

PRIMAL PRECISION

WORKBOOK



Eliminate visceral fat by mastering
food, light, movement, sleep, and stress

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Welcome

It is important to know this is not a weight loss program. This is a visceral fat reduction and metabolic restoration protocol. Although many do lose weight as they reduce visceral fat.

We are removing the inflammatory organ driving:

- Hormone disruption
- Insulin resistance
- Brain fog
- Stubborn midsection
- Performance decline

VISCERAL FAT BASELINE

Waist Circumference (at navel):

Fasting glucose (if available): -----

Triglycerides (if available): -----

HDL: -----

HOW DO YOU FEEL AT 3PM MOST DAYS?

Focused

Tired

Craving sugar

Wired

WEEK 1 BIOLOGY BEFORE MODERN LIFE

Ancestral Environment



VS

Modern Environment



Biology Before Modern Life

WHAT'S HAPPENING

Your body was designed in a very different environment than the one you live in today.

For most of human history:

- Light came from the sun
- Food was whole and not always available
- Movement was part of daily life
- Nights were dark and restful

**YOUR METABOLISM DEVELOPED TO RESPOND
TO THESE PATTERNS.**

TODAY, YOUR BODY IS EXPOSED TO:

- Artificial light at night
- Constant food availability
- Less movement
- Higher Stress

**YOUR BIOLOGY HASN'T CHANGED, BUT YOUR
ENVIRONMENT HAS.**

WHY IT MATTERS

When your environment sends mixed or unnatural signals:

- Hormones become dysregulated
- Insulin increases more frequently
- The body shifts into storage mode

THIS IS ONE OF THE PRIMARY DRIVERS OF VISCERAL FAT ACCUMULATION.

ACTION STEPS

- ✓ GET NATURAL LIGHT WITHIN 30-60 MINS OF WAKING
- ✓ START NOTICING HOW OFTEN YOU EAT
- ✓ INCREASE DAILY MOVEMENT (WALK MORE)
- ✓ BEGIN OBSERVING YOUR CURRENT HABITS (NO JUDGEMENT)

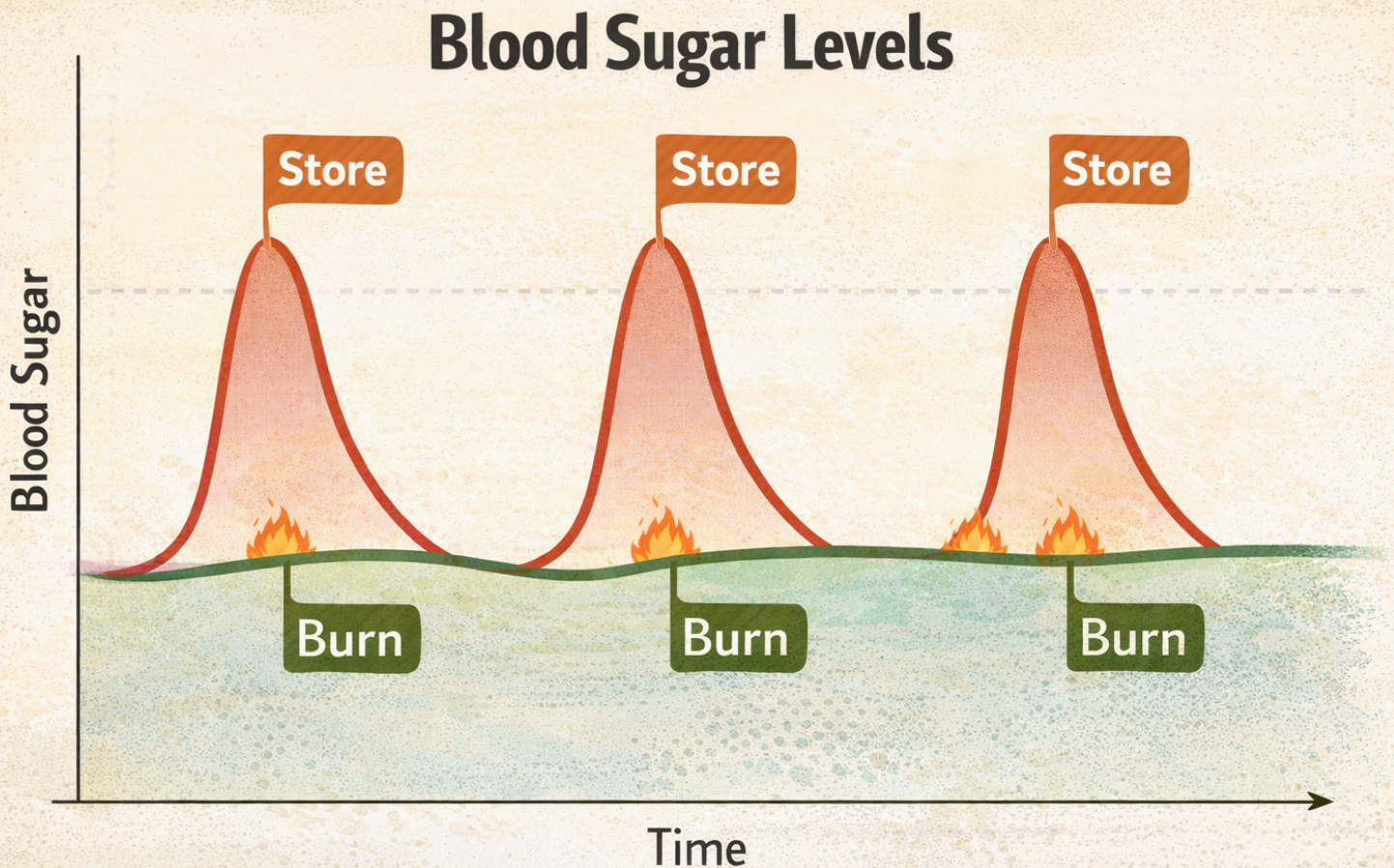
AWARENESS TRACKER

- GOT MORNING LIGHT
- NOTICED MY EATING PATTERNS
- MOVED MY BODY INTENTIONALLY
- PAID ATTENTION TO MY ENVIORNMENT

WEEK 2

INSULIN &

BLOOD SUGAR



THE FAT STORAGE SWITCH

Insulin & Blood Sugar

WHAT'S HAPPENING

When you eat, especially carbohydrates:

- Blood sugar (glucose) rises
- Your body releases insulin

Insulin's job is to:

- Move glucose into cells
- Store excess energy

When Insulin is elevated:

- Fat burning is turned **OFF**
- Fat storage is turned **ON**

When Insulin stays elevated frequently throughout the day:

- The body becomes less sensitive to it
- More insulin is required
- Fat storage increases

WHY IT MATTERS

Chronically elevated insulin is one of the main drivers of:

- Visceral Fat
- Insulin resistance
- Energy crashes
- Cravings

If insulin is high all day, your body cannot efficiently access stored fat.

ACTION STEPS

- ✓ BUILD MEALS AROUND PROTEIN
- ✓ REDUCE SNACKIN BETWEEN MEALS
- ✓ PAIR CARBS WITH PROTEIN + FAT
- ✓ AIM FOR STRUCTURED EATING WINDOWS

AWARENESS TRACKER

- ATE PROTEIN - FIRST MEALS
- AVOIDED UNNECESSARY SNACKING
- NOTICED ENERGY DIPS AFTER MEALS
- STAYED FULL BETWEEN MEALS

WEEK 3

METABOLIC

FLEXIBILITY



YOUR ABILITY TO SWITCH BETWEEN FUEL
SOURCES

Metabolic Flexibility

WHAT'S HAPPENING

Your body has two primary fuel sources:

- Glucose (from carbs)
- Fat (Stored or dietary)

A healthy metabolism can switch between these easily depending on:

- When you ate last
- your activity level
- your energy needs

THIS IS CALLED METABOLIC FLEXIBILITY

WHAT GOES WRONG

In modern life:

- frequent eating
- constant carbohydrate intake
- Elevated insulin

keep the body reliant on glucose, and over time, the body becomes less efficient at burning fat.

WHY IT MATTERS

When your body cannot access fat efficiently:

- You rely on constant food for energy
- hunger increases
- Energy crashes occur
- fat (esp. visceral fat) accumulates

Because:

- You are always storing
- rarely burning

ACTION STEPS

- ✓ REDUCE CONSTANT SNACKING
- ✓ ALLOW TIME BETWEEN MEALS (4-5 HOURS)
- ✓ EAT BALANCED MEALS (PROTEIN + FAT)
- ✓ NOTICE HUNGER VS HABIT EATING

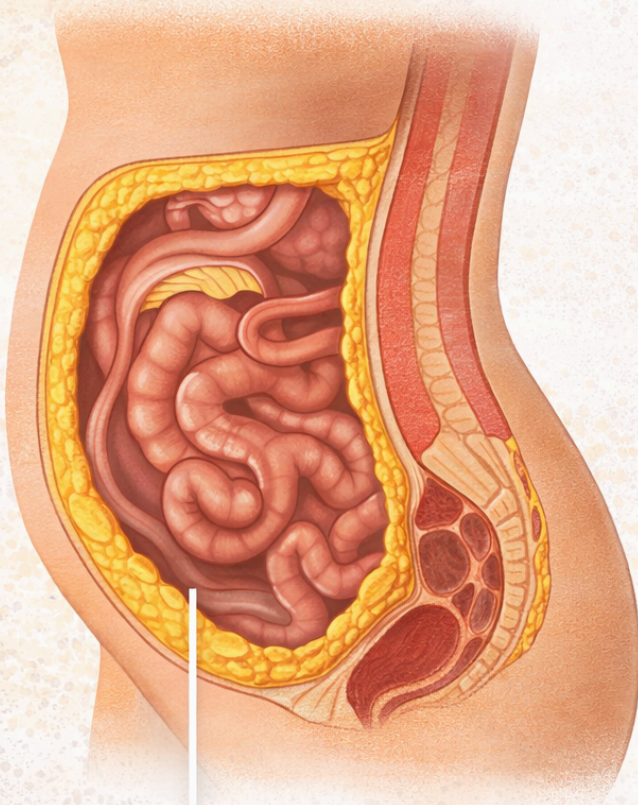
AWARENESS TRACKER

- WHEN AT LEAST 3-4 HOURS BETWEEN MEALS
- NOTICED TRUE HUNGER VS HABIT
- FELT STABLE ENERGY BETWEEN MEALS
- AVOIDED UNNECESSARY SNACKING

WEEK 4

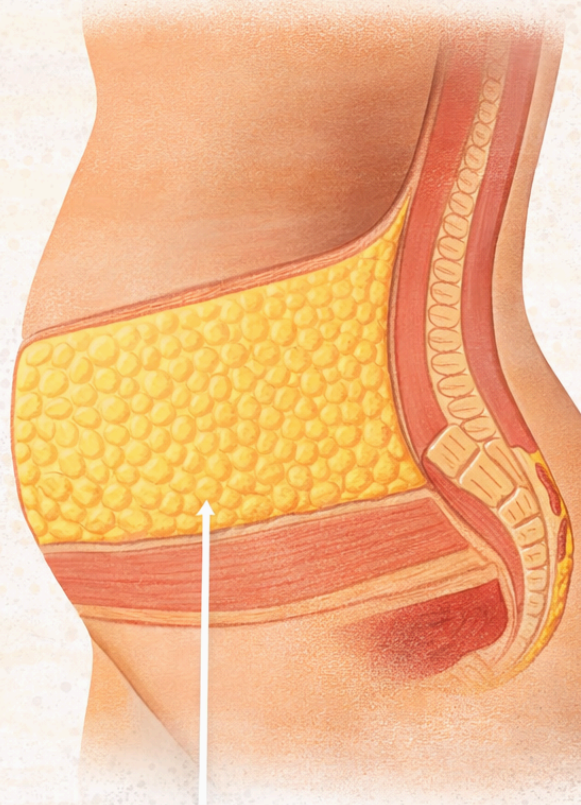
VISCERAL FAT

Visceral Fat



Visceral Fat

Subcutaneous Fat



Subcutaneous Fat

*THE FAT YOU DON'T SEE, BUT THAT
IMPACTS EVERYTHING*

Visceral Fat

WHAT'S HAPPENING

There are two main types of fat:

- subcutaneous fat- under the skin
- Visceral Fat- around the organs

Visceral fat surrounds:

- liver
- pancreas
- intestines

Unlike other fats, visceral fat is **metabolically active**

it releases inflammatory signals and directly affects hormone function

WHAT DRIVES VISCERAL FAT

- chronically elevated insulin
- frequent eating
- chronic stress (cortisol)
- Inflammation
- Poor sleep
- low muscle mass

WHY IT MATTERS

Visceral fat is strongly linked to:

- insulin resistance
- hormone imbalance
- fatigue
- increased disease risk

It is not just about appearance, it is about metabolic health

ACTION STEPS

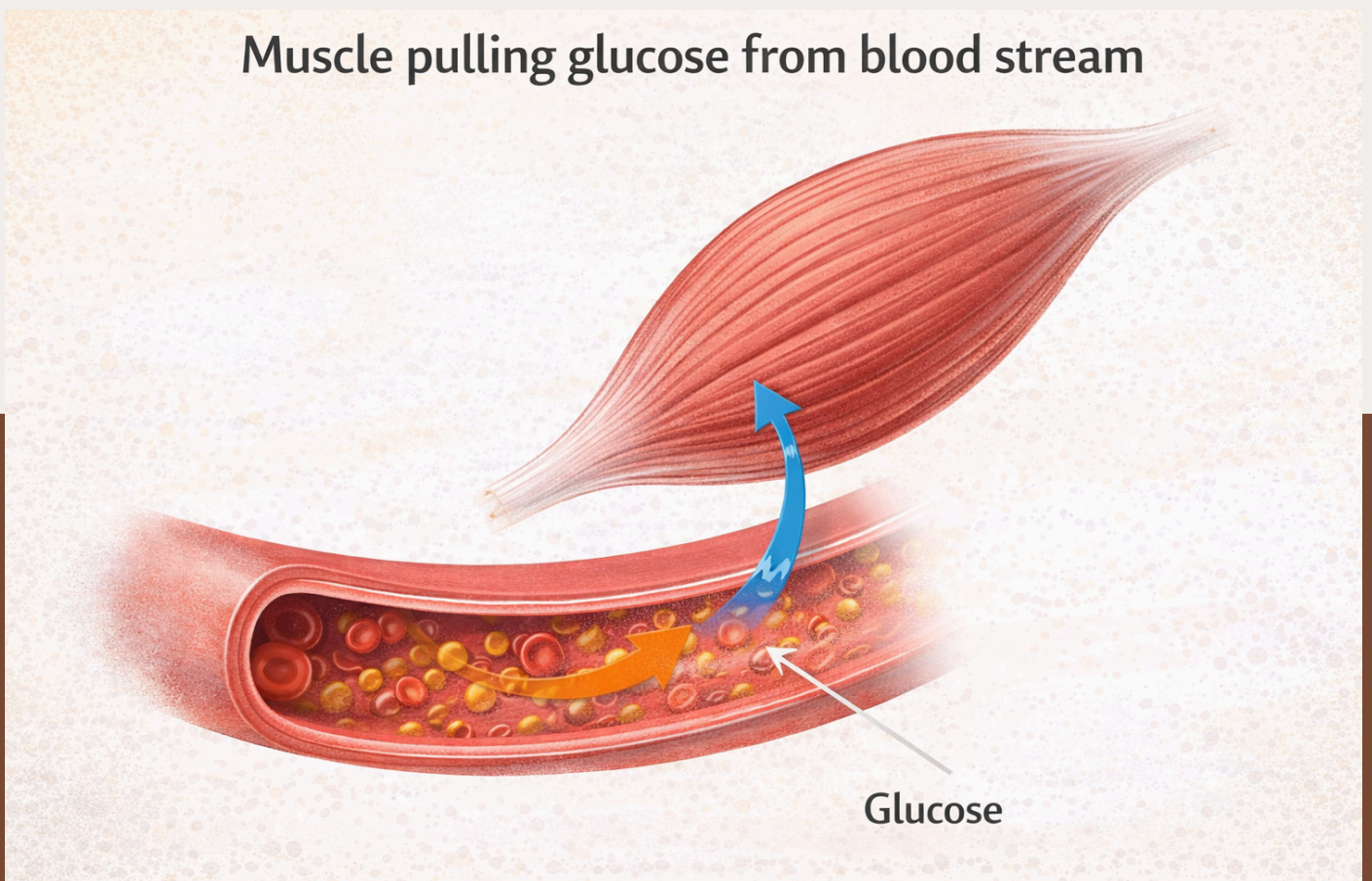
- ✓ MEASURE WAIST CIRCUMFERENCE (TRACK WEEKLY)
- ✓ FOCUS ON STABLE MEALS (REDUCE SPIKES)
- ✓ IMPROVE SLEEP CONSISTENCY
- ✓ BEGIN STRENGTH TRAINING

AWARENESS TRACKER

- MADE FOOD CHOICES THAT STABILIZE ENERGY
- MOVED MY BODY INTENTIONALLY
- NOTICED BLOATING OR INFLAMMATION
- STAYED CONSISTENT WITH MY ROUTINE

WEEK 5 MUSCLE: THE METABOLIC ORGAN

Muscle pulling glucose from blood stream



YOUR GREATEST TOOL FOR FAT LOSS

WHAT'S HAPPENING

Muscle is not just for strength or appearance

It plays a critical role in metabolism

Muscle helps:

- absorb glucose from the bloodstream
- improve insulin sensitivity
- store energy efficiently
- support overall metabolic function

When muscle is active, it pulls glucose out of the blood into the cell, reducing the need for insulin

WHAT GOES WRONG

When muscle is low or underused:

- Glucose remains elevated longer
- Insulin stays elevated
- The body stores more energy

Over time:

- Fat storage increases
- Metabolism slows

WHY IT MATTERS

More muscle = better metabolic control

This leads to:

- Improved insulin sensitivity
- Better fat utilization
- Reduced Visceral fat

ACTION STEPS

- ✓ STRENGTH TRAIN 2-3X PER WEEK
- ✓ WALK DAILY (ESPECIALLY AFTER MEALS)
- ✓ FOCUS ON FULL-BODY MOVEMENTS
- ✓ PRIORITIZE PROTEIN INTAKE

AWARENESS TRACKER

- MOVED MY BODY INTENTIONALLY
- COMPLETED STRENGTH OR RESISTANCE WORK
- WALKED AFTER A MEAL
- ATE ENOUGH PROTEIN

WEEK 6

MOVEMENT &

SPRINTING



*HOW YOU MOVE DETERMINES HOW YOUR
BODY USES ENERGY*

WHAT'S HAPPENING

Movement is not just about burning calories.

It sends **specific metabolic signals** depending on:

- Intensity
- Duration
- Frequency

3 Key Movement Signals

1. Low Intensity Movement (Walking/Zone 2)

- Uses fat as a primary fuel
- Improves mitochondrial function
- Lowers baseline blood sugar
- Reduces stress on the body

This is your fat-burning foundation

2. Resistance Training

- Builds and maintains muscle
- Improves insulin sensitivity
- Increases long-term metabolic rate

This supports your metabolism over time

3 Key Movement Signals Cont'd

3. High-Intensity (Sprinting)

This is where things get powerful

Sprinting:

- Rapidly depletes stored glycogen
- Increases insulin sensitivity significantly
- Triggers adrenaline and growth hormone
- Signals the body to become more metabolically efficient

This creates a strong “Use energy now” signal

WHY SPRINTING MATTERS

After sprinting:

- The body becomes more efficient at using glucose
- Insulin sensitivity improves
- The body is more likely to tap into stored fat

*This is one of the most effective ways to target **visceral fat.***

WHAT GOES WRONG

Modern movement looks like:

- Sitting most of the day
- Occasional workouts
- No intensity variation

This leads to:

- Poor glucose utilization
- Reduced metabolic flexibility
- Increased fat storage

WHY IT MATTERS

Without the right movement signals:

- The body becomes efficient at storing
- not efficient at using energy

Movement is how you teach your body to use fuel again.

ACTION STEPS

- ✓ WALK DAILY (FOUNDATON AIM FOR 8-10K STEPS)
- ✓ ADD 10-15 MIN WALKS AFTER MEALS
- ✓ STRENGTH TRAIN 2-3X PER WEEK
- ✓ SPRINT 1-2X PER WEEK (SHORT, INTENSE EFFORTS)

AWARENESS TRACKER

- WALKED CONSISTENTLY
- MOVED AFTER A MEAL
- INCLUDED STRENGTH OR RESISTANCE
- COMPLETED OR PLANNED A SPRINT SESSION

WEEK 7 CIRCADIAN BIOLOGY & LIGHT



YOUR BODY RUNS THE CLOCK

WHAT'S HAPPENING

Your body operates on a 24-hour internal clock called your **Circadian rhythm**.

This clock is controlled primarily by **light entering your eyes**.

The brain's master clock (SCN) coordinates:

- Cortisol (wake + energy)
- Melatonin (sleep + repair)
- Insulin sensitivity
- Digestion
- Metabolism

Every organ in your body follows this rhythm.

WHAT GOES WRONG

Modern life disrupts this rhythm:

- low morning light
- high artificial light at night
- inconsistent sleep schedules

This leads to:

- poor insulin response
- increased hunger
- disrupted metabolism
- increased fat storage

WHY IT MATTERS

When your rhythm is off:

- Hormones are mistimed
- metabolism becomes inefficient
- fat storage increases

WHAT THIS MEANS FOR YOU

Your body needs clear signals for:

- When to be awake
- When to eat
- When to rest

Light is what sets those signals

ACTION STEPS

- ✓ GET SUNLIGHT WITHIN 30 MINUTES OF WAKING
- ✓ REDUCE LIGHT EXPOSURE AT NIGHT
- ✓ KEEP CONSISTENT SLEEP/WAKE TIMES
- ✓ AVOID EATING LATE AT NIGHT

AWARENESS TRACKER

- GOT MORNING SUNLIGHT
- REDUCED NIGHTTIME LIGHT
- KEPT A CONSISTENT SLEEP TIME
- AVOIDED LATE EATING

WEEK 8

STRESS &

CORTISOL



STRESS TELLS YOUR BODY TO STORE

WHAT'S HAPPENING

Stress triggers the release of **cortisol**, your primary stress hormone.

Cortisol's job is to:

- increase blood sugar
- provide quick energy
- prepare the body for action

This is helpful in the short term.

WHAT GOES WRONG

Chronic stress keeps cortisol elevated.

This leads to:

- constant glucose release
- increased insulin
- increased fat storage

Especially in the abdominal area.

WHY IT MATTERS

Chronic cortisol elevation creates a metabolic environment where:

- The body prioritizes survival
- not fat burning

WHAT THIS MEANS FOR YOU

You cannot out-train or out-diet chronic stress.

Your body must feel safe to burn fat.

ACTION STEPS

- ✓ IDENTIFY DAILY STRESS TRIGGERS
- ✓ ADD 1 CALMING PRACTICE (WALK, BREATHE, QUIET TIME)
- ✓ AVOID OVERTRAINING
- ✓ PRITORIZE RECOVERY

AWARENESS TRACKER

- MANAGED STRESS INTENTIONALLY
- TOOK TIME TO RESET
- AVOIDED OVERLOADING MY SCHEDULE
- FELT CALM AT SOME POINT IN THE DAY

WEEK 9

INFLAMMATION

INFLAMMATION



THE SILENT BLOCKER OF FAT LOSS

WHAT'S HAPPENING

Inflammation is your body's natural response to stress or damage.

Short-term inflammation is helpful

Chronic inflammation is not.

WHAT DRIVES IT

- poor diet
- gut dysfunction
- stress
- poor sleep
- environmental toxins

ACTION STEPS

FOCUS ON WHOLE FOODS

IMPROVE SLEEP QUALITY

REDUCE STRESS

PAY ATTENTION TO FOOD REACTIONS

AWARENESS TRACKER

ATE WHOLE, SIMPLE FOODS

NOTICED BLOATING OR DISCOMFORT

SUPPORTED RECOVER (SLEEP/REST)

FELT STABLE ENERGY

WEEK 10 DIGESTION & MICROBIOME



YOU ARE WHAT YOU ABSORB

WHAT'S HAPPENING

Digestion breaks food down into nutrients your body can use.

Your gut and microbiome help:

- absorb nutrients
- regulate inflammation
- influence metabolism

WHAT GOES WRONG

Poor digestion leads to:

- incomplete breakdown of food
- gut irritation
- increased inflammation

WHY IT MATTERS

When inflammation is impaired:

- nutrients are not absorbed properly
- inflammation increases
- fat storage becomes more likely

WHAT THIS MEANS FOR YOU

How you eat matters just as much as what you eat.

ACTION STEPS

- ✓ SLOW DOWN WHILE EATING
- ✓ REDUCE DISTRACTIONS DURING MEALS
- ✓ CHEW THOROUGHLY
- ✓ ADD FERMENTED FOODS OR GUT-SUPPORTING FOODS

AWARENESS TRACKER

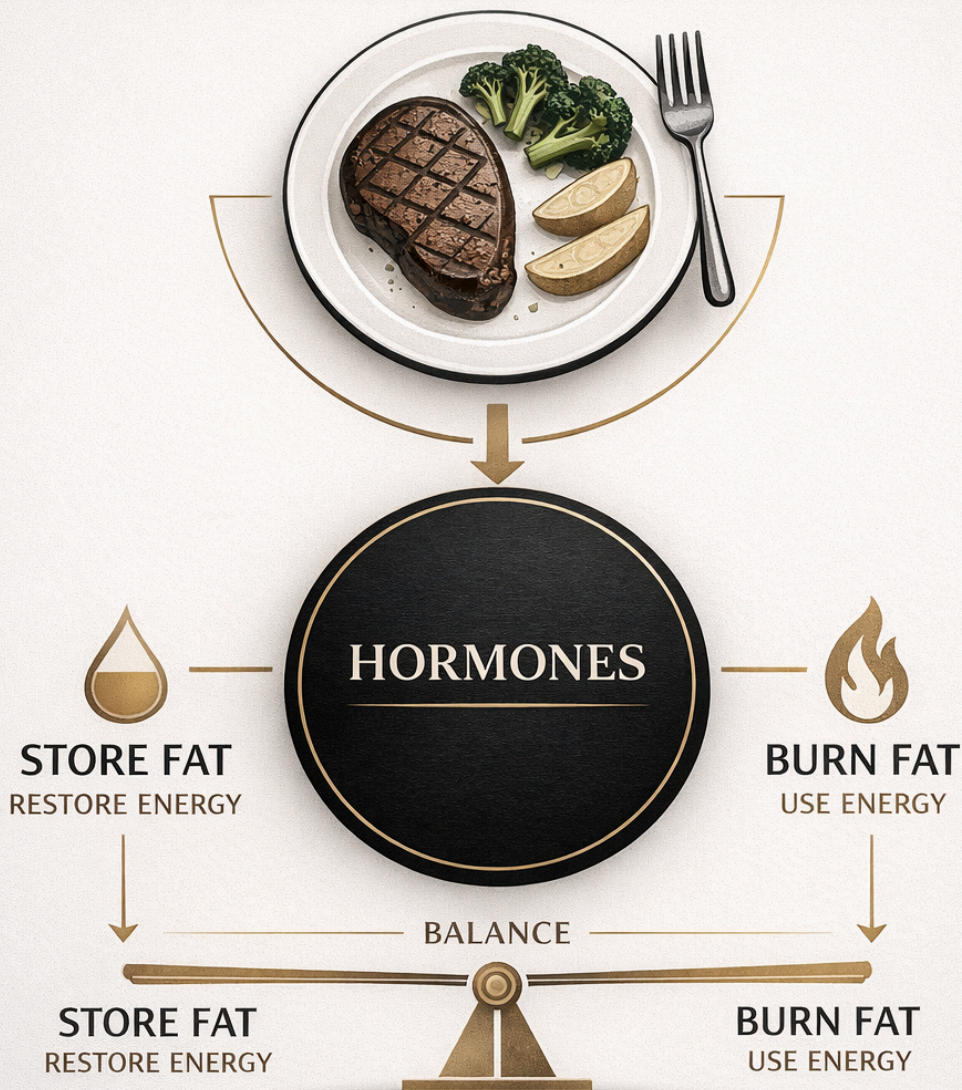
- ATE WITHOUT DISTRACTIONS
- CHEWED FOOD WELL
- FELT FOOD AFTER EATING
- NOTICED DIGESTION PATTERNS

WEEK 11

FOOD SIGNALS

Food Signals

How FOOD Affects Your Hormones & Body



EVERY BITE SENDS A MESSAGE

WHAT'S HAPPENING

Food communicates directly with your hormones.

Every meal influences:

- glucose
- insulin
- leptin
- ghrelin

These determine:

- hunger
- satiety
- fat storage
- fat burning

WHAT GOES WRONG

Frequent eating, poor food quality, and imbalance lead to:

- constant insulin elevation
- hunger dysregulation
- increased fat storage

WHY IT MATTERS

Food is **NOT** just calories.

It is information that directs your metabolism.

- nutrients are not absorbed properly
- inflammation increases
- fat storage becomes more likely

WHAT THIS MEANS FOR YOU

Your meals should send clear, stable signals

ACTION STEPS

- BUILD MEALS AROUND PROTEIN
- REDUCE SNACKING
- PAIR CARBS WITH PROTEIN + FAT
- EAT IN DEFINED WINDOWS

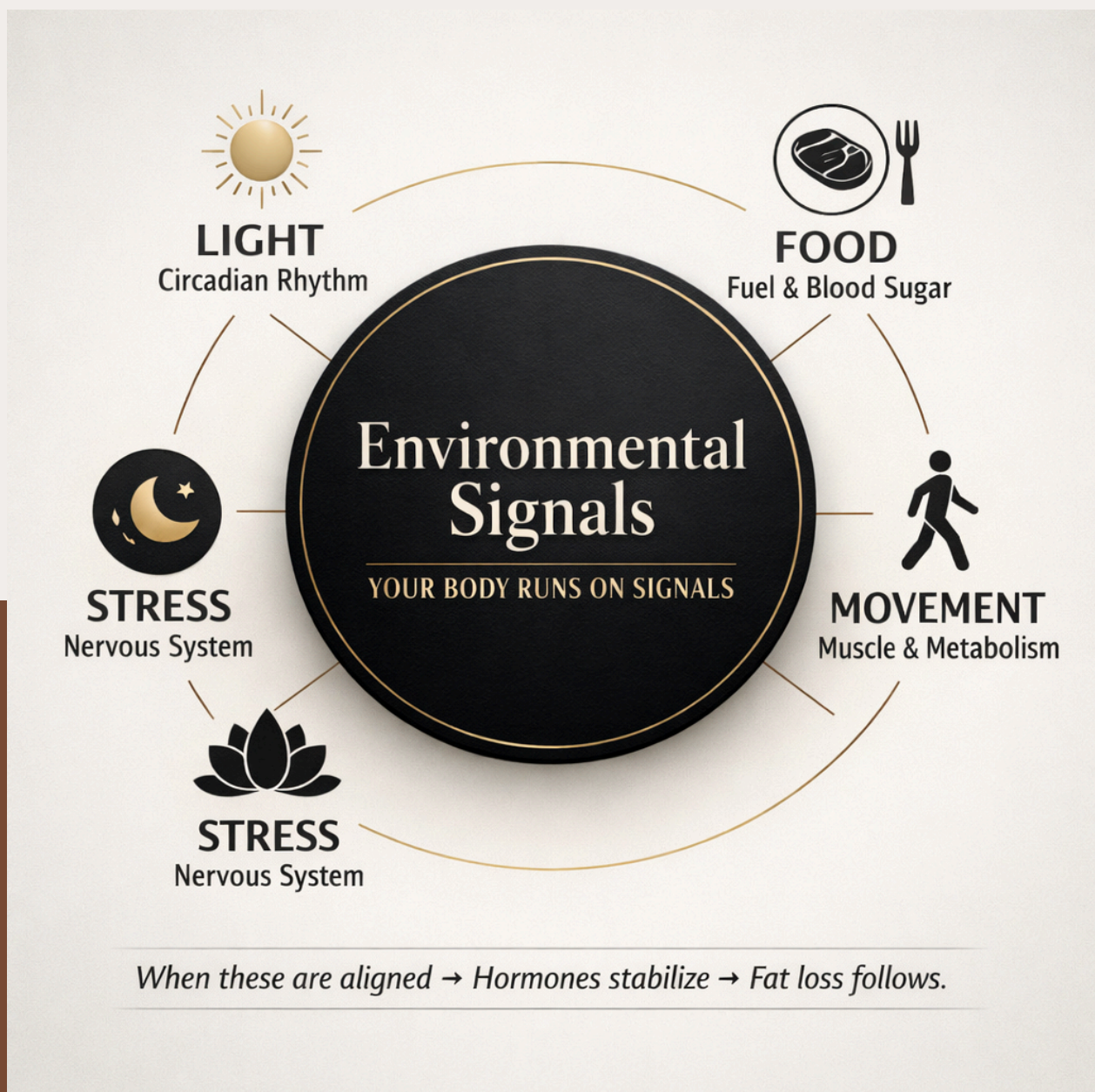
AWARENESS TRACKER

- ATE STRUCTURED MEALS
- REDUCED UNNECESSARY SNACKING
- FELT SATISFIED AFTER EATING
- HAD STABLE ENERGY

WEEK 12

ENVIRONMENTAL

SIGNALS



THE SYSTEM THAT CONTROLS
EVERYTHING

WHAT'S HAPPENING

Your body responds to a combination of signals:

- light
- food
- movement
- stress
- sleep

These signals work together to determine:

- metabolic function
- hormone balance
- fat storage or fat burning

WHAT GOES WRONG

When these signals are inconsistent:

- hormones become dysregulated
- metabolism slows
- fat storage increases

WHY IT MATTERS

Fat loss is not controlled by one factor

It is controlled by the **alignment of all signals**

WHAT THIS MEANS FOR YOU

You don't need to do everything perfectly; you need to align your environment consistently.

ACTION STEPS

- ✓ FOCUS ON 2-3 SIGNALS TO IMPROVE FIRST
- ✓ BUILD A DAILY RHYTHM
- ✓ STAY CONSISTENT OVER PERFECTION
- ✓ OBSERVE HOW YOUR BODY RESPONDS

AWARENESS TRACKER

- GOT LIGHT EXPOSURE
- ATE INTENTIONALLY
- MOVED MY BODY
- MANAGED STRESS
- PRIORITIZED SLEEP

You Did This.

You changed the way you understand your body.

You now know:

- how your metabolism works
- what drives fat storage
- how to create, real, lasting change

That's something most people never fully understand. And now you do.

This is not the end. This is your new standard. You have the tools now to read your body, adjust your environment, and create results that are sustainable.

Help somebody else find this program

If this program helped you feel clearer, stronger, and more in control of your health....

I would be so grateful if you would share your experience.

- Leave a [Google review](#)
- Share what changed for you
- Help someone else take this step

Your story could be the reason someone else starts

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