



LORISA LEIGH

BEST BODY REBOOT CHECKLIST

Take Your Energy, Happiness, & Sexiness To
The Next Level!

Hello There High Achieving Woman,

What you are about to read will change your life and
health forever.

It's Time To Level Up!

You will feel like the sexy, confident, and powerful
women you know you already are. This guide will
show you how to break free and claim that one piece
that can bring this all together for you.. and that's
your health!

If you're reading this right now you're more than likely over the sluggishness you feel everyday. And you haven't felt physically or mentally good in your body for awhile.

I'm writing this for all the high achieving women who are killing it in their business or career, but haven't been able to conquer the one thing they so desperately want. To feel good and look great in their own body.

That's all about to change after you've read and implemented all the advice in this document - after all, that's exactly what my clients have done to achieve amazing results.

This is not about cutting carbs, counting calories, or hitting the gym 7 days a week. These old ideals are things of the past that help women get no where. I need to make you aware of what really will get you lasting results... And it doesn't start in your kitchen or at the gym.

Don't worry, I know that right now you probably just want to see the number move on that scale and have some measurable energy so you don't come home so drained everyday and we will get there.

But after working with so many women, many of which are busy professionals and entrepreneurs.... helping them to significantly boost their energy, confidence, and lose weight for good, I've noticed some common themes that the happiest and most successful women adopt.

This eBook is a proven checklist I've designed that my top clients have used to finally gain a hold of their weight loss, energy, and confidence.



This list may come as a surprise to you as it is unlike any Reboot philosophy you have herd of.

WARNING: Do NOT ignore this list (my successful clients didn't)

When you pay attention, think about what you've read, and take appropriate action you will...

Increase Mental
Clarity & Focus.

Ditch the Belly
Bulge and Gain a
Flat Sexy Belly.

Amp up Your
Energy Levels.

Boost Confidence.

Transform Your
Mind & Body.

Feel Empowered.

**I've made this straight forward & to the point, yet with
HUGE IMPACT.... so lets get ready to dive in DEEP!**

You have cancer...
the words I never
thought I would
hear.



I look happy in this picture, trust that wasn't always the case.

I WAS A **WORKAHOLIC**...

Just another woman going after her dream. Working 2 jobs, close to 60 hour weeks as a registered nurse, to pay down student loans, a car note, rent, and trying to have a nice chunk of savings. If you saw my schedule back then, you would be laughing so hard now. I wanted to do it all. Work overtime, spend time with my family and friends, and take time to better myself.

Only thing was I had absolutely NO time, because I was giving it a way to everything and everyone else. Now of course I spent time with my loved ones but it might as well been no time at all. Even though I was physically there, I was so exhausted that I wasn't emotionally or mentally in the game.

I walked through life in a constant fog, drugged up on Starbucks Caramel Macchiato and the continual influx of sugar just to get through the day. Constipation, bloating, and acne were my usual.

At that point in my life I felt like I was working so hard, spinning my wheels never really getting anywhere. I had no idea who I was, was insecure, had a lot of self doubt, lacked confidence and wasn't living up to my potential.

I **KNEW SOMETHING HAD TO CHANGE**...

but where the heck was I going to find the time to devote to bettering my health. I didn't want my career or my so called "relationships" to suffer... **so I kept existing though life, not truly living.**

Then came the day where I was sitting in my doctor's office and I heard the words that would fill the toughest navy seal with tears.

"YOU HAVE CANCER"

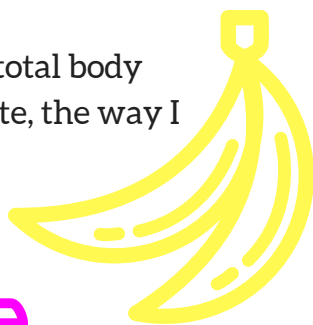
Wow, talk about a wake up call. This was the moment that changed everything for me. A year prior I was half assing my way to better health by changing my lifestyle and diet but I really wasn't taking it as serious as I should. At this point it was a done deal.

MY PERSPECTIVE SHIFTED.

No longer did I want to spend the majority of my waking hours in a job that sucked the life out of me just so I could climb the "ladder" to God knows where. No longer did I want to follow the conventional path that everyone else takes. I made a promise to myself that from this day forward I would treat my body and my life like I was only doing this thing once (because I was!).

So how did I finally do it?!

I detoxed my body and did a total body reboot. I switched the way I ate, the way I thought, the way I lived.



I transitioned my diet to a plant based way of eating... now don't get me wrong I had no idea how I was going to give up my cheese. I freaking loved cheese and never envisioned my life with out it, LOL. No but in all seriousness cheese and sugar were the "foods" I didn't know how I was going to go without. But can I tell you... cheese isn't even a thought to me anymore.

Since I've transitioned my energy has skyrocketed, I didn't even know I could feel this good! I wake up ready to tackle my day, stay strong right on through, and I don't even need caffeine or sugar to do it.

This is a different kind of energy one that can only be felt to know. I've gained a flatter belly, ditched the acne medications and now have clearer skin.

Confidence has soared, clarity and direction have appeared. I've taken back my power and now because of this I know exactly who I am and do not apologize for being the goofy, crazy, and intelligent me.



So how do I
know this
reboot works...
because I have
done this in my
own life and the
lives of my
many clients.

I now make more money and am generating passive income in a business I love! No longer tied to the over time hours I was working I'm now free to travel and see the world with my husband Doug! We've actually just got back from Mexico 3 weeks ago seeing the Mayan pyramids and are headed to San Diego next week.

I am now living my life ON purpose and IN purpose. And I can truly say I am that happy woman you see in these photos.

1. Set Goals & Build Belief

The mind that got you where you are today is not the mind that will get you where you need to be. When starting a reboot or cleanse you need to get clear on your goals. What is it that you're looking to accomplish? What is the reason you absolutely need to have this happen right now?

Once you know what that specifically is... which I have an idea you know what you want to accomplish, but you probably aren't specifically sure as to why. Now of course you may have that first surface level thought that pops into your head. But dig deeper, really why is it that you want to specifically achieve a sexy body or more energy with a reboot.

Once you have this, be sure to write this down so you can refer to it everyday until you obtain that goal.

Let's be honest right now, you may really want to achieve a flatter belly, more energy, your best body. But do you really believe you can achieve this? No, like really, search your mind for any bit of doubt... did you find it? This is what you have to weed out, because this will destroy your belief.

Without belief your goal will never be realized.

Keep your **goal**
at top of mind
and stay
FOCUSED!

2. Stay Hydrated with Pure H2O

You need that
good old **H2O!**



I'm sure you know staying hydrated in general for health is key. But it's the **ULTIMATE** must when going through a reboot.

Over time with the foods we eat toxins and chemicals will build up in the system. You can tell this becomes a problem when you have constant low energy, brain fog, stubborn fat, crazing cravings, or constipation.

The typical diet we eat full of processed foods, over consumption of animal protein, and sugar ends up causing a build up of plaque at the cellular level which prevents nutrients from energizing your little cells. This stuff must go before you can see consistent weight loss and energy.

Flushing the system with at least 2 liters of water daily helps to clear your body from an overload of harmful toxins. To get really specific drink half your weight in ounces.

But if that's too much for you right now, start with 2 liters daily.

3. Explore Your Psychological Triggers

Do you know what even causes you to eat? When you do eat are you actually hungry or is your brain hijacking the system? Often times we'll reach for things mindlessly which then leads to over eating. In the American culture we tend to bond over food; we eat to celebrate accomplishments, birthdays, and holidays. But you also may reach for food when you're stressed, had a bad day, feeling lonely, or bored. Exploring what your triggers are before you begin your reboot is key.

Why is this important? Because once you start to let go of foods that suck your energy and start incorporating new ones your mind may still call for these older options that caused you to gain belly fat and low energy in the first place.

When you build awareness around what stimulates you to eat certain foods and when to eat, you can better tackle those food addictions.

When you get the urge to eat, literally ask yourself "Am I really hungry?", "Is this a physical urge that I'm feeling in my stomach or is this coming from some other place?". True hunger is felt physically it does not start in the mind.

If you're not truly hungry do NOT give into the craving, reach for a glass of water instead!

Am I **really**
hungry?

4. Incorporate Leafy Greens

It's time to amp up those leafy greens! During the reboot process and even after, leafy greens are going to be a girl's best friend. They contain plant nutrients and chemicals to help oxygenate the blood. This is great when it comes to energy and powering through that 3pm slump.

Leafy greens also contain antioxidants that help to pull toxins out of the system so those stubborn areas of fat (like the belly) can start to melt away. Our body takes the toxins from the foods we eat and stuffs them in our fat cells. This is the way our body protects us from these harmful chemicals.

This is why it can be hard to lose fat from the belly, arms, and thighs if you aren't incorporating the right types of food. Leafy greens are just one of many foods that help this process.

Boost in memory and clarity of thought are also great benefits that occur when turning up your leafy green intake. Just imagine what your life would look like after your reboot with more mental clarity. What would you be able to focus on and accomplish?!

The easiest way to get these in is first thing in the morning with a green smoothie.

Here's one of the detox smoothies from my 28 day reboot program.

Ingredients:

- $\frac{3}{4}$ -1 cup water
- 1 handful spinach
- $\frac{1}{4}$ cup cucumber
- $\frac{1}{4}$ lemon peeled
- $\frac{1}{4}$ cup frozen blueberries
- $\frac{1}{4}$ cup frozen pineapples

Try it out!



5. Have a Journal Ready

During the reboot process it's not only important to learn how your body feels and works physically but also get to know yourself on a deeper mental, emotional, and spiritual level.

Writing down your thoughts, feelings, and experiences helps you to better evaluate your situations and become more self-aware. Awareness is the key to all success. When you know who you are, how you feel, and what you are truly thinking. This gives you the key to unlock your inner power within.

With this power you are able to accomplish anything in life.

Journaling also gives you the avenue to write down your goals and greater vision for your life that you want to accomplish, helping it stay top of mind and something that you continuously focus on. Where your focus goes, energy flows.

If you're new to journaling start by just writing down your goals, why you want those goals, and what you envision for your life once they're accomplished.

Another journal exercise is writing down 3 things you're grateful for each day.

I know this may sound silly but rebooting is **NOT** just about rebooting the **physical** body, but the **mind**, **body**, and **spirit** as a whole.

6. Increase Intake of Colorful Fruits

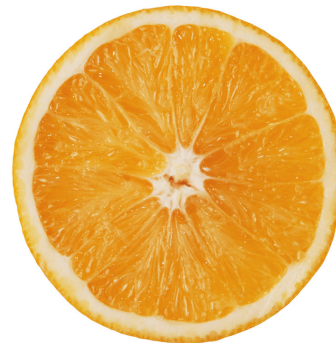
Fruits high in antioxidants like strawberries, blueberries, and even apples help to turn back your body's biological clock. Allowing you to look and feel younger. Antioxidants actually repair cellular damage that comes with aging.

Chemicals in our environment from the air we breathe, food we eat, down to the cleaning supplies we use help speed up the aging and cellular damage in our cells. So it's vital we incorporate fruits that help slow and even reverse this process.

Antioxidants found in colorful fruits like in leafy greens help to promote a flatter belly through melting belly fat and getting rid of bloating. The bacteria in your gut love fruit and veggies so when they get the foods they love, your gut works much better, thus decreasing that bloated belly you can tend to get with eating certain foods.

High Antioxidant Fruits

Plums
Grapes
Oranges
Strawberries
Blueberries
Apples



7. Make time for Mediation

When was the last time you were able to sit in peace and quite for 10 minutes? Where you were able to just be, dive inwardly, and appreciate the present moment.

Setting time aside for that stillness each day is crucial in today's high-speed, over-stimulated world. Our body wasn't designed to truly flourish on GO at all times.

Mediation is one of the strongest practices to grow your self-awareness. Exploring your inner self during this process allows you to get to know who you really are and tap into a power that makes you unstoppable.

Using this quite time to distress, create calmness, and peace in your life, only if it for 10 minutes, comes with a host of health benefits. One of those is aiding in digestion. When your body is at rest you're better able to absorb the nutrients you need to keep your body functioning at optimal levels.

Also, in this resting phase your body switches from burning glucose (a sugar that is our body's preferred source of fuel) to burning fat.

Bet you didn't know that mediation could help create peace, stimulate a deeper self awareness, inner power, better nutrient absorption and burn stubborn fat. It's like the magic bullet!

When was the
last time you
sat in **peace** &
quiet?

8. Incorporate Healthy Fats

Bring on the fat baby! Not just any fat, plant based sources of fat!

Fat has been vilified in the mainstream nutrition culture as causing fat in the body and excess weight gain. When in real life we all NEED fat.

If you're a lady who's struggling with low energy including good fat sources in your diet will not only help boost your energy levels but increase your memory and focus.

It's also known that your body is more likely to release fat when it knows more fat is coming. So to put it a different way, you need to eat fat in order to burn fat. I know it sounds counter productive. But just like metabolism, where you need to eat to keep it going and working to your advantage. It's the same thing with fat. Now, the fat you choose is going to be crucial. So here's a list of healthy plant based fat sources.

Health Plant Based Fat

- Avocados
- Avocado oil
- Coconut oil
- Olive oil
- Nuts/nut-butters
- Seeds
- Flax oil



9. Plan it Out

Get into the
zone, **make it**
fun, and plan it
out!

Want to make the process as smooth as possible?

Then get a schedule and plan it out. Too many women jump into a new way of eating and living and go on a whim having no idea of what to do next.

Make it easy on yourself. Get a planner to schedule in meditation time, journaling, and meal planning. And when I say meal planning it doesn't mean you need to have all your meals made for the week.

It could be just as simple as knowing what you're going to make each day of the week, so you already have it in your mind. No need to waste time when the day comes on figuring it out. You already know what you need to do.. just put the action behind it.

Your brain gets tired of making so many decisions each day, so help it out by taking the guess work out of it and giving it a schedule it knows it can follow.

A woman with voluminous curly hair, wearing a light pink long-sleeved top and blue jeans, stands behind a market stall. She is smiling warmly at the camera. In front of her is a large pile of yellow pears. In the background, a man in a brown jacket and a baseball cap is seen from the back, and a white market stall is visible.

What **You** Should Do Next To Start Seeing **Results**

JUMP IN & TAKE ACTION

It's no coincidence you decided to read this EBook. You're looking for answers...however results won't happen if you don't take the next step into action.

IMMEDIATE ACTION

So many times we want to do something so bad and end up talking ourselves out of going all in to get the results we want because of fear or doubt. Can I just say, my most successful clients felt that fear and doubt as well but pushed through and made it happen for themselves

In order to claim **YOUR BEST BODY NOW**... you need to do the same!

Ladies Who Took ACTION!



Denise Gray

In the first 30 days of the hot mess to ultimate success I lost several inches of belly fat. Detoxing with the Whole Foods and drinking the detox teas is key to reducing belly fat. I found when I deviate to try dairy or artificial sweeteners it shows right up in my belly. Lorisa meal plans worked for me. I had a huge waist prior to the program. I was embarrassed and hid my belly because I looked pregnant and now I'm getting my old figure back just with detoxing and target exercise. Lorisa has been a god send. I'm wearing a size 12 jeans in 3 months. I wore 16-18 prior to the program



Mona Browne

Sunday at 1:43 PM



Just want to drop this pic and say that I have truly been blessed to be a part of this program and truly learn and appreciate how to feed my body the right foods. I am now at 179lbs a whopping 26lbs of weight loss... I still struggle with my exercise program and my goal is to get to five days a week. But seeing these results on my body shows me even more the importance of eating right as I continue to loose weight from maintaining my plant based diet.... I would not have dreamed of wearing this dress 3 months ago. Now my mind is so open and ready to appreciate this process and the value it has added to me.

These Women Have Gained The Energy, Increased Confidence, & Empowerment

Now it's your turn!

I love helping women get there best body through proper plant based nutrition (getting most of your nutrients from plant sources). Why? Because I know how it feels to be energized, confident, and empowered! And how that will take you to the next level in your life!

Let's get you to that woman you
KNOW you are meant to become!

Signing up for the Mini Detox Bundle will give you the start you need to feel the energy soar and get that flatter belly. And it's just what you need to reboot your body!

With the Mini Detox Bundle

You'll know exactly what it takes and what you need to eat to reboot your body naturally using pure whole food only in just 4 days.

Catch the details **HERE:**

Mini Detox Bundle

<http://www.lorisaleigh.com/minidetox>