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The Primal Blueprint 21-Day Total Body Transformation: A Complete, Step-By-Step, Gene Reprogramming Action Plan | Mark Sisson | ISBN: 9780982207772 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.

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The Primal Blueprint 21 Day Total Body Transformation

Lose excess body fat and keep it off! 21 days of assignments, journal exercises, comprehensive diet, exercise, and lifestyle action items.

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Primal 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

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Most of all, the Primal Blueprint 21-Day Challenge will show you that you alone have the power to control your health, determine your body composition, and direct gene expression toward fat-burning, muscle-building, energy-producing, and life-extending pathways. The 21-Day Challenge In 30 Seconds. This is the Challenge. Do it for just 21 days and the results will speak for themselves.

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The Primal Blueprint 21 Day Total Body Transformation

The New Primal Blueprint serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors.

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