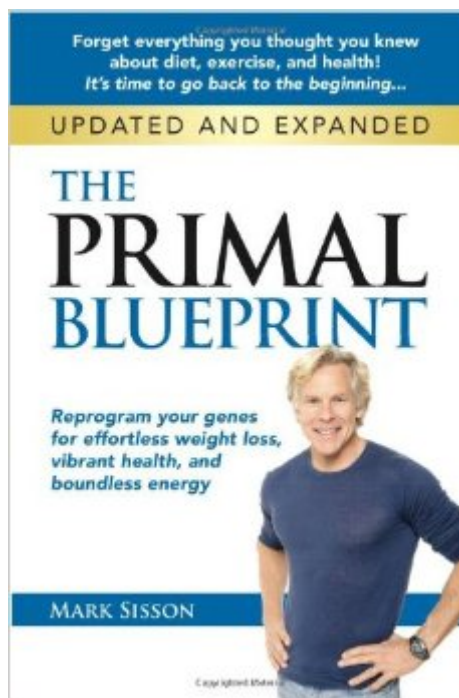


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# The Primal Blueprint: Reprogram Your Genes For Effortless Weight Loss, Vibrant Health, And Boundless Energy (Primal Blueprint Series)



## 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](http://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

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 feel silly writing a review for a book that already has so many reviews. But I want to put this here for those who are looking for a review that they can really trust. Check my profile and you will see that I am a long term top reviewer for - I am not paid, I give my honest opinion, I don't pull any punches, and I share my opinions only to help others who love books like I do. I bought this book in February based on the recommendation from a friend who had lost 50 lbs doing this diet. Honestly, I thought she must be exaggerating about all of the health benefits she had gotten from this lifestyle. But I had been having some serious health problems and I was desperate enough to try anything. A bit of background: I have always eaten a very "healthy" diet - whole grains, tons of organic veggies and fruits, cooking from scratch, eating almost no junk food at all. I spent most of my adult life as a vegetarian as well. In 8 weeks on the Primal Blueprint plan, I lost 27 lbs. I was able to go off my blood pressure medication. I feel energetic and GOOD all the time. Gone are the constant muscle & joint aches, the serious GI problems, the chronic exhaustion - it has completely changed my life. After the first 2 weeks I found the diet part to be very easy to follow [there is a detox period that can

range from 1-3 weeks depending on the person].I feel 30 years younger [I'm only 43!]. I am energetic and happy, I am able to excel in my athletic pursuits, I can play with my kids and keep up with them, I feel like a new woman.This book has changed my life in a miraculous way. I feel so strongly about it that I have purchased several copies and given them to friends.

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