

The Paleolithic Solution - Episode 36

1. Question from Big Easy:

Hey Robb and Andy, Big Easy reporting in from the A.L.B.

I have a question about heavy metal allergies. A client was informed by her doctor that she has a nickel allergy, because of this she not only has to avoid certain jewelry (Not my problem) but also some super healthy foods like Salmon, ShellFish, Sweet Potatoes, carrots, broccoli, etc.

Common sense says: "Ok, we can do this" It wasn't until the doctor recommended she increase her white bread intake (!!!).

My Question is can we expect to see her return to normal foods after an extended time on the Paleo diet? Also, is there anyway to speed the process along (Supplementation)?

2. Question from Bryan:

Robb- Have you come across any good literature that you can dig about prevention of male hairloss? I am 23 with a decent set of hair and would like to keep it although its been thinning a bit the pas year. I do a lot of strength based training and sometimes I worry about the elevated testosterone levels impeding hair growth. What do you think?

3. Question from Vinnie:

Hey Robb and Andy,

Thanks for another good podcast. I have a real short and sweet question for you that might involve a bit of a long answer. I eat pretty strict paleo, in the hopes to flip my body composition and reach the ever-illusivie "look good naked" status. Eggs, chicken, and green veggies are my mainstay, with different kinds of fish and the occasional beef thrown in now and then. I love spicy foods and in order to keep my pallet tamed, I use a lot of hot sauce on my meals. Almost every meal I find myself reaching a bottle of the stuff to spice things up a bit. The only sauces I use list the ingredients as "peppers, vinegar, and salt." Is it really that simple? And will the use of these condiments or the ingredients therein slow down my, or any others progress in the quest for rippling abs and a beastly Fran time? And would they lead to any kind of inflammatory or leaky-gut issue? And any info on other sauces or condiments that are safe or dangerous would be much appreciated. Thanks for sharing your knowledge.

Your 20th listener,

4. Question from Christian:

Hi Robb,

I'm 40 years old. I've been strict paleo on the VLC-side for two years. I've been feeling great all the time, though I've suffered a lot of background stress in my life, which may have contributed to less than optimal sleep (though I do tend to sleep until I wake up), and maybe a bit of under-eating, and over-caffeinating. (2-3 double espressos per day)

My workouts consist of a weekly session of De Vany style heavy lifting in a fasted state, daily kettlebell swings for 5 mins, and a long walk every now and then.

I'm lean (I see my abs though nothing remotely like Martin Berkhan). I'm tall, and rather skinny. (I'd be skinny-fat without paleo.)

I recently got some blood tests done, and I was surprised to see a A1C of 5.4 (!!).

To put this in context, my fasting glucose was 91 (95 a month earlier), and insulin was 4.1. C Reactive protein was 0.20 mg/L at a test one month earlier. Blood lipids were also fine.

Any comments on my alarmingly high A1C would be highly appreciated, and thanks so much for a great show, from which I'm learning a ton every week.

Comment from Robb:

christian-
that is only a it elevated. Sleep?

Follow-Up from Christian:

Sleep is good so far as I do sleep undisturbed and don't wake up to an alarm clock, but I'm not sure sleep quality is super-great. I feel rather grumpy in the morning.

I can add that my body seems generally very eager to go into a fight-or-flight mode with raised pulse, BP, adrenaline, and, I assume, cortisol + glucose release.

I've theorized that I've been a bit on the under-eating side for a while as well as eating too late in the evening (1-2hrs before bed), which may have contributed as a stressor. (I rarely seem to feel hunger at all.)

5. Question from Tyler:

Hey Robb,

Got another question about lactose... I am still rocking on with the mass gain cycle and whole milk, moving from about 170# in early March at sectionals to about 185-190# currently. Showing awesome gains across all lifts (snatch has gone from 185# to 210#!). Anyway... enough boasting... As I stated in my last post to you about the lactase enzyme supplements... I am semi lactose intolerant... however I chose to use dairy to put on some weight. I seem to notice that if I drink milk on an empty stomach or with a meal it just destroys my stomach... no matter what.... However, if I manage to chug the stuff down within 30 minutes after training... voila!... no irritation! I can drink seemingly unlimited amounts of milk post workout with no problem at all.

Since lactose is a sugar, are my muscles/liver stealing this stuff away before it has a chance to affect my gut? Why am I able to tolerate milk after training? What is the mechanism behind this?

Oh and do you know this guy?
<http://high-fat-nutrition.blogspot.com/>

I feel like you guys were separated at birth or something.
Keep fighting the good fight!

6. Question from Keith Norris:

Something I'd love for you guys to cover in a future podcast — Mike Mahler (whom I agree with more times than not), maintains that DHT is actually the "Grand Poobah" anabolic hormone, and that high levels — in an otherwise "clean" hormonal profile — are desirable. A plunge into the testosterone/DHT optimization question — and a discussion of Paleo's affect this ratio — would be much appreciated. A friend of the family's has recently been diagnosed with prostate cancer, and, as you might imagine, DHT is spoken of rather poorly around the ol' kitchen table. I'm quite sure that high DHT levels are not the problem, but another "something" that is in the environment of a high DHT level that's the real root of the evil. I'd love to hear your thoughts on this.

Thanks again for the enjoyable string of shows, guys -

7. Question from ehayes:

Question About Animal Fat-

Also, still wondering if you could elaborate on saturated fat from animal sources. You've made it very clear the difference in polyunsaturated n-3,n-6 in animal fat and how it affects us. Is there a difference between pastured and grain fed saturated fats other than there being more of it in grain fed. How does saturated fat affect humans? what does it become in the body?

Thanks for any feedback.
Can't wait for the book.

8. Question from Wayne:

Another great podcast, loved the whiteboard reference and the last question, and your commentary on it. I've found the "elite" attitude that many in the CF area push just a big friggin turn-off. Don't get me started on CF games and "The fittest person on the planet" either...

But a good thing to talk about is what exactly is fitness? I know a lot if it is relative but if a client or potential client came to you and asked "Robb, I want to be fit! What do I need to do?", how would you answer that question?

You and Andy keep up the good work.

9. Comment from Rod O'Hara:

I just listened to this podcast yesterday and something you said really bugged me. First off, I do not eat totally paleo. Many of my meals are, but I have 5 kids with one on the way. I drive 1 hour plus each way to work and work shift work. Excuses, excuses.. I know. But I love my many cheats. But back to why I am sending this message. You basically stated that pure Crossfit doesn't work. The way you quantified this was to point out the great up and coming athletes that are beating out the long time crossfitters. I disagree. My thing is you need to compare the athletes to themselves (i.e. are they still getting PRs regularly) and not compare specific individuals.

Either way, thanks for the podcasts and info. Your podcasts sometimes keep me awake during my long commute. Good luck with the book.

Thanks.

Rod-

Exactly, and folks are NOT following .com programming and progressing. That main page programming has been held up as the end-all-be-all. Many others have argued it needs some tweaking and in very specific ways if one is to progress long term. That's addresses your point, my main point was that we do not see other sports with a complete changing of the guard each year. Age may remove some folks but experience and skill-set SHOULD be worth a ton. In CF we are not seeing this. Perhaps I'm wrong, but this is my observation after coaching this stuff for 7-8 years.

10. Question from Barry:

Hello again Robb and Andy. I'm not even going to try to enter myself into the running for best handle, since the competition has now gotten pretty fierce. So I'll just stick with my name.

I have two questions for you based on recent personal experiences. Just as background, I've been eating Paleo now since January, after nearly 20 years of vegetarianism, although I've kept some butter, heavy cream, and whole milk in the mix (all raw, grass-fed, milk only pre-workout).

First, I know we're never supposed to get sick anymore once we switch to the Paleo diet, but I did have an experience a few weeks back where I did get sick with some sort of stomach flu. It was then that I realized that almost all of what is generally recommended for "calming the stomach" is tremendously gut-irritating carbs (i.e. toast, crackers, etc.). I obviously didn't want to go that route, but the regular meat/veggies/some fruits menu was really not something I could stomach at the time. So what do you recommend for paleo stomach-calming/sick foods? I know last episode you mentioned ginger and a few other things. I also found that chicken broth went down surprisingly well.

2) For at least the past month or more, I've noticed that I often get a runny nose after eating. At first I thought that it was just after my breakfast omelets covered in sriracha sauce, which could be explained by an autoimmune reaction to the eggs and just the spice of the hot sauce. However, I've noticed that I seem to get the same reaction pretty much after every meal. For example, I got it last night after a dinner of roasted chicken legs and roasted beets (beets had grass-fed butter, everything else strict paleo), and I've even gotten it after a meal of nothing but buffalo patties, salmon patties, and avocados. It's nothing serious, but since it does seem to point to some sort of autoimmune response I figured it was worth bringing up with you.

Thanks for a great podcast!