

The Primal Blueprint Podcast – Episode #32: Listener Questions and Answers with Mark Sisson

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Brad Kearns: Okay. We are back in the Malibu Studios. Thank you, Mark Sisson for joining us. Our regular listeners will realize that it has been quite a while since we have had a Q and A podcast from our listeners.

Mark: Looking forward to it. Let's get started.

Brad: [00:01:01] Let's look at some of these interesting questions. One of them is from Walter, a 92 year old, from Woodland Hills, California. He writes in to talk about how his oncologist has been treating him for prostate cancer for many years and also wants his blood lipids in the ideal range. He was placed on small doses of the statin drug, Zocor. Several months ago he stopped Zocor to see if he really needed it and to his surprise, his LDL went up to 145 from the 60 to 90 area. "Due to expense factors in the lab my individual components, the small dense particles, were not identified. It has me wondering if I should alter my paleo style diet and be more careful of the eggs, butter, and fatty meats that I have been eating. Along the same lines I notice the American Cancer Society and some other medical sources have warned against eating too much red meat, especially regarding colo-rectal cancer. Again, saturated fat is regarded as the culprit and we are warned that high saturated fat diets lead to increases in LDL and, of course, increase in heart disease risk, according to conventional wisdom story. I am told by me doctor that going back on statin drugs is a logical answer to lowering my LDL. Do I really have to go back on statin drugs?"

Mark: Well, this is the classic battle between the paleo world and the traditional medical world which tends to still view fats and cholesterol as the proximate cause of heart disease and more and more evidence is showing that heart disease is not that related to cholesterol and fat and is much more related to oxidation and inflammation. So in the case of Walter (he has included other numbers in his letter) I note that some of the numbers are great. Triglycerides at 42 are awesome. That is a great number. HDL at 52 ...probably could be a little higher. What we notice is that when people go on to a paleo diet, the LDL does tend to increase. For just about everybody on a paleo or Primal Blueprint diet that is a natural fact from eating more saturated fat. But also HDL, the good cholesterol, tends to increase. There are a lot of different variables that we have to look at here for somebody who is 92 years old and is dealing with chemo and whatever therapeutic effects of whatever they are taking for a long-standing prostate cancer issue. This whole blood lipid thing is only one small part of that. The question ends with, 'Does everybody have to go on statin drugs.' The answer is unequivocally "no." Everybody does not have to be on statin drugs and I think most people don't have to go on statin drugs. We could probably do a whole new show on just the latest information on say calcium scores or when you take a look at the coronary arteries and the amount of calcium that is deposited around those. That is indicative that something is going on biochemically that is an effect of oxidation and inflammation. This case.....I don't give medical advice but I would not be worried about a raise in LDL cholesterol if triglycerides are fine and if HDL is fine, and if all other indicators are great. All we are talking about is a perceived increased in risk in one small part of the

medical community that is always kind of attached risk to cholesterol and saturated fat. We are starting to see that it is no longer the case.

Brad: In Dr. Ron Sinha's book, *South Asian Health Solution*, and also in the *Primal Blueprint* you talk about the difference between small dense LDL which are potentially dangerous because they can lodge in the walls of the arteries and become oxidized, and the large fluffy LDL which roam around in the bloodstream. They are generally harmless. So if you were going to tell someone not to worry about their LDL, is it because the triglycerides are low?

Mark: Yeah. You could start with low triglycerides, as being a primary indicator that everything is fine. But secondarily, you look at the particle size and particle number (it is sort of the next level of blood testing you can do.) If you have small dense particles, what they call Pattern B that can put you at a higher risk category. That is another added level of testing that can be done. Also Peter Attia has done a lot of work looking at particle numbers.....just total number of particles. There seems to be a correlation between a high particle number and the risk factor. Again, the LDL cholesterol is low-density lipoproteins carrying cholesterol. Those are a normal function of the human body. To have a certain amount of that activity going on in the body is not necessarily a bad thing. These large fluffy LDL particles that are benign are actually probably more than just benign, they are probably beneficial.

Brad: Furthermore, Dr. Cate Shanahan makes the point strongly that you should better focus on your triglycerides to HDL ratio because know that when you have a high HDL count that is scavenging the bloodstream for the potentially bad molecules and flushing them out.

Mark: Looking at Walter's ratios here, I wouldn't see any issue at all. His HDL is 52 and triglycerides are 42 so he has a great triglyceride to HDL ratio. So again, it for a 92-year-old man, I would do whatever I could to not be on statins for all the other potential side effects that statins present.

Brad: [00:07:16] Such as depletion of Co-Q-10 and what happens there?

Mark: Such as increased potential for age-related dementia such as decrease in Co-Q-10, which is a co-factor in energy production. It affects all the muscles of the body, but tends to also affect the cardiac muscles. The irony is that if you have low Co-Q-10, you might be more inclined to have congestive heart failure rather than some sort of atherosclerosis. Many people take statins report a decrease in energy levels in general, increase in liver enzymes (not necessarily a good thing.) So there are a lot of contraindications for taking statins drugs, particularly if you are an older person. Again, we are not allowed to dispense medical advice so this is all conjecture and theory.

Brad: Right it is all fodder for the listeners to investigate for themselves. However when you are involved in the *Primal Advantage*, you are working with Dr. Cate Shanahan in a metabolic consulting role. It is not a proper doctor visit but as a physician, she can comment on some of the blood values. Just to stress that point, if you do have some blood work of your own that you can reference, she talks about the triglycerides to HDL ratio as being absolutely necessary to be 3.5 to 1 or better. If you are over 3.5 triglycerides to 1 HDL, you are in a risk factor zone. Ideally, you would get that down to 1 to 1 or better. In Walter's case he had lower trig than HDL so he is better than 1 to 1, which is really flying colors for disease risk.

Mark: I think most people who engage in a paleo style or take on the *Primal Blueprint*; they will have a ratio that is less than 1. Forget 3.5. I think even that is way out of whack. I think that most people are going to see that their HDL is higher than their triglycerides, which in many analyses would put you at the lowest risk factor.

Brad: Dr. Ron Sinha said the same thing. He said the upper limit of triglycerides or the safe zone is 150. He says he wants his patients down to 100. The amazing thing is that in a very short time, in a matter of weeks from altering your diet from the standard American diet, you can drop that thing precipitously. My friend, Rob Haswell in Auburn, California got a trig measurement of 600 and something. In a matter of six weeks, he got it down to 149.

Mark: Yes, we know that a quick adaptation to the diet and that if you stick to that diet you are going to trend to lower risk factor for heart disease.

Brad: If you are a listener and are on statins because your doctor says so and this stuff is swirling around in your head, could you benefit from taking Co-Q-10 supplements while you are on statins?

Mark: Yes. Anybody who is on statins ought to be taking Co-Q-10 supplements at full stop. Any physician who has a patient on statins and is not prescribing Co-Q-10, even though Co-Q-10 is an over-the-counter supplement you can get in any health-food store, is doing a great disservice to the patient. In fact, the original patents for the statin drugs recognized that by interfering with the enzyme pathway that manufactures, not only cholesterol, but also manufactures Co-Q-10, suggests that the medicine ought to include Co-Q-10 in recognition of that fact. But Co-Q-10 was so expensive to add to the medicine that they kind of kicked it out of the patent in the original application and just went for the statin.

Brad: It is kind of like when you see those movie outtakes and a great scene was dropped from the movie due to cost or whatever. That is terrible news. *Primal Nutrition* doesn't have a Co-Q-10 product, but I know it is in the Damage Control Master Formula.

Mark: The Damage Control Master Formula, which has been around for 18 years now and is basically a collection of all the things I think everybody could benefit from taking supplementally. It does include Co-Q-10 and Resveratrol, grape seed extract, green tea extract, milk thistle, a lot of herbal supplements, and a lot of other extracts and phytonutrients and vitamins and minerals that I think people could benefit from. It was recognition that Co-Q-10 is such an important molecule for energy production in all humans so I put that in there. I am going to reiterate that it is particularly important to supplement with Co-Q-10 if you are on statins.

Brad: So are you getting enough daily dose if you are taking two packets of Master Formula to cover that Co-Q-10 base, especially if you are on statins?

Mark: Well, we have 150 milligrams per day in the Master Formula and if somebody were on regular high dose statins, I would say you probably should be taking twice that....300 milligrams of Co-Q-10, but if you were on a low dose statin, then probably 150 would be sufficient.

[00:12:21] Brad: Alright. Here comes another question: Here is a question from one of our favorite question submitters, Karl Bendy in Michigan. It is quite long but he puts in some good stuff and he is our *Primal Transformation Seminar* presenter so he knows his stuff and he gets in deep. He is going to challenge you with this one.

Karl writes: "Can you please elaborate further on the benefits that primal eating has on the suppression of hunger and the thought that hunger should be the true guide to eating, not just because you are following the traditional breakfast, lunch, and dinner mealtimes. Timothy Noakes is the guy we have referenced before. He is the exercise physiologist from South Africa, who has gone primal in recent years. Even Noakes mentions that when a high-fat diet is incorporated and carbs are reduced, actual hunger may come around only once every 10 to 12 hours. Once the homeostasis has been reestablished in the body brain by eating in this style, your activity levels will determine your hunger. Noakes references the African lion being at the top of the food chain and he could certainly gorge any time he wants, but because he has a properly regulated and appetite center, he only eats when he is hungry, and, as a result, maintains a lean body composition." That is only half of the question, but what do you think about that right now?

Mark: There is a lot of good fodder for discussion here. Tim Noakes says that the lion stays lean eating when he is hungry and sleeping and lying around a lot. I don't think we can use that as an analogy for humans. My friend, Dr. Mike Leed would say humans are not big furry mice. Or mice are not furry little humans. The idea is that once you reaccess your ability to burn fats efficiently, (which was your factory setting at birth)that is once you have cut out the carbs, sugars and the processed crap, you become better at accessing stored body fat, at any point during the day for energy. One of the effects of that is that the hunger that used to drive you is now mitigated. The hunger sort of dissipates. It reduces. That is just what

happens when you follow along with a high-carb, high-sugar-based diet where you become so dependent on glucose as a fuel every couple of hours. Note the fact that your body cannot store that much glucose and you note the fact that if you are insulin resistant, then whatever glucose you put in to your body at a meal gets sequestered in the fat cells and not in the muscle cells. It is a vicious cycle of taking in energy and then not being able to even burn it and certainly not being able to access stored body fat. All of this cycle in the sugar-burning paradigm...all it does is continually keep your appetite stoked. Because you see you have no energy so you are hungry. You are hungry so you eat and the food that you eat is mostly carbohydrate and doesn't have the impact on your energy as you intended it to. A few hours later it has been sequestered in the fat cells and you don't have access to it any more and the whole cycle repeats itself. You are living your life in hunger based on this desire and constant search for a new supply of glucose. All that goes away in the fat paradigm. All of that becomes easily mitigated and handled when you become a fat-burning beast. When you become good at accessing your stored body fat and you become good at taking the fat out of storage and unburdening your body of having to have a daily requirement for glucose for the brain.

[00:16:02] So, yeah, theoretically, when you are a fat-burning beast, you ought to be able to live your life based on hunger alone. There is no reason to have three square meals a day or five small high-protein meals carried around in Tupperware, or whatever the old way of doing it was. What I recommend people do is you wake up in the morning and you say to yourself...."I am up. I am energetic....am I hungry?" If you are not hungry, then there is no reason to eat yet. There is no reason to have a prophylactic breakfast just to get you through the next couple of hours. If you are good at burning fat, you'll be able to continue doing what you do. I wake up in the morning and I have a cup of coffee. That is about the only form of intake that I'll have until maybe noon or one o'clock. I get a workout done and I get a lot of work done in the morning in a fasted state because I am good at doing that. I usually have two meals a day and they are typically separated. I have lunch at 12:00 or 1:00 and then I might have dinner at 7:00 and those are my two main meals a day and that's it. I'll go 16 or 18 hours without eating and be perfectly fine doing that and feel perfectly normal and if I hadn't known that the rest of the world lives on three meals a day, plus a snack, I would assume that that is the way you are supposed to live.

Brad: [00:17:30] In the carb paradigm, you are saying that the feeling of hunger is largely caused by a glucose-depleted brain sending the signal of hunger. How does that differ from true hunger? What is happening there?

Mark: That is true hunger. When the brain is used to consuming carbohydrate and having you consume carbohydrate and burning the glucose that is generated as a result of the carbohydrate, the brain is recognizing hunger because it is depending on so much on glucose. When you become fat-adapted and when you become ketone-adapted, and you don't have to be in ketosis a lot or all the time, or really even ever, to be still fat-adapted and somewhat ketone adapted, the brain's dependency on glucose decreases. You don't need to eat or consume a fresh supply of carbohydrates to keep the brain running on glucose because the brain has become so good at developing the metabolic machinery to be able to access ketones that are produced ketones as a result of your ability to burn fat. So you unburden the brain of this requirement of a fresh supply of glucose and as a result the brain says, "I am not hungry. I don't need it." Even though the glucose has kind of leveled itself off in the bloodstream it may be at a constant level and it may be enough to supply some of the red blood cells in the brain, but it is at a much lower level than it is used to. When the brain is able to function at a level with much less glucose and function more on a supply of ketones, the hunger signals don't hit the brain. When the brain is effected by low blood sugar, if you are a sugar burner, then you get light-headed, you feel weak, you feel grumpy, you feel moody, you feel like you want to rip someone's head off if you don't get the next meal down your throat. That doesn't happen when you become good at burning fat. When you have built that metabolic machinery that can access ketones in the absence of another meal somewhere.

Brad: [00:19:44] So the second part of Karl's question relates a hard-training athlete exerciser. So when you do an intense workout and you are going to have some sensations of hunger to replenish glycogen and just replenish your energy. So that happens and you want to go eat when you are hungry, just like you said. What about when you are going through a weekly pattern where some days you are exercising intensely and then the next day is a rest day? Karl wonders should you perhaps stoke that fire (eat) to help recover from that previous days intensity and help prepare for future activity?

Mark: Sure. If you are an athlete and you are undertaking this sort of unnatural act of going out and training hard and expending calories that your body doesn't otherwise want you to expend. Because from an evolutionary point of view hard training for sports is sort of counter productive to survival. You think about what it takes to exist from one meal to the next on the savannah or in the early parts of Europe during the early Ice Ages. This was a time when food was always scarce. When there was food around, you ate it and when there wasn't the body was prepared to take it out of storage and burn fat for as long as it needed to until the next source of food came around.

So here we are as athletes. We are choosing to expend calories almost recklessly in pursuit of a training goal. So the athlete has to take a step back and ask, "What serves me best in terms of the preparation for the event coming up? Or my preparation for the workout that I am going to do tomorrow?" So if I am an athlete and I have chosen today to do a long bike ride fasting. That is I didn't eat very much. I certainly didn't carbo load. I took some MCT Oil and a couple of packages of cashew nut butter on my ride and some water and a couple of electrolytes to get me through a four or five hour easy ride. Everything is fine. I get home and I am maybe not even hungry after that ride. I might eat a normal meal but I don't really feel the need to carbo load. However, if I am thinking to myself that tomorrow my workout is going to be going to the gym and doing a metabolic conditioning workout at Crossfit or if it is going to be going to the track and doing hard, hard intervals where I am going anaerobic...where I am going glycolytic for that great portion of that workout, then I am better served by having 150 grams of carbohydrate tonight with dinner. That might be in the form of a sweet potato or even a white potato, maybe some rice, or something that has been labeled a safe starch, just to kind of top of the glycogen supplies knowing that tomorrow is going to be a hard workday. If I didn't have that hard workday facing me tomorrow, then I'd ask myself if I am hungry. [00:22:52] If I am not hungry, then I don't really need to eat that much more. If I am hungry I'll eat to satiety. That is that intuitive that I want everybody to develop which is to know when it is appropriate to eat a lot and when it is not appropriate to eat, or when it is okay to choose not to eat because you are not hungry. When you are not hungry, that is your body saying, "Look, I have things handled for now." When you are not hungry, that is your body saying we still have plenty of fat on us that we can get by for the next couple of hours until we do get hungry.

Brad: So I am guessing it is pretty easy to keep your glycogen tank full. You are going to have an appetite when you are glycogen depleted and then you are going to eat and you are going to top off the reserves. If you are going to keep eating or overeat you are going to get fat.

Mark: That is what we see happening with a lot of citizen athletes who train inappropriately and they go into that chronic cardio zone where they are out training very hard every day and they have not become good at accessing their stored body fat yet. They are burning a little bit of fat in the workout. But what they are really burning is a lot of glycogen so they are depleting glycogen every workout and then when they go home, because they are still not good at burning fat because they are still sugar dependent, their brain says, "You burned through all the sugar on that workout. My brain isn't even functioning properly. I'm hungry, damn it! Let's eat." The tendency is to overeat...to over compensate for that loss of glycogen and glucose. [00:24:30] That is why a lot of average age-group athletes or citizen athletes or people who do one or two 10Ks a year or a marathon once or twice a year have a tough time losing that last 10 or 25 pounds because the amount of training they are doing is (a) probably inappropriate for the style of racing they are going to be doing and; (b) all it is doing is increasing their appetite every day at the end of a workout. It is a vicious cycle where you burn off the glycogen but you don't burn off much fat. Then you replenish the glycogen and then everything that you eat over what is needed to replenish the glycogen gets stored as more body fat. That is not as prevalent a situation when you are good at burning fat. When you have become the fat burning beast that you ought to be, when you have built the metabolic machinery to be able to burn fat sufficiently and when you have increased the number of mitochondria in the cells, which are the little energy-producing powerhouses of those muscle cells that actually take the fat in and burn it for fuel. When you have become good at all these things, you unburden that body of having to refuel glycogen all the time. This gets us back to the original premise, which is when you are not even hungry even after a reasonably long workout. Now you might be hungry after a really really hard workout where you have gone glycolytic...where you have gone into the tank where the glycogen is stored and started depleting some of that, that is your body saying, "Okay, we should probably replenish the glycogen."

Brad: I'd speculate that if you get in to a chronic pattern where you are continually depleting your glycogen reserves and your energy reserves, your appetite probably gets out of whack where you are actually prompted to overeat...not eat optimally...but overeat, unlike the lion.

Mark: Yeah. A lot of people will tell you that the reason they run is so they can eat. That is an interesting observation by a lot of people. I was in Aspen this past week and I hiked at altitude every day and that is a great workout and I met a number of people there. I would ask them...."You are doing this hard workout every single day at altitude. That must be chewing you up." Their answer was that they do it because then they can go out at night and drink and so I can eat more. I guess I am just too lazy these days to think in those terms. Again, what is the least amount of exercise I can do and still maintain my fat burning capacity so that I am burning fat even when I am not working out?

Brad: [00:27:00] Let's wrap up this thread with Karl's final post script which is what I am thinking in my head right now, too. Are the impulses people may have to eat when they are not truly hungry the result of food addiction and does that begin to subside as they progress further into the primal lifestyle and learn to eat intuitively?

Mark: Well, certainly that whole sense of hunger does subside as you progress further into the *Primal Blueprint* eating style. Are these impulses, in effect, a food addiction? They may be. A lot of people are addicted to the opiate-like substances that are found in grains and particularly bread. That is why a lot of endurance athletes still carbo load and load up on bread. I am not so certain that it is a food addiction that is driving this. I think it is a combination of the assumption that the more food you can eat without gaining weight, the better. I think that is an assumption that a lot of people have. They basically ask: "How much food can I eat and not gain weight? That is an optimal amount of food for me." I like to think in almost the exact opposite terms, which is how little food can I eat and still maintain my muscle mass? When I say that, I mean how little food can I eat and not be hungry and still maintain my muscle mass?

The surprising long-term effect of my not going down that path is that I find that I can eat 30 percent fewer calories now than I did for an equal amount of work when I was a carbohydrate-based athlete. I think that that is really telling that my body has become more efficient at using the calories I take in. Again, there are people who say, "You don't want to be efficient. You want to be inefficient. You want to be able to eat 4000 calories and either burn it up or crap it out." I am saying, "No." If I am not hungry and if I enjoy every bite of food I ever eat, then what is wrong with my eating the least amount of calories possible and still maintain my muscle mass and my energy levels. Now I am not orthorexic about this. I don't have contests with myself to see how little I can eat. I just have observed over time that I am eating less and less and still maintaining mass and still getting my workouts done and my body fat stays low at a healthy level. My energy levels stay high. I feel like I am getting the best of all worlds here. Even on a global scale, I am thinking, "Okay. If the whole United States felt this way and everybody were able to exist on say 2400 calories a day instead of 3600 calories a day, we could feed all the hungry people.

Brad: You have science on your side because we know that one of the most profound longevity factors is restricted calories. It is not necessarily presented as a appealing thing but what you are saying is your auto-restricting your calories because your appetite is regulated by your exercise habits and your low insulin primal-style eating.

Mark: [00:30:25] Back to the original premise. I am eating according to my hunger. If I have my hunger under control, I am able to take whatever food is on my plate.....I'll give you an example. We were out to dinner the other night for my birthday and I ordered a rack of lamb. It was one of these restaurants where the rack of lamb came and it was NINE bones of lamb each with a sufficient piece of meat on it that would feed a small village in Africa. So I did what I could. I had had an appetizer and I had had some great lobster bisque so when the entree came, I ate two and a half of these nine lamb rack bones and I packed the rest up to take home. I could have, in a past life I could have eaten all nine of them on a bet and then gone home and not slept well and would have been very uncomfortable. It was quite clear when I had had exactly enough to eat, when I was no longer hungry for the next bite. I was able to take that food and box it up. I knew I was going to have this for lunch and dinner tomorrow. We don't see enough of that in this country. We see people who are tending to live their lives sort of based on how much food can I eat and not gain weight? It is a skill to develop and intuition to know when you are hungry and when it is appropriate to eat and when it is appropriate to stop eating. It has nothing to do with orthorexia or anorexia or any of these

other labels. It is just this skill you develop once you become fat-adapted and ketone adapted. It applies to sedentary people and it applies to world-class athletes.

Brad: I know we are talking about this at length. We do have a ton of real life experience and feedback from people at *Primalcon* and writing in saying: "I am full-on hardcore primal and I am not losing the body fat that I want." I am going to speculate here that there is no way to escape your hunger and so if you are in these habit patterns and you are ignoring it and reaching for eating something because it is primal-approved and it is allowed and here we are at *Primalcon* and they are serving dark chocolate so we go ahead and have three bars worth. So what you are saying is that it is not at all related to disorderly eating but instead it is stripping away the layers of anything that is keeping you from just honoring your hunger and appetite cycle.

Mark: [00:32:59] Right. It is a skill. It starts with probably being very aggressive about how you record everything you eat. This is for people who have major weight issues or who have become primal and have become stalled in their weight-loss issues. They want to get at the root of the problem asking, "How is it I am not losing any more weight?" We talk about calories in and calories out and the idea that is kind of a misnomer and faulty logic in some regards. The equation should be more about calories burned vs. calories stored, how you are storing those calories, how you burn those calories and how you are taking them in. For a lot of people, you can get into that fat-burning zone and you can be eating a lot of food and enjoying the fact that you can now eat lots of bacon, lard and eggs, omelets, and butter and all of the high-fat foods that you used to think you couldn't eat. But there is a point at which, even though you are good at burning fat, you are not burning the fat off your body, you are just burning the fat that you are eating on your plate. So in order to lose excess body fat, there comes a time when you have to create a caloric deficit. You have to burn off more calories than you are taking in than you are storing and that is the point at which we start talking about decreases the amount of calories you take in in a day. We talk about maybe instituting some intermittent fasting as a strategy for taking those calories off your thighs and hips as opposed to off that plate that is in front of you.

Brad: [00:34:40] I also want to put in a plug for that elephant in the room, perhaps, for many people. That is the fear factor involved in the diet. When I was a triathlete I will admit that I ate as much as I could and stuff my face in the evening because I was afraid the next day of "bonking," (of running out of glycogen during the extended workout.) I think a lot of people who have been in the standard American diet eating pattern, the carbohydrate paradigm for a long time, are afraid of missing meals and getting that low blood sugar and all those adjectives you describe that are lousy when you run out of energy. They pack it in like the Indy 500 drivers getting their gas.

Mark: That may be fear or it may be just access to calories. It may just be a factor of food being around us everywhere we look. You and I are recording this podcast in a break room at Primal Nutrition where there is a whole larder full of samples that paleo companies have sent us. It is tempting.

Brad: They are almost within reach....about 6 inches out of reach.

Mark: But we have nuts and jerky and grain-free granolas and macaroons and all manner of nut butters and things. It is very easy to turn around and say just out of boredom I'll have two scoops of nut butter or this paleo chocolate or whatever. That is part of the problem is this easy access to food. So that is why in the book *21-DAY Total Body Transformation* one of the first things we have you do is clean out your pantry. You are going to stock your house with things that are healthful and you are going to get rid of those temptations and all those sugary treats that would otherwise grab in a moment of weakness or in a moment of low blood sugar at 2:30 in the afternoon when that normally hits. It is important to set some guidelines in your life and then to not sabotage yourself by making sure that you surround yourself with supportive people. You want to be sure haven't set your home to sabotage because you have so many of these delicious treats that you overdo it. By the same token, don't allow yourself to go hungry ever. I have turned so many people on to coconut butter as a snack. Ground up coconut meat is great if you are one of those people who hit a low spot in the afternoon, who normally would have reached for a bagel. Now I say one tablespoon of coconut butter can take the edge off your appetite for a couple of hours because of the wonderful fats and MCT oils and stuff that is in the coconut. It is not like you need to stop and have a huge handful of nuts,

which a lot of people may tend to do. It is not like you have to take in some huge 250-300 calorie energy bar....just a small spoonful of this could be enough to take the edge off. Those are the tricks that you have to learn.

Brad: Well, I think that was a great wrap-up because you really clarified some of these battles that go on in people's minds and in people's bodies that they might not be aware of. They want to know how to get on track, honor your hunger and appetite cycles. I think we got to that big question on the podcast and spent plenty of time. One our next Q and A session, we will tackle some shorter ones and just knock off a bunch on the list of varying interest but for today, thank you, Mark Sisson for participating in the Q and A podcast. I am your host, Brad Kearns, until the next Primal Blueprint podcast.

Hey, podcasts are great, but how about a life-changing weekend at *Primalcon* coming up. It is a historic occasion. It is our fifth annual event in Oxnard on the beach in Southern California at the amazing Embassy Suites Mandalay Beach Resort. It is about an hour north of Los Angeles...one of the best kept secrets in Southern California, this resort is right on the sand of the beautiful beach in the town of Oxnard and we have an amazing park there. There is an expanse of grass and all kinds of stuff to play on. We will be spending the weekend out of doors with a slate of awesome presenters talking and presenting on all manner of physical activity, diet, health, nutrition, posture and movement mechanics...all kinds of topics are covered so you will get a great education from the world's leading experts but we will also have a ton of fun and excitement. Of course we will play the annual Survivor Team Challenge just like you see on TV except this one is more fun, more challenging. It includes brainteasers, as well as good team strategy challenges. We will also have, of course, the world famous ocean plunge/Jacuzzi sprint. So you are going to run into the pretty cold ocean, guaranteed, then about a 2-minute sprint where we take over the entire Jacuzzi and the Mandalay Beach Resort. People look at us like we are crazy but it is tons of fun. Then we will dine on the all-time fabulous *Primalcon* food, examples of which are shown in pictures on the website. So visit PrimalBlueprint.com. Look for the *Primalcon* link. You can see pictures and videos chronicling the awesome times we have had over the past four years. We certainly hope you can join us for the fifth annual *Primalcon* in Oxnard. September 25th through 28th, 2014.