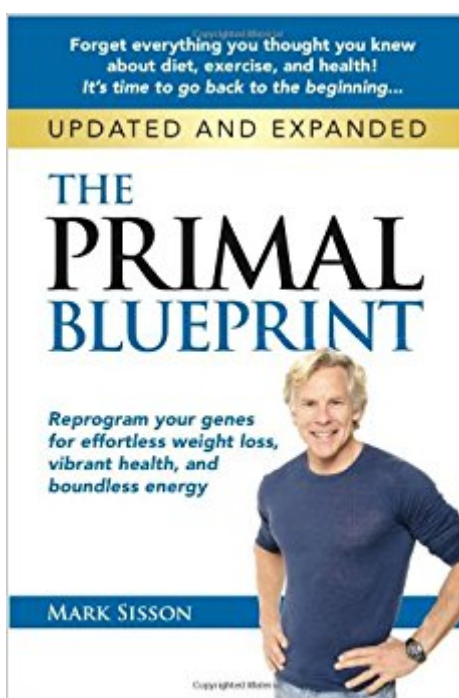


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The Primal Blueprint: Reprogram Your Genes For Effortless Weight Loss, Vibrant Health, And Boundless Energy (Primal Blueprint Series)



Synopsis

Being healthy and fit has gone mainstream--millions sweat the calories away on the roads or in health clubs and scrutinize labels and menus trying to do the right thing to control weight, delay aging, and feel healthy, fit, and energetic. And it's simply not working. Rates of obesity, diabetes, arthritis, heart disease, and cancer continue to climb, and even the most committed fitness enthusiasts often carry 10 or 20 extra pounds of body fat. In this updated and expanded edition of the 2009 hardcover release from Mark Sisson, MarksDailyApple.com publisher and de-facto leader of the burgeoning primal/paleo/evolutionary health movement presents the compelling premise that you can reprogram your genes in the direction of weight loss, health, and longevity by following 10 immutable Primal laws validated by two million years of human evolution. This 2012 paperback release contains extensive, never-before-published bonus material, including an incredible full-color, 16-page insert of seven Primal Blueprint reader success stories and their stunning before/after photos, pictorials, detailed descriptions and workout log pages for the Primal Essential Movements and Primal sprint workouts, hacks for each of the 10 Primal Blueprint lifestyle laws (to promote quick results in body composition, fitness, athletic performance, daily energy levels, and reduce disease risk factors and reliance on medication, solutions to common questions and stumbling blocks)-- pulled from Primal Blueprint reader submissions, and commentary on diets and dieting, including compare/contrast of Primal Blueprint with other popular programs.

Book Information

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Customer Reviews

Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller, The Primal Blueprint, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

My husband can't eat gluten and I ran across this book while doing my endless research on grains, inflammation and diet. This book is wonderful in many ways, but I'm going to focus my review on the information the book covers on grains and why we shouldn't be eating them. Give it chance. Don't immediately think this is the Atkins diet only with organic foods. Don't roll your eyes and think that this whole "gluten-free" thing you keep hearing about is some trend that the celebrities are talking about. This book spells out what grains do to us. Even though we had removed wheat from our diet, we had really just replaced it with a lot of corn products and other seemingly "safe" grains. We were overweight, always hungry, and my husband had a lot of pain throughout his body - just mysterious aches and pains everywhere. I was beginning to think we needed to get to a fibromyalgia specialist or a pain management doctor. I kept hanging onto this book and after several weeks of prodding, I finally got hubby to agree to give me a month on this diet. It was not an easy sell because he had already given up so many favorite foods by going gluten free, but I finally got him to say "yes." I cleaned out the pantry, made a shopping list, bought the food and we started in mid-January. Now we are in early March and we've both lost about twenty pounds each. Attention Ladies - the belly fat came off -six inches worth off my waist (I'm 49-not easy to do). But that is not why I love Mark Sisson and this book - not at all. I love it because the body-wide pain my husband had is nearly gone. He said he feels better than he has since he was a young man. I am so grateful to Mark Sisson because I was days away from looking into prescription pain relief for my husband as he deteriorated before my eyes. I hope some day I can meet Mr. Sisson and shake his hand. This morning as I left for work, my husband was bopping around the kitchen, making breakfast and looked happy and healthy. A few weeks ago he was hobbling around like an old man. His mother called me crying when she saw him walking from his car into her apartment building because she said he looked 80 years old. Do yourself a favor and give it a month. Many people say the foods on this diet are expensive, and it is a shock to buy organic produce and meat, but a week or two into the diet, you are just not very hungry and I have found that I actually spend less on groceries. I buy

grass-fed ground beef and large packs of organic chicken from Costco. We eat loads of organic salad, broccoli and kale. If we have a sweet craving we eat a little dark chocolate. Even if you can't buy totally organic - just apply the principles in the book and avoid the sugar and grains and you will feel like a new person. Bottom line - we both feel great and my husband's pain is soon to be a thing of the past. It's great to have smaller pants, but it's even greater to have our health improved in such a short period of time. UPDATE: September 2012 - my husband and I continue to shrink. This is the first time I have ever lost more weight than him (40 pounds) and that's just because he eats more fruit smoothies than I do. The big news is that my husband's bloodwork has completely changed in the time since I wrote the original review. Cholesterol dropped over 40 points, good cholesterol went up and triglycerides went down. CRP (inflammation) went down under 1 which means my husband is out of danger in terms of cardiac risk. This time last year my husband was in daily pain, couldn't remember anything and was being treated by a cardiologist. My husband's doctor told him he would never be able to turn his cholesterol around without statin drugs. This month, when the doctor reviewed my husband's labs he was amazed. He said, and I quote "what was the name of that book again?" This way of eating has changed our lives in ways I could not have imagined - we have so much more energy, brain fog is gone, more new pants for me, more inches off my waist, and people who haven't seen us for a while say we look 20 years younger. This plan takes commitment, but if you truly clean out the junk foods (grains) in your house and hang in there to get through the initial cravings, you will never look back. It is such a relief to never be hungry and not have to always think about food. If you are heading down the heart attack path of high cholesterol and your doctor is saying you have to get on statins - do this instead. If you have pain from arthritis or fibromyalgia, try this. It is truly life changing.

Mark gives a detailed account of what goes on in our bodies when we consume proteins and carbs. His advice challenges conventional wisdom and provides a new look at the food pyramid. I was following a similar regiment on my own prior to reading his book but I tweaked things afterwards. I have had profound improvements in my health since I cut the carbs and changed my eating habits. I am completely free of BP meds, my cholesterol has continually dropped and I feel better than I have in years. The biggest thing surprising me was I am not hungry, don't have the cravings I used to, and still I am shedding pounds. I can easily sustain this eating style permanently.

Changed my life! 2 years later and I'm at my old high school wrestling weight, stronger and faster than before (after 12 years). Wish I had followed this in the military, would have made life a whole lot

easier with all the PT and beating those lunch time blues. No longer eat grains, junk food, or drink anything other than water. More energy, better sleep, clearer head, everything is better. If you're on the fence, just do it!

Pros: Excellent, detailed, eye-opening guide to problems and consequences of the SAD (Standard American Diet). More than a diet book, it's a lifestyle book! Cons: May be too much science for some readers. May not be your cup of tea if you're not a Paleo fan. "The Primal Blueprint" was my first ever introduction to the Paleo diet over 3 years ago. At that time, I had never read anything like it before and have run across few other health books with such detailed insight about why we should eat and live a certain way. Most books tell you what to eat, when to eat, and how much to eat. In "Primal Blueprint", the focus is on WHY you should eat a certain way and why the author believes that this will lead to a more healthy life. If you are looking for a more natural-based way of eating and living, this is definitely a book to consider as part of your reference. One of the unique features of the book is that the author (Mark Sisson) doesn't just give you a list of guidelines ("Eat this" or "Don't eat that"). Sisson practically beats you over the head with statistics and research supporting those guidelines. He really wants you to know where he is coming from. If you're a person who is highly Another aspect of this book that I found unique was Sisson's unique of a fictinal character, Grok, to illustrate his principles. Grok is the quintessential caveman-lean, strong, and wise in all things nutrition and survival. Sisson provides this character to give an example of how believes mankind ate and lived during the caveman era. He contrasts this with "Korg", which is the modern-day equivalent (in other words us) as an example of how we should be eating. While Sisson's use of Grok and Korg is highly idealized, it is an analogy that should be considered. I strongly believed that we have veered off course without our diet and using Sisson's "Grok vs Korg" can provide a way to guide one's eating decisions. This is an incredible book and one that should be in every Paleo dieter's reference. There is a foundational book from which you should base all other books from!

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