

Note from Dr. Serrano: I'm excited to hear about your health transformation and results and I encourage you to apply the content you learn during this program. We love to hear success stories, it keeps us going, so please let my team and I know; and if there is something you wish we would add or other feedback please tell us about that as well.

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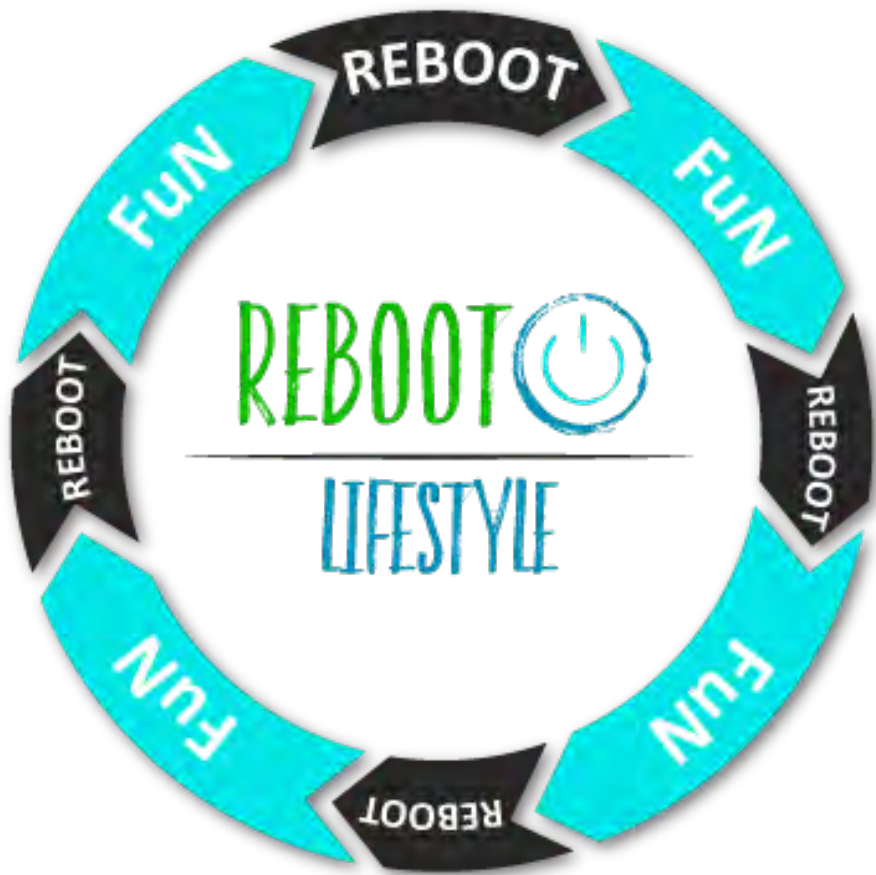
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# WELCOME TO THE REBOOT LIFESTYLE!

I am so pumped you decided to join the REBOOT LifeStyle!

For us, this is not just another cleanse or detox; it's not a fad or another get health quick scheme. This is a lifestyle.

Due to all of the environmental toxins, our damaged food supply and the physical, mental and emotional stress we are constantly under, we have decided to press the REBOOT button four times a year and get our bodies back in alignment.

This two week program will allow you to reduce inflammation, rebalance your hormones, reduce stress on the body, REBOOT your detoxing systems, kick your weight loss into gear and much more...

*"I was initially interested in the REBOOT because I had recently had a surgery and I never felt that I fully recovered. I was constantly bloated and inflamed, my goal was to detox my body and get back to how I felt before my surgery.*

*Results: Yes, my bloating went away, and I could feel my body changing...the bonus was that I ended up losing 15.5 pounds during the REBOOT and I have kept it off!!!*

- Shareen W.

We can wait to hear what changes you experience!

In this packet there are Beginner, Intermediate and Advanced REBOOT protocols.

## BEGINNER

In the beginner version you will have a shake for breakfast and a REBOOT approved lunch and dinner. You can always replace any meal with a shake.

During your REBOOT make sure you stay well hydrated (drink more water than you would normally drink – even if you do not feel thirsty).

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In the Intermediate and Advanced REBOOT we will use Intermittent Fasting in the morning to help accelerate your results...

### Intermittent Fasting

This is specifically planned time where you will not eat for a pre-defined period to allow your body to burn through the stored sugars, allow for gut healing and kick-start your plan.

Here is a list of the benefits of intermittent fasting:

- Improved mental clarity
- Increase insulin sensitivity
- Decrease body fat
- Lowered insulin and sugar levels
- Lowers cholesterol
- Activates cellular cleansing
- Improved fat burning
- Increases energy
- Allows the digestive tract to heal and many other benefits...

## INTERMEDIATE

Skip breakfast and have a REBOOT Approved lunch and dinner.

## ADVANCED

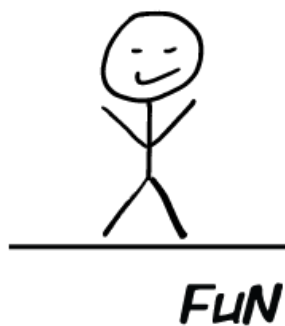
Begin Day 1 by fasting from dinner to dinner – 24 hour fast (if you can make it, fast until breakfast – 36 hour fast). Make sure to drink plenty of water.

Days 2 – 14 use the Intermediate plan, but also eliminate dairy.

# THE FUNCTIONAL NUTRITION (FUN) PLAN

Most of us have been eating the SAD (Standard American Diet) for far too long. This diet destroys hormones, increases inflammation, causes chronic disease and is one of the main culprits in our society which is sicker than at any time in recent history and on more medications than ever before.

Here we explain the three main principles of our foundational FuN (Functional Nutrition) Plan.



This plan is the way most of us should be eating long term, this includes minimally processed foods, foods which are as close to their natural state as possible, but don't panic we will show you how eating this way can be FuN and you don't have to give up on all the foods you LOVE!

The following are not rules. They are not good ideas. They are **PRINCIPLES**. Why principles? Rules can change; ideas can change; principles are unchanging and once you learn a principle you can apply that principle for the rest of your life. This is one of the many aspects that takes our program from a fad and makes it a lifestyle.

# THREE MAIN PRINCIPLES OF FUN

## Principle #1

The further away from the original, natural condition of a fruit, vegetable or grain, the worse it is for you. Processed grains and sugars are damaging to your health and every effort should be made to avoid them and incorporate whole carbs and lots of fruits and veggies

## Principle #2

Not all fats are equal, some can be good for you, others bad. To improve health, avoid unhealthy fats and consume good healthy fats.

## Principle #3

Proteins can be damaged and consuming those will damage your health. Again, every effort should be made to avoid damaged proteins and consume only good, healthy proteins.

### Action Steps based on these Principles

*Lateral Shift for carbs by removing all processed grains, minimizing added sugars and replacing with whole carbs and lots of fruits and veggies.*

*Lateral Shift for fats by removing bad fats, avoiding cooking with oils that become toxic once heated and replace with good, healthy fats.*

*Lateral Shift for proteins by removing all damaged protein sources and replacing with good, healthy protein sources.*

## Macronutrient Profile on the FuN Plan

(Macronutrient just means the three main food categories that give us energy)

**Net Carbs\* 15-25%**

**Fats 55-65%**

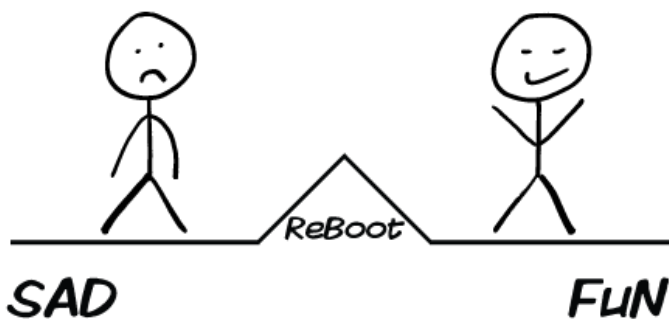
**Protein 15-25%**

\* See Calculating Macro's page

# THE REBOOT PLAN

Our REBOOT plan is designed to go beyond the FuN Plan. Why? Our SAD way of eating over the years has caused many years of damage and decay to the cells in our body.

This is a short term plan specifically designed to reduce inflammation, restore cell membrane function, aid in detoxification, regulate hormones, eliminate sugar cravings. It is geared towards weight loss and promotes the use of fat as your primary fuel source. All of these and more are the benefits of the REBOOT plan and makes this plan a necessary step in the healing process.



## How to use this plan?

The REBOOT Plan is to be used in two ways; initially to heal the body from years of accumulated damage and secondly, on a cyclical basis to REBOOT and rebalance our bodies. We recommend this plan be used once a quarter (four times a year).

## How long is the REBOOT plan?

Initially we recommend the plan to be used until you reach your desired goals. During the cyclical REBOOT we recommend 14 days on the plan in conjunction with our detox protocols.



# THREE RULES OF REBOOT

## Rule #1

Remove **ALL** grains, sugars and fruits/veggies which turn into sugar rapidly.  
(*Lateral Shift*) Replace with allowable Carbs, Flours and Fruits

## Rule #2

Remove **ALL** unhealthy fats. (Lateral Shift) Replace with good healthy fats.

## Rule #3

Remove **ALL** damaged proteins (Lateral Shift) Replace with good healthy proteins

During the REBOOT plan you may experience detox flu or detox headaches. These are symptoms which may mimic the flu symptoms like body aches and pains, headaches, malaise, skin rashes and other more. They typically occur within the first 3-5 days and subside rather quickly. Each time you do the plan the symptoms become milder as your body gets healthier.

## Macronutrient Profile on the REBOOT Plan

(Macronutrient just means the three main food categories that give us energy)

**Net Carbs\* 8-10%**

**Fats 65-75%**

**Protein 15-25%**

*\* See Calculating Macro's page*

# CALCULATING MACRO'S

## Managing Nutrition by the Numbers

Here is a chart based on a 2,000 calorie diet to reference when meal planning. These calculations will vary depending on your own caloric intake and activity levels.

Macronutrient	REBOOT %	REBOOT Grams	FuN %	Fun Grams
Carbs	8 – 10%	40 – 50 g	15 – 25%	75 – 125 g
Fats	65 – 75%	145 – 165 g	55 – 65%	125 – 145 g
Protein	15 – 25%	75 – 125 g	15 – 25%	75 – 125 g

*If you would like more personalized help calculating your macronutrients or implementing and managing the REBOOT and FuN plans, check out our 1-on-1 Nutrition Coaching Program. You can learn more at [drserrano.me/nutritionalcoaching](https://drserrano.me/nutritionalcoaching)*

**Net Carbs:** when reading labels and looking at the carbs you subtract “total fiber” from “total carbs” - Carbs in the form of fiber are indigestible and help stabilize your insulin. This aids in detoxification and helps with bowel motility.

Example: 1 Cup of Blackberries has about 15 grams of Carbs and 8 grams of Fiber

$$\begin{array}{r} 15 \text{ grams Carbs} \\ - 8 \text{ grams Fiber} \\ \hline 7 \text{ grams Net Carbs} \end{array}$$

*(WOW!!! This is why most berries are super foods high antioxidants, high fiber, low sugar and great taste!!!)*

*We have made this easy for you and included a bonus carb counter with the most common carbs and the net carbs per servings.*

