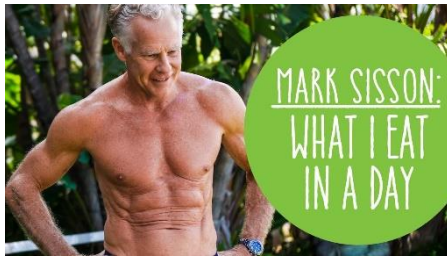


PODCAST ACTIVITY



Mark Sisson (born July 1953) is an American fitness author, food blogger, and a former distance runner, triathlete and Ironman competitor. Sisson served for 15 years as chairman of the International Triathlon Union (ITU) Anti-Doping Commission and as the ITU's liaison to the International Olympic Committee.

Sisson is married to his wife Carrie. They have two children. Sisson is a follower of the paleo diet and markets his own version of it, called the "Primal Blueprint" diet. As part of this initiative, he started a food blog, "Mark's Daily Apple", in 2006 and has also written a number of diet and exercise books, including the best-selling book, *The Keto Reset Diet: Reboot Your Metabolism in 21 Days and Burn Fat Forever*. Sisson finished 4th in the February 1982 Ironman World Championship. In the 1970s, he was a record-setting runner for the Portland (Maine) Track Club. He had a top-5 finish in the 1980 U.S. National Marathon Championships and earned a qualifying spot for the 1980 U.S. Olympic Trials.

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.

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.

VOCABULARY

Raw	green = unripe ≠ ripe		health	trail
Greenish	well-read	guide-line	train of thought	
Rule	veil	ego	pace	poisonous
Sketchy	shaddy	hack	heart rate	glucose
Carbohydrate	a ton / a lot		role-boot	chubby
Endurance athlete	decrepit		beat up (adj)	
To seek = to look for		supposedly	lean	fit
Path	to brew	triathletes	slow cooked	
savings account	calory counting		portion control	
To mess up	To be supposed to be		genome	
to correspond to		emulate	human behavior	
sprint / jog / run	moody	palatable	Findings	
Sun exposure	predispose	ironically	sedentary	
Forged	primal	blue print	susceptible	
glycogen	loading	disposing	sugary	
waist ≠ waste	issues	brutal	catabolic	
the source	to cite	fuel partitioning	utterly	
epiphany	to rely	Gatorade		
counter intuitive	to come out		clinical	
gel pack	notion	glycogen	deplete	
reliable sources	jury	punitive damages		

EXPRESSIONS

It depends (on) sort of emulate to hit the breaks
I can't get enough I can't with live without to turn out
I can't stand pear-shaped ≠ skinny to struggle
To fall apart To keep up with => follow
From the early age to go down a path = derail
A set of guideliness To be invested in
10 years in the making Sort of (sorrow) Worn = very used
realize = figure out / discover ICQ = I seek you!
Lift heavy things up until ____ years ago
where we screwed up = to drop the ball processed food
to be passed along hunter-gatherers
throughout the 80's devastating to break down
to tear you down to **put** more miles **in** Trojan Horse
It doesn't have to be that way. to achieve greatness
sugar burn to wind up depending on
to can go faster by going slower to make it into
what is the idea behind that type-2 diabetic
to hit a wall fat-burning life's work
to stay off the go-to guy component / factor
in-take (consumption) eating habits Comes from your guts
environmental to make it into the mainstream
to employ a strategy to change your opinion on
to take slack (shit) for _____. to dig your heels in the sand
To dedicate your life to being You don't have the gut
to keep your mouth shut it would have been fine

to cite someone a perspective casted upon new info
to excel at _____ to reach for = to aim at
I love you to death It has an aim To play God
For the best of my knowledge = As far as I know Back door
A gray area testing the waters it's all about
to be baffled to go against the grain correspondent



Wim Hof, also known as The Iceman, is a Dutch motivational speaker and extreme athlete noted for his ability to withstand very low temperatures. He previously held a Guinness World Record for swimming under ice and prolonged full-body contact with ice, and held record for a barefoot half marathon on ice and snow. He attributes these feats to his Wim Hof Method (WHM), a combination of frequent cold exposure, breathing techniques, yoga and meditation. Hof himself has been the subject of several medical assessments and a book written by investigative journalist Scott Carney titled What Doesn't Kill Us.

Wim Hof Method

Over time, our relationship with the world we live in has changed. Our lifestyles have disconnected us from the natural environment.

Because of this disconnection, our age-old survival mechanisms are no longer triggered and we've lost touch with our inner power.

Through decades of self-exploration and groundbreaking scientific studies, Wim has created a simple, effective way to stimulate these deep physiological processes and realise our full potential.

The Wim Hof Method is about reconnecting us - to ourselves, to others and to nature.

Breathing

The first pillar of the Wim Hof Method® is breathing. We're always breathing, yet we're mostly unaware of its tremendous potential. Heightened oxygen levels hold a treasure trove of benefits, and the specialized breathing technique of the Wim Hof Method® unearths them all: more energy, reduced stress levels, and an augmented immune response that swiftly deals with pathogens.

Cold therapy

The cold is your warm friend and one of the three pillars of the Wim Hof Method®. Proper exposure to the cold starts a cascade of health benefits, including the buildup of brown adipose tissue and resultant fat loss, reduced inflammation that facilitates a fortified immune system, balanced hormone levels, improved sleep quality, and the production of endorphins— the feel-good chemicals in the brain that naturally elevate your mood.

Commitment

The third pillar of the Wim Hof Method® is the foundation of the other two: both cold exposure and conscious breathing require patience and dedication in order to be fully mastered. Armed with focus and determination you are ready to explore and eventually master your own body and mind.