



Reboot

THE CORE FUNCTIONS OF
YOUR BODY THAT REGULATE:

- + Gut Health
- + Sleep
- + Pain Sensation
- + Efficient Fat Burning Metabolism
- + Hormone Balance
- + Sustainable Energy
- + Focus & Memory
- + Mood, Anxiety & Stress

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.

This guide is designed to show you the foods to eat and the supplements to take in order to help heal your gut, restart your efficient fat burning metabolism, and reactivate your body's functions of defense and repair. If you commit yourself to a 28-day total reboot, you will absolutely see the differences you've been hoping for.



Reboot

Start with a "Gut Healthy" Food Plan

"All disease starts in the gut."
Hippocrates,
Father of
Medicine

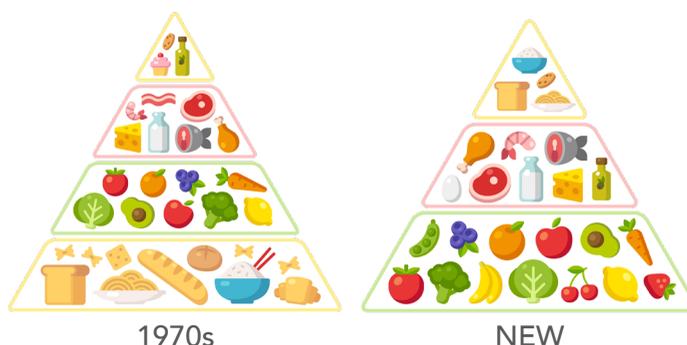
An unhealthy gut is the core cause of chronic inflammation, immunodeficiency, weight gain, poor sleep, brain fog, anxiety, hormone imbalance and almost every form of chronic disease. Science has finally broken the code of "Healthy Diet" and it's completely contrary to what we've been told in the past.

Because Food Matters

In 1992 the US Department of Agriculture created its original Food Pyramid, as a guide to healthy eating. Over the next 20 years, the US experienced the biggest outbreak of obesity, diabetes and chronic illness the world had ever seen as we replaced healthy fats in our diets with carbs and sugars. This shifted our metabolisms from efficient fat burners to sugar burners.

"90% of Americans have lost the ability to burn fat as their primary source of fuel."

– Fat for Fuel, Dr. Joseph Mercola



The Ketogenic Shift

By 2015, science had reversed this hypothesis of a healthy diet by showing that good gut health and an efficient fat burning metabolism require a diet:

- + High in healthy fats
- + Moderate in protein
- + Low in carbs (except high fiber veggies)
- + High in fiber
- + Low to no sugar

TOTAL REBOOT KIT

Staying compliant with the Reboot Food Plan is not always convenient, so Alovéa developed a line of keto friendly "whole food" products to help you achieve your goals.



WAKE UP	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	BEFORE BED
Entourage ² TM Balance Cell•A•Brate	Lifebar	Choose any healthy snack option/ HOPE POP	Lifebar	Optional Fix	Follow the Reboot Food Guide	Entourage ² TM Balance Cell•A•Brate
DRINK						
16oz Water		16oz Water		16oz Water		16oz Water

Food Guide for "Healthy Gut" Restoration



The right ratio of healthy fat, protein and carb calories are important in a "Healthy Gut" Food Plan



28 DAY "HEALTHY FAT" REBOOT FOOD GUIDE

HEALTHY FATS	PROTEIN	FRUITS & VEGETABLES	HEALTHY SNACKS
<p>FOODS</p> <p>Almonds, Avocado, Cheese (any variety), Coconut Milk (whole unsweetened), Cream, Cream Cheese, Ghee, Half & Half, Whole Milk, Nut Butters (no sugar added), Nuts (any plain raw or salted), Olives, Plain yogurt (whole), Seeds (any plain raw or salted), Sour Cream (whole), Whipping Cream</p> <p>OILS</p> <p>Avocado Oil, Coconut Oil, Flaxseed Oil, Grapeseed Oil, Olive Oil, Walnut Oil</p>	<p>ANIMAL SOURCES</p> <p>Beef, Buffalo Cheese (any variety), Chicken, Crab, Eggs (whole), Fish, Lamb, Milk (whole), Pork, Poultry, Salmon, Scallops, Shrimp, Turkey, Venison, Wild Game</p> <p>VEGETABLE SOURCES</p> <p>Edamame, Pea Protein, Garbanzos/ Chick Peas, Tempeh (grain-free), Quinoa</p>	<p>FRUITS</p> <p>Avocados, Tomatoes (more than 2 servings allowed), Berries (any kind - limit 2-4 servings per week), Granny Smith Apples, Lemons (and juice), Limes (and juice) (2 servings daily)</p> <p>VEGETABLES (unlimited daily servings)</p> <p>Arugula, Asparagus, Bamboo Shoots, Basil, Bell Peppers, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Celery, Chives, Collard Greens, Cucumber, Daikon, Dill, Eggplant, Endive, Escarole, Fennel, Garlic, Ginger, Grape Leaves, Green Beans, Hearts of Palm, Herbs, Jicama, Jalapeños, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Radishes, Radicchio, Seaweed, Shallots, Snap Beans, Snap Peas, Snow Peas, Sorrel, Spaghetti Squash, Spinach, Sprouts (any variety), Summer Squash, Swiss Chard, Thyme, Turnip Greens, Wheat Grass, Zucchini</p>	<p>SNACK IDEAS</p> <p>Baba ganouj, Berries & Yogurt, Celery & Nut Butter, Cheese & Green Apple, Hard Boiled Eggs, Hummus & Cucumbers, Lily's Dark Chocolate bars (stevia-sweetened), Nuts (any plain raw or salted), Sauerkraut (Bubbe's brand), Seeds (any plain raw or salted)</p> <p>EXTRAS</p> <p>Almond Milk (unsweetened), Balsamic Vinegar, Bragg's Liquid Aminos, Salad Dressing (full fat, no sugar or unapproved oils), Coffee (in moderation), Hemp Milk (unsweetened), Hot Sauce (no sugar), Nutritional Yeast, Salsa (fresh), Sea Salt, Spices</p>

AFTER 28 DAY REBOOT

(Add these options for healthy gut maintenance or after weight goals are achieved)

ADDITIONAL VEGETABLES	ADDITIONAL FRUITS	ADDITIONAL GRAINS
<p>Acorn Squash, Artichokes, Beans (~3/4 C per serving), Butternut Squash, Carrots, Cassava, Cowpeas, Leeks, Lentils, Okra, Parsnip, Pickles, Pumpkin, Split Peas, Sweet Potato, Turnip, Winter Squash, Yam, Yuca</p>	<p>Apple, Apricot, Canteloupe, Cherries, Dragonfruit, Grapefruit, Honeydew, Kiwi, Mango, Nectarine, Orange, Passionfruit, Peach, Pear, Persimmon, Plum, Pomegranate, Tangerine, Watermelon</p>	<p>Barley, Brown Rice, Buckwheat groats (kasha), Bulgar Wheat, Millet, Oats (steel cut), Rye, Semonlina (whole grain dry), Tapioca, AkMak Crackers, Breads (Ezekiel or other whole grain), Hot Cereals, Pastas (whole grain), Tortillas (whole grain), Wasa Crackers</p>



If you are plateauing before goal weight is achieved try:

1. Eating More Fat
2. Intermittent Fasting
3. Getting More Sleep (At least 8 hours)
4. High Intensity Workouts

Mandatory "High Carb" Vacation Meals

On your 15th day of rebooting, and on every 7th day thereafter, you should eat one "High Carb" vacation meal. Eat whatever high carb foods you want. Nothing is off limits. I know this sounds crazy, but it is necessary...here's why;

- A High Carb Meal helps reset your metabolism. By triggering a short-term spike in insulin, your body will ramp up its metabolism, which is necessary to keep you from plateauing. Don't worry, your insulin level will come down quickly.
- This strategy helps prevent hormonal adaptation that inhibits typical diet plans from providing lasting results.
- A "High Carb" Vacation Meal is Fun! Eat the comfort foods and desserts that make you happy.

Caution: As your hormones adjust and your cravings drop, you may not feel like consuming huge amounts of food anymore.

Exercise

Try achieving 10,000 steps a day while rebooting. As a sugar burner, you can't really access your fat cells very efficiently, so you'll tend to break down muscle if you attempt long, intense workouts. Walking or just getting in your steps is also very good for overcoming hormone sensitives.

Sleep

Try getting 7-9 hours of sleep per night. This is extremely helpful in shifting from a sugar to a fat burning metabolism. The growth hormones that convert into IGF-1 in your liver are released during sleep. No sleep = No Growth Hormone = No IGF-1 = No fat burning metabolism.

Detoxify

Your body is probably full of toxins from the things you eat, drink and breathe, and these toxins are stored in our fat cells. As you shift into an efficient fat burning metabolism, your body will start dumping those toxins to be processed out of your system. You may notice some discomfort from this (headaches, nausea, skin breakouts, etc.) Just drink lots of water to help flush out these unwanted chemicals.

Maintenance

Everyone should do a 28 day Total Reboot once or twice a year. If losing large amounts of fat is your objective, continue rebooting until you've hit your goal weight. Otherwise, to maintain optimal results, follow the basic rebooting food guidelines and continue to take Alovéa's Optimal Wellness supplements. Supporting your body's immune and endocrine systems while maximizing your body's inflammatory defenses is a key to sustainable outcomes.

Toxicity stress, and nutritionally deficient foods have become a normal way of life in the 21st century. These products contain the nutrition that our modern diets lack, but they are essential to the restoration of a healthy gut and an efficient fat burning metabolism.

WHAT TO AVOID

Be careful to avoid grains and alcohol during your Reboot. They easily convert to sugar in the body.

PARTNER UP

Find an accountability partner, do it together and HAVE FUN!

IMPORTANT NOTES

1. This is a guide to healthy gut restoration. Don't worry about counting calories. Just be aware of portions.
2. Fiber feeds friendly gut bacteria. Sugar feeds bad gut bacteria. The objective is to feed the good and starve the bad.
3. Everyone should do a 28 Day Reboot. Those wanting to lose weight can continue the 28 day Reboot Food Plan until they reach their goal weight.