

## The Paleolithic Solution - Episode 16

### 1. Question from Pat:

Robb,

Could you comment on biosignature? How is that different then metabolic typing from a psuedoscience point of view? It has been awhile since you attended the biosignature seminar, how has it impacted your clinical practice? Thanks.

### 2. Question from Ian:

Hey Robb,

I've been having to do PT every morning for the fire academy 5 days/week for about an hour and a half. Lots of slow jogging (yuk), pushups, pullups, band work, situps, etc all for higher reps (25-100). I've been doing 2 strength workouts on my own at night usually doing one or two lifts/session. Eating paleo with one cheat meal/week (sometimes) and getting 8-8.5 hours sleep/night.

My questions are 1) should I drop the metcons after the strength sessions (they are short, like 10-12 minutes) and 2) in your opinion is this a case where I should maybe play with some sweet potatoes/yams post workout even if the goal is to lean out a bit? I've just been hitting about 15 g bcaa and 10 g glutamine and 5 g creatine post workout but I feel like I'm depleting my glycogen stores pretty good with the high rep work.

### 3. Question from Cheryl:

For your next podcast –

You've touched on the effects of Paleo on Insulin-dependent diabetics. How about a few minutes for non-insulin dependent diabetics ? I'm curious as to how the insulin response will show up in this population with a strict paleo, modified paleo (meaning strategic inclusion of legumes and diary), especially since many have EXCESS insulin that just isn't doing its job. Thanks.

I've enjoyed listening to you and Andy. Maybe one day you'll move your 'cast to Blog Talk Radio and maybe take live questions???

### 4. Question from Sot:

Hi i am in Australia. Want to thank Robb for all the info he passes out its awesome stuff helped me out a lot with my health and fitness. Question on Green Drink i use Core Greens from Synergy am I wasting my time and money adding it to water? Core drinks has no algae in it ingredients are clean from what I can tell.

### 5. Question from Eli:

Rob,

First of all I really appreciate the time you take with the podcasts. They are really top notch and I am learning a lot from them. My question is actually two fold. First my wife just had a baby 6 months ago.

She is trying to shed some of the baby weight and I was thinking that a Paleo approach might help. She has a fairly active lifestyle but is not much for doing structured regimented workouts. I was not sure if you have ever worked with post baby moms but I was looking for your input. She is still nursing and I am sure she would be concerned with the diet hurting her milk production. The second part has to do with our

daughter. She is starting to eat some baby food and I was wondering what advice you could give a parent who wants to start his daughter off right when it comes to developing good food habits early. I think it would be easier to steer her in the right direction from the start then to try to break bad habits later. I see people whose kids are already addicted to fast food garbage and sweets and I definitely do not want to start that trend. However I know that a baby is limited in what food they are actually allowed to consume at these early stages of life. Thanks in advance for any advice that you might have.

**5. Question from Chandler:**

Hey Robb,

Hopefully this isn't going outside your purview:

Recently you mentioned the immune response to gluten (in the gut) in comparison to the immune response to poison oak (on the skin); moreover, that it's an immune reaction that causes the inflammation.

You've also related stories of people who, after having been gluten free for a period of time, get into intestinal trouble upon eating wheat.

As such, I would assume that children generally go through this same "wheat induction" as they're introduced to food. Is this true, and are you aware of any information on the subject? If it's not true, how do you explain the discrepancy?

A second (unrelated) question from your poison oak comparison: how do you categorize spicy foods like chili peppers? From reading the wikipedia page on capsaicin, it appears that the chemical excites nerve cells without tissue damage (i.e., the experienced pain isn't the result of an allergic reaction); however, I'm curious to get your take on these types of food.

**6. Question from Daniel:**

Hi Robb,

Daniel from Sydney Australia. A TV show called Food Investigators on SBS aired over here did an Paleo Diet trial and had good results. However the man in the experiment lost the same amount of muscle mass as he did fat and i was hoping you may have an idea as to why this happened.<http://www.sbs.com.au/shows/foodinvestigators/listings/detail/i/2/article/2949/Episode-3-The-Paleolithic-Diet>

Thanks for the podcast as well. I have just started listening and am really enjoying it.