



## The Primal Blueprint: Reprogramme Your Genes for Effortless Weight Loss, Vibrant Health and Boundless Energy

By Mark Sisson

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Primal Blueprint: Reprogramme Your Genes for Effortless Weight Loss, Vibrant Health and Boundless Energy, Mark Sisson, If you want to reach your physical and genetic potential Mark Sisson's 10 Primal Blueprint Laws will get you real results. Combining evolutionary biology with modern genetic science, Mark Sisson takes you back to basics and explains what you need to do to get the body and health you want - with the minimum amount of effort. Mark's approach works by adapting the simple practices of our early ancestors to our modern lifestyles. These include: eating a high-protein, high-fat diet with plenty of vegetables; exercising less for the best results; eliminating sugar and grains; improving quality of sleep; and spending more time outside. The 10 Primal Blueprint Laws will help you: - Lose weight quickly and easily - Increase your energy levels - Get a strong, fit, lean body - Sleep soundly - Improve cholesterol and blood sugar - Enjoy vibrant health This is an empowering and enlightening book that will help you stop struggling with your weight and give you back control of your health - and your future.

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