

The Primal Blueprint Podcast – Episode #8: Listener Questions & Answers with Mark Sisson

Topic timestamps:

Reducing intake of grain products: 03:06

Body signals for appropriate time for workout: 08:47

Tips for motivating others: 15:00

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Brad Kearns: Welcome to the Primal Blueprint podcast. I am your host, Brad Kearns, and your favorite guest, Mark Sisson. And, Mark, we are trying something new today: A remote recording. From you chillin' in, of all places, Las Vegas. What's happening out there?

Mark Sisson: I am not the biggest fan of the lifestyle of Vegas. Most of all we are here for our daughter's birthday. She flew some friends in from around the country. We have a couple of days we can spend together. I am very much looking forward to that.

Brad Kearns: You don't have to say, a lot of people disparage Las Vegas when they are talking about it's the worst place to be primal. You can make it happen in Vegas, too, with those buffets and everything.

Mark Sisson: You forage in the buffet line. I mean it's actually a pretty fun personal challenge to get in to a buffet line where there are rolls and sweet stuff and all kinds of nasty oils. I head straight to the meat and the fish and the vegetables.

Brad Kearns: That's great. So here we are well in to our podcast momentum rising up the charts on iTunes and holding steady so we really appreciate that from the listeners. After the first few programs where we programmed the topics, I thought today that we would today, take some of the more insightful questions that listeners have sent in in the past couple of weeks. What do you think, Mark?

Mark Sisson: It sounds like a good idea. We have proffered a lot of questions after the first several podcasts, so I would encourage listeners to keep them coming. In fact, we have this function called SpeakPipe where you can actually record your questions if you want, and it is on Mark's Daily Apple. It is a tab of the podcast. But it is very easy to send it in by email. We'd love to answer them.

Brad Kearns: Yes, this is your chance to be famous because the SpeakPipe will actually play your recorded question in to the program. As of now, we have had more response from people writing in the questions. Let me get to it with our first one. This is from Steven in Montana. He says

[00:03:06] I am enjoy a bagel almost every morning with butter and sometimes lox. I run about 25 miles a week so I am not insulin resistant or dealing with excess body fat. I don't seem to feel any ill effects from the bagel, such as the gluten issues describe in the Primal Blueprint. And I also enjoy an occasional pizza or other great food with seemingly no ill effects. Do I really have to eliminate these great foods to be primal?

Mark Sisson: That is kind of a trick question because one of the sort of definitions of being primal is reducing your intake of grain products, particularly those made with wheat. So on the one hand, we've got a guy who is doing 25 miles a week and who is seemingly healthy and feels no ill effects, and even though

I am a proponent of living a primal lifestyle, I would say it is okay if that is working for you and you don't feel any ill effects, and you love your life and you are enjoying every moment of it. Who am I to suggest that you change anything? On the other hand I know from my own personal experience that I assumed for a long time when I was eating a lot of grain-based food to supply calories so that I could go out and train hard, I assumed that everything was fine and that the minor little aches and pains I was experiencing, the minor little stuffiness I had once in a while, or the heartburn I might have suffered on occasion, I assumed those are all natural and had nothing to do with the grain-based diet. It wasn't until I gave up the grain that I realized, Wow! My arthritis went away. My IBS flareups went completely away and all these other things I assumed that were normal went away. So it's about choices. It is not about right or wrong, black or white, good or bad way to live your life. This is about choices that people make based on information that you and I, Brad helps supply, and in those choices there are pros and cons. You make a list. If the question here is should I give up pizza and my bagel with lox just for the sake of owning a primal card. Is that worth the loss of the great taste of the bagel, or the amazing feeling I get when I eat pizza? I don't know. It is a personal decision. I would tell anybody who is doing that amount of training and who is otherwise reasonably fit. Would it hurt to maybe give up the grains for maybe three weeks or a month and see if you notice anything? And if you don't notice anything, then fine. Reintroduce those foods and go back to the way it was live your life with complete enjoyment because that is ultimately why we do everything that we do.

Brad Kearns: A statement you made in the 21-Day Total Body Transformation comes to mind here and that is that we don't even know what baseline is because we have been eating this way our entire lives. I have to say for myself, that this broadcast was delayed because I got sick was all stuffed last week. That was the first illness of any kind I contracted in the six years that I have been eating primally. I switched cold turkey to primal six years ago. And before that, Mark, I was sick two or three times a year and I thought that was fine and routine and everybody gets sick two or three times a year and a couple of sore throats. But all that went away when I established a new baseline when I after eliminating the grains and sugars from my diet. So in Steve's case, like you said. He could try the 21 day elimination just for the fun of it because he is obviously interested in the movement and see what happens. He could see if he notices any further beneficial effects or absence of minor aches and pains like you mentioned in your history.

Mark Sisson: You mentioned your getting sick last week. We can also go back and look at what events might have led up to your lapse in immune function. Were you under stress? Were you getting enough sleep? Did you have a lapse of judgement and eat a piece of cake or something like that? I am not pointing my finger at you, Brad, but I am suggesting that whenever these things happen to me, I go back and try to review what events led up to that. I can sometimes pinpoint what I did to cause whatever affliction I had and it's kind of a good news/bad news things when you go primal. The good news is that you tend to achieve a higher level of health, get more energy, get rid of excess body fat, you tend to think more clearly and all these other great benefits. The bad news is, if you go off the wagon, you really notice it. If you do have a lapse of judgement or make a choice that maybe wasn't so appropriate for your stated goals, you wake up the next morning with that hangover-y feeling. Maybe you have a sore throat or stuffiness or something like that. In my review of all the testimonials we received over the years, I can go back and kind of forensically identify what mistakes were made that caused lapse in function or caused that little germ that otherwise that immune system would have kicked out to maybe take hold a little bit. It is really about empowering people to make these kind of choices.

Brad Kearns: [00:08:47] Hey, this is great. I am going to cut in line here with a personal question for the benefit of our listeners, of course. Speaking of getting sick....my flight was delayed one night after a business trip, got in a 1:00 a.m. which is about three hours past my bed time. I woke up the next day and said, "Well, it's been a while since I have been to the gym." So I went and did a brief high intensity strength training workout per Primal Blueprint guidelines. Obviously, that was too much for me in that state in that sleep delayed, jet-lagged state. But I have a question about that. That is, when you show up at the gym and you are trying to adhere to a reasonable schedule, what kind of signs do you have that it might not be the right day, that you want to give to our listeners?

Mark Sisson: That's funny because there are days when I show up at the Malibu gym and 10 or 12 minutes in to my warmup for my workout, I literally turn around and go home. People will notice that and say, "Dude, you've not been here that long. What did you do?" I really didn't do anything. I started to do something and wasn't feeling it today. And I have had over the years, gotten to this point where I intuitively can tell whether I can do myself some damage. It might be I'd be prone to injury. It might be that I have not gotten enough sleep the night before. Or might be stressed with something else. Or I might have worked out too hard the two prior days. I maybe haven't given myself enough time to recover. Really that is a skill I have developed that I want to teach other people. I want to teach you, Brad, to be able to go to the gym and be able to turn around if you don't have it. You need to be able to say, "I am not going to detrain. I am not going to lose all my muscle mass and all my fitness because I took today off. In fact, taking today off, might be the best choice in the moment, even though it says on my calendar that Tuesday is a heavy leg day. You show up. If you don't have it, it makes little sense to power through it and struggle through it. Who are you doing that for? Are you doing it for extra credit? Are you doing it because you are trying to prove to yourself that you are able to overcome adversity? No. Going to the gym is theoretically is because you are trying to improve fitness, improve our health, accomplish tasks with ease and grace, without having to struggle through that every time.

Brad Kearns: There is something to note that we have been so conditioned by the fitness industry to be consistent, to record our totals and get your little chart and write down how many plates you use and all those things. That drives us in to kind of chronic or excessive mentality rather than the intuitive mentality that we go to great lengths we discussed on the previous podcast. Let's say your very first set, you put on the requisite amount of plates for your bench press or whatever you are doing and it just doesn't feel right. That would be a huge indicator, right?

Mark Sisson: Absolutely. The other day I had my own personal story. I went to the gym. This is three days ago. I normally warm up with three sets of 50 pushups. Into the third set, I felt a little twinge in my pecs. At that point I knew enough to just say the workout is done for today. Rather than plow through and maybe do any kind of damage. That little twinge was enough to tell me I hadn't fully recovered from whatever chest work I had done within the last three or four days and I am happy that I did that and this is three days later and I am glad I took the time off. At my age, it is really about avoiding injury more than anything else. I am not trying to set personal records. I am not trying to incrementally increase every weight that I do or every box jump that I do or every long jump, or every sprint. I drop times. I really just try to stay fit enough that I am able to play, and in the interim to not get injured. Most of my training is contemplated to keep me from getting injured and so as I arrived at my workout the other day, it was one of those things, it was a sign that today is not the day. I just packed up my gear and went home.

Brad Kearns: Right. You know where else we see that is with the Olympic sprinters. They come to a meet and not even be the featured athlete in that meet with thousands of people watching them, and on occasion, during the warm up, they will announce that they are pulling out of the competition because of a slight twinge in their hamstrings because they are so sensitive and so highly calibrated. So my thinking is, if they can do it, if an elite athlete can back off, certainly the average person can skip that workout if it is not meant to be on that day.

Mark Sisson: Shawn White took a lot of grief for dropping out of the slope style in the Olympic games so he could focus on the half pipe. I thought, on the one hand, it took a lot of guts and I appreciated his choice, obviously, he took some flack because he took a space for another potential qualifier, which was politically correct, but I think a personal point of view to be able to recognize the dangers inherent in predisposition to some kind of injury, just makes for a smart athlete.

Brad Kearns: Right. And something to emulate even on a small scale, the average guy heading out for a jog or what have you. Anyone who is in the endurance community can refer back to overuse injuries and the 17 warnings they had before they finally went into IT band syndrome or whatever they had.

[00:15:00] Hey, let's take another question. This is from Ann in Richmond, Virginia who writes: Dear Mark, A friend introduced me to the primal eating and lifestyle program about two years ago and I love it. I have experienced improvements in health, fitness performance, and body composition. I am pretty excited to share my success with others. However, I am finding it is not so easy. Can you give me some tips to get friends and family interested and motivated and inspired to try primal eating and lifestyle practices without getting turned off.

Mark Sisson: That's a tough one because the business I am in is to convince people that this is a great choice. Having said that, I will always refrain from having a debate with a vegan or a vegetarian about whose eating style is more appropriate. I don't like to get in these sort of political discussions with family or friends unless they invite it. Typically how they invite it is, like I have seen in a lot of our testimonials, is when you live this lifestyle and you start to see the results, you start to show the results. You know your skin clears up, you've lost some weight, you have a twinkle in your eyes. There are a lot of other obvious manifestations of the change in you. You don't get sick as often. People tend to say, "Whatever are you doing? What's your secret? How do you achieve this?" That's when you say, "I'll tell you what I have been doing. It is quite easy. I exercise less and I eat more fat." (which is always a great ice-breaker.) Beyond that it is very difficult to convince family and friends. I find the best way to do this is to start preparing meals, using some of the 500 paleo and primal cookbooks that are out there right now. One of the things that we've noticed from all of these wonderful paleo meals is historically people who have never heard paleo or don't know about any kind of low-carb eating styles, will partake of some of these foods and say this is the best food I've ever eaten. Brad, you and I know at Primalcon, when we serve people these fully primal meals, people will say this is some of the best food I have ever had in my life. So that is the entry level for me is the ability to have guests over and prepare a fully paleo or primal meal and don't even tell them that is that. Have them enjoy it and if they start to ask questions, you go in to the explanation. But other than that, it is reallySet an example. If you set an example, they will tend to follow. If you set examples for your kids, they will tend to follow. If you prepare good meals for your spouse, and they certainlythere is nothing about a good paleo home-cooked meal that anyone is going to turn down unless they are staunch vegan or vegetarian. It is really about living the life for yourself and then allowing others to see how you have flourished and succeeded doing so.

Brad Kearns: [00:18:52] Great thanks, Mark. Here's another question. This is from Karl in Michigan. He says, Mark, I am a devoted user of Primal Calm. I am wondering if you have any concerns that the product is derived from soy which, of course, is not primal. It is also offered from GMO source. Secondly, I know Primal Calm is great to use during periods of heavy stress such as jet travel, work deadlines, or intense bouts of exercise. But what about if I am under intense chronic stress in my life every day? Should I take this product every day and how have you used it personally over the past twenty years?

Mark Sisson: First of all, Primal Calm, was designed by me for me because I don't handle stress that well. I tried meditating and that doesn't work for me. I am not into other standard forms of stress mediation, whether it is brain wave monitoring or prayer. When I was in my running days, that was my form of stress release. On my own for an hour or two hours at a time and I guess you could call that a some form of meditation but for the most part, I am kind of high-strung, I am Type A and I am always going after to projects and things and I tend to be a little bit more a worrier than have me be than my wife would have me be. So I don't handle stress well as I would like to. My only alternative was to create a supplement that I could take that would allow my body to better handle stress. So I created a product called Primal Calm. It's got five different ingredients, one of which is called Phosphatidyl Serine. Phosphatidyl Serine is an amazing phospholipid. It is an integral part of every cell membrane, really part of nerve cells, brain cells, it is a functioning molecule working molecule. We don't get much in our diet. The body doesn't make much and we lose it as we get older. In my mind it makes a great deal of sense in terms of longevity and quality of life to supplement with Phosphatidyl Serine. Now Phosphatidyl Serine originally had a lot of great research done as an anti-stress nutrient. It literally lowers the amount of cortisol secreted by the body at times of stress. Some of the initial studies by Monteleone showed that when you gave body builders or weight lifters to successive heavy leg days, including you couldn't find a greater stress reliever than Phosphatidyl Serine. So by administering Phosphatidyl Serine to these athletes, it reduced that stress hormone, cortisol that was secreted in response to these heavy leg days. Pretty compelling studies and over

the years there are studies that have gone on neurological function, exam taking, testing, things like that. So Phosphatidyl Serine, by the way the original tests were done on bovine brain tissue derived of Phosphatidyl Serine. That is not only an example of how predominant it is in the brain, but it is also an example of how expensive this stuff could be to have to derive it from brain tissue if that were the only source. So a number of years ago, they figured out a way to derive it from soy lecithin. Now the original question is that am I concerned with the fact that Phosphatidyl Serine is derived from soy. The short answer is no and again the longer explanation is because by the time....first of all, you got rid of the main ??? in the soy that could be considered problematic and phytoestrogenic. Secondly, I use 70% PS which is wickedly expensive raw material so by the time you have done the extracts and have gotten down the phospholipid components, by the way it is not just the Phosphatidyl Serine, there is Phosphatidyl Choline, there is Phosphatidyl Ethanol, [unintelligible] all of which is necessary and is really cool to be supplementing with. So that's why I have zero concern about the fact that this was originally derived from soy. There is very little of the original soy protein remaining in it. People who even have soy allergies typically will get zero response to large doses of Phosphatidyl Serine.

Also just a note Primal Calm also has several other ingredients: Magnolia Bark, Beta-sitosterol, some calcium and magnesium. It is an amazing. It's got a form of ginseng in it, some Siberian ginseng extract. It is quite an elegant little formula for helping you better deal with stress and anxiety.

The next part of that question was how long would I use it and do I use it? I use it as I need it. You could take it every day. It's designed for people to take every day for people who need that. I just typically only take it if I feel like I need it. If I feel more stress than usual. That means I might take it a couple of times a week. I am very proud of that little formula that I created about 15 years ago.

Brad Kearns: I have been using this for years and years especially during my career as a triathlete with those extremely lengthy and challenging training days. I would take mass quantities of it on the most difficult days or in and around long jet travel periods. You mentioned that the major benefit is that it blunts cortisol after or during such stressful experiences. Can you talk a little about further about why that is so beneficial?

Mark Sisson [00:25:09] Yes. Training is an interesting concept because the idea behind training is you want to do a little bit of damage. You want to damage.....damage probably is the wrong word. You want to stress the body and sometimes that does result in some micro-tear, we might call that damage to the muscle cell level, but it also stresses enzyme systems. In the world of endurance training, we are going out there and pushing the envelope to with regard to fuel partitioning. If we are going to go out on a five hour ride, we haven't fueled ourselves appropriately or we are riding beyond our ability to access and burn fat as the main fuel we get in to the glycogen stores too much and at some point we run out of glycogen, the body has to go to alternative means of [unintelligible] to keep the body going and to keep the brain going. The body does that partly by secreting cortisol.

Cortisol is an emergency hormone the body makes in response to stress. Cortisol among its many features tears the muscle tissues so that certain amino acids can be sent to the liver to be converted in to glucose to be sent back to the brain to keep the brain going. Hard training will cause the body to respond by the secretion of large amounts of cortisol. Now on a day to day, once in a while basis, this might not be bad, but on an chronic basis, on a everyday basis, that continued and chronic secretion of cortisol, has some very deleterious effects. As I said, it tears down muscle tissue. It prevents the uptake of calcium by bones. Bones, even though you are out there doing weight bearing activity, for the most part, if you are a runner or triathlete, the bones don't take in calcium so your bone density drops. It certainly suppresses the immune system.

Back to what came up in the original question in the podcast. I can go back and remember three workouts, three specific workouts in my career where I felt exactly that I had gone to the well too much. I had done one 800m run too many or I had gone 10 minutes too long on my trial workout. and I could feel the effects

with the adrenal glands and, sure enough, got sick on those two or three occasions within 36 hours of that workout largely because cortisol is such a potent suppressor of the immune system.

Why would the body set up the system like that where it would suppress the immune system? Well, from survival point of view you have got two million years of humans not going out willing to train but just going out and living day to day and trying to survive. Now all of a sudden you encounter a life or death survivor situation, you need this hormone to get through this next couple of hours because if you don't survive the next couple of hours, then your genes have been eliminated from the gene pool. So cortisol works wonders in the short term, by taking emergency measures like shutting down the immune system. Why waste resources trying to identify something that might kill me in three weeks when I might be here for the next three hours? This all makes sense in the context of survival but it becomes a problem in the context of day to day living when we are out there not just training hard, but we are worrying about the overdue bills, or the nagging spouse, or the screaming kids, or the neighbors next door making too much noise, or the traffic on the daily commute. We set up all of these additional stresses in our lives that have the same effect on the adrenals. The adrenal glands shoot out cortisol and epinephrin and adrenalin. Cortisol is sort of that one hormone where a little bit of it is a good thing and it may help you train in the short term. It may help you survive the next bout of real true stress, but in the long term, it can also kill you. Back to the application of Primal Calm and the concept of mitigating stress and the notion that each of these choices that we make in terms of training has an outcome. It has the potential ramification. If we understand the ramification of those choices, then we can better plan a strategy of keeping our goals. So if I am going to go to the gym and I am going to lift heavy one day, I am going to secrete a lot of cortisol as a result of that workout, I am not going to lift anything the next day, or maybe even the day after that because I recognize that I have gone to the well, I done some damage to my muscles. The only reason I am doing this is because I am going to recover and get stronger as a result of this. I am not trying to do this to kill myself. I am trying to do this to live longer, to have more muscle mass and to improve in sports. So I try to be very very smart about how I orchestrate my workouts.

Brad Kearns: [00:30:55] Right. Speaking of being smart, just a shout out to the serious fitness enthusiasts or peak performers, you might, as a result of all that cortisol in your blood stream, you might actually feel pretty good for many hours after that flight or flight response initiation., Right?

Mark Sisson: Not only right. In the early days of the doping in the Tour de France, people would take various forms of cortisone shots in [unintelligible] during the race because it would give you that extra short term burst of feeling good and energetic. Obviously, what you need to know is that, in the long term, there is a price to be paid. But for a lot of Tour de France cyclists who needed to get out there and have every available ounce of energy they could summon, in some cases that meant using an artificial means or artificial source of cortisone or cortisol. It causes gluconeogenesis. You are trying to drive more glucose to the muscles and to the brain. However you can do that, whether artificially or through your own means was considered to be a worth while choice for the short term. But what a lot of these guys realized over days and days of doing this, they ultimately fell apart. It was very difficult to continue that pace for 21 days on the Tour without getting sick or eventually just falling apart. Because, like I say, cortisol was always contemplated by evolution and nature to be used sparingly on a day to day basis. Without cortisol, you would die so you need a little bit. But in larger doses, you can only really handle it efficiently, effectively, or healthfully every once in a while, not on an ongoing basis.

Brad Kearns: Thanks for that long answer, Mark. That was supposed to be a product question but what Mark Sisson can't help himself but went ahead and dispensed tons of free information. For those of you who were maybe getting a little glossed over and maybe feeling like it was getting a little too science-y, this management of stress and the adrenal glands and the stress hormones, seems to be the ultimate goal of the ultimate challenge of modern life and really the ultimate goal of the Primal Blueprint. It is important stuff and maybe you should rewind and listen again to that discourse about cortisol again because it is a make or break issue for many people of all different levels of fitness and lifestyle goals. How about another question, Mark?

[00:34:17] This is from Zachary from San Juan Capistrano, California. He asks: I am quite primal aligned with my eating but I notice that no matter how well I have eaten during the day, I get a craving for something sweet late at night before I bed. I realize that I am not even hungry at these times but I still head to the kitchen to find something to munch on like dark chocolate or sometimes a bowl of cereal. What do you think is going on here and should I be concerned?

Mark Sisson: Well. Should I be concerned? The answer is no if you are otherwise feeling great about your body composition, your health, your energy levels, and all the other things we have been talking about as major markers about your health. This does bring up an interesting concept and that is late night eating and why we do it. I think one of the reasons we do it is because it is there. Anybody who says, I find myself looking for the chocolate or cereal late at night, I say the easiest way to fix that is to not have any chocolate or cereal in the house and one of the tips in the 21-Day Total Body Transformation is to make sure that you get rid of all the nasty stuff that you don't want to eat and do surround yourself with some otherwise healthful choices, particularly snack choices. So macadamia nuts, maybe a can of coconut milk, beef jerky, celery sticks, there's a number of possibilities there. It could be that something that is crunchy like a couple of stalks of celery would be all you need to take the edge off before you got to sleep. What I do at myself is always keep berries on hand. If I feel the need...I gotta have something while watching another episode of Boardwalk Empire. It would be berries. They are low in sugar and they sort of take the edge off. So that's a strategic element of stocking your pantry or refrigerator with only those sorts of snacks that kind of fit the profile. Another secret snack of mine is coconut butter, not the oily stuff, but the actual meat ground up like cashew butter or peanut butter. In one or two small spoonfuls of that is enough to take the edge off whatever craving I might have had. Sort of the larger issue is that we are all wired to crave sugar. That's just the way it is, for the two and a half million years where sugar was very rare and finding it was a bonanza and was sort of an encouragement to consume as much as you can at that time because it was cheap calories that converted to either glucose or glycogen or even fat quickly and they knew for a fact that it was not poisonous. We are wired for this sweet tooth. Some of us suffer a lot more from that sweet tooth than others. One of the challenges in the 21-Day Total Body Transformation, and the Primal Blueprint in general, is to develop the skill where you no longer so crave sweets that you completely derail your program on a daily basis because you have access to them. We talk about the lowering of simple carbohydrate foods as one of the main initial strategies of the Primal Blueprint. That is you want to cut back on the grain-based products: cereals, breads, pastas, crackers, cookies, desserts, anything with sugar or processed or refined grains. And in doing that you really do cut way down on the amount of carbohydrate calories that you take in. Now what does that have to do with sugar? Well, pretty much all the carbohydrate calories that you take in, that you eat, are converted into glucose at some point or another. Some might get converted in to fructose, but mostly converted into glucose and glucose is sugar. It is glucose that the brain is craving. If it is craving any kind of sugar, it is craving glucose. So when you cut back on all of the other sources of glucose, and you start to improve your ability to burn fat and you improve your brain's ability to exist on lower and lower amounts of glucose, in fact even be able to use ketones more effectively, you reduce that kind of craving that has people going crazy, not just the hard wired craving that all humans have, but the acquired craving that so many people have given themselves because they have had access to glucose contained foods their entire lives.

Brad Kearns: [00:39:50] Sorry, Mark. Speaking of acquired craving, how big a deal is to be engaged in a chronic exercise pattern or having a chronically stressful work environment when we are talking about kicking in to the sugar mode in the evening?

Mark Sisson: Certainly, they go hand in hand, and we just had that discussion about cortisol. There is some evidence that higher levels of cortisol will increase the tendency to want to consume more sugar. The brain, which is driving all the functions here, is in charge and it is the brain that says, "We need more sugar." The brain really doesn't care whether you get that from a bowl of Skittles or a bowl of spaghetti. It really just becomes glucose, once it bypasses the stomach and goes in to the blood stream and from there it satisfies the cravings from the brain. The idea that we can be completely immune from sugar cravings is probably not going to happen in our lifetime but we can certainly dramatically diminish the tendency to just reach for a bowl of ice cream or the extra chocolates or a bowl of cereal, or a bagel, or whatever it is simply by virtue of the fact that it is available. Mostly by engaging in this transformation to a better fat burner, by

lowering the amount of carbohydrates that you take in during the day and then strategically by just not surrounding yourself with those sorts of treat foods and filling your refrigerator up with, as I do, berries which are very low in glucose and mostly fructose and not much of that. They can take the edge off.

Brad Kearns: [00:41:54] Great. so you are saying don't fight it. And make some good choices and enjoy the heck out of them.

Mark Sisson: Even the term "good choices" is subjective. It is a choice that will work on your behalf. If you are somebody who is fine with snacking at night, and it doesn't effect your sleep, or it doesn't effect your body composition, or energy, I guess there is no reason to change that. If it is problematic for you then and you find yourself stuck at particular body composition or body fat level or energy level and want to move on from there, then that would be the opportunity to say, what sort of a choice, now, would be better for me in accomplishing my goal. I am not here to suggest that people's lives suck because they aren't primal. I am here to suggest that by making certain primal-type choices, there is greater likelihood that you might get to your body composition goals or your health goals vs. doing it the old way with the standard American diet.

Brad Kearns: [00:43:46] I will say, or make the observation that, when I have a late evening snack that is higher in carbs, I wake up the next morning and I am hungry which is rare. And when I have the usual snack of coconut butter or 85% or higher dark chocolate. I enjoy that and it doesn't effect my appetite the next morning so probably that insulin response at night time can generate an unpleasant sensation of feeling groggy or whatever your impact is the following day, making you more likely to reflect on those choices.

Mark Sisson: I go back to the notion my favorite option would be a spoonful or two of coconut butter because it is high in fat, very satisfying, tasty, doesn't effect insulin at all so you can wake up the next morning feeling like you don't have a sugar hangover.

Brad Kearns: Hey, Mark. Thanks for spending the time with us on your family vacation. I really appreciate it and the listeners do to. We'll get right back with another episode soon. For now, thanks so much for listening to the Primal Blueprint podcast with Mark Sisson. I am your host, Brad Kearns. Have a great day.