

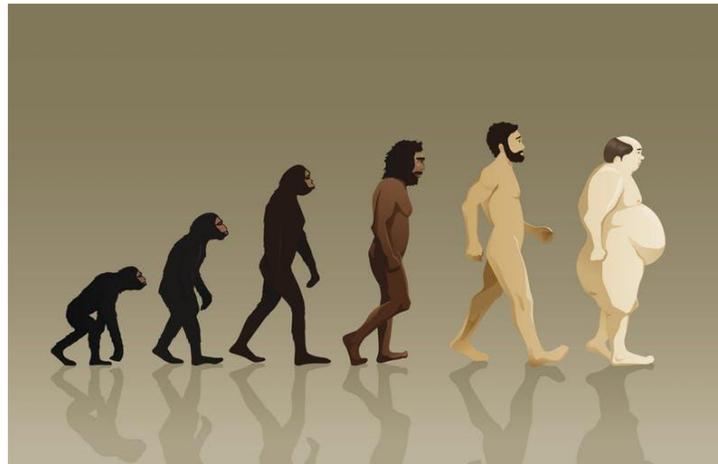
A Journey to Primal Health

We are more similar than different!

Health, diet, and exercise seem to be on the minds of most of the general public, and quite frankly it should be. It seems we are continually seeking the knowledge regarding what is the right way to eat, live and exercise.

So often we receive conflicting information about what is correct for heart health and dietary practices. To imagine following a high fat diet to reduce fat storage seems counter intuitive. I get it. I myself had to reach into my logical mind and follow the science. I am so glad that I did.

February 2017 was a moment in my life when the stresses of trying to figure out what works and keep myself following a personal philosophy aligned to health and longevity finally found a soft place to land. One that turned the conventional wisdom on its ear, showing an alternative that made sense. But this alternative is not new, not a fad. Its as old as mankind.



Prior to that February, all my health practices were unable to reach me deeply and say to me that... "Yes, you are making progress Vern, and you are on the right track". Either I was feeling tired, unmotivated or unwell most of the time, even though I stuck strictly to my routines. I was receiving feedback from my body and the healthcare community, that I carried some genetic pre-disposition to stress and high blood pressure concerns. Regardless of my strict exercise and "healthy" lifestyle practices I was still plagued with the negative health outcomes I was fighting to change.

What did I change?

It was really quite simple. In fact, it was easier than I had ever hoped. Through listening to Primal Endurance Podcasts, I became submerged in learning about ancestral health, guided by the Primal Blueprint/Endurance philosophy.

The messages were clear...

Slow down!



At the time I was running for my cardio fitness, something I had been doing for many years. I was running almost every day. The pace I kept had evolved into a steady pace of approx. 70 – 80% of maximum. Without realizing it, I was in a chronic cardio situation that was elevating my stress hormones and not allowing me to reach my health outcomes I so desperately wanted. I was on doctor prescribed blood pressure medication at the time.

It was suggested by a work colleague, for me to listen to a podcast on the MAF (Maximum Aerobic Function) system. I had no idea what that was, but I was intrigued and frankly felt I needed something. So, I listened. Brad Kearns hosted Dr. Phil Maffetone on the Primal Endurance Podcast episode 70.

<http://www.primalendurance.fit/70-dr-phil-maffetone/>

From that point forward I would never look at endurance training the same way and my journey to optimum health had begun.

Stop eating grains and sugar!



I quickly figured out that I had a great deal of learning to do. I promptly signed up for all previous and future podcasts and ordered the primal endurance book and audio book. It wasn't long before I made a complete shift in food intake. I learned that the Standard American Diet (SAD) is based on excessive intake of grains and sugars, which stimulates excess insulin production, leading to lifelong insidious weight gain, chronic inflammation, and elevated disease risk factors. Good enough for me. Grains and sugars out... Healthy Fats in.

Eliminate Industrial seed oils



I took the advice of Dr. Cate Shanahan, <http://drcate.com/>, the author of Deep Nutrition and one of the foremost authorities on the topic surrounding the controversy related to ingesting refined seed oils. I learned that heavily processed polyunsaturated vegetable oils are essentially free radicals in a bottle; they inflict oxidative damage to the body immediately upon ingestion. They accelerate aging, are directly linked to assorted cancers, hamper immune and cardiovascular function, and can severely compromise your ability to remove excess body fat. That was good enough for me... vegetable oils out (canola, soybean, etc.). Healthy oils in (avocado, olive, coconut, etc.)

The outcome

I made the changes suggested by the Primal Endurance/Primal Blueprint community and enjoyed seeing my health and fitness reach new heights through a progressive improvement over time.

From February 2017 to Aug 2017, I lost approximately 30lbs of body fat. It wasn't that I tried to lose 30lbs. It was that my body settled into its optimum body composition. As my body learned how to use fat for fuel rather than glucose, through healthy diet and exercise practices, the need to store additional fat became unnecessary. But the good news didn't stop there... At my annual physical I learned that my blood pressure was within normal parameters and I could stop the blood pressure medication I had been on for 7 years. I couldn't have been happier. I not only felt great, but the proof was in the pudding (actually the lack of). Physically I felt great and tested great. My blood markers were excellent showing the increase in dietary fat had no ill effects only benefits.

From that point forward I have been submerged in learning and spreading the word on health, exercise and nutrition, the Primal way. I enrolled in the Primal Health Coach Institute Certification program in Feb 2018, graduating Aug 2018 with the intent to help as many people as possible who have ever asked themselves; Can I still live a healthy and vibrant life? Can I lose the weight that has been plaguing me for years no matter what diet exercise plan I try? I am telling you from experience YES YOU CAN!

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.com

