

Episode 110

- Robb Wolf: Hey, folks. Robb Wolf here. Episode 110 of the Paleo Solution Podcast. Greg Everett in attendance. We were supposed to be interviewing some dude that's a pal of mine, but he bailed on us so we we're doing a real show instead.
- Greg Everett: Apparently, he doesn't know that Robb Wolf is like the 35th most influential person in fitness.
- Robb Wolf: We'll have his knees broken for sure.
- Greg Everett: Yes.
- Robb Wolf: Yeah. I still am kind of scratching my head how Billy Blanks and Suzanne Somers still made that thing and not Gene Simmons -- Richard Simmons did not, although I think Gene Simmons is probably a pretty good picture of health at this point to the fact the guy has survived this long.
- Greg Everett: So do you think the G-Man is upset that he is number 96?
- Robb Wolf: I don't know. I don't know. When you start rattling around the whole narcissistic personality disorder, then you probably can assume yeah, but you never really know. I'd give you even odds whether or not he is even aware that he is on it and what the significance of it is, which is none.
- Greg Everett: I am 100% certain he is quite aware of it, and the fact that they got them on the list just so they could put them at the bottom.
- Robb Wolf: Right, right.
- Greg Everett: Just so that he knew that he was actually in consideration. Because if you're off the list, you can say, "Eh, we're just off the radar." But no, no, no. They look a look and you got number 96.
- Robb Wolf: Well, I still like the screen capture that I have from his girlfriend's Facebook page, which was, "Robb Wolf is my greatest failure." I mean I'm still at best a very minor league fitness celebrity in the words of the Monaghan Institute, but I mean it's kind of like, "Really? Okay, that's cool." So yeah.
- Greg Everett: It doesn't even make any sense.

Robb Wolf: None of it does. It's all gin-soaked pontification that is still fun to have it all archived and be able to drag it out kind of like old family album.

Greg Everett: Exactly. I can't even tell you how many sweet emails I have saved on my computer.

Robb Wolf: I don't just keep them on my computer. I have them on like three different hard drives, one of them in a safe deposit box, and then I have two different internet servers that store all of this stuff. We would need a really full-scale nuclear attack that would hit even a server in a Third World country to wipe out all of my archives. So I was pretty careful with all that.

Greg Everett: Don't give those guys any ideas.

Robb Wolf: Oh, there's a lot of Third World countries. I'm sorry, developing countries for the more socially adept than myself.

So what's new with you man? We're just going to --

Greg Everett: Not a whole lot. We're gearing up for the big holiday party tonight. So I just carded in a box of booze.

Robb Wolf: Nice!

Greg Everett: So training tomorrow will probably be subpar at least.

Robb Wolf: Marginal.

Greg Everett: Yeah. Otherwise, it's pretty much the same stuff. Actually, you know what? Our trainer, Lisa, has a new client coming in this morning who I can actually directly attribute to you.

Robb Wolf: Really?

Greg Everett: Yeah. He emailed and is a big, big fan of Robb Wolf and the podcast and wants to train.

Robb Wolf: Wow!

Greg Everett: Hopefully, we don't totally ruin it and destroy your reputation.

Robb Wolf: Well, I mean if he has made it through the podcast and actually finds some stuff interesting, then I'm sure he'll love you, guys.

Greg Everett: Well, the good news is that nutrition is responsible for the vast majority of weight loss. So if he doesn't do well, it is your fault, of course.

Robb Wolf: Perfect, perfect. I'm on that one. So cool!

Greg Everett: All right. Let's do this.

Robb Wolf: Sweet!

Greg Everett: Sal says, "Hey Robb, I've been reading a lot of literature on kefir and the benefits it has for your body. I was wondering what your thoughts were on adding something like this to the Paleo diet. If added, would this be something that you would have with meals or something you would just drink post workout? Cheers!"

Robb Wolf: Again, with this dairy gig, dairy is just in this little bit of a gray area for me and definitely -- I just did a gig for the military this last weekend and the big chunk of these folks eat Paleo. They are really high performers. Most of them keep some dairy in the rotation, and when I was talking actually to the wives, specifically, I was just like, "Have you ever fully pulled dairy out of the rotation to see how all that stuff goes?"

That's kind of the thing that I hang my hat on. I just notice for a lot of folks, seasonal allergies, just kind of a base level of snarfliness like stuffy nose and all that, dairy seems to make it worse just in general. Not everybody, not all the time, but like just a big number of people.

I was even talking to Welbourn about this stuff and his wife Kate like they had twins. Kate was doing a fair amount of milk just for like some caloric content because she is breastfeeding two kids instead of just one. One of the kids had colic; the other kid had some kind of rashiness going on; and I was like, "Dude, just pull the dairy out for a week and see what happens." They pulled the dairy out; colic went away; skin rash went away.

It's not scientific. It's purely observational. Maybe it's all in my head. But I just see this type of stuff happen again and again and again. So I tend to see people do less well with dairy than without dairy if you've got an option of like eating a standard Paleo-type shtick.

We're interestingly getting a ton of new listeners and followers to the blog from India and we're actually translating the book for several different languages in the Indian subcontinent, which should be pretty

interesting. But you have a bunch of religious vegetarians, and so then it's kind of like okay, how do we modify all this stuff to fit within their parameters?

So what I would do with that is try to skew grains and legumes to the best of your ability. Do more fruits and vegetables and then like harder cheeses and more fat from coconut milk and grass-fed dairy or grass-fed butter. I think that that's doing the best that you can within say like the religious constraints that these folks have, and they definitely do better. They get leaner. They get little signs and symptoms of inflammation go down and all that sort of stuff.

So this is just something really long wrought-out deal. Just get in and experiment with it and see how you do. I think post workout is a great place to throw in a whack of dairy. When I was doing my mass gain gig, I was doing like the quart or two of goat's milk or goat yogurt post workout. I think that's a smart place to use it. It's a good place to hide insulin response to the food.

Again, how many times have I said this in just this podcast already? I just don't see people do quite as well with it versus without it. Maybe some grass-fed butter being kind of the exception there because the protein content is pretty low, although even for myself, I kind of notice that I get a little snarly; and like if I'm traveling, I dial that stuff down because I tend to get like mucous membranes get dried out when I'm on the airplanes and dairy of pretty much whatever form just makes that stuff works.

So it's something to experiment with. See how you do with it, see how you do without it, and just go from there. But again, my baseline with dairy is that people typically do better without it than with it.

Greg Everett:

All right!

Robb Wolf:

As delicious as it is. With that said, I'll still probably end up having dairy two, three, four times a week if we go out and we have a good dinner and there's like a -- gosh! I'll just say I get like a Caesar's salad and all. Obviously have them hold the croutons but then they've some shaved parmesan on it or something. I'll have some of that. Even though I'd react a little bit to it, it's not that big a deal and the stuff is delicious and I'm not having huge amounts of it.

So when I say these things, keep in mind that I am not like orthodox Paleo about it at all. I'm doing kind of a cost-benefit gig and this stuff

tastes pretty damn good; and when I'm out enjoying myself, then I'll have like some cheese on a cheese platter with some wine or something like that. If you're really trying to optimize things or if you've got some health or inflammation problems, then I would reduce the amount of dairy that you take.

Like I said, I do that. When I know that I've got a travel gig coming up, I'll really curtail the dairy so that I'm not facing like a sinus infection from traveling.

Greg Everett: Such a reasonable voice in the world of nutrition you are.

Robb Wolf: How has it gotten popular at all then?

Greg Everett: I don't know.

Robb Wolf: Voices of reason seem to get bypassed pretty quickly. Ron Paul is barely hanging in there so we'll see.

Greg Everett: Yeah. I don't mean to be a dick, Robb, but it's not going to happen.

Robb Wolf: I know. I know.

Greg Everett: Okay.

Robb Wolf: It's just like all the superhot chicks in college that I thought I had a chance with and I did not. Ron Paul is to politics what the uber hot chick in my like electives classes where they were nice to me, but it's never going to happen.

Greg Everett: Right. Buschleague Paleo says...

Robb Wolf: Greg is moving along.

Greg Everett: And he spelled Busch as in Anheuser-Busch so I'm not sure if that's an allusion to the fact that he is a big drinker or what.

Anyway, he says, "Gentlemen, love the podcast and have listened to them all. After reading Lights Out and listening to the podcasts, I cannot recall hearing anything about optimum sleeping positions such as on your back, side, fetal position, or some yoga pose." Definitely not a yoga pose, I'll tell you that. "Also, is it 'better' for you in some way to sleep on a harder surface like the floor as opposed to on a bed? Thanks!"

Robb Wolf: I'm kind of the opinion that a little bit firmer surface is probably better orthopedically, and I think the one consensus on sleep positions is on your belly is bad news for your cervical spine. That seems to legitimately be a really bad deal for your neck and potential impingement.

I tend to range between I just kind of roll from side to side. I do take a fairly good-sized pillow and throw it between my legs for a little bit of hip and back support, and I definitely know that my back feels better. I had never had back problems ever in my life and then in Santa Cruz I got exposed to 75 glute-ham developer sit-ups in one workout, my first exposure.

Greg Everett: You make that sound like some passive thing that just happened to you accidentally. "I got exposed to..."

Robb Wolf: Well, you roll into an environment where you're just busting your coaches to give you a reasonable dose and you're given abdo for your first time in your life, and then 12 or 14 days later try to pull a max deadlift and folded like a long chair and if ever since then had low back issues.

And if my bed is too soft, it will flare them up. If I'm not stretching, my hip flexor is kind of doing the death stretch. My back will flare up. All of that is mitigated by throwing a pillow between my legs when I'm laying on my side. So I probably honestly split probably the night 33.3% between right side, left side, and on my back, and I rarely, rarely sleep on my stomach. But if you do any of the doodling around searching, orthopedically sleeping on your stomach is a bad move.

Greg Everett: Yeah.

Robb Wolf: I would say firmer as opposed to softer in general for your surfaces and then think some sort of like a body pillow or something that you can hug and schnoodle up to and all that stuff.

Greg Everett: Cute! All right!

Vincent says, "Hi, Robb and Greg. A few years ago, a dear friend of mine has lost all of her body hair. She has been diagnosed with the autoimmune disease alopecia areata universalis. She has been offered treatment with prednisone but has declined that, mainly because of its side effects but also given the fact that besides the hair loss, which obviously has had a tremendous impact on her, there are no severe symptoms of the disease.

She is 36 years of age, in good health and has a healthy diet. As she is sensitive to bread and dairy, she already eats these foods in a very moderate way. Are there any cases of people switching to the Paleo diet and regaining their hair? Thanks a lot in advance guys and keep up the good work!"

Robb Wolf:

Yeah, there's actually a ton of examples of reversing alopecia, again observational, not scientifically controlled at this point. The reason that Paleo Brands exists as a company is because John Welbourn was next door neighbors to Joe Cappuccio and both these guys played in the NFL and they lived next to each other in Newport Beach.

It was kind of a funny gig. I was supposed to a talk down at CrossFit LA and was kind of double-booked, and so I had Welbourn go do like a two or three-hour talk on Paleo diet-type stuff and he took Joe with him and Joe was just listening to the whole Paleo shtick and he is like, "Wow! This really makes a lot of sense." If you didn't pick up from Joe's last name, "Cappuccio," he is full Sicilian-Italian kind of gig.

So he went back and told his mom, "Hey, mom. I want you to try eating this way. Cut out the bread, the pasta, et cetera, et cetera," which his mom, a still beautiful woman like mid to late 60s, like really good-looking woman, but she had suffering from severe alopecia for 22-23 years to the point where she was wearing a wig for a significant chunk of that time.

So he told his mom, "Eat this. Don't eat that." He went away for like a month, two months, didn't see her; and then when he came back, lo and behold, his mom actually did what he told her to do, which she started Paleo and her hair grew back, and Joe was just like, "Holy cats!" He called Welbourn and was like, "This is amazing. Everybody everywhere needs to eat Paleo." And this is where the idea for Paleo Brands came from, and that's where this company grew out of was actually one dude's mom growing her back.

Alopecia is definitely an autoimmune disease. We're pretty certain that virtually all these autoimmune diseases have some characteristic of gut permeability going on. Fix the gut permeability; ramp down the hyperdiligence of the immune system and you're probably going to stand a pretty good chance of growing your hair back.

So the downsides seem minimal. The upside seems pretty good. Just to address this thing, Vincent mentions that she is sensitive to bread and dairy so she eats these foods in a moderate way. There really is no

moderate consumption of these things if you're reactive to them, particularly gluten. It's kind of like moderate intake of Drano or plutonium. The shit is poison. It's causing an autoimmune disease and so you really have to figure out do you want to put the disease into remission or are you just going to keep death marching along with the same results?

So I would give it a shot. Definitely let us know how it goes.

Greg Everett: All right.

Robb Wolf: And I think this is how Greg grew his beard back actually.

Greg Everett: Nate says, "Hey, Robb. I'm a competitive bodybuilder and went Paleo about a year ago and love it. I am an endomorph/mesomorph body type and find that I gain muscle quite easily, but I need to diet for 20 weeks plus to get into good shape. With Paleo now I can keep my body fat in check much easier. My wife and I welcomed our daughter last year so I did not compete at all.

My question is coming close to competition, how would I carb up in the coming days to the show? Normally, I would begin seven days out with little or no carbs and high protein and high fat. As the week moves forward the macronutrients shift to mostly carbs and protein on the Friday before the show, upwards of 500 grams of carbohydrates when cutting water. So, with the short list of carbohydrates that are considered Paleo, I would be consuming only a ton of sweet potatoes to fill my glycogen supplies or do I have other options? Is this how I would do something like this or is the carb up a myth?

Love the podcast. Evander, you can have five fries!"

Robb Wolf: Five fries. No. I would defer to you, Nate, on this in that you have gone through this process again and again, I'm assuming, and so you're probably more an expert on the carb up, carb down thing than I am. We've coached a couple of fitness competitors. We've coached obviously some MMA folks which we have to be pretty fastidious about their body composition, but we're not looking at it from like an aesthetics standpoint. It's typically just a scale weight kind of gig.

So yeah, I think like yams, sweet potatoes, all that sort of stuff is totally an option. I think like white rice in this case would be a pretty good option; and if you dig around in bodybuilding lore, you usually find that most people avoid wheat-containing items because they notice that it

makes them puffy and they retain water. So I think to the degree that you just keep your fructose low so that you're not retaining water on that side of things, like you want the water retention to be intramuscular, not outside in the subcutaneous skin and stuff like that. You want that kind of shrink wrap kind of gig.

I remember like Bill Phillips doing some wacky things with like a little bit of booze, a little bit of creatine to pull water into the cells and kind of shrink wrap your cells. But obviously, navigate all that stuff without causing some sort of electrolyte imbalance and killing yourself.

But 500 grams of carbs from yam and sweet potato I don't think would really be that big of a deal. I mean the stuff scale-weight wise is as dense as say like cooked oatmeal or something and white rice with regards to carbohydrate density relative to like scale weight kind of gig. So I don't really see like yam, sweet potato, white potato, white rice. All those things seem like pretty good options, obviously the white rice being lower down that spectrum because I still think the potential for some inflammation and negative water retention is probably greater than with the other stuff, but that would just be something that you have to tinker with and see if it really plays out.

But this is the same thing that we've seen with a lot of fitness competitors, and some dude -- I forgot his name -- he just popped up on my Twitter feed but he is drug-free bodybuilder but pretty damn impressive physique, but he had some before and after photos of like pre-Paleo, post-Paleo, and the thing that he finds is just that it's easier to stay within striking distance of his contest shape when he is eating Paleo, but yet, he is able to still make some strength gains and some size gains and all that stuff without getting quite as chubby as what he was doing when he was doing the standard bodybuilding deal.

So I think he can easily get the calories in. The food quality is better. Inflammation is lower. So everything should go in a favorable direction that way.

Greg Everett:

Cool! All right. Joe says, "Hi, Greg and Robb. My question is on training and the time of the day. I'm curious if there are any net pros or cons with going to the gym when first waking up at 5 a.m. versus going around at 6 p.m. after work. I understand that cortisol levels are higher in the morning, but I'm not sure if this would significantly negatively impact my workout progress. If I work out too late at night I notice it affects my sleep. If it's not optimal to work out in the morning, which would be the

lesser of two evils? Morning weight lifting or High Intensity Interval Training?

On a side note, I'm curious what your opinion is on nitric oxide pre-workout powders and if there are any Paleo-friendly alternatives besides a shot of espresso in the morning." Why is everyone hating on the espressos?

Robb Wolf: Ouch! Gees!

Greg Everett: "And no I don't take pre-workout powders before I got to sleep. I've done that once, lesson learned. Thanks, guys. Keep up the good work!"

Robb Wolf: What's your opinion on the time of day deal? I mean it seems like strength-wise I always felt better later in the day.

Greg Everett: Yeah. Typically, I want to say it's about 4 to 6 p.m. is generally when you're said to be the "strongest." But at the same time, I have this conversation with people all the time. It's like we can sit here and theorize about what's optimal, but usually, we're talking about the perfect situation like a professional weightlifter. You know what I mean? This guy obviously has a job. Obviously he has to go to bed at a certain time because he is getting up at 5 in the morning. So you have to consider everything within that framework.

So I've done the super early morning training. I used to train at 4:30 in the morning for quite a while, and the nice thing is that there is nobody else in the gym. I used to train at Gold's here and Mountain View like all through high school. It was like me and the same four other people every single morning and the one guy who wore the weight belt with the walkman, yeah, walkman, not MP3 player, but the walkman that was clipped to the weight belt but inside the weight belt. So there was actually space like you could reach probably two or three fingers in between the belt and his body. It was pretty fantastic. And then he would have his little, petite girlfriend hand him the dumbbells for his inclined dumbbell bench.

Robb Wolf: Nice!

Greg Everett: Okay. So anyway, yeah, I mean I've also done the training about 6 p.m. and that's hard. I definitely agree that tends to get you pretty amped up and it can be tougher to go to bed, but you can counter that to I think a decent degree by dropping some Seriphos or phosphatidylserine immediately when you're done training and that should help start

calming you down, so by the time you do go get home and go through your pre-bedtime routine, you should already be on that down slope.

The thing about training in the morning too is that you're going to be way stiff. You're not going to be well hydrated and so your joints can definitely take a beating if it comes to doing anything potentially stressful like that.

So I mean honestly, I would just suggest experimenting with both if you're able to try doing the evening workouts with some immediate post-workout phosphatidylserine or Seriphos or even holy basil or something like that.

Robb Wolf: And that to knock cortisol levels down.

Greg Everett: Yeah, yeah, yeah. Also, make sure too that when you're done training and you go home, you are focused on calming down and going to bed, like you're not going home and getting on the computer or turning the TV on or watching some show where there's lots of explosions and gun battles because that definitely will get you jacked and then you don't want to go to sleep.

And then try the morning thing, but what I would say if you're trying the morning deal is as much as you can without totally disrupting your total amount of sleep, try to be awake as long as possible before you actually start training. Drink a bunch of water when you first get up and spend your sweet ass time warming up, and just be smart about that.

So as far as the lesser of two evils and morning training, weightlifting versus high intensity interval training, well, I think the interval training is probably going to beat you up a little less if you're saying weightlifting as in snatch/clean and jerk type of stuff, but I'm guessing you're just saying like strength training.

So again, if you're adequately warmed up, I don't really see that there should be a significant difference between either one.

Robb Wolf: And hopefully that choice would be more goal-driven than just like anything else. Hopefully there's a goal lurking in the background there so that would dictate whether you're doing some interval training or lifting some weights.

I know just generally my training session feels worse if I train early, but I feel physically better throughout the rest of the day. Like it tends to set

the pace of the day and I'm warmed up and alert and all the rest of that stuff. So I don't feel like I have as productive of training, but the rest of my life feels a little more productive if I train early.

Greg Everett: What do you mean the rest of your life? What else is there?

Robb Wolf: Pretty much like intercourse with my keyboard for the other eight hours of the day, so tappy-tapping. What's your deal with the nitric oxide stuff?

Greg Everett: It's like the same as Viagra, isn't it?

Robb Wolf: Theoretically, yeah, yeah.

Greg Everett: Well, I mean I'm all for that, but I've never spoken to anybody who has seen anything come of it. So again, try it, see if it does anything for you; and if it doesn't, don't waste your money on it.

Robb Wolf: Yeah. I mean the old standby. Like creatine, totally legit. Maybe some beta-alanine seems pretty solid. But the nitric oxide stuff has just been kind of a head scratcher for me. If you want to tweak that nitric oxide-growth hormone axis, doing some arginine before bed like two to four grams of arginine before bed can be helpful with that, but some of the best things that you can do to keep normal nitric oxide signaling going is just kind of eating Paleo and keeping inflammation down, keeping insulin controlled and all that stuff.

Greg Everett: So what about Paleo-friendly alternatives to a shot of espresso?

Robb Wolf: Green tea?

Greg Everett: Two shots of espresso?

Robb Wolf: Two shots of espresso? The bigger, the better? I guess like green tea, matte, something like that. I mean a little whack of stimulants seems pretty good pre-workout, but there's a definitely a dose response curve on that, and I tend to overshoot it consistently.

Greg Everett: All right. Well, yeah. Experiment with all that stuff and see how it goes.

Scott says, "Hey, Robb and Greg. Congrats on the two-year mark and still going strong! After listening to all 107 Podcasts, I've found a topic that I don't think has ever been covered on the show explicitly.

Here goes. I've heard many experts in the field mention the idea of an insulin response in the body as a result of just seeing or thinking about food, specifically sugary goodness. I've never heard anyone really expand on this idea or explain it more in depth, but I was wondering if there is any research or science out there backing up the idea that insulin can be released just with the thought of food? It seems to make sense that it could be the brain's natural reaction to the anticipation of glucose about to be consumed. If so, could you expand on that?

Secondly, it brings about my curiosity as to what the significance of the insulin response is and if it can occur during a dream state. For instance, I know I've had a few dreams that take place at a wedding and it seems the wedding cake is always a focal point. And recently, I've had dreams about my upcoming eight-day cruise and the dessert buffet seems to always be present. While in conscious thought, these foods are not desirable to me as I have no issues or cravings with these foods while awake, but is it possible that I'm producing an insulin response during these dreams without even knowing it?

Thanks for all you guys do!"

Robb Wolf: I like that we're broadening out our offerings here since we've had Squatchy reading the emails. We're getting some stuff. We're doing little dating advice. Now we're getting into a little bit of armchair psychology. I like the breadth and depth that we're going with.

Greg Everett: Yes!

Robb Wolf: The insulin response, this is a spectrum and it's not surprising people who tend to have weight issues. If you do a little bit of study on them, they tend to have an overaccentuated response to insulin whether they eat food or whether they just think about it or look at it or whatever. Some people will say, "I look at a cake and I gain weight." It's pretty much accurate. I was going to say it's almost accurate but it's accurate because these people --

There are multiple ways that you can flip on the release of different hormones. Sometimes it's just simply a chemical response in that blood glucose goes up, sensors in the body recognize the elevated blood glucose and then you get kind of a direct mechanistic response. But we also have like the vagal nerve like the neurological innervation going from like taste buds to the pancreas, and I guess obviously that that does still involve the brain because you have to have the sensation of taste and then you zip the signal via the vagal nerve down into the pancreas.

But then you've got this other side of things where like you just flash somebody a picture of a chocolate cake or something and it's kind of like food porn, and so the person getting an erection, they get an insulin response. So it's legit. As to whether or not that could happen during dreaming, I don't know. Maybe we'll get Dan Pardi on the show, the guy that did the polyphasic sleep piece, two pieces for the blog, and maybe we'll bounce this one off of him.

I wouldn't be surprised if you do. I mean it kind of makes sense. You get erections and gut gurgling and all kinds of other stuff during sleep from dreaming. So if you were predisposed in this way and if you spent the whole night dreaming of what is it, sugar plums and whatever that nursery rhyme thing is, I wouldn't be surprised if you had some insulin response to that. So yeah, it's kind of wacky though.

Greg Everett: Well, what do you know?

Okay. Are you ready for this one?

Robb Wolf: Greg has just been in a hurry to get to this one. He is like, "Yeah, yeah, yeah, whatever. Let's get to this."

Greg Everett: Allie says, "Best Paleo hangover food. Go!"

Robb Wolf: Greg and I were joking around about this one. I was like, "Ah, liver milk shake with a cigarette put out in the middle of it because you will end up voiding out of every orifice and that should clean you up pretty good."

Greg Everett: I'm just saying that if you don't stop drinking, you're never going to be hangover.

Robb Wolf: That's true. That's true. You were saying Harry the Dog, like a little more NorCal margarita and that will set you straight. Or you could go like a mimosa or sangria or something and think that it's quasi-Paleo because it's got some fruit juice in it or something like that.

Greg Everett: More gentle transition.

Robb Wolf: Yeah, yeah. I used to when I did a Wicked Bender, I would actually -- medical oversight -- I don't know that I could really recommend this, but I would find some restaurant that had a good supply of Tabasco sauce and large spoons, and I would just start filling up the spoon with Tabasco sauce and just like taking it down pretty much as quick as I could via that

route, and it would either make me go purge or it would really kind of set me straight. I don't know if it was like the salts and electrolytes or what the deal was.

Bacon seems like the obvious post -- really bacon is the obvious post anything for breakfast.

Greg Everett: It's pre, post and peri.

Robb Wolf: Yeah. That seems a hard one to go wrong with. Honestly like some bacon, some sort of omelet and a little bit of like really well-done breakfast potatoes seems like heaven, heaven, and you could probably even eat it 40-30-30 or something like that, I don't know, which would just make it even more heaven.

Greg Everett: 40% bacon, 30% eggs, 30% potatoes, yes.

Robb Wolf: Yeah. Do it by scale weight, not caloric percentage at all.

I was watching a Travel show last night and they have this Anthony Bourdain show on, No Reservations, and the dude was in Chicago eating all kinds of absolutely ridiculous food. But one of the things looked amazing. It was French fries cooked in duck fat.

Greg Everett: What!

Robb Wolf: Yes. So the joint is a hotdog joint. It's like a hotdog joint and it's like on the south side of Chicago, kind of demilitarized area. The dude has been featured in like every cooking magazine you can imagine and all they do is like hotdogs and fries, and the fries that they cook, every day they change out the oil and it's rendered duck fat and that's what they cook the French fries in. And dude, I seriously wanted to like eat my television looking at that stuff. It was amazing, and I know that's kind of a sideline.

So the perfect meal for me would be probably some good bacon, some sort of a small omelety sort of gig, and then some sort of duck fat-cooked potatoes.

Greg Everett: Yeah.

Robb Wolf: That would set me straight.

Greg Everett: I think that's a pretty good plan.

Robb Wolf: Or if I died it would be a really good final meal.

Greg Everett: Yeah. And then some kind of a bubbly beverage.

Robb Wolf: Yeah.

Greg Everett: The mimosa works.

Robb Wolf: The mimosa would work; maybe a little bit of Pellegrino kind of gig with a splash of fruit juice in it for a little flavor.

Greg Everett: Yeah.

Robb Wolf: Yeah, that's a good call. Bubbly water is good well-hung.

Greg Everett: All right. Eric says, "Hi, Greg and Rob. It seems like I haven't heard you talk about sleep on the podcast in some time." Really? It seems like we talk about it every single podcast.

Robb Wolf: It's probably like a Simpson's deal where like as soon as he walks out like we talk about it. It's like Mr. Snuffleupagus. It's like always there.

Greg Everett: I loved Lights Out and was recently motivated to buy a Zeo Mobile sleep tracking device. It's been interesting to say the least. It turns out I experience three times more deep sleep than the average person, which makes total sense considering that when I sleep I am pretty much dead to the world.

Anyway, on to my question. Sleep research seems to suggest that people sleep less as they age and their percentage of 'deep sleep' decreases too. This seems suspect to me and I can't find a good explanation for why this happens." Because they are dying.

"Would you hypothesize that perhaps this may be because of some kind of Neolithic neurodegeneration? Would Paleolithic man experience the same decrease in sleep? It seems like so many age-related maladies are caused by things like AGEs and insulin resistance, so it makes me wonder. I realize there probably won't be a definitive answer to this question, but I'm curious what your thoughts are.

PS. Keep up the good work! And congrats to Sarah Fragoso on the cookbook. I think it's the best one out there right now (I actually use it rather than just looking at the pretty pictures)."

Robb Wolf:

Well, when I think this thing through, when we look at just the development of insulin resistance and obesity and just kind of disease in general, it's something that we accumulate with age, and the factors that we know kind of go into that are bad diet on a variety of levels, whether it's too much carbohydrate, whether it's pro-inflammatory characteristics of the types of carbs that we're eating, low vitamin D status, lack of exercise.

And then also, the thing that we talk about a bunch is not just sleep, but also photo exposure, like how much light are you getting exposed to. We tend to not get enough high intensity light, basically sunlight during the day, and then we tend to have too much kind of low-to-medium intensity light at night so we're never really getting a normal photo period. All of these things are pro-inflammatory. All of them send signals to the brain and to our genetics that are maladaptive.

So I think that what we see when we look at normal sleep research in the aging population is that you have people who are not sleeping in a dark room. You have people that are eating and living in otherwise pro-inflammatory diet and existence.

So the sleep disturbance is more an outgrowth of these other problems that are leading into systemic inflammation and insulin resistance and all that stuff. If you're insulin resistant, you tend to wake up because you have blood sugar lows and then you release cortisol to right the blood sugar drops. So if we fix that stuff, then you tend to sleep better. If we sleep in a dark room, then we tend to produce more melatonin and you get down into a deeper sleep. So I honestly think that this is more an artifact of our lifestyle and some of the biophysics of photo exposure and everything and something that's woven into our genetics and we just sleep more poorly as we age and then you die kind of gig.

But I will say this. To the degree that you can sleep well, then you tend to age better because you get all that nice restorative sleep and release growth hormone and melatonin and all that sort of jive. So to the degree that you can fix sleep problems, I think that you're going to do a lot better.

Greg Everett:

But I mean is it really a sleep problem if you're sleeping less and less as you age? I mean when I say age, I'm talking about like 65, 70, 80 years old sort of thing. I mean at some point, you are getting really old. You're not going to live forever, and at that point you're not regenerating so you don't need as much sleep. So I mean it doesn't seem that weird to me I guess is what I'm getting at, that you would sleep as you get old.

Robb Wolf: I don't know. I was talking to Art De Vany about this when we did the Nightline piece like over a year ago we ended up, and this was after he had John Durant and I completely hammered on martinis. So it's kind of a fuzzy recollection, but he was talking about the fact that he still just slept through the night just like dead man kind of gig.

Greg Everett: Art De Vany is from outer space.

Robb Wolf: He totally is. He totally is.

Greg Everett: That guy has more testosterone at like 70-something years old than I did when I was like 18.

Robb Wolf: The two of us combined, pretty much, I know. He is a bastard.

Greg Everett: So he is definitely an outlier. I don't know if we can really use him as a good example.

Robb Wolf: No, no. It's true. But I mean I think your point is well taken, but I think at the spot where you start seeing some Art De Vany or Clarence Bass starting to experience sleep problems, then you probably see the aging rate accelerate in them.

Greg Everett: Yes.

Robb Wolf: So I think that there is still something tied into that and this is maybe an argument for also using some stuff like melatonin. I've typically eschewed melatonin in the past, but I talked to our friend Grace who is a pharmacist and she kind of convinced me that the melatonin was not going to downregulate other melatonin production or some upstream or downstream signaling, and so it would seem like a pretty good option for just like get into that deep sleep and then good things will happen.

So I know what you're saying, and I think in a lot of ways we're seeing the same thing. It's just that to the degree that you can keep that sleep good, I think you're going to live longer and age better; and then when the wheels start falling off the wagon, I think that you'll probably start seeing fitful, unrestful sleep.

Greg Everett: Yeah. I'm not at all arguing that part of it, but when you're 90 years old and you wake up at 4:00 in the morning every day, I wouldn't freak out about it.

Robb Wolf: No, no, no.

Greg Everett: Okay. Last one. Aleisha says, "Hi, guys. I'm an avid listener and this whole Paleo jive has totally changed my life and all that good stuff. Your podcasts get me through boring days using Access databases. Man, I need a new job. I've written in before about medical-type questions but managed to find a super smart doc via the Paleo Physicians Network who has been awesome and really, really helpful."

Robb Wolf: Nice!

Greg Everett: Sweet! "Anyway, I have a training question that maybe Greg can help with. I've just started some heavy weightlifting with a strength coach. We're working on building technique but my strength is coming along. I had my second session last week and worked up to a full set of 67.5 kilo back squats which I was pretty proud of.

However, I'm struggling with my straight leg deadlifts. I don't like using a mixed grip. I don't feel secure or confident lifting the weight with my hands facing opposite directions. My coach insists that this is the best way.

My question is how do I get over this discomfort? Maybe I'm just not built to do deadlifts with a mixed grip. Maybe I just need to keep working at it and eventually it'll all be okay. Maybe I should just buy Greg's DVD. Maybe I should just man-up. I don't know. What do you think?

Take care and keep up all the good work!"

You should buy my DVD but it will not address your issue with straight leg deadlifts. I don't like the mixed grip either. I don't have anybody use it. I never used it myself. I'm also not a powerlifter so I don't have cause to use it.

But I don't like the position that puts your supinated shoulder in. I think it's a little excessive strain on the biceps tendon there in particular, and I think it tends to get people facing the bar a little crooked too.

Doing straight leg deadlifts or stiff leg deadlifts, you're not going for an absolute maximal deadlift from the floor so I don't really see a need to use a mixed grip. If you have a super weak grip, I would just use a regular overhand grip or even try hook gripping which is going to hurt a little bit initially, but it won't actually cause problems.

Honestly, any of my athletes, my weightlifters in particular, if they do straight leg deadlifts or stiff leg deadlifts, they are going to use straps because the point is not to strengthen the grip. The point is to strengthen their backs and their hamstrings and glutes and whatnot.

So I mean I would just tell your coach like, "Look, I'm really uncomfortable with this. I don't like it. Can we please try something else?" And if he doesn't let you, then do it anyway because he is not the boss of you.

If you're going to try the hook grip, just tape your thumbs. Get some elastic athletic tape and cover that whole thumb; and depending on how heavy it is, it might feel like your thumb nail is in a vise for a little while. The thing about the hook grip is it will feel really comfortable when you're pulling the bar up; but then when you're lowering it again, it's going to start hurting. Something you can do is when you have your grip set, flex your wrists just a little bit so your knuckles are kind of pointing towards the ground, and that will take a little pressure off the thumb and put it a little bit more into the hand and the fingers.

The thing about the hook grip is it's basically a one-hand mixed grip. So the whole point of a mixed grip is that the bar wants to roll out of the hand, each hand in an opposite direction so it kind of kills that tendency of the bar to roll, which makes it easier to hold on to. So with the hook grip, the bar wants to roll out of your thumb in one direction and out of your fingers in the other direction so you get the same kind of effect that can kill that tendency to roll.

To me, it's a hell of a lot more useful. You can't clean with a mixed grip. You sure can't snatch with a mixed grip. So I just don't see a point unless you're a competitive powerlifter and you pretty much have to use it when you deadlift. I would otherwise just use a regular overhand grip or a hook grip or straps. God forbid you use straps when you do a stiff leg deadlift.

Robb Wolf:

I concur. You know, it's interesting. A big chunk of my powerlifting background was actually out of the Fred Hatfield camp of powerlifting which he started off as an Olympic lifter. So my off season was spent high bar, narrow stance, squatting, power cleans as kind of rate of force development work on the pull; and I use straps a ton but when it came when I start getting closer to contest time, obviously I would start mixing my grip and getting comfortable with that.

Even though I use straps, I had close to a 600-pound deadlift and never had a problem with grip strength. That was never ever, ever an issue and I don't have real big hands either. Yeah, I definitely agree on the orthopedic side. Like the standard overhand grip is going to be way more forgiving orthopedically and it will tend to lend itself to other activities.

Greg Everett: Yeah. Keep in mind too that using straps doesn't mean that your grip isn't doing anything. Your hand still has to work to hold on to the bar. That's why the straps work because you're allowing the bar to not spin out of the strap. So you're not putting a cast on your hand or something like that and completely preventing it from doing any work.

So I would perhaps try just an overhand grip, maybe with your warm-up sets; and if you can't hold on to it with your heaviest sets, then use straps and then start building up your tolerance to the hook grip and stretching your thumb out and getting more comfortable with that, and then move over to that hook grip.

Robb Wolf: Sweet!

Greg Everett: Yeah, totally sweet.

All right, that's it.

Robb Wolf: Is that it? Are we done? Anything else you would -- any parting shots you want to share with people. You just did a seminar. We were on the East Coast at the same time.

Greg Everett: I did not just do a seminar. I did the American Open.

Robb Wolf: Oh, that's right. Okay.

Greg Everett: So I have a seminar here in January which is essentially sold out, and then I have one in Fairfield, Connecticut in February which I think we maybe have like three or four spots left.

Robb Wolf: Cool!

Greg Everett: So if you're an East Coaster and you want to come freeze to death with me in February in Connecticut, then get on it quick.

Robb Wolf: Dude, your sales pitches are almost as good as mine.

Greg Everett: Yeah. I'm not really into the whole sales thing. Like if you want to come learn how to do the lifts, then you're more than welcome. I'm not going to coerce you to doing it.

Robb Wolf: Nice! I think I want to bring on in official capacity CrossFit Drywall and Epic Beastmode to do any type of ad campaigns we do in the future, put those guys to task on this.

Greg Everett: Isn't Drywall the CrossFit HQ secret agent?

Robb Wolf: It's a possibility, although I have met him in person.

Greg Everett: It's always a possibility.

Robb Wolf: I know what he looks like. Yeah, yeah, absolutely, especially when -- I won't even get into that. Okay. I was going to start mentioning the shuttling around of CIA agents via clandestine means with HQ being the arbiter of that. But yeah, okay.

Greg Everett: A perfect use of national resources.

Robb Wolf: Seriously, yeah.

Greg Everett: Okay.

Robb Wolf: All rightie, folks.

Greg Everett: Well, let's get out of here quick before some fucking paramilitary team comes through my window.

Robb Wolf: Totally. Episode 110 done. Thanks, everybody. We have the holidays coming up soon so merry Christmas, happy holidays, everybody be safe, and talk to you all soon.

Greg Everett: See you.

Robb Wolf: Later, G.