MENU

WHY WE SHOULD REBOOT

MY PERSONAL REBOOT EXPERIENCE

REBOOT OVERVIEW

REBOOT COMPONENTS

THE TOTAL HUMAN REBOOT EXPERIENCE

SHOPPING LIST

RECIPES

THE TOTAL HUMAN REBOOT

#GETONNIT

WHY SHOULD WE REBOOT?

The simple fact of the matter is that we no longer live in a biome as clean as that of our ancestors.

Chemicals that are synthetically bonded and heavy metals used in industrial processes find their way into our air, water, and food supply. We are an inexorable part of our environment, so anything that is around us becomes a part of us.

In addition, our diets are filled with 'foods' like processed sugar, hydrogenated oils, and genetically modified DNA for which the body has had inadequate time to adapt.

The result is that many of the body's natural cleaning and maintenance mechanisms become overloaded and overworked.

WHY WE SHOULD REBOOT

MY PERSONAL REBOOT EXPERIENCE

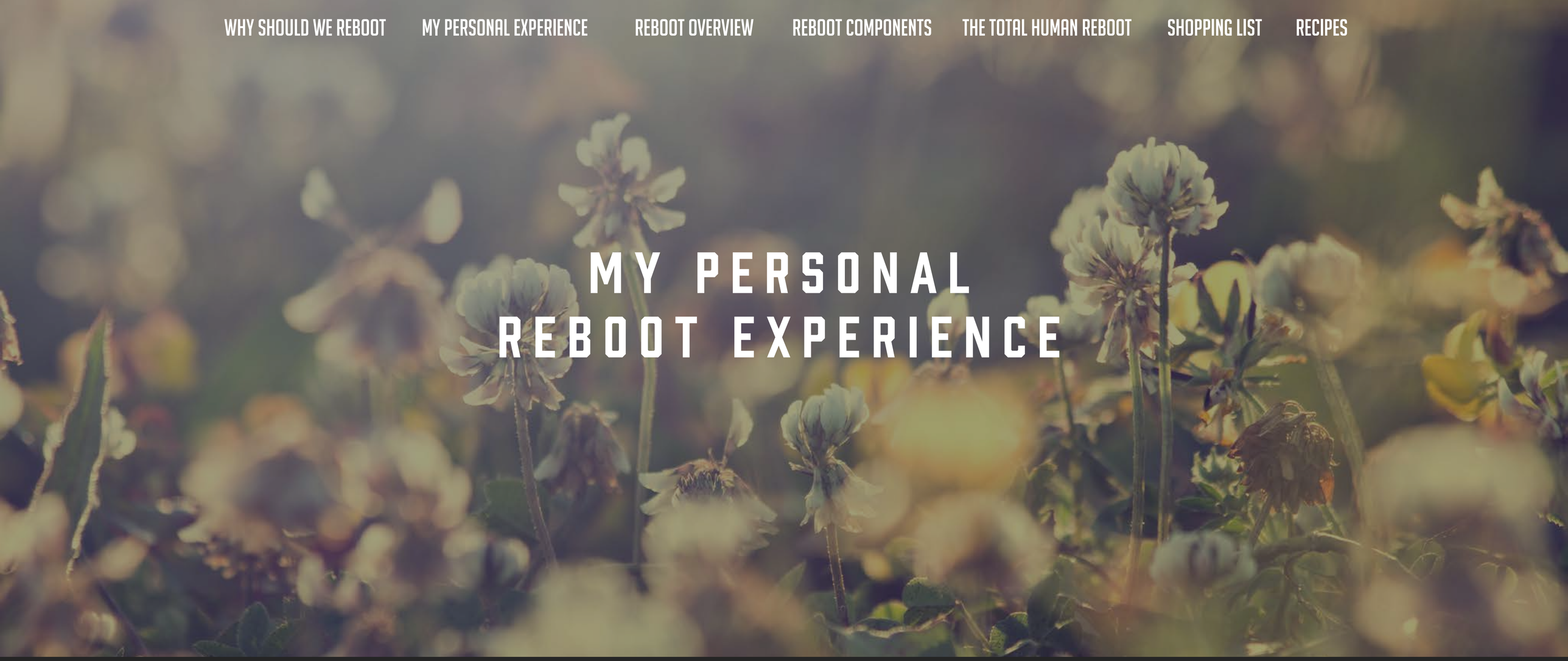
REBOOT OVERVIEW

REBOOT COMPONENTS

THE TOTAL HUMAN REBOOT EXPERIENCE

SHOPPING LIST

RECIPES



MY PERSONAL REBOOT EXPERIENCE

I realize that as the CEO of Onnit, some people might expect that I have always been the pinnacle of health. That is far from the truth.

In my youth, I had chronic strep throat with the solution being more rounds of antibiotics than George Foreman had in the ring. This disastrously altered my natural gut flora, and my dietary habits didn't help.

I used to eat a Double Western Bacon Cheeseburger from Carl's Jr. at least three times a week, and with three older brothers, I started drinking whiskey at age 11. My 20's weren't any better, and at one point, I even lived in a home that had a constant supply of industrial pesticides flowing in to control the fruit fly population!

The result of all of this was a dramatic variance in my levels of health, happiness, and energy. My history was categorized by moments of clarity and accomplishment and long droughts of negative thoughts, low energy, and challenging emotions.

I was first introduced to rebooting when I started working with plant medicine shamans. The dieta, or diet leading up to these experiences, provided its own sense of clarity and restoration that was accelerated by the ceremonies to follow.

After completing my first full blown reboot in Sedona, AZ under the guidance of Dr. Dan Engle, I realized what the potential could be. Never in my life was I more clear, more present with my choices, or filled with such voracious energy. It was the best I had felt in my life.

Now rebooting is one of the best tools in my arsenal. The great philosophers and spiritual minds of the past wouldn't teach a new disciple unless they were undergoing a fast, which is, in itself, a very strong reboot.

REBOOT OVERVIEW\

The Total Human Reboot is a 5-day, multi-pronged, general reboot utilizing whole food nutrition and a few targeted supplements. The goal is to maintain a base level of nutrient nourishment, while supporting maximum detoxification and recovery state. You should perform this reboot every 3-6 months.

REBOOT COMPONENTS

ALKALINE COCKTAIL

The purpose of the alkaline cocktail is three-fold: Minerals, Alkalinity, and Hydration. Himalayan salt contains over 60 trace minerals, while fresh lemon juice and apple cider vinegar both encourage alkalinity within the body. Adding 12oz of spring or mineral water ensures that you get hydrated both before and after your nightly sleep.

- 2 Gram Himalayan Salt
- ½ Lemon, Fresh-Squeezed
- 1oz Apple Cider Vinegar
- 12oz Mineral, Spring, or Filtered Water

If you use a reverse osmosis filter, make sure you properly add minerals back in.

EARTH GROWN NUTRIENTS

EGN is going to support your micronutrient profile while on the reboot. It contains over 24 earth grown ingredients packed with antioxidants and trace minerals.

Plus the ingredients in EGN can help support your liver and kidney health. Taking this 3 times daily, spread throughout the day, will help ensure that your glands and organs receive the support they need for their normal detoxification processes.

COCONUT OIL

An excellent source of saturated fat, coconut oil will help round the sharp corners of your hunger while keeping the liver/gallbladder mechanism engaged. Take no more than one tablespoon at a time, ideally spread throughout the day.

DIGESTIVE ENZYME PROTOCOL

Proteolytic enzymes have a dual purpose. When there is food present in the gut, the enzymes help the body to break down that food into easily absorbed nutrients, reducing the workload.†

Onnit is proud to have curated what we believe is one of the most complex, well-rounded, and effective enzyme combinations on the market. On days when you are eating, take 2 DigesTech capsules 3 times per day with meals. On days when you are on the liquid diet, take 1 DigesTech capsule 3 times a day.

GO-TEA

GO-Tea is designed to make you go. MCT oil should help to safely loosen the bowels, helping to open up the channels of elimination.

Blend 1oz of Onnit MCT Oil in an herbal tea of your choosing (rooibos is nice), and add a few drops of whole leaf stevia to taste. Your goal should be to go 2-3 times a day.

EPSOM SALT SOAK

A reboot is only as good as your ability to remove toxins from your body. We are not trying to play a game of toxin musical chairs, We are trying to get the bad stuff out of the body.

Epsom salt soaks can help the body eliminate some of these toxins through the skin, while the process of diffusion will feed your body additional magnesium, a mineral that many of us are deficient in.

Soak for 20 minutes in hot water, with a quart or more of Epsom salt dissolved inside. Please do not use soap or bubble bath during your soak. However, essential oils and coconut oil are acceptable for aroma and to help your body retain moisture.

BOWEL FLUSH PROTOCOL

Bentonite clay and activated charcoal are two of the main ingredients in Dr. Schulze's Intestinal Formula #2. Both have the remarkable ability to absorb and bind a variety of toxic substances within the gut. As the overburden of harmful microorganisms that require sugar and starch to survive begin to die off, they will release toxins. The bowel flush protocol is designed to pick those undesirables up and move 'em on out.

Step 1: Ingest one packet Intestinal Formula #2 in the morning on an empty stomach, at least 30 minutes apart from any juices or other nutrients.

Step 2: 3 hours later, take a second packet, once again, separate from any other food or nutrients.

Step 3: At minimum one hour after STEP 2, drink 1 teaspoon of Epsom salt dissolved in 4oz of fresh squeezed grapefruit or other citrus juice. If you are at work or in a place where restroom access is undesirable, wait until you are close to home.

Step 4*: If you have not experienced an emptying of the bowels within 4 hours of step 3, consume 1 more teaspoon of Epsom salt in 4oz of fresh citrus juice.

PROBIOTIC SHOT

Unpasteurized, fermented foods like sauerkraut and kimchi contain valuable probiotics, many of which can be found in the liquid contained within the fermentation. Drain ½ oz of this liquid into a shot glass and do your best Spring Break impression.

Finding unpasteurized fermented foods can be difficult, but the good news is that it's easy to make your own sauerkraut. See the Recipes section at the end for directions.

You'll need to start this process at least 4 days prior to the reboot so the natural probiotics in the cabbage can increase. If you're doing wild fermentation, you should start the process at least a week prior to the start of your reboot.

SWEAT PROTOCOL

The sweat protocol is a method that opens up your skin as another channel of elimination. Start by taking enough niacin to cause a flushing of the skin, 30 minutes prior to engaging in a minimum of 30 minutes of steam, sauna, or hot bath.

For most individuals, 200mg of niacin (not niacinamide) will be sufficient for this reaction. If flushing does not occur, increase the dosage next time.

Niacin will help open up the capillaries to temporarily increase circulation. When using the sauna, steam or hot bath, you may need to break the 30 minutes into 2 or more sessions.

Listen to your body and don't push the limits too far. For a really uplifting experience, alternate between hot and cold during your session.

HYDRATION PROTOCOL

In addition to flushing out the system, some processes within the reboot are going to be dehydrating by nature. The hydration protocol is designed to help combat that process.

In addition to whatever else you are drinking, every hour of the day except for the 2 hours immediately prior to sleeping, drink 10oz of spring or mineral water at room temperature. Your goal should be to urinate light yellow every 90 minutes. Use that as a guide to whether to scale up or back on the reboot.

OPTIMIZATION TIP: There is nothing better (or cheaper!) than harvesting your own water from a true natural spring. Go to www.findaspring.com to see if this is possible in your area.

SOLID FOOD PLAN

The Solid Food plan is a nutrient dense, vegetarian diet designed to ease you in and out of your 3 day liquid fast. Available on the diet are organic fruits and vegetables, raw (not roasted) nuts and seeds, Onnit Hemp Force, probiotic foods, prebiotic foods, “vegi-min broth”, virgin oils, raw honey, organic hummus, herbal tea or kombucha, vinegar and natural spices.

You can increase your ability to detoxify by consuming sulfur-containing onions, garlic, and brassica vegetables (broccoli, cauliflower, kale, collard greens, brussels sprouts, turnips, cabbage).

It is mandatory to ingest some form of prebiotic and probiotic foods along with sulfur-containing vegetables on this diet, otherwise there is really no limit to how much or what type of these foods to eat. You should not be hungry on the solid food plan, but don’t gorge yourself either.

Listen to your body, be sensible, and enjoy!

Probiotic Foods: Raw Kraut, Kimchi, Natural goat yogurt / grass fed yogurt if dairy is tolerated.

Prebiotic Foods: Chicory root, Jerusalem artichoke, dandelion greens, leek, onion, garlic, and asparagus

Check the **Recipes** Section for further ideas

LIQUID FOOD PLAN

Give your chompers (and your organs) a rest! This is where things really get limited. Fresh squeezed organic juices are allowed, fermented tea, herbal tea, along with the Vegi-Min broth. The Vegi-Min broth is going to be key here to keep you mineralized.

Vegi-min Broth

Based off of Dr. Shulze's Potassium Broth

Using all organic ingredients, fill a large pot with:
25% potato peelings
25% carrot peelings and whole chopped beets
25% chopped onions
25% celery and dark greens
50 garlic cloves
Hot peppers to taste
Himalayan pink salt (roughly one gram per desired serving)
Additional Cayenne pepper to taste
Enough distilled water to cover vegetables

Directions: Simmer covered for 1-4 hours, adding more water if necessary. Strain out the solids, and refrigerate leftover broth to drink throughout the week.
yogurt / grass fed yogurt if dairy is tolerated.

THE TOTAL HUMAN REBOOT PROTOCOL

DAY 0

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 0

Day 0 is the day before you start your reboot. The priority here is to stop some of the most harmful toxic elements in your diet, and prime the bowels to start eliminating waste. During the reboot, the goal should be to poop 2-3 times per day. The reboot will only be as good as your ability to open up the channels of detoxification.

Daily diet: No alcohol, No sugar, No Chemicals
Bowel Flush Protocol, Digestive Enzyme Protocol

DAY 1

Day 1 is one of my favorite days of the reboot. There are a lot of food options available, and the excitement and momentum of what you are about to do will carry you through. I usually get one final anabolic workout in on Day 1, as there are still sufficient options for protein intake to replenish your muscles.

Daily Diet: Solid Food Plan
Wake Up: Alkaline cocktail
During The Day: 3 Servings EGN, Berry Superfuel Smoothie, 2 Tablespoons of Coconut Oil, Digestive Enzyme Protocol
90 Minutes Prior to Bedtime: Alkaline Cocktail
60 Minutes Prior to Bed: Epsom Salt Soak

DAY 2

Day 2 is the hungry day. All of the little buggers in your system will be screaming in their death throes for the sugar, processed flour and chemicals they need to survive. Stay strong, Jedi warrior. You will be happy you did.

Daily Diet: Liquid Food Plan
Wake Up: Alkaline cocktail
During the Day: 3 Tablespoons of Coconut Oil, GO-Tea, 3 Scoops EGN, Sweat Protocol, Berry Superfuel Smoothie, Digestive Enzyme Protocol
90 Minutes Prior to Bedtime: Alkaline Cocktail
60 Minutes Prior to Bed: Epsom Salt Soak

DAY 3

Day 3 the hunger is starting to wane, but a lot of people start feeling like crap. Headache, exhaustion, chills, body aches are some of the symptoms caused by the toxins leaving their usual home, and mobilizing for transport out of your body. This is totally common and completely normal.

What is happening is called the Herxheimer reaction. The only way to get past it is to continue to open your channels of detoxification by sweat, urine, poop, and salt baths.

This is the reason you started the reboot. Once you get over the 3rd day hump, it's all an easy ride from there.

If you aren't feeling any negative symptoms, that's great too! All that means is that your channels of detoxification are optimized and nothing is getting backed up.

Daily Diet: Liquid Food Plan with Hydration Protocol
Wake Up: Alkaline cocktail
During the Day: GO-Tea x 2, 4 Tablespoons of Coconut Oil, Probiotic Shot, 3 EGN Scoops, Sweat Protocol, Digestive Enzyme Protocol
90 Minutes Prior to Bedtime: Alkaline Cocktail
60 Minutes Prior to Bed: Epsom Salt Soak

DAY 4

As I write this, I am on Day 4 of the reboot myself. The hunger is pretty much gone, though I sorely miss the pleasure of eating and lifting weights. It is tempting to jump over to the Solid Food diet, but if I listen to my body I know that some of the really important work is happening now. So I am going to stay strong, and I hope that you do as well.

Daily Diet: Liquid Food Plan with Hydration Protocol
Wake Up: Alkaline cocktail, Start Bowel Flush, Digestive Enzyme Protocol
During the Day: 4 Tablespoons of Coconut Oil, Probiotic Shot, 3 EGN Scoops
60 Minutes Prior to Bed: Epsom Salt Soak
90 Minutes Prior to Bedtime: Alkaline Cocktail

DAY 5

Victory!

You are back on solid foods and damn, do they taste good!

If you haven't made the 10 spice chunky tomato cashew soup yet, I highly recommend it. Eat a plethora of probiotic and prebiotic foods today as well, so that the good guys can colonize your gut.

Take it slow and easy today, as your stomach needs to get primed back for your regular diet. Make sure you are still eliminating well today also. You should be feeling better than ever!

Day 5 is a great time for reflection, time in nature, meditation, and review of one's life path. The clarity of day 5 is a real gift to treasure.

Daily Diet: Solid Food Plan
Wake Up: Alkaline cocktail
During the Day: 3 EGN Scoops Total, GO-Tea, 2 Tablespoons of Coconut Oil, Berry Superfuel Smoothie, Digestive Enzyme Protocol
90 Minutes Prior to Bedtime: Alkaline Cocktail
90 Minutes Prior to Bed: Epsom Salt Soak

BONUS POINTS

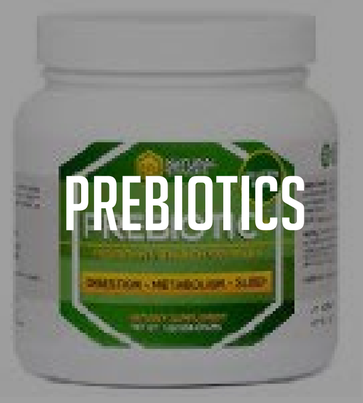
The physical backdrop of a reboot is a great opportunity for realignment with one's highest calling and the expansion of consciousness. Layering modalities like yoga, meditation, floatation tanks, breathing practices, reading, and music can have an exponential impact.

Understanding what other toxic elements you can reboot from your life, whether they are psychological habits or external influences, will also find fertile ground during this week. Take the opportunity to surrender to the presence of the moment, and forgive completely the you that brought you to this point.

One of my favorite quotes by Heraclitus reads, "No man ever steps in the same river twice, for it is not the same river, and he is not the same man."

You are the person that is deciding to do this reboot, the past is the past. You have the opportunity to start fresh here, and you can start by showing yourself some love. Let the stress go, let the worry go, let it all go. Set your intent as strong as the roots of a Redwood tree, release yourself into the cyclical nature of life itself, and emerge anew.

SHOPPING LIST



RECIPES

Chia Almond Pudding

10 Spice Chunky Tomato Cashew

Berry Superfuel Smoothie

Crandy Dandy Salad

Sauerkraut

CHIA ALMOND PUDDING

INGREDIENTS

- 2 cups unsweetened almond milk, homemade or store bought
- 1/2 cup chia seeds
- 1-2 Tablespoons pure raw honey
- Dash of Cinnamon
- Seasonal fruit for topping (examples: blueberries, peaches, figs)
- Almonds or other nuts for topping

PREPARATION

1. Combine almond milk, chia seeds, vanilla and sweetener in a bowl. Mix well until combined and the mixture begins to thicken. Store covered in the refrigerator overnight or for at least an hour.

2. Stir well before serving. Add a bit of water to the pudding if it becomes too thick. Top with fresh fruit and nuts of your choice.

3. Note: This recipe makes enough for two large servings, but feel free to double the recipe and keep it in your refrigerator so that you have breakfast for a few days in a row. It will keep refrigerated for up to 5 days.

10 SPICE CHUNKY TOMATO CASHEW

INGREDIENTS
(FOR THE SOUP)

- 3/4 cup raw cashews, soaked
- 6 cups organic vegetable broth
- 1 Tablespoon extra-virgin olive oil
- 3 large cloves garlic, minced
- 1 yellow onion, diced
- 3 medium carrots, peeled and chopped
- 1 red bell pepper, chopped
- 1 1/2 cups peeled and chopped sweet potato or butternut squash
- 2 stalks celery, chopped
- (28-ounce/796-mL) can diced tomatoes, with their juices
- 2 bay leaves
- 1.5 tablespoons Homemade 10-Spice Blend (recipe follows), to taste
- ●4 cups dandelion greens, cut in 3 inch pieces (may sub spinach or kale)

- 2 Tablespoons smoked paprika
- 1 Tablespoon garlic powder
- 1 Tablespoon dried oregano
- 1 Tablespoon onion powder
- 1 Tablespoon dried basil
- 2 teaspoons dried thyme
- 1 1/2 teaspoons freshly ground black pepper
- 1 1/2 teaspoons Himalayan sea salt (fine grain)
- 1 teaspoon white pepper (optional)
- 1 teaspoon cayenne pepper

DIRECTIONS

1. Place cashews in a bowl and add enough water to cover. Soak the cashews overnight, or for at least 2 hours. Drain and rinse the cashews.

2. In a blender, combine the soaked and drained cashews with 1 cup of vegetable broth and blend on the highest speed until smooth. Set aside.

3. In a large pot, heat the oil over medium heat. Add the garlic and onion and sauté for 3 to 5 minutes, or until the onion is translucent.

4. Add the carrots, bell pepper, potato, celery, and diced tomatoes with their juices, the remaining 5 cups broth, the cashew cream, and 1-1.5 tablespoons of 10-spice blend. Stir well to combine. Bring the mixture to a boil and then reduce the heat to medium-low.

5. Simmer the soup, uncovered, for at least 20 minutes, stirring occasionally, until the vegetables are tender. During the last 5 minutes of cooking, stir in the dandelion greens. Taste soup, and season with additional Himalayan salt, cayenne, or black pepper to taste.

BERRY SUPERFUEL SMOOTHIE

INGREDIENTS

- 2 Scoops Vanilla Hemp Force
- ⅓ Cup Organic Strawberries
- ⅓ Cup Organic Blackberries
- ⅓ Cup Wild Blueberries
- 1 Banana
- 1 Tablespoon chia seeds
- 1 Scoop EGN
- 2 Tablespoon WAC Nut Butter
- 1 Tablespoon Coconut Oil
- 1 Gram Himalayan Salt
- Ice
- Water

CRANDY DANDY SALAD

INGREDIENTS

- Organic Dandelion Greens, Chopped
- Grass Fed Yogurt
- Balsamic Vinegar
- Macadamia Nuts
- Dried Cranberries

PREPARATION

Well, this is a salad, folks. Use the yogurt and the vinegar to make a creamy dressing, and then put the rest of it in a bowl. If you don't tolerate yogurt well, try using some of the liquid from a probiotic preparation like kraut or kimchi. Then eat, and pat yourself on the back for doing such a good thing for your body.

SAUERKRAUT

DIRECTIONS

Step 1: Shred or coarsely chop organic cabbage, but save at least one leaf of cabbage. While cabbage is one of the vegetables that contain that least amount of pesticides, I recommend you buy organic cabbage anyway. Organic cabbage will contain more beneficial strains of bacteria.

Step 2: Place shredded cabbage in a large bowl.

Step 3: For every 5 pounds of cabbage, sprinkle 3 Tablespoons of Himalayan salt over the cabbage. Mix it in and squeeze your cabbage.

The salt will help draw out water from the cabbage and will also help create the brine.

Step 4: After you're done squeezing your cabbage, place it in your Mason jars, but don't fill it all the way to the top. Tamp down the cabbage as best as you can. It's a good idea to do this every few hours during the first day, though it's not necessary to do it that often. It will help you keep the cabbage beneath the liquid. Be sure to check on it at least once a day for the first few days.

There should be enough liquid to cover the cabbage. If there is not, add a teaspoon of salt water to one cup of water. Dissolve it completely and pour it over your cabbage until it's submerged.

Step 5: Take the cabbage leaf you saved and tuck it around your cabbage. It will help keep your shredded cabbage submerged.

Step 6: Put a cheesecloth over the jar and hold it in place with a rubber band to keep insects and dust out.

Step 7: Place your jars somewhere out of the way in a warm, dark space and let it ferment for about 4 days to two weeks. 4 days is on the really short end. It'll most likely take at least a week if the ambient temperature is around 72° F.

Try eating a little bit. Once it reaches a taste you like, place it in the fridge to slow down the fermentation process. Your sauerkraut should last up to 2 months in the fridge.

INGREDIENTS

- 1 medium to large head of organic cabbage
- Himalayan Salt
- 2 - 4 Quart-sized Mason Jars (depends on the size of your cabbage)
- Cheesecloth
- Rubber band