

The Paleolithic Solution - Episode 12

1. Lou Mars Discussion

2. Preworkout Nutrition Discussion

3. Fish Oil Calculation

4. Question from Miss Spinach:

Another great podcast, guys. Love it and recommend it to friends....

Two hopefully simple questions about digestive enzymes.

1. Why might a person have stomach acid deficiency worse in the morning, at breakfast, than later in the day? (Doesn't Poliquin say something about people who have trouble eating a high protein meal for breakfast? is time of day somehow a factor, or the hours of fasting created by sleep?)

2. I've tinkered with several different types and brands of the enzymes. I seem to do best with just plain Betaine Hydrochloride and not the enzyme formulas with multiple different ingredients. And I only need them from like 7am to noon. Am I completely weird or is there some rhyme and reason behind this?

Thanks!

5. Question from Stu:

Ok, I blame Andy for this one because he's always talking in the podcasts about his fish oil addiction!

First, I'm really enjoying all the great info on your site and in your podcasts. I'm only 1 month into doing CF (5 total workouts because they leave me sooo sore for the next 5 days that I can't workout) and I'm starting to clean up my diet.

Background: 28, m, 265ish lbs, 35.5% body fat.

Ok, so both you and the nutrition coach at my affiliate (shout out to crossfitscottsdale.com, great people) recommend consuming a ton of fish oil per day to start the body moving away from insulin resistance, so I'd like to start including that in my diet. Tuesday night I decided to have some with dinner and so I downed 10 1g (0.5g total EPA/DHA or whatever) pills with and the result was some VERY bad heart burn which I'm STILL experiencing this morning, nearly 36 hours later, although it's much more tolerable now than the first 12 hours or so. I pretty much never get heart burn, so I'm definitely attributing it to the pills which was the only thing out of the norm about my diet/dinner on Tuesday.

Is this common when adding fish oil to your diet for somebody who is so, how do you say it, "metabolically deranged"? (thanks for that label, lol)

Should I start with a smaller amount of pills per day (I know ideally they should be spread out throughout the entire day at each meal)? If so, how many total per day as I'm ramping up to the recommended level?

Thanks man

6. Question from Tyler:

Hi Robb,

First off, it was amazing to attend one of your final nutrition certs in Toronto, thanks!

My wife and I are about 99% paleo compliant and we have a 5 month old. My question is in regards to start her on solids; is small early exposure to grains and dairy helpful or would you recommend neolithic elimination?

Thanks for any opinion you have to offer.

7. Question from Steve:

I understand that green beans are forbidden in the paleo diet, but I can't figure out why. I thought legumes were generally avoided because of their contribution to acid in the kidney, but green beans appear to have a (rather strong, actually) net base effect (-3.1).

http://www.thepaleodiet.com/nutritional_tools/acid.shtml

If the problem is lechitin, that confuses me too, because don't egg yolks have lechitin in them, which is used as an emulsifier when making mayonnaise?

8. Question from Ryan:

Hi Robb,

I know that I have heard you talk before about Whey Protein. I know that you're not a fan of whey protein but if I recall right you had mentioned that during your mass gain experiment an easy way for you to get more protein and calories was by consuming Allmax Isoflex Chocolate Whey protein (or maybe you were taking it for pure convenience purposes. I don't remember the reason but I specifically remember the Allmax Whey Protein). Anyway, I recently came across Olympian Labs, Inc BEEF PROTEIN ISOLATE (gluten free). I wanted to get your thoughts on this specific product. Good or bad? Maybe helpful during muscle/mass gain, PWO shake, something to drink while you're on the road driving from the Bay Area to Los Angeles. Thanks my friend!!!

9. Question from Matt:

Have a client who I've gotten to take her Costco fish oil pretty regularly (to caps per meal 3 meals per day). She is very out of shape, not really over weight, has a lot of stress and if she takes any more than the 2 caps of the fish oil she has very loose stools. Other than taking the fish oil with food what can I do to help her and others that may experience this problem in the future?

10. Question from Rosemary:

Hey Robb,

I attended the nutrition certification a couple of months ago in Seattle/Woodinville.

I'm 4' 10" and in Dec 08 I weighed 131 lbs and began doing the zone diet. A couple of months before the nutrition cert I started doing Paleo. (For the last 10 yrs I've fluctuated between 135-140+lbs.)

My current weight is steady between (98-101).

I've been getting allergy shots for the last year (grass allergy) and got curious about whether or not I was actually allergic to gluten. I know it's really terrible for you but I thought I would check as an extra incentive to stay clear of it. I was asked if I wanted to check for any other food allergies and of course I said yes.

Here are my results:

No reaction to:

Egg White, Milk, Chicken, Baker/Brewer's Yeast, Filbert, Pecan, Walnut, Brazil, sunflower or Cashew nuts.

Reactions to the following measured in mm.

Histamine/Control (15/30)

Beef (5/6)

Lamb (4/5)

Pork (3/4)

Barley (4/5)

Corn (4/5)

Hops (3/4)

Malt (2/3)

Oats (2/3)

Rice (4/5)

Rye (3/4)

Wheat (2/3)

Soy Beans (4/5)

Peanut (3/4)

Almond (4/6)

Coconut (2/5)

I was not tested for seafood, vegetables, fruits or spices. I'm kind of scared to find out the results.

Quite frankly after seeing the first results I was really spooked, although my Dr tried to reassure me that none of these foods would cause enough of a severe reaction to kill me.

My question is that although eating these foods won't kill me, I'm unsure as to what they're doing to my insides. Are they causing inflammation, or something else?

Not a big fan of chicken, but, I love, love beef. Did I mention I love it?

Your thoughts are appreciated.

BTW, I love your new podcast.

11. Question from Drew:

I've heard some comments about how our digestive system cannot as efficiently process and absorb food when we eat different macronutrients together, like meat and vegetables. This seems to make some sense to me in a practical sense simply because it seems a stretch to think that paleolithic humans beings would save up their carbs for when they had

some protein and fat to eat them with. I was just wondering what your thoughts on this topics were, and whether it would have any difference on digestion. Here's a link to the page where I first heard about it <http://journal.crossfit.com/2009/10/crossfit-northern-ireland-dr-michael-ray-on-macronutrients.tpl#comments> Thanks!

12. Question from Rachel:

I've been listening to The Paleolithic Solution podcast and really enjoying the useful notes. The last one included the claim that eggs aren't good for those with autoimmune challenges. As I also deal with autoimmune thyroid issues, this caught my attention. I've read about how eggs are really great nutritionally, but I haven't seen anything about lysozyme protein causing gut issues and leading worsen autoimmune symptoms.

I looked it up on wikipedia, lysozyme appears to be a natural human enzyme. <http://en.wikipedia.org/wiki/Lysozyme>

So, two questions:

Can you point me to where I'd find out about eggs as an autoimmune issue?

You recommended cooking them thoroughly, but I thought I remembered the Eades recommending eggs less cooked as somehow more healthy. Is the idea that cooking them breaks down this lysozyme protein?

13. Question from Fran:

In podcast 7 you talk about a hockey player who wanted to get strong but wiry, not add lean mass. You mentioned certain training protocols.

I have two questions.

1) Many women also want to get strong and athletic without adding mass (ie, "I don't want to bulk up"). Could you talk about how to train females for wiry strength without adding mass? Maybe it's different than for a young man like the hockey player? Maybe there's more leeway since women don't add as much bulk in the first place?

2) What is the 10-by-1 or 8-by-2 training protocol you mentioned in the context of the hockey player?

14. Question from Jeff:

OK - I'm a 41 year old weighing about 150. I just completed a round of P90X and dropped about 15 lbs. in 3 months. After that round I did some research and have been going Paleo/Primal based on Mark Sisson's book Primal Blueprint. I've maintained my weight and am now doing a hybrid of home based workouts using P90X Plus, KettleBells and a suspension system. I'm right around 10% bodyfat. How low should my bodyfat get before I should consider adding mass? I've heard it said you should follow this protocol before adding mass.