

## The Primal Blueprint Podcast – Episode #11: Listener Questions & Answers with Mark Sisson

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Brad Kearns: Welcome to the Primal Blueprint podcast, with Mark Sisson. I am your host, Brad Kearns, and we are back on the mainland in the United States after an amazing week at Primalcon Vacation Tulum. Mark, how do you feel. Did you recover from the trip?

Mark Sisson: Oh, there was nothing to recover from. It was one of the most exhilarating weeks I have had in a long time. The whole point of the Tulum vacation experience was for me to unwind after months of working pretty hard here in Malibu and to share that experience with 150 guests. Man, it was one of the most awesome weeks I have ever had.

Brad Kearns: I would have to agree with you, Mark, because after the Primalcon coordinator for the last six Primalcons, there was a ton of work to do day and night with the food preparation and all the logistics and then we go down to Tulum. This is an all-inclusive resort where we got to choose from six different restaurants and room service all day long. There really was not a whole for the staff to do so we had an amazing time, I have to say.

Mark Sisson: [00:01:06] Yes, it was, again...I don't know how to express my pleasure and gratitude on what a fantastic week it was. We had some of the best presenters come down with us. Darryl Edwards is now the master in the world when it comes to play. Dr. Cate Shanahan, John Durant, Alessandra Wall....the list of speakers went on and on. We had stuff going on all day. Matt and Keris leading the workouts on the beach. We thought, that will be cute....a handsome couple from the UK, we'll let them come and and they can lead some workouts. Everybody thought it was one of the best workouts they've ever done. Angelo de la Cruz, leading his morning vitamoves. The whole week was just fantastic.

Brad Kearns: [00:01:55] It was great. We need to talk about this whole format a little bit just so people know what is in store and get excited about coming to the vacation next year. Angelo for the seventh time in a row, kicked off the Primalcon mornings with this really cool vitamove workout he does to start the day off. It is this very gentle tai chi like session. It is the first time I have been able to participate in the whole thing. It was just wonderful. So that was the start and then, like you said, we had Darryl doing the play sessions and then we had Matt Whitmore and Keris Marsden. They are the authors of Paleo Primer out

there doing some pretty intense fitness stuff. And then we transitioned into a poolside chat format in the middle of the day when the presenters were there to engage with casually out in the setting right on the beach at poolside at Dreams Tulum. Then every afternoon we went in to the air-conditioned theater, because it was about time to do that and had a succession of really great presentations that you mentioned. One that was really special was Luke Shanahan coming along with his wife, Dr. Cate. We thought, hey, he's here, we might as throw him in. It happens that he teaches writing and how to shape your dreams and put them in to a story. That one was a huge surprise.

Mark Sisson: The week was full of surprises and all of them very pleasant and just made me think about how we can package more of these vacation experiences in the future. One of the greatest testimonials that we got was basically as people were leaving they are asking, "When are we doing the next one? Because we want to be in." Really it was a phenomenal week and I can't thank the participants enough and the presenters enough and now I am looking forward to the Primalcon Mohonk coming up in June and then of course, Oxnard later in the summer.

Brad Kearns: [00:03:54] Right. So the template is a little different at the traditional Primalcon stateside where we actually do some grouping of the guests and doing some competitive challenges, like the survivor game or going through the fitness rotation. At Tulum, it was a little more relaxed. There was so much to do every day. I think you mentioned all the presentations. Ben Greenfield actually came down and did his super-human discussion of all the hacks and interesting things that he is in to as an elite endurance athlete and how this can apply to all manner of fitness activities. Then also the final presentation that I thought was special, too. That was your wife, Carrie, and her sidekick Karen Moore. They are hard at work on the "Primal Woman" book, as well as their coaching. We did some really cool interactive workshop type stuff with Carrie and Karen.

Mark Sisson: I think we are going to do more of that in the future. I got a sense from the participants that they liked being asked the difficult questions about where their life was headed or what would they do if they only had a year to live, for instance. Some of these really.....you have to dig down deep in to your soul and figure out what is important to you. For a lot of the attendants, some of them had really never looked that deep. They have the diet dialed in and they have the exercise pretty much dialed in. They showed up to have a good time. We did an excursion one day with a phenomenal day of rappelling and zip-lining and other great activities. We had all manner of people from extremely fit, the national record holder in the 100 meter run from Switzerland, down to people who were pretty unfit and were looking for ways to fix that.

Brad Kearns: One of the things that was amazing to me, again, being able to spend much more time at this Primalcon engaging with the guests, and actually talking to people without having a box in my hand or a cell phone ringing, but the amazing stories and the talents that come out of this group. You mentioned Dave Dollé who is a personal trainer in Zurich, who is a pretty fit looking guy. But little did we know we were talking to a 10.16 100 meter man, the national record holder and Olympic runner. Actually his wife, Romy, who wrote this amazing book, "Pure Food Pure Training," that is in German and about to be translated in to English. Another great one was Megan Leonard of Woodland Hills, California, going to her fourth Primalcon in a row. We were talking a little bit about how there seems to be these wavering motivations and you are a roll and you are doing great, then your life gets in the way. Megan recommended to all listeners, if you just go to every single Primalcon, you are going keep getting motivated and keep get back on track.

Mark Sisson: [00:06:52] There have been a number of people who have gone to a lot of the Primalcons now. Obviously, they come back for a reason. Again, it is just crazy how many talented people, not just fit people but talented in other arenas. Sixteen Aussies show up and podcasters and restaurant owners, Paleo restaurant owners and all manner of people who want to make a difference in the world using a Paleo/primal kind of template.

Brad Kearns: Yeah, that's right. The show of hands of people who are already in to the scene, doing well with their diet, transformed their health is high. However, you saw a large number of people that were just

trying to take it to the next level and spread the word. That was amazing. The folks from Thrive, the name of their business down in Australia. Those guys came out in force. They had 16 hours flights from Sidney to Dallas. They were just as chippy as can be...no sign of jet lag. That was awesome to see all the Aussies down there. We are going to have to put another Primalcon closer to them just to respect that.

Mark Sisson: Yeah.

Brad Kearns: Derrick and Barbara Wood coming down from Prince Albert for the third consecutive Primalcon and still holding the the all-time record of the 23 hours automobile drive from Prince Albert to Oxnard last year. So they got to do it by plane flight this year.

Mark Sisson: So listen, let's move on to some questions now. We can leave the listeners with a recommendation that if you have a chance to attend a Primalcon, you should give it a shot because it is really life transforming for a lot people.

Brad Kearns: Like I said, one of the big ones that came up, so we'll start out with this question. It was how to stay motivated. How to stay on track in the face of hectic modern life a career, work pressures, maybe set backs such as family issues, tragedies, whatever it is...holidays. Many people related that. They know everything is going well when they are committed to staying on track, but then they sort of find themselves kicked in the side easily.

Mark Sisson: [00:09:06] Well, life happens and there are some bad things that happen in people's lives and they have to be dealt with. So if you are a person who needs to deal a tragedy in a family I am not going to suggest that you don't leave or that you somehow try to avoid that. I think issues like that need to be dealt with and you can always come back to your primal eating and exercise strategy. So that is kind of point number one. We do have issues arise in life and we shouldn't beat ourselves up for getting off track as a result of this.

[00:09:45] Beyond that, it is important to surround oneself with friends, family, and coworkers who are sort of like minded. A lot of studies in the past decade that look at the influence our friends have on our health. If you surround yourself with unhealthy friends, you tend to be less healthy than you'd probably like to be. So surround yourself with healthy friends. I like to surround myself with healthy snacks, so I don't set myself up for sabotage in my house. I cleaned out my pantry of all the negative nasty stuff that was going to tempt me every time I walked by and I restocked my pantry with healthy snacks and healthy foods. If I do find myself getting up from the desk in the middle of the day and wandering in to the kitchen, at least I know I am going to be eating something that is reasonably healthy.

[00:10:41] There are a lot of little tricks and hacks that we can use to keep us on track. Megan did have a good point which is not everybody goes all in when they go primal the first time, or the second time, or the third time. For a lot of people it takes several different steps. It is a process and it is one or two minor changes at a time that get incorporated in to a life way and a habit. One of her ways of addressing this is, "I am going to surround myself with primal people. I am going to go do a Primalcon whenever they come up." That works for her. Staying on track is a process. For me, the first thing I do when I get up in the morning is, a do a little gratitude process. I go in to my back yard. I typically watch the sunrise, and take a moment to thank myself for all that I have done for myself...all of the accomplishments I have had, all of the setbacks I have endured. Then I ask myself am I ready? Am I prepared to do this again today? Am I ready to meet the challenge? Almost every day, the answer is yes, sure, I am ready to do that today. It is a conscious decision that I make rather than just assuming that it is going to happen.

Brad Kearns: [00:12:07] Another thing I'll mention is that some of the feedback that I received from people who had never heard you speak before. They related that it was refreshing how chill you were, quote/unquote. I think what they are getting out is we go to a lecture or listen to a leader of a movement and we are so accustomed to getting that dogmatic approach where they are telling you this is the right way to do it and you can't mess up and you have to be strictly disciplined. You message when you do your talks is

something quite different from that. You keep hitting on this theme of choices and I think that makes it more relaxing and accessible process where you don't have to feel the pressure of failing to adhere to this high standard every second of your life.

Mark Sisson: Yeah, and it makes it sustainable. We say that we have a 80/20 rule in the Primal Blueprint. It has been kind of tossed around, people have criticized it for being too lax. But my point of the 80/20 rule is that it applies to any part of your life. Not just diet. It applies to how you sleep, how much time you spend playing and all the other ten laws of the Primal Blueprint. The 80/20 rule says: strive to do well, try to do well, but if every once in a while, you make a choice that is not in your best interest, don't beat yourself up, just re-choose. Just start over again. Start the next day or the next opportunity you have to make a new choice. Don't get caught up in the guilt. Don't feel like you have let yourself down or your family down, or whoever else is aware of what you are doing. Just be very conscious that everything that you do in life is a choice and my goal as an educator is to simply make you aware of the ramifications of your choices. So if you say well there is a really awesome party going on and I want to stay up until 1:30 or 2:00 in the morning. I am okay with that if you are okay with that as long as you know it is going to take you a day or two to catch up, and as long as you catch up on your sleep. The fact that you have made that choice, knowing the potential downfalls of making that choice and still be okay with it, and still having a plan of action to recover from it, then why shouldn't you have that kind of opportunity and fun every once in a while in your life.

[00:14:32] You apply that to workouts. There are a number of times I go to the gym, thinking I am going to do a really hard workout, and I get to the gym and I get to the first set and I realize I don't have it today. Rather than slog my way through a hard workout and maybe set myself back, I am just going to turn around and go home. That's a choice I make on the spot. It is a choice I make with the knowledge that I am not losing my primal card if I don't work out today. I am not sacrificing anything, If anything, I am making the kind of choice that is a wise choice, made on the moment, on the spot, using the information that I have at my disposal at that point in time, with the knowledge that I can always re-choose from a different point of view the next day or the next week.

Brad Kearns: Right and I think that goes back to some of the themes you hit on in the primal cardio podcast where the main driving force to motivate you to pursue fitness goals, should be that it makes you feel good, so when you turn around and go home because you are too tired, you are making a choice that today exercise is not going to make you feel good. It is going to make you more tired. If people can stick to that kind of mind set rather than compulsive, consistency obsessed mind set that most exercisers take, it might be easier to adhere a sensible fitness program without getting discouraged.

Mark Sisson: I think it takes more discipline sometimes to kind of work out short than to force yourself to get a full workout. I remember back in the old days of training, there were a couple of workouts that I can pinpoint as days that I got to the track....one in particular. I did sixteen halves in 224 or 228.

Brad Kearns: For those of you unfamiliar with that workout, don't try it at home.

Mark Sisson: So it was like a breakthrough workout for me. It was crazy. I was fit enough to do that. I did it alone which is sometimes more difficult. I pushed myself through it. As I got closer to the sixteenth one, I started feeling this is going to be unbelievable. Around the fifteenth one, I felt a chill go up my spine. In my past experience I knew that meant I had gone to the well too deep. I had basically squeezed my adrenals dry. Sure enough, I got sick the next two days. During the next two days and then it took my about five weeks to recover. So my discipline, as it were, to get me through that workout, did not serve me well. The discipline would have been maybe to go through a quick full body check and intuitively, make a decision to pull the plug at thirteen or fourteen of those and not get through sixteen because that's what I had written on my training chart that I wanted to do that day.

Brad Kearns: [00:17:40] Good stuff. How about if we try, for the first time, to play a question off our SpeakPipe. We have a ton of submissions over the past couple of weeks for our last announcement. These

are the questions that you can record on the podcast website. They will be stored in our data base and we can play them and Mark will answer them for you. Like I said, we got a ton of submissions, so of them are quite lengthy so they are not appropriate to play. So if you are going to make a question, try to formulate a nice concise question that might be applicable to the broad audience. We'd love to hear from you. Here is our first one:

[00:18:12] From Jonny:

Hey, Mark, If sitting is bad for you because it is bad for your hip flexers, wouldn't Grok, who did a lot of squatting, and even deeper than the sitting position, have the same issue with his hip flexers, his femur being much closer to vertical?

Mark Sisson: Yeah, that is a very interesting observation. There are a number of considerations here. First of all we tend to sit, not in a full squat, but in a position that is somewhat unnatural for long periods of time with our hip flexers pretty much at a 90 degree angle. So we are not really stretching them and we are not really compressing them to the extent that...they are basically just atrophying. We do that for hours and hours at a time without moving. The notion that Grok squatted a lot (it was a rest position), so they did squat a lot. I don't imagine that he would have squatted for the length of time, for the hours on end, without getting up and walking around. That would kind of contrast with our sitting in chairs all day. I think we need to look at some of the Third World countries. I have looked at some of the kids in India who are brick makers. They squat for long periods of time in a full squat as they make bricks out of clay and spend inordinate amounts of time in that position. I don't know what the effect is of that but I can't imagine that it is great. I think any person engaged in toiling for 8 or 10 hours a day, needs to find a way to move around and to stretch and get a little bit of release and relief from a static position particularly one that is compressed as we would see in a chair. If there is a take home message from that question, it would be to find a way, if you can to have a standup desk. We started talking about this five years ago....the standup desk...maybe longer. I have had a standup desk for that long and everybody in my office has a standup desk and some of the people in my office have treadmills under their desks...we call them tread-desks, so they can actually move during the day. I take frequent breaks from my desk so I have noticed tremendous benefits in my hip flexers. My hip flexers used to be probably the weakest part of my body. For years and years, particularly after I had been running for so many miles and then stopped running. I would have the kind of pain in my hip joints that I thought was just a result of getting old. I assumed that it was natural and normal. That pain has gone away now that I have been using a standup desk. I use a special kind of standup desk, a Fogle, which has tilting system so I can actually lean. I don't stand in an upright position all day. I do for half the time and half the time when I am at my desk, I am leaning back. When I am leaning back, my hip flexers are almost fully open and the effect of that is pretty dramatic over a period of months and years in fixing the hip flexers issues that ail most people.

Brad Kearns: I think the key is variety and moving around and shifting. Some people have been giving me some pushback on that. "I can't have a standup desk at my workplace. They'd never allow it." You can always find some ways to mix in different positions such as if you get a phone call, you can stand up and shake out your legs, do hamstring stretches. Then when you are back in your seat, such as an air traffic controller, who can't have any flexibility, everyone can have some kind of flexibility with how they put their body all day long.

Mark Sisson: [00:22:39] Certainly in a work environment...in a cubicle environment or something.. and you are sitting at a desk and you are telling me that they would never allow you to have a standup desk. I am almost willing to bet that if you contact me and say I have a real problem. I would love to have a standup desk but I can't at work. I bet I could convince your boss that you could try a standup desk. Many of the workplaces now are more amenable to the ergonomic configurations that are being investigated in research and one of those major areas of research is how devastating it is to sit for long periods of time at a desk. Here is an opportunity to work on your negotiating skills to negotiate with your boss or your supervisor to create a standup desk. Down at Primal Nutrition half the standup are these No. 4 boxes that we get at the U.S. Postal Service stacked and configured in a way that the employees are able to create the most ergonomic efficient positioning for themselves.

Brad Kearns: Heck, we can get you a doctor's note from Dr. Cate Shanahan or several of the other doctors who attended the Primalcon. Easy stuff. Just bring in a doctor's note. They'll insist that you have a standup desk.

Mark Sisson: I am such a fan of standup desks. Unless you have a serious back disorder or something that really forces you to be sitting, I think that virtually everyone should be working at a standup desk who is in an office environment that would otherwise require sitting.

Brad Kearns: [00:24:29] Let's take a quick question from Hashim:

Hello, Mark, My question is when is the best time to eat your carbs?

Mark Sisson: Never. No, I am just kidding. Everyone thinks I've vilified carbs to the extent that I am a complete anti-carb guy. I guess that is a question that other people have. When is the best time to eat your carbs? A lot of it depends on the context. I would say that a handful of carbs at every meal is okay if that is what you want to do. Some people like to complement their breakfast omelet with a bowl of blueberries. I am all for that. That is an example of that. Or maybe a side of potatoes. Not a large side but some potatoes. To the extent that you are going to be eating carbs throughout the day? I would suggest it is about not overdoing the carbs rather than what is the most appropriate time to eat carbs. Now if you are an athlete who wants to take advantage of the training that you have been doing and you are contemplating on doing a hard workout tomorrow, then it might be appropriate to eat some carbs in the evening. It has been suggested and perhaps demonstrated that there is a less conversion factor to fats if you eat your carbs sort of late in the day and that goes to replenishing primarily the glycogen stores that you are hoping to build up for your event or your training or whatever you are doing the next day. Some people suggest that if you are going to eat 100 grams of carbs at one time, maybe the best time is during an evening meal still a few hours before you go to bed. During the evening meal it might take the form of what we call safe starches. Some sweet potato or even white potato with butter on it if that is something you can handle. Or fruit for that matter. Fruit is sort of an interesting character in that if you are looking to replenish glycogen it is a great way to do that. The sugar in fruit, the fructose, wants to go directly to glycogen storage via the liver and really doesn't get converted into glucose. Some of the carbohydrates tend to get converted into glucose first. So fruit is sufficient in that regard. The opposite side of the coin is, if your glycogen storage is full, then the fructose gets converted in to triglycerides pretty readily. You have to develop kind of intuitive knowledge about where you stand with your glycogen stores whether you have done workouts that day or what you have planned for the next day and kind of knowing where you stand on the carbohydrate curve. Are you a person who can handle 200 or 250 grams of carbs in a day or are you someone who really suffers if you start in more than say 50. If that is the case, then you are probably not going to replenish your glycogen storage at night. If that is the case, then you might want to have your carbs earlier in the day and not at night. These are really very nuanced and contextual situations which I try to describe or try to impart the wisdom for people to try to get an intuitive sense of where they are and what is best for them. That is the experiment of one.

Brad Kearns: [00:28:14] So in the 21-Day Total Body Transformation you said that the decision making process here starts with are you happy with your current level of body composition.

Mark Sisson: Okay. That would certainly be the first question to ask. If you are happy with your body composition, and you are a person who has been taking in, say, a higher than normal amount of carbs, it might be because you are an athlete who is burning.....not even need to be an elite athlete. You could just be a person who trains a lot, who is burning 250, 300, 350 grams of carbs a day. I would suspect that not many people outside the range of elite athletes would burn more than that. But if you are that person and you are fine with your body composition, and you say fine eating carbs and I want to sort of stay a carb/sugar burner. I am fine with that. There are a handful of people who get away with consuming more carbs and not having it negatively impact them in the way that it does other people.

Brad Kearns: [00:29:23] How do you feel about Chris Kresser's comment about people with adrenal fatigue shouldn't be on low-carb diets?

Mark Sisson: I am not opposed to that. I think that is another question you might ask yourself, after you have asked yourself if you are happy with your body composition. This becomes.....The Primal Blueprint is a template. It is a starting point. I would recommend people try it for 30 days. After 30 days and keeping good records of how you feel, and how you look, and your energy levels and all of these other parameters that we like to have people have. Then it might behoove one to say maybe I'll try taking in fewer carbs. And experiment with that for a while. Someone else might say I'm going to add 50 grams of carbs and see if I notice any difference. Clearly, everyone is different in terms of their genetic familial genes. Their human genes have been processing all these things the same way. Everybody basically has the same biochemical processes going on their bodies. It is just the degree to which these are happening that is determined partly by genetics and partly by epigenetics or their lifestyle behaviors. So you kind of have to determine on what part of the spectrum you fall. Are you someone can get away with eating a lot of carbs? By the way, if you can get away with eating a lot of carbs, it doesn't mean it doesn't have an effect on you. If you are someone who is taking in 400 or 500 carbs a day and you are not gaining weight, that doesn't mean that you are necessarily at the optimum level of health that you could be. I would suspect that there is some issue with that amount of glucose circulating through your body all the time. But some people can get away with it more than others. Kresser's observation that if you have adrenal issues, or if you have thyroid issues you may, in fact, want to increase your carbs to a point. But I don't think that means up to 400 or 500 grams. I think it means 200 or 250 maybe. As the [?] have said maybe up to 300 but not much more than that. I have said for the most part, people who are in fairly decent metabolic shape and haven't done so much metabolic damage, probably very few people actually really need more than 150 grams of carbs a day. If they become good at burning fat.

Brad Kearns: Great. How about if knock out a couple more and then we'll do another show next week because of all the questions that are excellent.

Mark Sisson: Great.

Brad Kearns: [00:32:06] Here is Evette from Long Island with a question:

I have heard conflicting reports on potatoes. I would like to know what you feel about them. Are they Paleo or aren't they?

Mark Sisson: Well, first of all. I am the guy who says if they are primal or not. The keepers of the Paleo world might argue over context of the potatoes on whether the yams or the sweet potatoes were in the same family as the white potatoes, or the Indian potatoes, or the Japanese potatoes, or Okinawan potatoes. In general, potatoes are starchy carbohydrates. The sweet potato, the yam family, might be arguably a little bit more primal or paleo in some regards because it is a slower burning complex form with a bit more of fibrous matrix. The white potato, by itself, sort of ironically, in the days before Exceed and Gatorade and the glucose drinks that the cyclists use now regularly on the Tour de France to top off their glucose while they are riding. In the old days, they used to carry baked potatoes. The reason was that potatoes convert to glucose very readily. In fact potatoes are known to be 100 on the glycemic index scale which means that they basically convert to glucose instantly, even better than table sugar. So if you are looking for a quick supply of calories that convert to glucose really quickly, the white potato is a pretty good choice. On the other hand, if you put some butter or some sour cream on that white potato you can slow down the glycemic index and slow down the release of that in to the bloodstream and use that as a means of tempering that. But in my reasoning, and I have come around quite a bit on this, I think that some amount of potatoes in the diet is perfectly primal. The question becomes how much is appropriate? If you are having a giant 2 pound potato with all the fixings, it is probably inappropriate. But if you are going to have a half a baked potato or some whipped yams with some cream, which is actually one of my favorite dishes at Thanksgiving. Those fit perfectly in to a otherwise well orchestrated Primal Blueprint eating strategy.

Brad Kearns: [00:34:45] Thanks, Mark. How about this interesting one from Abby in Barview, Oregon.

Mark, you often promote the antioxidant benefits of drinking red wine. However, I have directly associated drinking red wine with getting migraine headaches and this has been for several decades. Hence, I prefer white and completely avoid red. Do you have any guess why red wine doesn't agree with me? And can you also discuss why white wine, beer, mixed drinks, and so forth stand in the Primal Blueprint?

Mark Sisson: Sure. Well, I think a number of people have issues with red wine. Histamines and sulfites tend to really effect some people dramatically. I have a good friend at the gym who drank red wine for years and years and then wondered why he had headaches and even some arthritic issues and when he gave up the red wine, much to his chagrin because he is basically a wine connoisseur. All that stuff went away. There is good evidence that some people cannot handle red wine and probably might be that the sources of the wine. It might be the mixture coming from the vintner that is the issue. I think giving up red wine, the writer is someone who can drink white wine, that's fine. On a scale of best to worst red wine typically shows up as best because it has the resveratrol and other anti-oxidants in it. White wine is further on down the scale. But we have had discussions recently, for instance, beer. I used to drink a lot of beer but beer does not suit me in terms of my GI tract or the day after. I can feel my joints swelling a little bit. I can feel bloating. So I have found a couple of sorghum beers that I can have once in a while..... St. Peter's Sorghum Ale.. I have developed a taste for it and that is something I'll have on occasion, if I feel like a beer. I cannot go for multiple bottles of beer. It doesn't sit well with me whether it is the barley or the wheat that it was made from or whatever the grain is involved. Beer has a lot of gluten in it for the most part so I would say stay away from beer. Mixed drinks?.....not so much because of the sugar in most typical mixed drinks. But tequila...is an interesting spirit because it has virtually no sugar, no carbohydrates. It has alcohol, of course. But it is about as pure a drink as you can get, if it's the right kind.

Brad Kearns: What's is you favorite brand?

Mark Sisson: Well, DeLeon. I was an investor in that brand but it just got purchased. This is the opening discussion that we had at the Tulum vacation which was: The Primal Blueprint is about enjoying your life. Hopefully living the longest possible functioning happy vibrant fun loving life you can. To the extent that you can include the occasional dalliance in to some alcohol, once in a while, not as a lifestyle...or some chocolate or some other otherwise forbidden food. It is really not about whether or not you consume it. It is really about how much and how often and knowing the information behind it so you can make the kind of decisions and choices that allow you do to so knowingly and willingly and with full responsibility of whatever outcomes as a result of those choices. So when it comes to alcohol, I will tell you that everybody is better off not consuming alcohol. That's a known fact. And even the studies that show that tee-totalers don't live as long as people who consume two glasses of wine a night. I think those studies are suspect because those studies look at an otherwise unhealthy population and parsing in to those who drank and those who didn't drink. I think the healthier you become and the more you clean up your diet, probably the more appropriate it would be, in the best of all possible worlds, not to consume alcohol. I drink wine because I have a tough time with stress. Stress is my nemesis so at the end of the day, a glass of red wine, on balance, if it kind of takes the edge off a little bit and allows me to get in to a very relaxed mood and be ready to wind down for the next few hours, before I go to sleep, I would argue that a choice that I have made that I am willing to embrace whatever potential consequences there are from one glass of red wine, or maybe two vs. not having any at all.

Brad Kearns: Mark. Thanks for hitting those questions to hard. We will get more next week and also giving that whole rundown on the Primalcon Vacation Tulum. We rally hope to see you at a future one. The next one is we are really excited about is June 5 through 8th at finally, for the first time, we are going to the east coast for Primalcon New York. There are many details at Primalblueprint.com. One thing I noticed in Tulum, there is always some spouse pairs coming along where one of them is all in to the primal thing and they drag their spouse along. The spouse enjoys the vacation or picks or chooses things on the agenda. In New York, interestingly, Mike Delandro, our primal transformation seminar superstar presenter on the east coast, will deliver the seminar at Primalcon so if you have a newbie that you might want to acquaint with the Primal Blueprint movement, consider coming up to Primalcon New York to get

that nice integration for the very beginner level, as well as all the other advanced opportunities we have with the awesome presenter staff. This is host, Brad Kearns, signing off. Thanks so much for listening to the Primal Blueprint podcast with Mark Sisson.