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Editor'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.

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The New Primal Blueprint

Mark Sisson. Health and fitness expert Mark Sisson is the New York Times best-selling author of The Keto Reset Diet, best-selling author of The Primal Blueprint and one of the leading voices of the Evolutionary Health Movement. His blog, MarksDailyApple.com, has paved the way for primal enthusiasts to challenge conventional wisdom's diet and exercise principles and take personal

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Primal Blueprint Blog The Primal Blueprint Podcast

Elle Russ chats with Lindsay Taylor Ph.D. about all things KETO! Lindsay is the Senior Writer and Researcher at Primal Blueprint. She has been a consultant, editor, and recipe developer for several of Mark Sisson's bestselling books and is the coauthor along with Mark Sisson of The Keto Reset Instant Pot Cookbook and The Keto Reset Diet Cookbook.

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