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### **How to Succeed with the Primal Blueprint | Mark's Daily Apple -**

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### **How to Eat According to the Primal Blueprint -**

Sun, 29 Jul 2018 17:45:00 GMT - Editorâ€™s Note : This speech is available in HD exclusively on 21 University. Go here to learn more. The foundation of The Primal Blueprint is that as we grow and age, we give our genes signals that impact our lives and health in profound ways. Mark believes that to optimize our health and happiness, we need to look to our ancestors dietary environment and habits.

### **Mark Sisson's Primal Life - The 21 Convention -**

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