

The Paleolithic Solution - Episode 3

1. Blog Question From Gabe

Random question,

Do you have an opinion on the value of Omega eggs and eggs in general? I'll eat 4-6 eggs cooked in either coconut or walnut oil with cinnamon/pepper/salt in the morning. Does the n3 in these eggs last through cooking and have any value?

2. Blog Question From David

Hello from Kingman, AZ! Great podcast! Much nicer to listen for 45 min. then read (even though I like to read). Podcast suggestion: How to tell clients what to expect their first 1 to 4 weeks. When will they turn the corner? How fast until they are burning fat instead of sugar?

3. Blog Question From Amanda

Now Robb, I'm pretty sure that you will tackle sleep in your upcoming podcasts, but I'm just wondering if you have noticed people sleeping less on lower carb programs? I've recently switched from paleo to paleo/zoneish limiting my carbs to under 50g, all of which coming mostly from veggies.

I've been going to bed dead tired, but then waking up after only 4-5 hours. Is it a case that I'm not eating enough?? It stresses me out, as I know that sleep is vital for performance and rejuvenation. I am 5'8, weigh 140lbs and carry approx 18% body fat. I have a very active job (which is shift work) and will admit to being a metcon-oholic. Should I eat more and if I do then how am I going to achieve the body composition I'm chasing, which is < 12%???????

Whoops, I should have mentioned that I consume approx 1200cals per day (90g protein, 70g fat & 50g carbs). I have also started IF twice a week.....

4. Email Question From Lauren

Robb, I was wondering if you are of the party that believes that some people just aren't going to be able to change their body fat past a certain point, at least not in a healthy livable way? I ask because I have been doing the zone and crossfit and mostly paleo for almost two years seeing some weight loss and and lots of toning up and muscle gain but little fat loss around the middle and little in the inches lost area. And at first I did pretty big cheat days, 1 a week and told myself that was why I wasn't losing at the rate I had read about. But eventually I cut out the cheats, went straight paleo on a 10 block system and still minimal loss. I then began doing lots of cardio for a triathlon with crossfit so figured that was why, cortisol and all. But I am now just doing crossfit

MEBB actually and a low carb zone, 11p, 3c, 35f. And I still struggle, and I do have some energy and sleep issues along with it. I get my 9 hours a night, I eat paleo and exercise. What are thoughts on what else to try? Could there be a thyroid issue(I am having this tested soon), or cortisol issue? I have done A LOT of research and tried everything I can think of. Paleo and crossfit have changed my life, ending my depression, mood swings and a lot of my energy issues, I just want to get all I can from what I am doing, and to give solid advice for future clients who may come across this. Any thoughts you have on body recomposition issues other than the usual things covered here and else where would be great. Sorry for the long post but I would really appreciate your help.

5. Email question from Lisa

Hey Robb,

Thanks again for the great cert. So far I've successfully recruited some new fish oil consumers, but converting people to full Paleo still proves a tuff sell, I won't give up!

You touched on thyroid issues, during the cert but clearly there is just to much info to cover in your seminar (and I think I was the only thyroid mutant in attendance) so we didn't get a chance to discuss. I was diagnosed with Hashimotos Thyroiditis at 16 (hypothyroidism). I took synthroid religiously until recently when I switched to natural thyroid. My levels dropped when I switched due to different dosing between the two brands. Long story short I'm reluctant to fuck around with my thyroid. I add an iodine drop to my water in the morning and avoid certain "goitrogenic" foods. But to be honest, I have no clue what I'm doing or what I could be doing to improve this diagnosis. I'm reluctant to go off thyroid because I dont want to be in and out of the doctors office for blood tests nor do I want the symptoms of being hypo.

I trust your knowledge, and if you can shed some light on my mutated thyroid situation, I would be grateful!!

6. Email Question from KC

I'm a 31 y/o male with a chronic history of GI problems that started in my early 20's although I can honestly say that I have probably had issues since my teens. After two colonoscopies and an EGD, I remain undiagnosed but I feel that it's most likely IBS. I'm still awaiting some blood work to rule out celiac disease and other possible diagnoses, as I had the last colonoscopy and EGD one week ago. I've always been highly active in and out of the gym as I am a former U.S. Marine and current physical therapist but over the past 2-3 years my symptoms have become increasingly worse to the point that I have been unable to maintain a consistent presence in the gym. During this time I have lost approximately 20 lbs of muscle mass and replaced it with around 25 lbs of fat. Over the past two months I have forced myself to return to the gym and am currently on Rippetoe's Starting Strength routine, but due to my GI system I remain unable to stay consistent. I recently found your web page after searching for new answers and was hoping that you could give me some insight as to whether this could be the diet for me.

I have tried the doctor's advice of high fiber, high starchy foods and low fat and low proteins but find that it has not helped. These recommendations also make it extremely difficult to gain any muscle mass let alone cut body fat. Today I purchased The Paleo Diet book by Loren Cordain, Ph.D. at my local book store and when I returned home I ordered his Paleo Diet for Athletes book.

I know that my background seems long and pointless but I am really desperate at this point as my symptoms have started to wreck havoc on my personal and professional life. I suppose that my question is, do you feel that this approach to diet could improve my symptoms and allow me to return to my old self again? I look at myself in the mirror and see a different person than I once was. I feel that I am only a shadow of myself. Are these diet's best for my needs of improving my digestive health as well as building muscle mass? Which of the two books would serve me best or would a combination of the two be correct for me. My goal is to regain my muscle mass and then slowly start stripping the fat away. Any help would be greatly appreciated.

Thanks,

7. Email Question from Karl

Hey Robb, I have a question regarding kidney stones. I was talking with my father over the weekend, who I have been pushing to give the Paleo Diet a chance so he can see all the benefits this style of eating has to offer. I have followed the Paleo diet for the last few months and am healthier and stronger than I have ever been. My father is a former athlete who over the years has put on about a 100 extra bad lbs and now is severely out shape and his diet really is not very good. He's gotten kidney stones about 3 or 4 times in his life and said it was probably the worst pains he has ever felt in his life. My dad takes what his dr says as gospel for the most part and the dr has told him that he needs to avoid oxalic acid because it gives him kidney stones. He avoids asparagus and a few other foods that contain oxalic acid, but I am not very familiar with the compound. When I suggested that he try the Paleolithic Diet, he said he tried a similiar diet called "Fit for Life" back in the mid 80's and it gave him kidney stones and he's reluctant to give it a try now. He said he researched the diet and apparently you are 4 times as likely to come down with kidney stones on that particular diet. I tried to research kidney stones but a lot of the medical talk was over my head. What causes kidney stones? Is there any kind of increased risk of kidney stones on the Paleo diet? I wouldn't think so but am not sure. I am a big fan of your website and blog. I would appreciate it if you have the time to answer my question but do realize you are a very busy man and probably get a ton of question like this daily. I would love to attend one of your seminars on nutrition, hopefully you'll make it down to Tampa, FL or somewhere in FL sometime. Thanks

Very Respectfully,

8. The NorCal Margarita

