is metabolically counter-productive.

The result will always drive up an extraordinary appetite for all the foods we know to promote weight.

The basal metabolism (energy OUT) is 'negatively slowed with too little fulfilling calories (and hunger).

Working towards the right weight must be practised systematically and patiently.

### **Hunger and an increased appetite is typically related to;**

- a) Not consuming the listed reboot menu.
- b) Integrating nutritional mismatch foods – e.g. sugar & calorie-free versions.
- c) Consuming refined sugary food and excessive alcohol.
- d) Exercising too hard, relative to the current aerobic fitness & health.

*Finally, if you're not sure about meal portions and your right caloric volume, contact Brad – that's an invitation.*

### **3. A quick word on exercise.**

The reboot project is not an exercise/ training based program.

However, I strongly recommend;

- 1) Exercising as often as possible – daily if possible.
- 2) Policing an easier more conversational-paced intensity.



*The key focus of the reboot project is suppressing the appetite with the right food and a lower volume.*

*Appetite balance is harder to achieve when exercising at higher intensities,  
particularly with lower aerobic conditioning.*

**I strongly recommend DTI exercise principles throughout the reboot project.**

**DTI** (Default Training Intensity) Exercise.

DTI (default training intensity) defines your most fitting exercise 'effort' during the reboot.

DTI exercise fires the fat-burning energy tank (promoting ketosis) and balances your optimum appetite.

If weight loss is one of your key reasons for rebooting, DTI exercise is undoubtedly the most fitting exercise for you right now – matched with the reboot dietary menu.

**In short:** Choose a rhythmic & continuous movement. Gradually increase 'your' intensity towards a conversational paced/effort. Hold this somewhat comfortable effort until you finish.



That's right! For now, I want you consistently logging 'easier' non-stop movement.

Now is not the time to be blowing the doors off.

**You choose:** Walking, Running, Riding, Rowing, Swimming, Step-machine, Elliptical machine, whatever – remember it must be rhythmic & continuous while holding your all-day conversational effort, only.

**The more you exercise, holding your DTI (default training intensity)  
throughout the reboot, the better.**

### A note on weight loss.

DTI exercise not only draws energy from fat reserves (and promotes healthy ketosis), but DTI exercise helps you define your optimum caloric volume via your appetite.

It could well be that harder (relative) exercise burns more calories during the exercise session, but consequent appetite is typically amplified, leading to excessive calories.

DTI Exercise Benefits	When pressing over your DTI
<ul style="list-style-type: none"> <li>• Drives ketosis and weight loss (when needed).</li> <li>• Hunger suppression &gt; the hormone leptin.</li> <li>• Mindset balance &gt; dopamine, serotonin.</li> <li>• Balances circadian rhythm &gt; prime sleep.</li> <li>• Lowers acidity &gt; boosts immune health.</li> <li>• Lower risk of injury.</li> <li>• Lowers inflammation.</li> <li>• Is enjoyable for most people.</li> </ul>	<ul style="list-style-type: none"> <li>• It trains the sugar burning system.</li> <li>• Appetite boost 4 hours post &gt; hormone, ghrelin.</li> <li>• Appetite is drawn towards sugar or alcohol – quick fixes (particularly later in the evening).</li> <li>• Increases the stress hormone cortisol.</li> <li>• Increases temperature disrupting sleep patterns.</li> <li>• Increases risk of upper respiratory illness.</li> <li>• Harder re-balancing ideal hydration.</li> </ul>

### Determining YOUR DTI!

#### 1. Perceived effort.

Press up to what you think is your all-day conversational effort, and hold this intensity to the finish.

If you can't hold a lighter conversation while on the move, you are pressing too hard, and over your DTI.

**Or**

## 2. Calculate your DTI in Heart Rate (beats per minute).

- a) 183 minus your Age = (This is your Heart Rate in Beats per Minute).
- b) If you've suffered significant illness within the last five years; minus 6 =
- c) You've been largely sedentary over the past two years; minus 3 =
- d) You have suffered more than one cold & flu over the past 12 months; minus 2 =
- e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =
- f) You are challenged with lifestyle stress; minus 3 =
- g) You've mainly been healthy for two years; add 5 =
- h) You've exercised regularly for three years; add 3 = (This number, your HR, is your DTI ceiling).

**Your DTI Zone:** From 10 beats lower than your DTI up to your DTI. Eg. 122-132bpm.

Throw on a heart rate monitor, police your DTI ceiling, and log the DTI minutes your lifestyle allows.

## 4. Understanding healthy ketosis.

We draw energy from two primary fuel sources.

<p><b>Sugar</b></p> <p>Blood &amp; Stored Glucose (Glycogen).</p>	<p><b>Fat</b></p> <p>Adipose tissue (Triglycerides)</p>
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We need the energy to breathe, digest and move.

We all draw from both sources with the ratio of sugar:fat energy changing from person to person.

Genetics and lifestyle choices dictate the sugar:fat ratio.

## So what is Ketosis?

The stored body fat (triglycerides) is metabolised into blood ketones without available blood glucose. The ketones are transported and processed, providing enduring mental and physical energy for breathing, digesting and moving.

In simple terms, ketosis is the breakdown and processing of stored fat as energy.

## Why is healthy ketosis a good thing?

- ✓ It leads towards and maintains one's ideal weight, as nature intended.
- ✓ Maintains optimum pH – controls inflammation.
- ✓ It carries a healthy appetite – natural food choices and volume.
- ✓ Allows for enduring mental and physical energy.
- ✓ It optimises Sleep.

## How do we prompt ketosis?

**Lowering Dietary Carbohydrates** – namely, simple and refined sugars and, to a lesser extent, complex and starchy carbohydrates.

**DTI Exercise** – rhythmic & continuous conversational paced movement. The more prolonged, more enduring exercise, free from breaking, is a sure-fire way to boost healthy ketosis.

**Intermittent Fasting** – controlled and periodic Fasting will prompt ketosis. Again, in the absence of dietary-induced blood glucose, the brain has no other option but to break down stored fat for fuel.

**Stress Management** – a more relaxed mind will typically favour healthy ketosis. However, the mental & emotional (sympathetic stress response) drives sugar burning. Commonly, sustained mental stress will lure the appetite towards 'quick-fix' choices – carbohydrates.

**Prioritising Dietary 'Good' Fat** – healthy fats do not provoke an insulin response. This is typically good. Also, good fats suppress and fulfil the appetite on a lower caloric volume.

*If you want to burn sugar, eat sugar; if you want to burn fat, eat (good) fat.*

**Prioritising Sleep** – nutritionally sound sleep drives ketosis.

And,

**Choosing Your Parents** – genetically-driven carbohydrate tolerance. Experts calculate 8% of the Australian population are carbohydrate tolerant. This means, regardless of the dietary carbohydrate consumption, simple or complex, the near-immediate burning of dietary-induced blood glucose limits the insulin response.

## What has carbohydrate tolerance and the insulin response got to do with weight management?

E.g. for simpler terms.

1. Consumption of dietary carbohydrates.
2. A boost in blood glucose (sugar).
3. In the absence of committed movement, a boost in insulin (via the pancreas) to counter the toxic and potentially dangerous higher blood glucose.
4. Insulin transports the potential energy (glucose) to the liver.
5. The liver converts the 'sugar' to stored fat as potential energy (triglycerides).
6. Therefore, less 'excessive' blood glucose, less insulin, less insulin, less fat storage.

Someone who is more carbohydrate tolerant, courtesy of genetics, or practices a more fitting healthy diet and exercising appropriately (consistently) will produce less insulin.

Therefore, less conversion of sugar to stored fat.

**Carbohydrate tolerant** – typically thrive from more dietary carbohydrates, including some simple sugars.

**Carbohydrate Intolerant** – undoubtedly benefit from less dietary carbohydrates and very few simple sugars.

## Will you need long-term committed keto-style choices?

For most, no.

I strongly believe in a variety of appropriate and fitting dietary carbs.

For those living at their ideal weight and exercising regularly, a variety of dietary carbs are necessary.

For those carbohydrate intolerant, I strongly recommend employing more committed keto-style dietary principles as data proves this practice will lead to ideal weight due to a change in food behaviour.

## FYI, Why would I (Brad Pamp) commit to reboot keto-style principles – as defined in phase 3?

- ✓ Prime up my ability to favour fat for enduring exercise.
- ✓ Basically, to move for longer and faster, free from fatigue.
- ✓ And to lower the (on-the-go) dietary simple sugars to make this more prolonged exercise possible.

## 5. The four reboot phases.

### Phase 1 – The Gut Cleanse

**Days:** 4

**Purpose:** Clean out the gut biome in readiness for a healthy reload.

**Main feature:** Healthy dietary fibre

**Why:** Before we focus on finding your best blood glucose balance and the drive towards reaching your healthy-best ketosis, we need your gut biomes well-balanced. It is fruitless, roaring into the right caloric balance, lowering unnecessary dietary carbohydrates, and exercising appropriately if your gut health harbours inflammation and sabotaging gremlins.

Featured are small healthy snacks mid-morning and mid-afternoon. It is critical in phase one; we do not fall hungry. We avoid larger servings at main meals, albeit fulfilling for many.

We start the change in food behaviour towards smaller yet fulfilling main meals.

#### **What you can expect – and what is typical;**

- Perhaps a few days of lifestyle adjustment.
- A need to confirm with family & friends your 'reboot' commitment.
- Time allocation and scheduling may take a few days adaptation.
- Changes to appetite timing.
- Perhaps more frequent bathroom visits.

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### Phase 2 – The Alkalisig Gut Re-Build.

**Days:** 4

**Purpose:** Position optimum pH and inflammation, balancing ideal gut biomes, ready for phases 3&4.

**Main feature:** Healthy real probiotic choices.

**Why:** I like to start with stress management. Unrelenting headspace challenges make it considerably harder re-positioning your ideal fat-burning metabolism. And, your gut could be considered your second brain. Your metabolism will respond best when your gut is best balanced. Perfect gut health is king. We also 'need' to ensure your most robust immune system before hitting the 10-day phase 3.

A solid pre-season will amplify your results in phases 3&4.

**What you can expect – and what is typical;**

- Further bathroom visits.
- Alcohol cravings – if you currently drink daily.
- Likely loss of 1-2kgs; this will mostly be a fluid loss.
- Possible soreness from the postural exercises – if you're restarting strength work.
- A daily routine will start to play out innately.
- No coffee day could bring jitters or the need to kill someone.
- No alcohol over the wkend could cause social disorientation.
- While you may think the program is a little odd, it will now make some sense.

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**Phase 3 – Driving Ketosis****Days:** 10

**Purpose:** Leave your metabolism favouring stored fat as your prime fuel source instead of drawing (and refilling) your sugar tank. Flip the lever to fat burning and keep it there.

**Main feature:** Lower unnecessary dietary carbohydrates, find the perfect balance of healthy dietary fats and fit the best protein.

**Why:** Current Australian statistics show, most Australians favour sugar (blood and stored) as their prime energy source. Our nation is gaining weight. The increased exposure to processed food, more food, and the very food that promotes fat storage and lifestyle stress are some reasons for a sugar burning preference. Phase 3 drives ketosis – the burning of stored fat as a healthy and enduring fuel source.

**What you can expect – and what is typical;**

- Weight loss.
- Thirsty
- The need for ½ your regular hours of sleep.
- A weird fullness from seemingly small portions.
- Believing the diet can not be right! Or healthy!
- Missing fruit.
- Asking if fruit or the reboot cereal mix will return – yes, in phase 4.
- I reckon I'll bail; it's too hard.
- Sugar fiends will find the transition and adaption more complicated – but will benefit most.

- Exercising over your DTI will likely result in fatigue towards the back end of the session, off-the-charts appetite post-exercise, sugar or alcohol cravings, and irritability.
- Constipation – countering with the listed choices.
- Bad breath, hello sugar-free mints.
- By day 8/10 of this phase you will 'get it'.

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#### **Phase 4 – Optimum Caloric Balance**

**Days:** 10

**Purpose:** Have you tinker and determine your optimum portion size – your appropriate caloric balance. Australian statistics show most Aussies, particularly males, overeat. Phase 4 is about changing food behaviour.

**Why:** Experience and believe you will likely need just 2/3 of your current daily caloric intake. The process of changing innate food behaviour will involve the inclusion and practice of appetite-suppressing tricks. Some results of phase 4 calorie reduction will lead to less gut stress, less pancreas activity, and greater ketosis – this is good.

#### **What you can expect – and what is typical;**

- I don't eat breakfast!
- I can't eat this volume at breakfast.
- It is difficult eating less at dinner with my family.
- I've dropped two belt sizes.
- I feel great.
- My knee doesn't hurt.
- I'm sleeping well.
- I'm not as stressed.
- How long to go!
- I reckon I'll miss the daily updates – I like the routine & structure.
- I'm psyched to see my finishing (assessment) numbers, particularly those keto numbers!