



The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy (Primal Blueprint Series)

Mark Sisson

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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.

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