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The New Primal Blueprint Amazon de Mark Sisson

The Primal Blueprint helped me reframe my perspective about what being healthy really mean and helped me embrace a broader perspective of fitness. Mark is a guy who has been there and done that; his credibility is excellent, as is his research to support his ideas. If you are looking to get healthy and fit, then get The Primal Blueprint.

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Primal Blueprint

What is the Primal Blueprint? Make a commitment to the Blueprint, and watch your body transform into the ideal composition it was meant to be. The Primal Blueprint is no fad weight loss program it s a set of lifestyle laws and habits that are the keys to health, wellness and longevity.

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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.

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The Primal Blueprint by Mark Sisson goodreads com

Book Description: 10 simple laws for effortless weight loss, a healthy immune system and boundless energy.

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THE PRIMAL BLUEPRINT

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The Primal Blueprint Reprogram your genes for effortless

Besides The Primal Blueprint, Mark has authored The Primal Blueprint 21-day Total Body Transformation, The Primal Connection (which won the Eric Hoffer Award in 2013 for best self-published book, and the Ben Franklin Award silver medal in the mind/body/spirit category); and numerous other books on cooking, athletic training, and health.

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0 0 1 770 3970 Stunaan 84 19 4721 14.0 . Mark Sisson's 2009 release of The Primal Blueprint was the catalyst for the primal/paleo/ancestral health movement to gain mainstream awareness and acceptance.

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Books Primal Blueprint

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