

The Paleolithic Solution - Episode 10

1. Question from Christina:

Good morning Robb & Andy,

I had quite a few questions regarding a few of your posted podcasts which might take a while to answer, so feel free to read this by the toilet. ^_^

EGGS

1. In your recent episode 5, you mention that if someone suffers with an autoimmune problem, that they should stay clear of grains, legumes. At the end you added, "especially eggs". Why eggs? I thought eggs were considered a protein source... Does the same rule ring true for eggs that are free range and Omega 3 enriched? Also, if you have an insulin resistance problem, should you still stay clear of eggs? This last questions plays on my curiosity if insulin resistance problems can lead to autoimmune problems.

OTHER OMEGA-3 SOURCES

2. A couple of weeks ago, I asked about Chia seeds after finding out that they were high in Omega 3's. I remember you saying that they also contained Omega 6's. However, after looking further into it, I noticed that Chia seeds have a 3:1 ratio in favor of Omega 3's. If I continue to take them, will it completely raise my Omega 6 levels too high (while continuing to eat a good Paleo diet)?

FISH OIL

3. In one of the episodes you approached the most cost effective way of purchasing your fish oil. In one question that another listener asked, they inquired about the yield of the Kirkland brand fish oil of the capsule versus the taking swigs of the liquid oil from the bottle. In the end, you still recommended going with the Kirkland Signature Brand of fish oil because it was more cost effective and yielded the same amount as the liquid fish oil. You've also mentioned in your free nutrition talks that one could get their daily intake of fish oil by eating 3 cans of sardines a day. So which yields more from their source, Kirkland Brand capsules, fish oil liquid or 3 cans of sardines with eyeballs and all? Also, were you able to find out if the Kirkland brand was substituting other things in their fish oil? I looked on the back of the bottle and it did say that it contained soy. Is that a problem since soy is not encourage while on the Paleo diet?

BODY COMPOSITION AND NUTRITION

4. In your first or second episode you talked about Johnny Skinny Britches and what he would have to do to gain weight. You also went into some detail about what one should do if someone wants to lean out. I just need to get some clarification on what you recommend for leaning out but still gaining strength. Is it the high fat, low carb way for someone looking to lien out? From what I understand, if you choose the higher fat, low carb, high low-glycemic vegetable, high lien protein, low insulin spiking foods, low to no dairy that one can lien out substantially, with the downside of a decrease in performance. Is this performance decrease a temporary adjustment period, or will I at some point in time be able to keep the lien but gain the strength after the adjustment period?

EAT FAT AND LACK OF HUNGER

5. I've been eating more fat which I love...I believe myself to be leaning out I think, and I haven't had an side negative affects as mentioned in episode 5 about acne. Actually, it's quite the opposite (in addition to putting coconut oil on my face). In episode 1, 2 or 3, you

addressed a listener's question about not having hunger from eating too much fat. I believe you might have said that there was a possibility that she was not consuming enough calories in the day. Since I've increased my fat intake my hunger is that of an anorexic model with a dime bag habit without the bird cage look. Sometimes I can literally skip meals because I'm so full. How do you recommend eating enough calories in the day if the hunger response isn't there? I've heard that you should only eat when you're hungry, but if that was the case, I would only be eating 1.5 - 2 times a day. Let's also play it up and say that I would not like to eat any starchy vegetables or insulin spiking foods.

WORKING OUT TOO MUCH

7. Andy mentioned something about producing too much cortisol if you work out too much while not getting enough rest in between workouts. Currently I'm debating whether or not to increase my current 3 times a week Crossfitting to 4 times a week. I don't want to do too much and have it negatively affect me or hurt my performance. Other than the obvious over training injuries, are there signs to watch out for if you are releasing too much cortisol?

Thank you guys for the useful info.

2. Question from Chris:

Hi!

First of all I want to thank you for a great blog! I found your page just before you started with your podcasts and the information on your blog and in the podcast has really helped me, and not just what to do but WHY. Thank you!

My background:

I'm 23 years old, have been doing CrossFit with some extra gymnastic and oly lifting 3-5 times a week the last 1,5 years. It's been getting more and more serious and I've had great improvement the whole time. 2 months ago I was 178 lbs, fairly lean and 6' tall. Then I started on the Zone, doing 16 blocks and double fat. I lost 8 lbs, got a lot leaner - so lean as I ever want to be - and set new PRs in everything for instance a 8:39 Elizabeth (down 2 minutes from just a few weeks earlier) and I even had a slight improvement in CFT (840 from 800).

After consulting others in my affiliate and reading on your blog I decided to go Paleo. That meant dropping the cottage cheese, cutting down on fruit (and carbs in general) and cutting the occasional rice and oats. I've been eating 18p, 8c, 54f with 8 extra carb blocks on workout days, mainly in POW and from SP/ yams. The other meals are composed of some meat (chicken, lean red meat, tuna, egg) and veggies. Fat from oil and nuts. I take 10ml (2,8 grams of EPA DHA) of liquid nordic naturals for O3. I seem to have stabilized my weight and I usually feel pretty good. I normally do 3 on 1 off and I get at least 8 hours of sleep each night.

Every question is performance oriented. That is; CrossFit performance. I want to participate in the sectionals with a goal to reach the Regionals.

Question 1: How much protein?

I've been adding some MEBB (squat, press, deadlift) before my CF WOD (try to make to WODs shorter and more intensive) and do some CFFB WODs. So I want to add strength but without sacrificing too much. You mentioned in the last podcast that 1g pr lb BW (or lean BW) for max strength - but how would that fit into my plan? And only increase Protein, leave the rest unchanged? In the last CFJ video with Barry he said that 45g of protein was maximum in a given meal, whats your thoughts here?

Question 2: What types of fat?

I usually get my fat from oil and nuts. I use coconut oil, and I think it gives a great taste. But why is it so favorable? It's a lot of saturated fat and I really don't know why its good. Whats your thoughts on Canola oil vs. Olive oil? Is there any gain in buying the expensive olive oils?

Question 3: Turnip and Rutabaga?

I've understood that root-vegetables in general isn't that favorable. Both potatoes and carrots are no no. But what about turnips and rutabaga? As far as I know they do not contain that much sugar... and I can't seem to find much info about them. Are the preferred over fruit or not at all?

Question 4: "never full" and cheat meals vs cheat days?

After a meal, even POW with 5p,8c,15f I never feel full. I'm not directly hungry anymore but still never full.. thats a bit hard mentally, any tips? A cheat meal could be 2-3x a normal dinner, and then I'll be satisfied. There was 2 "cheat" questions on last podcast, but what do you think about having some cheat meals throughout a week vs 1 whole cheat day a week? (for me it is mainly eating MORE not necessarily very different, and being able to eat some bread, diary and corn, but no camping with Ben&Jerrys, snickers and Coke..)

Thats my "wall of text" for you, looking forward to hear from you. And if my English is bad or unclear I blame it on that fact that I'm Norwegian =)

3. Question from Greg:

One question I have that I haven't seen addressed is what you think of alternative options for getting some carbs in besides PWO meals. For example I'm thinking about Devany's style of eating a bunch of fruit at breakfast, or I know some are more tolerant of carbs at lunch (as opposed to dinner).

I know it might be a lot simpler to have clients stick to pretty much standard low-carb meals and keep PWO carbs seperate, but is there any logic in your opinion to a "scaled approach" that has higher carbs earlier in the day and less later on?

4. Question from Mary:

Robb

I have a girl training with us who was diagnosed with hypothyroidism about a year and a half ago. She's up to 240 pounds (5'4") and has been doing super strict Paleo for 6 weeks (with limited fruit and about 1x fat intake). She has not lost a pound or inches! She's been CFing 3 days a week and really pushes herself in the workouts. Her doctor has her on Synthroid and Cytomel, and she has more energy now and her strength has improved a lot, but she is frustrated with the lack of weight loss. I was wondering if you had any experience with hypothyroidism and Paleo...I'm not sure if there's anything more we could be doing to help her. I have done research on it and found some good articles on iodine, and some conflicting thoughts on coconut oil, but am not sure if these will help, so was trying to find someone who has dealt with this before. Thanks!

5. Question from Drew:

Hey Robb, I've been looking for studies that show the specific mechanism by which high insulin levels cause insulin resistance in the body, do you know of any studies that explain this? Or could you explain it?

I've been engaged in a nutritional debate with my nutrition professor at the University of Washington, and I'm trying to get them to be more objective in their approach to teaching the 300 level class. As of now, it's basically an extensive course in the USDA guidelines.

6. Question from Jon:

Robb,

I truly enjoy your site and podcasts and this is going to come as a shock, but I'm a vegetarian. My wife and I are both actually (she doesn't eat any dairy either since she is lactose intolerant). We started it out as an experiment about two years ago because my husband has cystic fibrosis and was having a very hard time digesting any kind of meat. Her digestion got better, still not the best though due to IBS, diabetes and complications with the CF. We have both recently switched our views to more of an ethical reason to not eat meat, don't worry I'm not the type to throw red paint and tell people meat is murder, I don't push my beliefs on anyone. Now that I have all that background out of the way, I have two questions:

1. What can help out my wife's digestion? She does eat grains (I tell her to limit it, but she doesn't listen to me too often), beans, nuts, fruits and vegetables, tofu, tempeh, quinoa and we have stopped eating rice.

2. With her conditions, I know fish oil would be beneficial, what is a good replacement?

I know these are pretty anti-paleo questions, but we have been eating all natural foods now, which is at least a good start. Thanks

7. Question from Andrea:

I saw one of your seminar videos where you talked about the Alzheimer's being Type 3 diabetes. Can you touch on that in one of your podcasts? A couple reasons for my question. From the hereditary standpoint, my father comes from a family of 9 kids – 3 of which have been diagnosed (Dad being one) another sibling we suspect has Alzheimer's. So my obvious concern is to do whatever I can to minimize my chance of getting it. And is there something that can/should be done to help my Dad (he was diagnosed 2 years ago).

"Recommended" Carb consumption in the elderly:

I've been "working" on my mother and trying to get her to make dietary changes. Discussed Zone with her. Discussed Paleo with her. Her rebuttal has been/continues to be was doctor recommendations that the elderly need to consume carbs by way of grains etc. Can you shed any light on why this is the recommendation? What is the appropriate rebuttal?

Thanks – I am loving your podcast!!!! Too bad it has a "inappropriate" rating that's blocking it from my work network. Good thing for the ol' wireless aircard! Wouldn't want work to get in the way of nutritional education! LOL

8. Question from Michael:

Hi Robb,

Your podcasts have blown me away, though I'm not in what I take to be your intended audience. Still, I'm a person who must fit the description of many clients of the trainers in this audience. I am not a serious athlete. My goal is simply to maximize my physical and mental health and longevity.

Nutrition: Good meats, veggies, modest nuts and seeds, few cheats. I can do

that.

Sleep: Lots.

Exercise: Ironically, your podcasts have not clued me in on this yet. What do you recommend in terms of exercise to maximize the chances for living comfortably to an advanced age. PS I'm trying to ask a general-interest question but please address it to the full range of ages. E.g. I'm 50ish.