

## The Primal Blueprint Podcast – Episode #24: Mark Sisson’s Tips for Removing Excess Body Fat

Topic timestamps:

How do you get beyond the plateau? How many carbs are you eating?: 00:44

Stressful life creates overproduction of cortisol: 05:02

Primal Calm: How does it work to moderate cortisol?: 09:19

Building muscle mass/getting toned: 14:10

Chronic cardio might be a problem: 16:19

"The Biggest Loser" TV show/more movement necessary: 20:23

Intermittent fasting: 25:05

Talking about the plateau: 31:01

Attitude and mindset: 32:51

The importance of sleep: 36:26

Sprinting is important: 39:06

### Executive Summary:

[00:00:44] Losing excess body fat has been a topic included in many of the questions that have been submitted both written and on the SpeakPipe. Mark has talked about this topic often, including a recent "17 Reasons You are Not Losing Excess Body Fat" that was in the Mark's Daily Apple website. Brad and Mark are going to discuss some of these things that might not be fully respected or considered by people who are struggling out there. Primal Blueprint is about living a healthier lifestyle. People who get into the Primal Blueprint find they feel better and they lose some weight. Most often they hit a plateau in their weight loss. What Mark tries to do with his blueprint is to figure out how this template applies to you as an individual to the next level. We know that getting under 100 grams a day is where the fat burning beast is going to kick in. Most people are really not as aware of the amount of carbs they take in at any given time. Portion size has a lot to do with it. The labels on packages can be misleading.

Mark and Brad talk about the 90-day journal that they created that is so helpful in these cases. You need to record what you eat in order to develop the intuition for what works for you and what doesn't work for you. There are some on-line journals as well, such as FitDay.com, PaleoTrack.com, and Dr. Cate Shanahan's Primal Advantage is including a weeklong diary as part of her protocol for her clients. You may find you just are taking in too many calories.

[00:05:02] Another one on the list is that is hindering the fat reduction goals is overly stressful lifestyle, or chronic overproduction of cortisol. In today's world, stress is all over the place and cortisol helps keep fat on. What happens when to appetite and fat metabolism vs. carb needs when the cortisol is pumping out too much? Cortisol is a gluconeogenic hormone hoping to produce more glucose and it causes the breakdown of muscle tissue and decreases the manufacturing of calcium. So moderating stress levels, eating a primal aligned diet eliminating those excess carbs, you have appetite stability, your energy stable and life becomes less stressful. Try lowering your stress by cutting back schedules, meditating, exercising, getting proper sleep, and diet, and even taking Primal Calm if needed.

[00:09:19] How does Primal Calm work and how does it work? Brad has used in sporadically in particular with jet travel. Mark designed it when he realized that he doesn't deal with stress very well himself. Primal Calm is a natural alternative to traditional stress-fighting methods, using the purest, most up-to-date, well-researched, patented ingredients. In fact, Primal Calm contains five specific natural anti-stress ingredients: Phosphatidyl Serine, L-Theanine, Magnolia Bark, Rhodiola and Beta-Sitosterol. Each has a unique method of action in supporting your body's own natural stress-reduction systems. It doesn't cause you to feel sleepy and really doesn't have any noticeable effect on the body.

If you are not losing the body fat you want, make sure your carb count is under control, level out the stress levels in your life and maybe you are adding muscle mass.

[00:14:10] When you use the scale as your measurement of achieving your weight loss goals, keep in mind you maybe may need more muscle. Don't worry, you won't get big, you will get toned. The amount of muscle available to you is determined by your family genetics.

[00:16:19] Another reason you might be stuck is chronic cardio. Some many people look at their body composition and think, if I just exercise a bit more, I can lose that excess weight. What often happens is the body rebels against the repeated stress. You have to give the body a chance to recover. There is a tendency to overeat when you workout excessively. Instead you haven't learned how to burn fat. Your weight loss goals have as much to do with your strategic selection of exercise days and the types of exercise, as it does with the calorie count and the macronutrient profile. Most people would be surprised at how little exercise they really need to do in order to achieve the ideal body composition.

[00:20:23] A good example of this is the TV show, "The Biggest Loser" where you have people who are morbidly obese who are put on a regimen of 1000 or 1200 calories a day and then encouraged to burn up to 6000 calories a day during exercise. On the short term, they show some improvement but most gain the weight back. It is very sad.

[00:22:39] Mark's pet project right now is insufficient general everyday movement. He is looking for solution. It is not about going to the gym. Our ancestors did not have cushy sofas or nice comfortable office chair to sit on. They either had to walk or squat all day long, climbing, toting things. With our sedentary lives there are things that happen to your body. You shorten your Achilles, you shorten hip flexors, your lower back tends to slouch and this tends to effect when you are moving around the rest of the day when you are not sitting. It is important to get up frequently during the day and walk or move, not because you are trying to burn calories but you are trying to re-craft your body into a balanced mechanism.

[00:25:05] The next topic to look at for your weight loss is accelerate your intermittent fasting efforts. You may need to create a caloric deficit to encourage your body to use up some stored body fat. Some people misinterpret the primal strategy, thinking there are no limits to what amounts you can eat. Once you develop an understanding of how to burn fats, you can be skipping meals and not have it affect your mood. When you skip the meals, you can burn some body fat. Understand this is not a strict step-by-step diet. What it really is, when you go primal, is you are unlocking the potential to have all of these body composition goals happen naturally. You need to develop your intuition, by making good choices based on what you learn.

Brad asked Mark about his dietary habits and whether he eats regularly. Mark pointed out that the ancestors certainly didn't plan breakfast, lunch, and dinners. They ate when they could and when they were hungry.

[00:31:01] The word "plateau" implies that you have made progress and maybe being on a plateau isn't so bad. It is a point where your body wants to take a rest. Your body is the real arbiter of what your ideal body composition is. If you still want to lose some more, we can do it, but it will take a lot more effort. The question becomes how much you want it and what is it worth to you and what are the costs and sacrifices?

[00:32:51] Attitude and mindset are very important. You want to have a positive attitude. It is good to have a goal but not have an attachment to the outcome. When you set a lofty goal, you can get close enough to what you want. The experience is what counts. You are what your parents gave you in genes and what they taught you growing up, the schools, the friends. You are mostly the result of your own choices. You need a willingness to take responsibility for where you are right now today. You can make choices now for what you do with the rest of your life. Do not take the victim position. What happens, happens. Go on from here to have a productive life.

[00:36:26] Talking about sleep, Mark points out how important it really is. Without the body's ability to renew itself on a daily basis with sleep, we fall in to weight gain, depression, ill health, a suppressed immune system. Insufficient sleep does have some very serious negative effects. Look at the quality of sleep you are getting rather than how many hours. If you wake up in the morning feeling refreshed and energized without an alarm, that is an indication that you are on track.

[00:39:06] If eating Primally is number 1 and getting enough sleep is number 2, probably sprinting is number 3. When people ask Mark about their plateau, he asks them if they are sprinting. The impact of it on your metabolism is tremendous. It only has to be 15 minutes twice a week. It takes a while to recover and it is all good. If you do the sprints right, they are very effective and eliminate the necessity to look for other workouts.

The listeners should go back and listen to the podcast Episode 16, where Mark talks about sprinting.