



ALOVÉA™

REBOOT

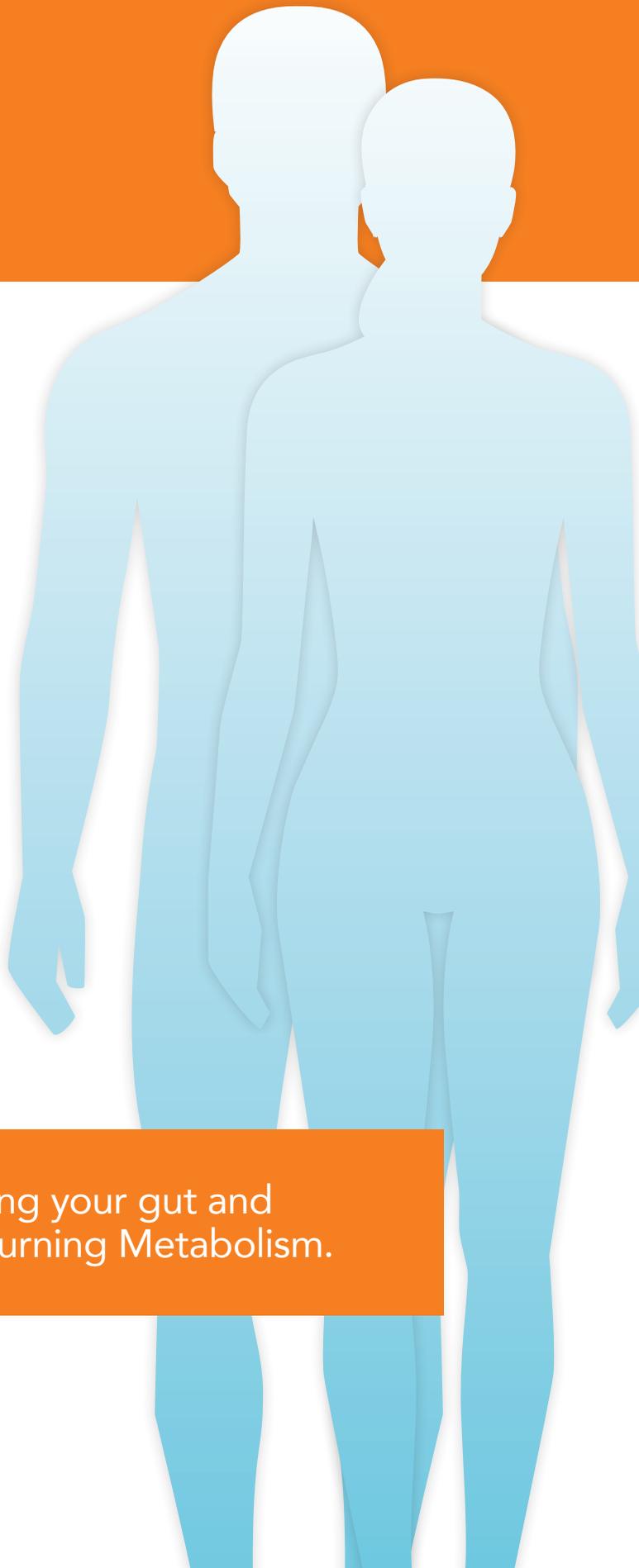
The Science Behind the Reboot

The 28 day Total Reboot has been designed to address the underlying issues that are compromising your health and keeping you from reaching your ideal weight.

Utilizing the very latest in nutritional research, Alovéa has created a program unlike any other in that it stops the vicious cycle of metabolic defects that are preventing your body from burning fat and performing its natural healing functions.

Two thousand years after Hippocrates, the Father of Medicine, said that all chronic disease starts in the gut, an abundance of research has proven the merit of that statement. Alovéa has created a comprehensive program and a powerful collection of products that make it possible for you to benefit from this research and set a new course for your health.

This document is designed to help you identify how and why those metabolic defects occur, and how the Reboot can help you take control again.



Rebooting is all about healing your gut and restarting an efficient Fat Burning Metabolism.

The Challenge of the Gut

The human body was designed to create and sustain health, efficiently burn fat, protect itself from foreign invaders, and heal itself when sick.

But in the wealthiest country on earth, we spend 2X what any other country spends on health care, consume 80% of all the prescription drugs and eat and drink more diet products and energy drinks than any other country.

What keeps us sick, tired and overweight? A deficiency of whole food nutrients, exposure to too much stress and toxicity, and an overabundance of processed foods that destroy our gut health and alter the metabolic processes that keep us healthy.

Poor gut health = multiple metabolic defects:

- Chronic inflammation
- Immune deficiency
- Oxidative stress
- A sugar burning metabolism
- Leaky Gut syndrome
- Hormone imbalance and resistance

OUR CURRENT HEALTH CHALLENGE

- Almost every diet is deficient in the essential nutrients required by our body
- 95% of every dollar spent on food in America buys a processed food product
- Over 50,000 man made chemicals now exist in our food, water, and air that didn't exist 75 years ago
- Stress levels as a result of our modern lifestyle are at an all time high
- Even our most popular fruits and vegetables have lost up to 50% of their nutritional value due to commercial farming technologies designed to grow produce bigger and faster

95% of those who lose weight gain it back

80% of the population has lost their ability to burn fat as their primary fuel source

75% of us don't have enough energy to do daily work

69% of the population is overweight or obese

60% of the population lives with one or more chronic diseases

LAST U.S. ranks 19th of 19 Industrialized Nations for "Population Health"

ALOVÉA'S SOLUTION: TOTAL REBOOT

Rebooting is the process of biohacking your body's chemistry with nature's most powerful, scientifically validated molecules to achieve results that go far beyond a "healthy" diet and exercise.

The Total Reboot combines nature's most powerful molecules with "whole food" nutrition to help restore your gut health. A Total Reboot can help reduce the biomarkers of inflammation, stress, and oxidation while resetting your fat burning metabolism and upregulating your immune system functions of defense and repair.



A natural solution for **lasting weight loss**

Addresses many of the underlying issues that can lead to **chronic poor health**

Helps your body learn how to **use fat as its primary fuel source**

Gives you the **energy you need** to exercise and make healthy food choices

Alovéa brings you the most advanced, whole food solutions to achieve and sustain vibrant health. Starting with the Total Reboot and then continuing on a daily regimen of our whole food products, you can heal your gut, optimize your hormones, and break the cycle of poor health. Each product contains Alovéa's Immün proprietary Acemannan compound.

Cell•A•Brate

Alovéa's proprietary blend that helps protect and defend your cells which is the key to supporting immune health from the inside.

Entourage^{2™}

Patent-pending phytocannabinoid rich broad spectrum hemp oil formula that helps manage anxiety and improve mental clarity.

Balance

Nature's most powerful hormone support for both men and women that helps the body manage hormonal imbalance, mood swings and food cravings.

Fix

Rich berry drink mix helps the body manage stress and supports high levels of clean energy. Fix also helps to balance cortisol levels (stress hormone) and aids in the reduction of sugar cravings.

Lifebar

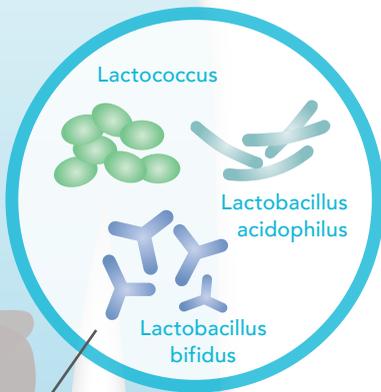
Lifebars are high in healthy fats and fiber and still low in net carbs. They will curb hunger, reduce sugar cravings and support a healthy gut.

HOPE Pops

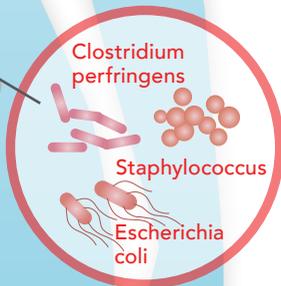
Our proprietary Acemannan Aloe vera extract provides the most powerful immune-balancing unique formulation to provide the body with targeted immune support where it counts the most — in your gut.

Healthy ratio of good bacteria to bad bacteria (85% good/15% bad)

GOOD BACTERIA



BAD BACTERIA



Heal the Gut – Heal the Body

The human gut is comprised of trillions of bacteria (both good and bad) and other microbes called your gut microbiome. This microbiome plays a critical role in your health by controlling the digestive system, immune system, central nervous system, blood sugar levels, brain health and other vital functions of the body. Processed foods, sugar, and excessive use of antibiotics have been shown to completely disrupt your microbiome.

Maintaining a healthy ratio of good bacteria to bad bacteria (85% good/15% bad) is an important factor in our overall gut function. When this delicate balance gets skewed, the bad inflammatory bacteria produce metabolites that can pass through the lining of the gut and into the bloodstream spreading inflammation to other parts of the body. A gut healthy diet should feed your good bacteria while starving your bad. Good bacteria feed on soluble fiber while bad bacteria feed on sugar. A lack of fiber, or an excess of sugar, in your diet can cause your good bacteria to actually feed on the tissue that lines your gut, causing additional leakage of inflammatory chemicals into the body.

An unhealthy ratio of gut bacteria has a direct link to obesity and almost every other disease process including neurological disorders. Therefore, a “healthy gut” diet should always provide 30-40 grams of fiber per day and a limited amount of sugar. The Total Reboot provides an eating plan and convenient nutritional products that are specifically formulated to restore the balance of good to bad bacteria and help heal your damaged gut.

Why a Fat Burning Metabolism is so important?

First and foremost, fat is the clean burning, high action fuel your body was designed to run on. The problem in America is not that we have excess fat, it’s that our bodies can’t burn it. Sugar, or more technically glucose, is the fuel your body uses for quick bursts of energy, (30 seconds or less). That’s why your body can store gazillions of calories of fat (triglycerides) but only about 1,800-2,000 calories of sugar (glycogen).

New research shows that 80% of all Americans can no longer burn fat as their primary source of fuel. When your cells burn sugar as their primary source of fuel, your metabolism becomes compromised or defective. Sugar burners not only lose the ability to burn fat efficiently, but they set off an internal fire that is the root of every chronic disease. Time Magazine labeled it, “The Secret Killer.” It’s called chronic inflammation, and it is the root of all evil in the human body.

The Total Reboot is designed to help restore an efficient fat burning metabolism.

The Trifecta of Metabolic Defects

#1 Chronic Inflammation

Acute inflammation is a necessary part of the healing process. It occurs when you damage tissue, and it's usually accompanied by redness and swelling. Chronic inflammation is another story. You can't see it or feel it, but pro-inflammatory chemicals reek metabolic havoc on the body. Barry Sears, PhD, author of The Zone diet books explains the difference this way. "Acute inflammation hurts...chronic inflammation kills."

Problem: Chronic inflammation can damage your mitochondria (the small engines that convert glucose and fat into energy in your cells). The more damage to the mitochondria, the less energy your cell produces. The less energy produced in your cells, the hungrier, sicker, and more exhausted and overweight you become. The major cause of chronic inflammation is a diet full of refined sugar and flour, unhealthy fats, alcohol, and artificial ingredients, preservatives, sweeteners, flavors, colors and processed foods. The worst of these is sugar!

A high sugar/carbohydrate diet throws kerosene on the flames of chronic inflammation.

Another challenging by-product of chronic inflammation is that it can cause your cells to become resistant to the hormone signals that tell your body to release and burn fat. Compounding this problem is that another major source of inflammation in the body are fat cells themselves. As fat cells fill up, they become little inflammation factories, throwing off large amounts of inflammatory chemicals into the body. So, the more overweight you become, the more inflammation you trigger. It's a vicious cycle!

Solution: The Total Reboot is designed to help your body put out the fire that burns within. This 28 day program can help reduce the biomarkers of chronic inflammation.

#2 Oxidation

Problem: Toxins in the things we eat, drink, and breathe oxidize into what are called "free radicals" in our bodies. These free radicals are constantly attacking our cell membranes, mitochondria, and even our DNA. Free radicals compound the damage caused by chronic inflammation. Antioxidants found in fruits and vegetables can bind to free radicals and neutralize their negative impact on our cells.

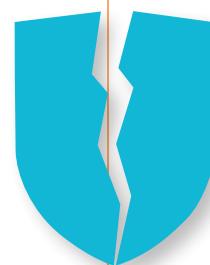
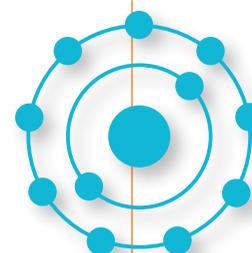
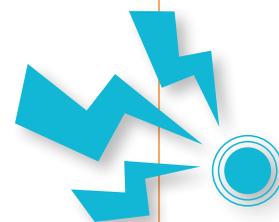
Solution: The Total Reboot provides nature's most advanced antioxidant support to protect your body from free radical damage.

#3 Immune Deficiency

The immune system is designed to protect you against disease or other potentially damaging foreign bodies. When functioning properly, the immune system identifies a variety of threats including viruses, bacterial infections, parasites and aberrant cells (cancer), and destroys them. Immune deficiency is a state in which the immune system's ability to fight infections and dangerous cells like cancer is compromised or absent. Immune cells in the gut help to direct various immune responses. When they are properly activated, they are able to self-regulate to keep the immune system from getting too high or too low, called "immunomodulation." Acemannan helps the body modulate (balance) its immune response, which supports optimal immune effectiveness.

Problem: Chronic inflammation, malnourishment, pharmaceutical drugs and genetics create immune deficiency and imbalance. Rebooting your immune system is the most important metabolic strategy in the battle against chronic illness.

Solution: The Total Reboot provides you with an effective amount of Acemannan and other powerful immune modulating nutrients.



Fat Burning is More About Hormones Than Calories

Conventional wisdom has been telling us for years that eating too much fat and not exercising enough will make you fat. Conventional wisdom was dead wrong. Hormones control fat burning, cravings and appetite. When they're not working properly, it is impossible to achieve sustainable fat loss, regardless of how much you exercise or how little you eat. It's only when these hormones are working in harmony with each other that you can regain an efficient, fat burning metabolism.



Insulin – The Fat Making Hormone

When you eat sugar and other highly processed carbs, your blood glucose levels spike. The hormone insulin is then released from your pancreas in order to move glucose into muscle cells for energy production. Insulin also ushers excess glucose into fat cells for storage. By consuming the standard American diet, we produce an over abundance of glucose and keep pumping out an abundance of insulin. At some point our muscle cells start becoming insulin resistant to this onslaught. This resistance causes blood levels of insulin to skyrocket resulting in even more insulin production and the aggressive accumulation of fat.

Leptin – Your Body’s Fat Meter Hormone

Leptin is the hormone that tells your brain when your body’s fuel storage tanks (fat cells) are full or empty. When working properly, leptin tells your body to use fat for its primary source of fuel, monitors your food intake, and helps regulate hunger. Leptin is actually made by your fat cells. The more fat you accumulate, the more leptin your body makes. But excess leptin production and inflammation work together to coat your brain cell receptor sites causing leptin resistance. When your brain no longer detects leptin, it thinks you’re out of stored fuel (fat). This forces your body to start burning sugar, slows down your metabolism (to conserve energy) and activates other hunger hormones because the brain thinks you’re starving. The combination of burning sugar and not releasing fat for fuel produces even more inflammation, and this vicious cycle can continually perpetuate itself.

IGF-1 Your Body’s Most Dynamic Fat Burning Hormone

IGF-1 is made in the liver and serves to provide critical support to the body. It stimulates the production of glutathione (the body’s most powerful antioxidant), decreases inflammation and auto immunity, protects against the shortening of telomeres (a biomarker of aging), and speeds up mental processing. It has been referred to as the “anti-aging hormone.” Equally important is its role in fat burning and maintaining lean muscle tissue. It’s almost the opposite of insulin.

Insulin attaches to the receptor sites on fat cells in order to open flood gates for the intake of glucose which is converted to fat. IGF-1 attaches to those same receptors to open the flood gates for the release of stored fat. IGF-1 also activates your body’s most metabolically active tissue (MAT) to start burning fat for fuel. Why is this so important? Because while MAT only makes up 5.4% of your body weight, this tissue burns more than 50% of your daily calories. That’s about 331% more calories than muscle burns. If excess fat has been a struggle in your life, it’s probably because your IGF-1 hormones have been silenced by an inflamed, sugar burning metabolism.

Cortisol – The “Fight or Flight” Stress Hormone

What does stress have to do with burning sugar? Everything!

When the body is stressed or perceives danger, it releases stress hormones, primarily cortisol. Cortisol turns down most metabolic processes in order to facilitate an emergency “fight or flight” response in the body. Your blood sugar levels go up for immediate energy, your blood pressure increases to rush this glucose to your muscle cells, and in a matter of seconds, you are ready for war. This is a normal response to emergency events. However, chronic levels of stress (environmental, physical, and/or mental stress) create an environment in the body referred to as “Sugar Burning Hell.” That’s because the constant release of cortisol overrides all fat burning processes and immediately turns on all sugar burning processes. Cortisol takes glycogen (stored sugar) from your muscles and liver for an immediate source of glucose. Once glycogen is depleted, cortisol sends a message to the body to start breaking down muscle, because the amino acids in your muscle can be converted into sugar. High blood sugar levels cause the release of more insulin, and your cravings for sugar go sky high.

Simple Fact: Stress has more of an impact on sugar burning than a Krispy Kreme donut. Chronic levels of cortisol also suppress immune functions, increase inflammation, and destroy your overall gut health. Stress will keep you stuck in a sugar burning metabolism.

Competition for Hormones Receptors

IGF-1 attaches to the same receptors on fat cells that insulin does, but insulin is much more aggressive, and chronic levels of insulin can dramatically inhibit the proper functioning of IGF-1. Cortisol also inhibits IGF-1 by overwhelming the same receptors that IGF-1 signals in your MAT cells to start burning fat. So, under these circumstances IGF-1 can’t tell your fat cells to release fat for fuel, nor are your metabolically active tissue being instructed to start burning fat for fuel.

BOTTOM LINE

When insulin, leptin, and IGF-1 begin working in harmony, and Cortisol levels are kept in check, you will automatically start shifting from a sugar burner to an efficient fat burner.

This is one of the key benefits of the Total Reboot.

The Mighty Mitochondria

The mitochondria are the engines of our cells that combine oxygen with either sugar or fat (more specifically, glucose or fatty acids) in order to create units of energy called adenosine triphosphate (ATP). Our bodies use ATP to fuel every cell in the body.



Of the two sources, our bodies prefer fat, because that's the way our bodies were designed. Breastmilk has high levels of healthy fat, low levels of sugar, and moderate levels of amino acids. This dietary balance promotes a fat burning metabolism, which is necessary for proper growth and development. Fat can convert to over 100 times more ATP than sugar, which is a good reason why you were born to be a fat burner.

When the hormone IGF-1 is activated and working properly, it actually instructs your mitochondria to burn fat instead of sugar. However, when your body switches to becoming a primary sugar burner, it starts craving carbohydrates and sugar just to keep up with its demand for ATP. Compounding this problem is the fact that sugar is addictive. When we eat sugar or sugar producing carbs, opioids and dopamine are released by our bodies. Dopamine is a neurotransmitter that is a key part of the "reward circuit" associated with pleasure. This creates an emotional "high" that you are inclined to repeat over and over. In this regard, research has shown that sugar can be even more addictive than cocaine. This is why we continue to eat these high sugar foods despite the negative consequences like weight gain, high blood sugar, chronic inflammation, energy crashes, and hormone imbalances and resistances.

Free radical production is a natural process of manufacturing ATP so your cells produce its own antioxidant called glutathione to help counter this effect. However, the burning of sugar in the mitochondria sends 40% more inflammatory chemicals into the body than burning fat.

The Total Reboot is designed to radically address every major metabolic defect necessary to shift you back into the efficient fat burner you were born to be and restore your healthy mitochondrial activity.

Malnourished/Obese

Malnourishment exists when the amount of essential nutrients in your diet are not sufficient enough to keep you healthy. Malnourishment is the number one cause of Immune Deficiency, a state in which the body can no longer defend itself against chronic and infectious diseases.

The World Health Organization estimates that **2.6 billion people in the world are malnourished.**

- 1.2 billion of those are the malnourished/starving people who have too little access to the right kind of foods.
- The other 1.4 billion of those fall onto the category of the malnourished/obese. These are individuals who have too much access to the wrong kind of foods.

Malnourishment also keeps your hunger hormones turned on and your fat burning hormones turned off due to a perceived sense of starvation. According to a recent report from the National Cancer Institute and The National Center for Nutrition Policy and Promotion, nearly the entire US population consumes a diet that doesn't provide enough essential nutritional support to keep them healthy. Authors of this report concluded, "This is a worrisome state in the contexts of the obesity epidemic and alarming rates of other diet-related chronic diseases." No wonder there are billions of people struggling with their weight and health.

Notice: Multiple large population studies have confirmed that supplementing your diet with high doses of synthetically made vitamins and minerals actually increases an individuals risk of disease and premature death. 95% of all vitamin supplements sold in the world are synthetically made from petroleum or coal tar. The Total Reboot is designed to provide fermented whole food sourced vitamins and minerals for optimal nutritional support.

