



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

Mark Sisson

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Combining modern genetic science and evolutionary biology, *The Primal Blueprint* dispels a number of the myths that modern medicine and conventional wisdom have come to accept as fact. Author Mark Sisson takes the reader on a fascinating journey through human evolution, comparing the life and robust health of our hunter-gatherer ancestors with a day in the life of a modern family - exposing potential health issues that arise from trying to do the right things living in the 21st century.

Sisson offers a solution in 10 empowering "Blueprint Lifestyle Laws" that can help us reprogram our genes away from disease and pain towards a direction of effortless weight loss, vibrant health and boundless energy. The reader learns how the right high-fat diet can actually help one lose weight; how popular low-fat, grain-based diets might trigger illness, disease, and lifelong weight gain; why doing too much cardio exercise might actually suppress the immune system and how some of today's most common medications might make a health condition even worse.

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