



## **Week 7 Report For Ben Parker** **March 18 – March 24 2019**

Another great week on the nutritional front. Every thing looks great except maybe for the potassium. I thought you had fixed that with the No Salt? By now you should have figured out exactly what works for you nutrition wise, and you can keep experimenting and tweaking as you go along.

How's the intermittent fasting going? by now you should have experienced the transition into fasting sufficiently to know what works best for you. You need to mix it up, maybe a day or two of OMAD plenty of 16/8 – 18/6 days and then the odd day when you don't fast at all. The next stage, if you want to go there, would be to do a 3 day fast, maybe one a month or 6 weeks. It would be really good for autophagy and cleaning up all the cell damage.

How's the Primal Exercises going? Have you got a routine going with the 4 primary exercises? Trying to do those plus a couple of cardio (walking) exercises every other day will be very beneficial plus the occasional sprints if you can fit them in. Here's a copy of that paper I gave you in the form of an EBook:

[http://cdn.marksdailyapple.com/wordpress/wp-content/uploads/Primal\\_Blueprint\\_Fitness\\_eBook\\_01222015.pdf](http://cdn.marksdailyapple.com/wordpress/wp-content/uploads/Primal_Blueprint_Fitness_eBook_01222015.pdf)

OK, it's time to get serious about sleep management the next pillar in the protocol. I got started by watching this interview: <https://youtu.be/4Mtw3vBQYOg> Then I bought Shawn's book Sleep Smart, which has 21 key actions, most of which I have implemented. Getting your sleep management under control will give you another whole new dimension to your lifestyle and improve your health significantly. I suggest you try and integrate this stuff into your daily routine this week.