

ESCAPE CHRONIC CARDIO AND CARBOHYDRATE DEPENDENCY -  
BECOME A FAT-BURNING BEAST!

# PRIMAL ENDURANCE



- **GO FASTER** - A LOT FASTER! - ON LESS TRAINING
- **LOSE EXCESS BODY FAT** - AND KEEP IT OFF
- **REDUCE STRESS** - PRESERVE HEALTH, AVOID BURNOUT
- **TRAIN INTUITIVELY** - INCONSISTENCY IS KEY
- **HAVE MORE FUN!**



BEST-SELLING AUTHOR OF THE PRIMAL BLUEPRINT

# MARK SISSON

AND BRAD KEARNS

# Nice Primal Endurance Chronic Carbohydrate Dependency

**Mark Sisson**

## Nice Primal Endurance Chronic Carbohydrate Dependency:

**True Health** Julie Watson, 2018-08-28 Are you tired of diets that don't work? Tired of being put in a box of eating dos and don'ts? The world is full of mixed messages when it comes to our health and it can be hard to know who or what to trust. But what if the one source we trust the most, God and his Word, the Bible could also teach us about how to live healthy and love ourselves both spiritually and physically? **TRUE Health** is your complete guide to recognizing and releasing health struggles, embracing who you are and stepping fully into your God-given potential. Author and certified health and life coach Julie Watson shows you how to achieve better health without depriving yourself or trying to adopt practices you don't enjoy. It's your life and your personal journey. Health is about having the mindset, nourishment and self-understanding that will set you up for success. You need a strategy for your health and for your life that is true to you and to the woman God is calling you to be. With sound practical strategies and the spiritual and emotional encouragement you can receive from faith in God, you will learn how to create true health so you can show up fully in this world, stop playing small and live the life you are meant to live.

**The Keto Reset Diet Cookbook** Mark Sisson, Lindsay Taylor, 2018-11-06 Slim down, get healthy and go keto the right way with 150 keto-aligned recipes from the bestselling author of **The Keto Reset Diet**. On the heels of Mark Sisson's bestselling **The Keto Reset Diet**, comes a roadmap to starting and staying keto. You will transition away from carbohydrate dependency and weight loss frustrations into the world of metabolic flexibility where you can reprogram your metabolism to use fat for fuel. You'll ditch processed grains, sugars and refined vegetable oils in favor of nutrient-dense, high-fat foods. With the delicious, diverse meals in this cookbook, your journey will be enjoyable, convenient and free from the risk of backslicing and burnout that comes with a rushed approach to keto. **The Keto Reset Diet Cookbook** will help you replace your old favorites for every meal with keto-approved substitutes: Breakfast, Cream Cheese Pancakes, Hearty Coconut N' Oatmeal, Lunch, Broccoli Cauliflower Soup, Avocado Stuffed with Salmon, Salad, Dinner, Braised Short Ribs with Mashed Cauliflower, Cheesy Eggplant, Spinach Casserole, Sides, Italian Stuffed Spaghetti, Squash, Turnip Noodles with Dandelion Pesto, Dessert, Dairy-Free Avocado Mousse, Chai, Panna Cotta, Snacks, Lemon Protein Balls, Bacon Party Mix. With these recipes and many more, you'll experience a new world of low-carb culinary possibilities and lasting health.

**Primal Endurance** Mark Sisson, Brad Kearns, 2016 **Primal Endurance** shakes up the status quo and challenges the overly stressful, ineffective conventional approach to endurance training. While marathons and triathlons are wildly popular and bring much gratification and camaraderie to the participants, the majority of athletes are too slow, continually tired and carry too much body fat, respectively, to the time they devote to training. The prevailing chronic cardio approach promotes carbohydrate dependency, overly stressful lifestyle patterns and ultimately burnout. Mark Sisson, author of the 2009 bestseller **The Primal Blueprint** and de facto leader of the primal paleo lifestyle movement, expertly applies primal lifestyle principles to the unique challenge of endurance training and racing. Unlike the many instant and self-anointed experts who have descended upon the endurance

scene in recent years Sisson and his co author business partner Brad Kearns boast a rich history in endurance sports Sisson has a 2 18 marathon and 4th place Hawaii Ironman finish to his credit has spearheaded triathlon s global anti doping program for the International Triathlon Union and has coached advised leading professional athletes including Olympic triathlon gold and silver medalist Simon Whitfield and Tour de France cyclist Dave Zabriskie Under Sisson s guidance Kearns won multiple national championships in duathlon and triathlon and rose to a 3 world triathlon ranking in 1991 Primal Endurance applies an all encompassing approach to endurance training that includes primal aligned eating to escape carbohydrate dependency and enhance fat metabolism building an aerobic base with comfortably paced workouts strategically introducing high intensity strength and sprint workouts emphasizing rest recovery and an annual periodization and finally cultivating an intuitive approach to training instead of the usual robotic approach of fixed weekly workout schedules When you go Primal as an endurance athlete you can expect to enjoy these and other benefits in short order Easily reduce excess body fat and keep it off permanently even during periods of reduced trainingPerform better by reprogramming your genes to burn fat and spare glycogen during sustained endurance effortsAvoid overtraining burnout illness and injury by improving your balance of stress and rest both in training and everyday lifeSpend fewer total hours training and get more return on investment with periodized and purposeful workout patternsHave more fun be more spontaneous and break free from the pull of the obsessive compulsive mindset that is common among highly motivated goal oriented endurance athletesHave more energy and better focus during daily life instead of suffering from the active couch potato syndrome with cumulative fatigue from incessant heavy training makes you lazy and sluggish Primal Endurance is about slowing down balancing out chilling out and having more fun with your endurance pursuits It s about building your health through sensible training patterns instead of destroying your health through chronic training patterns While it might be hard to believe at first glance you can actually get faster by backing off from the overly aggressive and overly regimented Type A training approach that prevails in today s endurance community Primal Endurance will show you how every step of the way *The New Primal Blueprint* Mark Sisson,2016-11-15 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 Both the hardcover and paperback editions enjoyed a seven year run at the top of the primal paleo charts and selling hundreds of thousands of copies Sisson publisher of the acclaimed MarksDailyApple com the acclaimed and most visited primal paleo blog has spent the past six years diligently researching and evaluating recent the most up to date science and reflecting on thousands of users experiences going primal The second edition of The New Primal Blueprint offers a comprehensively revised expanded and updated message from the original runaway bestseller 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 The book details the ten immutable Primal Blueprint lifestyle

laws that enable empower you to reprogram your genes to direct in the direction of weight loss health and longevity The Primal Blueprint laws are validated by two million years of human evolution as well as an ever expanding body of contemporary scientific research Sisson s philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets Eight years later mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high carb grain based diet will make you fat tired and sick that a consistent routine of medium to difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease and that consuming whole food sources of fat and cholesterol does not lead to heart disease as we have been led to believe but rather offers many health benefits The New Primal Blueprint comes alive with a vibrant full color presentation packed with photos graphics and cartoons to make for a fun easy and memorable read Join hundreds of thousands of primal enthusiasts and embrace a new way of life where you take responsibility for your health fitness and happiness Reject once and for all the flawed conventional wisdom that has left modern citizens struggling with fatigue excess body fat and elevated disease risk factors as a consequence of grain based eating habits exhausting exercise routines sedentary lifestyle patterns and high stress existences that misdirect our genes and promote illness instead of wellness and longevity Here is a quick overview of the ten Primal Blueprint laws that will help you quickly and effortlessly reprogram your genes in the direction of health happiness and longevity Law 1 Eat Plants and Animals Enjoy the nutritious satisfying foods that fueled two million years of human evolution Law 2 Avoid Poisonous Things Avoid toxic modern foods primarily refined vegetable oils sugars and grains that make us fat sick and malnourished Law 3 Move Frequently Enhance fat metabolism improve cognitive function and avoid the stress of chronic cardio by keeping active with aerobic workouts at a comfortable heart rate increased everyday movement and complementary flexibility mobility activities throughout your day Law 4 Lift Heavy Things Brief intense sessions of functional full body resistance exercises supports muscle development increases bone density and prevents injury Law 5 Sprint Once in a While Occasional all out sprints turbo charge fat reduction and deliver a boost of anti aging hormones Law 6 Get Plenty of Sleep Align your sleep with your circadian rhythm by minimizing artificial light and digital stimulation after dark and creating a calm quiet dark sleeping sanctuary Optimal sleep promotes healthy immune brain and endocrine function Law 7 Play Balance the stress of modern life with some unstructured physical fun Both brief breaks and grand outings are essential to nurture a cognitively fluid mind and a free spirit Law 8 Get Plenty of Sunlight Expose large skin surface areas frequently to optimize vitamin D production increases energy prevents cancer Maintain a slight tan but never burn Diet alone doesn t cut it Law 9 Avoid Stupid Mistakes Learn to be mindful and vigilant against dangers both extreme and routine Cultivate risk management skills to stay safe and sensible and eliminate avoidable suffering Law 10 Use Your Brain Engage in creative and stimulating activities away from your core daily responsibilities This will keep you refreshed energized creative and productive in everything you do [The Primal Blueprint 21-Day Total Body](#)

Transformation Mark Sisson, 2011 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 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 sugar burner into a Sisson s so called fat burning beast where stored body fat becomes your preferred fuel choice and 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 photos 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 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 requirements for health and longevity

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