

For your doctor

Most medical experts agree on, and numerous studies are showing, the benefits of consuming fresh fruits/vegetables and fresh expressed juices in the prevention and treatment of obesity, cardiovascular disease, inflammatory conditions, and cancer.

Your patient has expressed interest in starting the pathway toward healthier eating by participating in a Reboot program. It is recommended that anyone with medical problems, on prescription medications, or who is interested in participating in the program for longer than 15 days consult with their physician.

What is a Reboot?

- It is a chance to break the cycle of unhealthy eating.
- It is a temporary period of time in which a person commits to eating and/or drinking only fruits and vegetables.
- It is not a diet; it is a time for the body and mind to reset and maximally absorb micronutrients and phytonutrients to allow for a transition to healthier, whole foods, plant-rich eating behaviors.

Why include juice?

How many patients have told you they would eat more vegetables, but they just don't like the taste? Juicing overcomes this obstacle. It offers many delicious health benefits, including numerous servings of fruits and veggies in just one glass, full of immune-boosting nutrients and phytochemicals naturally found in freshly extracted juice. Most commercial juices are highly processed and lack nutrition compared to freshly juiced fruits and vegetables.

Reboot basics

- Reboot length can vary from 3 to 60 days.
- Guidelines are provided online to help individuals decide which Reboot program is best for them, and all the information needed is free of charge at www.rebootwithjoe.com.
- Individual and group support from credentialed nutritionists from respected academic institutions are available in Guided Reboots for a reasonable fee.
- Fruits and vegetables are the principal components of a Reboot, followed by guidelines for other healthy food choices after the completion of a Reboot.
- Many people find that replacing breakfast and lunch with a nutrient-packed fresh fruit juice or smoothie, along with a healthy dinner, results in significant improvements in eating habits, health, and weight.

Protein

A Reboot is not meant to be a long-term meal plan. Plant-based protein is present in the foods eaten during a Reboot. Because this is a short-term change designed ultimately to lead to healthier eating habits, protein deficiencies do not typically develop. If you have concerns about your patient's protein intake during a Reboot, we have several plant-based protein supplements that we recommend can be added.

Medical support

- Medical judgment with regard to each individual patient is left to the discretion of the treating physician.
- In general, no laboratory studies are recommended for healthy individuals completing a program of up to 15 days.
- Although we have not seen any participants develop electrolyte abnormalities, we recommend that physicians check electrolytes every 15 days for healthy individuals doing a juice-only Reboot longer than 15 days.
- A juice-only Reboot is not recommended for more than 60 days, and the length of time is in part based on the BMI of the individual.
- Healthy individuals on anti-hypertensive medications have also participated in Reboots for extended periods of time, and we recommend electrolytes be checked in these individuals every 10 days. Many individuals on anti-hypertensives have been able to decrease their doses or discontinue the usage of some medications as their blood pressures normalize. It is recommended to monitor a patient's blood pressure during and after a Reboot and adjust their medications as needed.
- Patients with diabetes have also successfully participated in both juice-only and juice-plus-food Reboots, including decreasing and sometimes eliminating the need for medications. It is not recommended that anyone with diabetes participate without a physician's or nutritionist's guidance.

If you have additional questions about the use of a Reboot in your patients, please email info@rebootwithjoe.com and our nutritionists or physicians from the Medical Advisory Board will contact you.

(Please note that this service is intended for physicians only; due to volume we do not respond to questions from individuals. Free online support is provided to anyone interested in participating in a Reboot at [http://www.rebootwithjoe.com/.](http://www.rebootwithjoe.com/))

Reboot USA

www.RebootwithJoe.com