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## The 21 Day Total Body Transformation: A Complete Step-by-step Gene Reprogramming Action Plan

By Mark Sisson

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The 21 Day Total Body Transformation: A Complete Step-by-step Gene Reprogramming Action Plan, Mark Sisson, 'Regardless of your starting point, past failures, or bad luck with familial genes, you can turn things around quickly - starting with your next meal and next workout. Your genes expect you to be lean, strong, energetic and healthy.' Take Mark Sisson's 21-day Primal Challenge and watch the pounds begin to melt away. Based on 8 key concepts and 5 action items, Mark outlines a blueprint to get your health back on track - and your body fit and toned. - Shed at least 2lbs of fat a week - Get a stronger, leaner body - Increase your energy levels - Develop an iron-clad immune system - Improve health conditions, including migraines, tinnitus, arthritis, type 2 diabetes, arthritis, high blood pressure and cholesterol With supermarket shopping lists (fully adapted for UK readers), simple workouts, menu suggestions and a 21-day planner, Sisson will walk you step by step through the 21 days to start reprogramming your genes and embark on a completely new way of living.



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