

## The Paleolithic Solution - Episode 18

### 1. Question from Lisa:

Just wanted to let you know I love your blog and everything it has on there. I just have a couple of questions. Can you explain some of your cheat days a little bit more to me. I have been pretty strict on my paleo/zone diet, and am kind of nervous to cheat. I know it's all psychological.

First, how often do you cheat?

Second, what do you typically cheat with and how much?

Third, how does it affect you?

I am training for sectionals, which is march 13-14, and am not sure if I should cheat before, or remain strict on my diet and then wait to cheat after. What's your take on this?

Thanks so much!

### 2. Question from John:

Robb, My name is John Belton, I work as a personal trainer in Dublin Ireland I recently attended your paleo seminar in Chico!

I have a 22 year old cousin in Seattle who has been battling hard with Crones disease for the last 10 years. He has hit an all time low, and dictirs seem to be scratching their heads re what the next step is!! just wonder if you can offer some advice, as far as I know not one word has been said to him about what sort of food he is eating! Seems pretty Crazy!! It would be great if you could offer me some advice as to what might help, I know your a busy man so even if you just point me in the right direction I will try research it myself. I hope everything is going well with you guys.

We really enjoyed your seminar , and both hope to be back out this Summer for more ground breaking Dietary Information!

### 3. Question from Jason:

Robb,

Thanks for all of the great information on the blog and podcast. You are a fantastic resource! I had a question about things like Eboost and FRS. I am not a big fan of coffee or espresso, but I like to take a pre-workout energy boost. I have been using Eboost (<http://www.eboost.com/vitamin-C-B12-green-tea>) or Low-Cal FRS (<http://www.frs.com/frs-orange-powder>) . The information says 0 grams of sugar, but lists ingredients such as maltodextrin and sucralose.

What are your thoughts on these products? Should I avoid them completely or are they OK?

### 4. Question from Ron:

We started our 7 week challenge last week and the most popular complaint/question I get is how often to eat. The folks that are asking the question are not hungry and are concerned that they may be undereating. I have heard some say eat when you're hungry. What are your thoughts.

### 5. Question from Alex:

I recently heard about a Duke University study where doctors "cured" children of their peanut allergies by gradually increasing their exposure to minute amounts of powdered peanut flour.

I tried to find the study online but couldn't, here is a link to Duke Health's website:

[http://www.dukehealth.org/health\\_library/news/studies\\_show\\_children\\_can\\_complete\\_treatment\\_for\\_peanut\\_allergies\\_and\\_achieve\\_long\\_term\\_tolerance](http://www.dukehealth.org/health_library/news/studies_show_children_can_complete_treatment_for_peanut_allergies_and_achieve_long_term_tolerance)

No mention of the interplay between other inflammatory reactions to food - would minimizing dietary irritants like gluten have an effect on other allergies?

**6. Question from Jason:**

Hello again Solutioners!

(that has to catch on at some point, or I'm going to look like a dumbass)

I'm writing in with two quick questions. Actually, I've got like a jillion (sp?) but let's stay with two for now.

Sauces! I like a good sauce on my foods: salad dressings, pasta sauces, curry etc. My daily strategy is to stir-fry a shit-ton of meat and veggies in the morning, put it in a box, take it to work, and eat out of it when I feel hungry (or about 3 times between 9am and 5pm). For this task I usually use salad dressing, often Goma (sesame) dressing, for taste. Could you give your opinion of that, and tell us what types of dressings are best (no brands please, I live in Japan so I probably can't get it, whatever it is)?

My second question/ topic is what it all really comes down to: Alcohol. This has come out in dribs and drabs over time, but I guess what I'd really like is to hear your full run-down on booze: how often, how much, how and what? To what extent does any alcohol interfere with proper eating? Best ways to drink and best things to drink health-wise. Is brewed better than distilled or vice versa?

**7. Question from Nigel:**

Hi there Robb,

Love the podcasts, my wife and I have been listening to them for the last few months while changing our diet over to around 80% Paleo. I eat a bit more strict but she's been a slower convert. Thanks a ton for the info about feeding children and infants in podcast 12! We have some "little buggers" at home. Both my wife and I are crossfitters and have seen drastic improvements in body comp and performance with paleo. I guess that make me a big fan of pseudo science. Now for the question I have a good friend with chronic pancreatitis. He's a pretty active guy MMA, training a few times a week as well as some high intensity workouts. He has recently become very interested in my nutrition, due the rapid changes to performance and body comp I have had. I have told him about the paleo diet and encouraged him to try it. Unfortunately I am unsure if there are any special considerations for sufferers of pancreatitis, specifically those who have had their gall bladders removed.

**8. Question from John:**

I'm 28 year old male and have been recently diagnosed with gout. I did a quick search on your forum and nothing came up for it. I'm just wondering if there is any info out there that would suggest that going to a paleo based diet would be the best course of action for me.

I did a 21-day challenge through a local gym with a paleo basis. At the end of it I had a crippling out break of gout in my toe and ankle. I would like to think that I'm a pretty tough guy, but I couldnt even stand to have a blanket touching my legs as I was sleeping in the night it hurt so bad.

Everything that I have searched and read says that the only way to "cure" gout is through medications and virtual elimination of red-meat (purines) and large cutbacks on protiens in general. Besides that nothing is said of diet. They even go so far as to say that "western" diets that are being introduced into

progressing nations are one of the causes of the increase in gout in those peoples. This leads me to believe that a move to paleo eating would have to have a positive impact. I am also taking fish oil supplements at about 5g epa/dha per day. The books also say that too much fish can lead to gout flare ups.

As you can see I am at a total lose. I was loosing weight and performing better than I ever have while doing the 21-days. Then I got the flair up and now I'm lost in a sea of self pity and bad feelings.

Any help or guidance would be greatly appreciated.

#### **9. Question from Tim:**

Robb,

I've been a follower for quite a while now and had a recent "issue" come up in my life that I wanted to discuss with you. My wife and I are about to have our first child in May and she has been recently diagnosed with gestational diabetes. She is in her 7th month as I write this and she is at a healthy weight, physical condition, etc. She is 5'3", 130lb.(pregnant weight), pre-pregnancy weight was around 112lb. and she eats a modified paleo/zonish diet. Have you run into this issue with any other paleo/zone dieters? Is there anything we can do to curb the symptoms of GD? Any recommendations/information would be greatly appreciated.