



## The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan

By Mark Sisson

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DPrimal Blueprint author Mark Sisson presents a fun, easy-to-follow, practical guidebook to help you "get Primal" in only 21 days. First, you'll learn eight **Key Concepts** that represent the most important day-to-day elements living Primally, then tackle five Action Items that will enable you to literally reprogram your genes toward a long, healthy, and energetic life. The **Action Items** are presented in a fun and life-transforming **21-Day Challenge**, featuring daily diet, exercise, and lifestyle endeavors with corresponding journal exercises.

You'll transition out of the regimented, carb-dependent, fat-storing Standard American Diet (SAD), the chronic, overly-stressful exercise patterns recommended by Conventional Wisdom, and other health-compromising elements of hectic modern life. Instead, you'll smoothly implement the evolution-tested lifestyle behaviors of our hunter-gatherer ancestors to promote optimal gene expression.

By eating Primally, you'll transform from a carbohydrate-dependant "sugar-burner" into a "fat burning beast" as Sisson puts it, where the fat stored on your waist, hips, thighs and everywhere else becomes your body's preferred fuel source, and your energy, hormone, metabolic, and immune function are optimized automatically. With an intuitive mix of Primal workouts, you'll get exceptionally fit in only a few hours per week - and have fun while you're at it!

The Primal Blueprint 21-Day Transformation is stocked with photos, diagrams, concise section summaries, workout descriptions and pictures, resource lists for Primal-approved foods and foods to avoid, recipe suggestions, and detailed real-life success stories to help you stay confident and focused on your Primal journey. MarksDailyApple.com provides extensive support with thousands of articles on living Primally in the modern world.

- **Key Concepts** You really can reprogram your genes by the way you eat, exercise and live from day-to-day.

- The clues to optimal gene expression are found in evolution: adapt the simple lifestyle behaviors of our (genetically identical) hunter-gatherer ancestors into hectic modern life.
- Your body prefers burning fat over carbohydrates: Eating Primally will return your body to its "factory setting" as a fat-burning beast
- 80 percent of your body composition success is determined by how you eat - particularly your ability to regulate the wildly excessive insulin production of the Standard American Diet.
- Grains are totally unnecessary: Grains (and legumes for that matter) offer minimal nutrition, a high insulin response, and contain anti-nutrients that promote inflammation and compromise digestion and immune function.
- Saturated fat and cholesterol are not your enemy: They are critical to cellular health, hormone function and metabolism, and only cause problems when insulin production is excessive.
- Exercise is ineffective for weight management: Energy burned during workouts is negated by increased appetite/caloric intake. A chronic exercise pattern results in burnout and compromised fat metabolism.
- Maximum fitness can be attained in minimal time with high-intensity workouts. Brief, intense strength and sprint workouts promote optimal gene expression and broad athletic competency. You can get super-fit in only a few hours per week!

Armed with the secrets to healthy living, you'll take decisive action over your 21-day journey to:

- Eliminate SAD foods that promote weight gain and chronic health problems.
- Go Primal: restock your kitchen and implement winning strategies for shopping, dining out, and snacking.
- Understand the spectrum of best to worst foods in each of the Primal food categories.
- Implement Primal Blueprint Fitness workouts, blending frequent slow-paced movement, regular brief, intense strength workouts, and occasional all-out sprints.
- Slow life down: enjoy the simple pleasures of "slow" food, intuitive exercise, focused work habits, relaxing evenings, and plenty of time for play, socializing, and sun exposure.

Unlike many complex, regimented, quick-fix programs, the Primal Blueprint 21-Day Transformation is a simple, sensibly-paced journey shaped by personal preference and a strong emphasis on enjoying comfortable modern life. The material is scalable for everyone, from Type-A fitness die-hards who might benefit from a more relaxed approach, to couch potatoes who need motivation to take that first step.

Mark Sisson guides you in a light-hearted, irreverent tone that will make you feel comfortable and inspired, and never intimidated. You can expect quick results in

the first 21 days (fat loss, improved energy levels, fitness, and blood test markers), but your 21-Day Transformation is only the beginning of a life of ease and contentment that is possible when you live in harmony with your genetic expectations for health and longevity.

"While health and fitness is my life, I understand that many people are just too busy, too stressed, or perhaps even too intimidated - to make major lifestyle changes. The Primal Blueprint 21-Day Transformation book makes getting Primal easy, simple and totally do-able - no matter what your starting point is right now."

Gabby Reece - professional volleyball star, international supermodel, fitness celebrity, and busy mom

"After seven years of nagging diet-related illness, I felt completely recovered within one week of eating Primally - one week! I've experienced a breakthrough in energy and vitality that feels better than winning the lottery."

- Timothy Williams, West Los Angeles, CA

Lost 32 pounds from 5'9 ½" 185lb to 153lb, in 2 months

"With my insulin and blood glucose under control, I can go a whole day without food and still feel energized. I'm freaking happy all the time, and losing weight without really trying!"

- Tara Grant, Travis AFB, CA

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### **Editorial Review**

#### **Review**

Improve cholesterol and blood sugar, increase your energy and productivity and reduce stress

Build or sculpt a lean, fit, swimsuit-ready body in record time with minimal effort and no pain and suffering

Author's blog [marksdailyapple.com](http://marksdailyapple.com) is one of the top health and fitness destinations on the Internet with over 700,000 unique visitors each month.

Author is a leading voice in the low-carb Paleo market. Book will be featured daily in advertising on author's blog.

Step-by-step action plan to lose 2-3 pounds of body fat each week indefinitely until you hit your genetic ideal body composition

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Mark Sisson, author of the best-selling "Primal Blueprint", publisher of the top health blog [MarksDailyApple.com](http://MarksDailyApple.com) and de-facto leader of the Primal/paleo/evolutionary health movement, presents a fun, easy-to-follow, practical guidebook to help you "get Primal" in only 21 days. First, you'll learn eight Key Concepts that represent the most life-influencing components of the Primal Blueprint, then tackle five Action Items that will enable you to literally reprogram your genes toward a long, healthy, and energetic life.

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#### **About the Author**

Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his [MarksDailyApple.com](http://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

### **Users Review**

#### **From reader reviews:**

**Janet Speer:**

Book is written, printed, or created for everything. You can recognize everything you want by a reserve. Book has a different type. As you may know that book is important matter to bring us around the world. Beside that you can your reading ability was fluently. A reserve The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan will make you to end up being smarter. You can feel considerably more confidence if you can know about almost everything. But some of you think that open or reading some sort of book make you bored. It is not necessarily make you fun. Why they can be thought like that? Have you trying to find best book or acceptable book with you?

**Lillian Chatman:**

The feeling that you get from The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan may be the more deep you looking the information that hide in the words the more you get interested in reading it. It does not mean that this book is hard to understand but The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan giving you enjoyment feeling of reading. The author conveys their point in a number of way that can be understood through anyone who read the item because the author of this guide is well-known enough. That book also makes your current vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having this The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan instantly.

**Jacqueline Britt:**

Is it a person who having spare time and then spend it whole day by means of watching television programs or just lying down on the bed? Do you need something new? This The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan can be the response, oh how comes? It's a book you know. You are so out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these books have than the others?

**Judy Yelle:**

With this era which is the greater particular person or who has ability to do something more are more precious than other. Do you want to become considered one of it? It is just simple strategy to have that. What you have to do is just spending your time not very much but quite enough to possess a look at some books. One of many books in the top listing in your reading list is The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan. This book that is qualified as The Hungry Hillside can get you closer in growing to be precious person. By looking upwards and review this publication you can get many advantages.



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