

It's Time to Get Primal!



What is living primal?

livingalignedhealthcoach.wordpress.com or livingalignedhc@gmail.com

I found this article very informative in giving you a brief overview of what primal is and why to consider it. I hope you find the information helpful on your journey

Re-posted excerpt from: Paleolates.com

Why go primal?

'The Primal Blueprint' is the manifesto of Mark (Mark's Daily Apple) Sissons, and became my guide to applying the information of 'The Diet Delusion' to my life. The blurb on the cover offers "...effortless weight loss, vibrant health, and boundless energy", and Sisson is very clear that the Primal Blueprint concept is not a diet, but a lifestyle. Nutrition is a significant slice of the Primal pie, but exercise, sleep and sun also play a part.

I didn't start reading either of these books thinking that I needed to lose weight, but I certainly knew that I ate more sugar than was good for me, and had had a nutritionist point out to me that my diet was dominated by wheat. My daily food might look something like: toast and jam for breakfast; pain au chocolat,



and perhaps a croissant too during the morning; sandwich, with fruit, and probably chocolate for lunch; muffin/brownie/chocolate coated peanuts and maybe more fruit afternoon snack; and pasta or pizza for dinner. On the whole I considered myself to be reasonably fit and healthy (on reflection I may be very lucky with my genes...) and I knew that cutting back on sugar was very difficult for me. The transformation in my eating began, as I learned about the role of carbohydrate in fat storage, with trying to increase my protein intake – opting for sausage and egg croissant instead of the pain au chocolat, for example.

The more I read (and one of the things I enjoy about the Primal/paleo community is how much information people offer for free), the more I started to believe that eating grains was a bad idea, and with that I found it surprisingly easy to cut back on my wheat consumption.

The shift in my eating probably took four or five months, and was amazingly easy. At first it was very difficult to find 'primal' snacks when I was out of the house but as my eating changed more I discovered that I don't need snacks – four to five hours without food is perfectly manageable if you're not carbohydrate dependent. A year ago I could easily eat an entire bar of Green & Black's creamy milk chocolate (36% fat, 50% carbohydrate) – I might have felt a bit sick afterwards, but that wouldn't have stopped me. Now I find one square of milk chocolate a) doesn't taste of chocolate at all and b) is so sweet I can hardly bear it. At the same time Lindt 90% cocoa dark chocolate (55% fat, 14% carbohydrate) tastes truly wonderful.

As I mentioned earlier, 'The Primal Blueprint' isn't just a diet book, so what else is there?

1	Eat lots of plants and animals.		6	Play.	
2	Avoid poisonous things.		7	Lift heavy things.	
3	Move frequently at a comfortable pace.		8	Get adequate sunlight.	
4	Sprint once in a while.		9	Avoid stupid mistakes.	
5	Get adequate sleep.		10	Use your brain.	

Above are the 10 Primal Blueprint Laws. Some may need a bit of clarification: 'avoid stupid mistakes', and is essentially to do with being more conscious of one's environment, so as not to get hurt; 'avoid poisonous things' largely refers to eating foods that contain anti-predation chemicals/elements that we're not made to digest – these would include almost all grains and legumes (I'm not the ideal person to explain why – please click on the links for Sisson's own explanation).

I've not done so well with the insect eating, lots of sleep is sometimes tricky (especially when living with an excitable kitten...), and I don't play as much as I might, but on the

whole it's been a very positive experience trying to stick to them. In fact, the changes to the way I eat, and approach exercise have led to one of the biggest transformations of my life.

Pilates definitely had a hugely transformative effect on me – it freed me from 18 months or so of chronic pain, and opened the door to the first real career that I'd ever wanted (and I met my wife through Pilates). It's inspired me to learn, and allowed me the chance to be a part of running a thriving business. Probably because of my nature, Pilates also allowed me to have a somewhat entrenched view of 'proper', or worthwhile exercise, and a limited perspective on physical health. (Let's be clear, these are my shortcomings. Please see my earlier post for more thoughts about [Pilates and health](#)).

And how has the Primal lifestyle transformed me? I've lost body fat (I had no idea I stored so much fat in my legs...); I feel like I have more energy; I'm stronger; my eczema is a thing of the past; I don't feel bloated after eating; I'm less gassy, and my digestion from (ahem) start to finish is generally better. The weightlifting appears to have made me more flexible, and has also made me work some muscles much more than I'd managed previously – I'd never felt my back extensors work like they have to when I squat properly. I've also learned that activities like weight lifting have more in common with Pilates than I might have imagined – the language and the application is different but you still have to work from your centre, and the load is supported from your centre.

Physical things aside, there are plenty of other benefits. I've discovered that I really enjoy cooking, and, better still, the pleasure of cooking for friends and family who appreciate the food. I've developed a relationship with some of the people that I buy food from, and get a surprising kick from the whole process of eating, from the buying of fresh ingredients to the preparation and cooking (no more ready meals in our house...). As well as taking up weightlifting and other high intensity exercise, I've also been introduced to other approaches to exercise/movement like MovNat and Exuberant Animal (see 'Useful Links'), that I'm really excited to be learning more about. My inspiration to learn is greater than it has been in a long time, and I'm optimistic that I will be able to offer more to my clients over the coming years as a result. I've been led toward quite diverse reading material that has helped me to reframe thoughts about a variety of subjects, and to be more considerate of how my actions effect my immediate environment, and the larger world.

In the same way that we try to encourage clients at our Pilates studio to feel responsible for their health and well-being, the primal lifestyle really fosters personal responsibility that, in

turn, encourages a positive outlook. If I believe that I'm in charge of my health, and I'm making sensible choices to support it, then I can feel optimistic about remaining healthy, fit and strong as I get older.

Living Aligned Health Coach Service

Thank you for taking the time read this post. If you find any of the information valuable and would like to find out more information regarding the benefits a health coach can provide, or if you are interested in setting up a consultation. Contact Vern Gorman at livingalignedhc@gmail.com or through the website www.livingalignedhealthcoach.wordpress.com

