

Paleo Solution – Episode 142

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Robb Wolf: Hey folks, Robb Wolf here, Greg Everett. It's the Paleo solution podcast and it's episode 142. What's going on man?

Greg Everett: I'm super excited about this episode.

Robb Wolf: Dude you're only half as much as I am man.

Greg Everett: All right. That's probably true. So what's going on that people need to know about?

Robb Wolf: What's new? What's exciting? Looks like the seminar I've been doing mainly for the military but also a little bit for police and fire - it looks like that is going to be post certified here pretty soon. That's cool. We've got a screening of the perfect human diet popping up in Reno next Tuesday so I guess the same date that this is going up.

What else? I almost ruptured my left Achilles tendon doing some stretching so clearly I'm getting old enough that I should be pushed out on an ice flow, and just killed

Greg Everett: We're joking that Robb's been hobbled so he has to sit still and do this podcast. Just like in Misery.

Robb Wolf: I think that's about it. Next week I'm gonna be on the Joe Rogan Experience podcast so that's cool. We're gonna have Nate Miyaki on who's pretty well known around the Teen Nation circles, real strong in the Paleo nutrition scene geared more towards the physique athlete. We're gonna have Joe Brasco and everything gastro intestinal related.

We're gonna have Mark Bell who is big enough that he should probably be on three podcast but we're gonna have those folks on here pretty soon. That's about it. That's all I've got. How about you?

Greg Everett: Pretty good.

Robb Wolf: You've got a seminar. Is that happening this weekend? Is that gonna happen before the podcast?

Greg Everett: It will have been two days before this podcast. Yes very confusing. But yeah it's coming up. It's a nice full group. Haven't done one since January so hopefully I remember how to do it. Everyone's different now that I don't do them very frequently every single one is completely different.

Robb Wolf: A little bit more variance.

Greg Everett: I have no idea what's going on.

Robb Wolf: Is this is a clothing optional O lifting seminar?

Greg Everett: For certain attendees yes.

Robb Wolf: Okay. Perfect. I just wanted to clarify that.

Greg Everett: You need to get a permission slip for that one.

Robb Wolf: Some pretty straining, some betting as it were.

Greg Everett: Yes. All right. Well would you like to talk about interstitial cystitis?

Robb Wolf: Oh wait. I was on Aunt Jemima pee.

Greg Everett: What?

Robb Wolf: The maple syrup urine disease.

Greg Everett: I thought we did that last time.

Robb Wolf: Did we do that last time? Did we do all of it with the -?

Greg Everett: I'm just going on with what Squatchy gives us.

Robb Wolf: Lactose intolerance in Paleo?

Greg Everett: No. I have interstitial cystitis, keratosis pilaris, fordyce spots.

Robb Wolf: Well shoot. Let me get on the same page as you brother. I did do all the background on that one so let me pull that one up. See folks we definitely operate without a net here.

Greg Everett: Yes.

Robb Wolf: Okay I'm on the same page.

Greg Everett: Which is incidentally one of the great greatful dead live albums - without a net so we're in good company.

Robb Wolf: Perfect.

Greg Everett: All right. You find it?

Robb Wolf: I'm there yep. Wherever there is I'm there.

Greg Everett: You'll be fine. You're smart enough to just listen and make it up as we go.

Robb Wolf: Indeed.

Greg Everett: All right. Jordan says hey Robb and Greg. I've been on the Paleo diet for over a year, never felt or looked better, yada, yada, yada. I'm writing to you guys because my wife was recently diagnosed with interstitial cystitis.

From what I understand this condition deals with inflammation of the bladder and makes urination and sex !!! painful. She's been taking the medication she was given and try to follow the IC diet her doctor told her about with little improvement.

This diet places a great deal of focus on grains, sugars and dairy and as such she only gets protein when I cook supper. I've been trying to get her to try a Paleo diet but she'd rather listen to people with medical and science background so she keeps having toasts with vegetable oils spread and milk for breakfast.

That sounds substantial delicious.

Robb Wolf: Sounds very British.

Greg Everett: You need some cold beans next to that too and be set.

I've been doing some research on my own and I found some stuff suggesting a correlation between interstitial cystitis and gluten

intolerance. One online survey showed 12% of participants suffered from both interstitial cystitis and celiac disease.

However I've seen almost nothing about this condition mentioned in the Paleo community. I was hoping you had some thoughts on IC and how biochemically a Paleo diet might alleviate her symptoms. I'm desperate guys. One of my wife's friends with IC is telling her to go vegan. No.

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Robb Wolf: No. Don't do it.

Greg Everett: You know what I hate the most about this condition? It's really hard to say over and over and over again.

Robb Wolf: It is indeed. Just going with IC is probably the safe route through that forest.

This is one of the interesting things whether it's Twitter or as Greg likes to call it Twatter or Facebase as Greg likes to call it. We get this pingers where folks are saying hey Robb is there a study about Pale and -

The number of things that we have Paleo and are a few just basic intervention like putting folks on Paleo seeing how their basic biomarkers improve like some systemic inflammatory issues, blood lipid parameters related to cardio vascular disease. We had the one study with stuff on Linda Berg which was not a metabolic word study and that's the weakness of it but comparing with Mediterranean diet and a Paleo diet and this was in type 2 diabetic heart patients.

The Mediterranean diet had a barely statistical significant improvement in blood glucose disposal and stuff like that. So there isn't that much out there and so at this point the place that we need to look is proposed mechanisms and definitely this area of gluten intolerance transglutaminase autoimmunity if there appears to be anything at all sniffing autoimmunity for a particular condition then a simple intervention recommending an autoimmune Paleo protocol seems pretty safe cuz again we're asking people to eat grass fed meat and wild caught fish ideally and fruits and vegetable.

It's not too far down the hookers in cocaine route. It's pretty safe but there just isn't that much on the RCT level, the randomised controlled trial level that we can hang our hat on yet but this is also why I am constantly begging people when you tinker with this stuff if you have a condition and you tinker with it and you have good results, you have bad results whatever share them with us.

We need to blog on this stuff. We need to compile these things cuz essentially what they are is a clinical note and pub med is full of clinical notes. Doctors write these all the time and these are the things that get the skinny end of the wedge in the door to create a hypothesis about a particular condition.

So all that considered when we look at interstitial cystitis there's definitely a suspicious auto immune type element to this or a definitely elevated transglutaminase auto antibody type things related to it and this reminds me a lot to the porphyria condition which is the skin condition where you're very very reactive to sunlight and within the porphyria community they will usually say that this is a genetic disease.

But I think that we've pinned down pretty clearly that we have an epigenetic trigger so you've got people with a genetic predisposition, the epigenetic trigger that environmental trigger seems to be gluten for the most part and then when people have done a gluten free, dairy free Paleo diet auto immune protocol then they've tended to put this porphyria into remission.

So the interstitial cystitis - we had one or two people when I've dug back through my gmail I've had a couple of people say hey I've had some benefit with this and again not a ton. It's not a really frequent disease not a super high frequency condition.

So just statistically we're not seeing all that much of it yet but I think that we've got a really good argument for giving this a shot. In due diligence there are some examples of some randomized controlled trials with a raw vegan diet improving autoimmune conditions and when you think about this okay.

What's a raw vegan diet doing? Typically they're removing grains and legumes cuz you've got to cook that stuff, they're removing dairy, they're removing meat so other than the meat piece it makes sense if we buy into this whole gut irritation toxicant in

different Neolithic foods and that this whole permeable gut piece is probably a factor here.

But I don't think that that's the only way to skin the cat but to me it lends more credibility to this idea that honing in on these things that are suspected gut irritants it's not a big deal to pull them out of rotation see if you get healthier, reintroduce them, see if you have problems and play the game from there.

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Greg Everett: Skinning the cat is definitely not vegan.

Robb Wolf: No.

Greg Everett: Well I guess it is as long as you don't eat it. All right.

Erika says hey Robb and Greg I was wondering if you knew anything about keratosis pilaris and fordyce spots. I have KP in my arms and possibly on my legs and I have FS on my lips. Thank you so much Erika for just immediately going to abbreviations here.

I've been searching for a connection between either a food intolerance or maybe a nutrient deficiency that causes either of this. Though they are different conditions and seemingly just cosmetic I think they might have some cross over.

I thought that gluten might be an issue but I have been gluten free now for 7 months and there's not been any change at all in either. Unfortunately I don't have enough knowledge in any area of science to be able to make the right connections to figure this out.

KP supposedly affects something like 40-80% of the population and even though it's cosmetic it is annoying something I think may show a lack in health as it seems most skin issues are a reflection of gut issues. I would appreciate any suggestion for cures or any ideas for further research.

Here are a couple of links if you're unfamiliar with these conditions.

Robb Wolf: So I could almost copy and past what I just said about the previous situation with the interstitial cystitis and apply it here. The keratosis pilaris - it is reminiscent of psoriasis which is a hyper

proliferative condition. Really psoriasis characterizes a low grade form of skin cancer cuz you have this constant growth of tissue, obviously it's not malignant and stuff like that.

But it's indicative of some hyper proliferative problems and usually within that then I start thinking a little bit more on the metabolic arrangement, insulin resistant side. Loren Cordain wrote a great little ebook - the Dietary Cure for Acne and this is another one of these things that we've seen really remarkable benefit with the Paleo diet particularly the elimination of dairy with regards to acne.

The keratosis pilaris had some little bit of overlap that makes it look a little bit like psoriasis, a little bit like acne but all of these things seem to have some sort of - I would stick it a little bit more on the metabolic side but then when we auger into what I'm thinking now is going into metabolic arrangement I'm still thinking that this is a largely gut mediated issue.

We've either got gut permeability which is then leading into lipopolysachharide from bacterial endotoxins getting dumped into the system the way that the liver and the body responds to that is by going into a stress response and that stress response makes us insulin resistant.

That insulin resistant can start modifying the production of things like epithelial growth factors which are manufactured in the liver. So depending on your genetics things might manifest or look a little bit more metabolic. Insulin resistant-ish relative to other people looking a little bit more autoimmune but I see this being just kind of a spectrum where all of these things can potentially occur more or less at the same time or to greater or lesser extent.

Vitamin D is real important. I mean all of the standard gut autoimmune protocol type stuff. Autoimmune Paleo, getting vitamin D levels up - those are the winners with all these stuff and again the keratosis pilaris does happen in a lot of people but we don't have a real deep sample even a commentary type sample saying hey I've tried Paleo and I've noticed that this stuff went into remission.

But the mechanism makes sense but we don't have anything like a randomized control trial to hang our hats on yet.

Greg Everett: Well shoot.

Robb Wolf: So abandon all hope basically.

Greg Everett: It couldn't possibly work.

Robb Wolf: But again given a basic autoimmune Paleo shtick shot do some vitamin D supplementation. Get the vitamin D levels checked and make sure that you are running in the appropriate level. If you suspect some digestive problems get some digestive support like we've talked about in previous podcasts like the bethane hydrochloride and some digestive enzymes.

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Maybe a smart probiotic, New Chapter has a good probiotic and stuff like that.

Maybe 5 years from now, 10 years from now we're gonna be able to look at an individual's genetic profile and be able to much better understand your piece to this looks more like vitamin D deficiency plus gluten intolerance for example.

So you might not need to avoid tomatoes or dairy as aggressively whereas other people would definitely need to avoid tomatoes and dairy because those seem to be the real irritants there but at this point we just don't have the fine tuning to be able to auger this in and say more specifically what the issue is.

It's a little bit of a shot gun approach where we assume that all of this suspect foods are problematic, we remove them, start reintroduce, ideally get healthy. If it doesn't work then I guess do something entirely different then we can pull things back and start moving forward, see what type of latitude you have with it if you want to.

I like eating more Paleo more often than not so I don't see that being a huge issue but that's a way to do it.

Greg Everett: Cool. Sounds like a good plan to me.

Robb Wolf: Well we just make this stuff up as we go so yes.

Greg Everett: Indeed. All right.

Taylor says hey guys. Love the podcast. You've already answered most of my questions but I had one that I haven't been able to find the answer to. My husband and I were both CrossFitters for a few years. He was for four, I was for two.

I like how she has to clarify that. He did it for longer.

We started transitioning away from it because of the price but soon realized we were better off without it anyway. Right now we're just doing strength training: dead, squats, presses, etc. but I want to find a gym that has bumper plate to work on my Olympic lifting.

My husband says I should just stick with the stuff we're doing now until I get my numbers up then work on my Oly lifts. I admit I'm pretty weak. 5' 3", 125 lbs with 155 lb deadlift, 145 lb back squat, 75 lb - I assume she means press - but does it matter what my starting strength is if I want to do Olympic lifts.

Thanks for the help.

No. Not really. If you were thinking that you wanted to go be competitive maybe a little bit more but not even really then.

Robb Wolf:

The technical point is so important it seems like -

Greg Everett:

There's no reason you can't be throwing around an empty barbell learning the lifts and why not start adding just like we talked about in the last podcast - why not start adding all foundational accessory stuff like the overhead squats and snatch balances, snatch push press, push press, push press behind the neck.

There's a million things you can do to not necessarily learn the lift directly if you're not comfortable with that but to start building a base for it. So it doesn't really matter how big your dead lift and your back squat and your standing press are because honestly they're not really that closely related to the snatch and the clean and jerk.

It seems like they are but when it really comes down it you've got to relearn the lifts or you have to learn the lifts whether you're strong or weak. That really doesn't have anything to do with it.

The only potential issue related to strength is just that little extra kind of margin of safety.

But again if you're smart with your progressions and you're starting with appropriate weight which initially is gonna be a PVC pipe or a dowel, or an empty bar it's pretty hard to hurt your self like that unless you really go nuts.

So was there something else you wanted to add to that Robb?

Robb Wolf:

No I agree. I just find the Olympic lifts even though I'm just tinkering with derivatives like power cleans, power snatches and stuff like that - for me they're just so much more fun than just standard squat, deadlift, press, all that jive.

They're just a little bit more athletic and definitely a little more like mentally engaging and if you do want to get going on them like if you buy into the whole motor learning deal like the talent type things if you've got a lot of repetitions to go to get going on it.

So like Greg said an empty bar, very light bar work, getting the basic mechanics down seems great and I think that you'll really enjoy them. They're just very very interesting and they're a lot of fun to learn. A good coach will make it a lot of fun. Usually you've got - if it's a legit O lifting gym - then usually some good community around that.

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So you're getting a lot of fringe benefits besides just being in the garage and this is one thing on the folks mentioned the price of training in a CrossFit affiliate. To each their own. Do whatever you want. I train at my own garage right now just because some really gnarly time constraints with having a baby and then a ton of work to do.

But I really miss being around people and getting some training on in a different environment. So if you need to pay a coach or something I think it's totally worth it assuming that it's the type of stuff you'd like to do.

Greg Everett:

I mean it's not like you're gonna reach some magical threshold of strength lifts where all of a sudden it's appropriate to learn the

snatch and the clean and jerk. I don't mean to beat up on your husband. I'm not sure what he's waiting for like what he expects to happen.

Worry more about flexibility honestly than strength. That's the one thing that's gonna hold you back and so if you don't have adequate flexibility to sit into a full depth flat footed locked elbow over head squat or a nice full depth front squat then that's what you need to focus.

Start working on that stuff, add front squats in, add overhead squats in, get those things up to speed and then you can start really really focusing on learning the lifts and especially at this point because you're gonna be working with such light weight and it's gonna be overwhelmingly skill development work it's not gonna be that taxing so you really shouldn't even have to change the rest of your program now.

So I see absolutely no reason not to start getting into it right now and I know of a couple of books that might help you there.

Robb Wolf: Possibly even a DVD.

Greg Everett: The Paleo Solution.

Robb Wolf: Yeah cuz I cover dumbbell cleans in the book.

Greg Everett: See your follow up needs to be called the Solution to Everything and it's just gonna be a compendium of every single topic we can possibly think of.

Robb Wolf: And I'll just pinch everybody else's shit. Anybody that's ever written anything good and I'll just put it together and call it my own.

Greg Everett: Ah seems to be the current standard.

Robb Wolf: The trend, the moda.

Greg Everett: All right well what's the deal with wieners? Or I think maybe that's supposed to be like a Jerry Seinfeld thing.

Kelsey says hey guys. I hope this title was catchy enough to catch Squatchy's attention. Hey Squatchy. I don't know. Maybe they know each other?

Ok, so, my question is about the demonizing of hot dogs.

Robb Wolf: This is definitely a hot button topic. We're expecting a lot of hate mail on this one.

Greg Everett: So my husband was about to indulge in a hot dog and Doritos tonight. He's not Paleo. You don't say. And I was about to nag him about what is in a hot dog when I started to really think about that. A quick Google search revealed organs and ground bones. I force myself to choke down beef liver and try to drink bone broth daily.

So I Googled why hot dogs are bad for you. 1. Saturated Fat: Booooo. Weak reason. Not even going to waste my time. 2. Sodium: Hot Dogs have 20% of the Standard American Diet's RDA, but I would think for those eating a pretty clean Paleo diet won't be bothered by the additional salt and may even benefit.

I think I know what that sentence means. Nitrates: OK, so they are not good, but not impressed because there are nitrate free versions available. 4. General Spitefulness: One study stated hot dogs were as bad as cigarettes. What? That's not a study. That's a blog post. Ok, I feel like someone should go punch some drama queen researchers.

I'm not advocating getting a pack of Ballpark Franks and eating them cut up in some Mac and Cheese.

Robb Wolf: Oh I remember those days.

Greg Everett: I used to dominate that back in my collegiate days but I think sensible hot dog consumption is not any worse than having occasional deli meat. For example, we get organic, nitrate free, grass fed all beef hot dogs from our CSA. Looking at the ingredients, I feel like I might just be justified to indulge.

Thank you guys so much for all you do! I'm hoping you will agree with my non-scientific analysis. And if not, please don't WolfSlap me too bad. It's my first attempt at applied science. Much love.

This is full on science as far as I'm concerned.

Robb Wolf: Completely yeah. Broad times, little domains, empirical the whole ball of wax.

Greg Everett: Area under the hotdog.

Robb Wolf: Intuit that.

Greg Everett: Damn. I want a chilli dog with Fritos on top right now. Paleo Fritos.

[0:25:02]

Robb Wolf: But you only get 5 fries.

[Cross-talk]

Yeah spot on with the saturated fat, sodium. We did a couple of Twatters a while back about some interesting findings with sodium and sodium intake has a U shaped curve with regards to health disease. If you are at a really low intake of sodium you actually have increased levels of various disease and problems.

Some sort of low end of the U curve which is somewhere between 3 and 5 grams of sodium a day interestingly which seems actually on the high side seem to bring the lowest likelihood of problems and then if sodium is at 25 grams a day then we've got some problems that arise from that.

Sodium's I think have been wrongly demonized and like Kelsey pointed out most folks eating most or less clean Paleo they're probably not getting a lot of sodium so throwing in occasional luncheon meat or wiener doesn't seem like a problem.

Greg Everett: Well I think most people are just constantly under the assumption that they must have normal to elevated sodium levels because it's been seared into people's brains but I personally constantly have low sodium levels. Every time I get a blood test I have low sodium levels and I have to salt my food because of it. So you can't just assume that you're dying of elevated sodium levels.

Robb Wolf: Yeah. Sodium is right behind saturated fat as a demonized issue. All of that said I will say this and this is where the whole

correlation causation comes in. When we salt foods we do increase the palatability and you do tend to eat more of that food.

Greg Everett: French fries.

Robb Wolf: It's possibly jumping up to 6 fries if you salt those babies. So Stephen Guinea has talked about this a lot. So if we had some plain unroasted, unsalted almonds you can grab a handful of those and gnaw on them but one handful is gonna be cooked pretty good. I'm done.

If those things are roasted then I could probably do a couple of handfuls. If the roast didn't salt it then you probably need the jaws of life to get that can out of my hands. I'm gonna crush the whole thing.

So this is where when you look at some of these retrospective epidemiological type studies is sodium associated with problems. Yeah because sodium probably increases your ability and your likelihood to consume a lot of food and if you over eat it's gonna help you to die.

But this is where -

Greg Everett: That's such an indirect way to blame sodium for death though.

Robb Wolf: It is. It totally is but we've assumed that it was the problem but I'm of the opinion that it's much more indirect in that we're just tending to take foods that might otherwise be okay like almonds or something like that, make them hyper palatable and then we end up consuming a ton of them.

We had clients I've talked about them it in my book the student that would eat literally a whole Cosco container of dry roasted salted almonds in a sitting which is like 3200 calories in addition to all the rest of his stuff.

So I think that sodium as an individual item - not a big deal. Sodium in the bigger context of hyper palatability which I would put artificial sweeteners and that stuff in that same category now we start getting a little bit more I think clarity about where they would be problematic.

As to nitrates I think Kraken talked about this when he was on the podcast and the whole demonization of nitrates is just kind of goofy at this point and so at the end of the day should you eat everyone of your meals from hotdog - probably not.

When I'm travelling there are some of these - god I forget what the name of it is - but there are some of these hotdog stands type things like Phoenix airport the only thing to eat there is this hotdog stand gig and so they're gluten free. They've got a lot of sodium yes puffy when I get off the plane flying and high sodium intake is awesome for that.

I can't figure out how to really demonize this stuff and I know people are gonna freak out. There was something bacon ended up under the same category that each piece of bacon was taking 9 minutes of your life similar to the cigarette kind of deal.

Greg Everett: Totally worth it.

Robb Wolf: It's just fucking preposterous.

[0:30:00]

As a kick your heals up kind of gig when you're out and about and say you're eating with family and you're at a ball park or something like that then you could order a hotdog with a bunch of kraut and mustard and the whole bun and you're probably cool and it's not that big of a deal.

There is nothing to these items that I can get all spun up about and if you want to do the grass fed, hugged and massaged all beef French from your CFA that's great because you're putting some emphasis into the food quality and economics of sustainable production and all that - that's awesome.

But I just can't get all fired up about it.

Greg Everett: Hotdogs are socially and environmentally responsible food because then you don't have to throw all that extra pig and cow part away.

Robb Wolf: The stuff that is still barely fit for human consumption and not pumped into pet food then we're good to go.

Greg Everett: There you go. All right. Here's a pig one. It's called oink oink.

Amy says yo Robb plus Greg. I had a quick question about eating pork and animal fat in general. A family member of mine follows the "makers diet," and harasses me constantly about eating pork. The idea is that toxins are stored in fat and that the pig as a scavenger will eat lots of nasty-ness which enters the pig fat and then is eaten by humans.

Pigs in her eyes aren't, "clean" animals. There was also something about pigs having shorter digestive tracts and can't de-tox as efficiently as other animals. Should I cut the pork out of the diet? Is this stuff somewhat true? A quick internet I assume search didn't leave me satisfied with an answer from a reputable source. Also, if all animals store toxins in their fat, should the majority of my fats come from oils and nuts?

Yum bacon, Amy.

Do you ever see that movie Car Wash?

Robb Wolf: Yeah.

Greg Everett: Oh man. One of the best movies ever. They're trying to go across the street to get the barbecue and the guys like no man. I'm off the pork. I only eat natural foods like it's real pig.

Robb Wolf: Oh man. Someday down the road when I'm not worried about alienating about 80% of the listeners then we'll have to go back through and pick a bunch of these questions and then you and I can get a little bit drunk and I can really REALLY say....

Greg Everett: Aren't we doing that already?

Robb Wolf: That's at the whiteboard parody we could do. But someday I'm gonna have to really say what I super duper think about this but in the meantime as a very oblique treatment to this there are a lot of different religious, social conventions around different foods and people really get spun up about it.

The whole pigs are unclean - yeah whatever. Not to be disrespectful if that's where your bleats come up off then go ahead more bacon for me. The science is just not substantiated at all. This flies into the category of some folks are convinced the

planet is 6000 years old, the same science that explains that it probably isn't is the same stuff that makes your cell phone work.

Most people can't explain any of the science behind their cell phone but they use it everyday but they're not willing to embrace the bigger scientific underpinnings of evolution via natural selection and I'm sure I pissed some people off with that. So I'll just call it good with that.

I think it's just silly. It's just absolutely silly. If the person have some sort of religious conventions on that then obviously I respect that. Do what you want to do but you can't build a scientific case around it. I'm sorry. It's a belief system and I respect that if that's what folks want to do.

But once we start talking science and facts and toxicology and everything then there's absolutely nothing you can substantiate that with.

Greg Everett: Yeah men. Shit. Let her believe what she wants to believe. You eat what you want to eat and just don't talk about it. That's the best solution to this stuff is just don't have this conversation cuz neither of you is going to win.

Robb Wolf: It's funny. Paleo's gotten reasonably big. I guess we're probably slightly above 6 listeners at this point. Although we maybe back down to 6 persons after this but Nikki was getting her hair cut yesterday and it's a new woman that she went to and the gal's like 5' 6", 240, 250 lbs but she said she has lost 55 lbs or something.

She's doing pretty good but the woman was like yeah. I tried this Paleo thing and it worked really really well but I've just got to have crunchy foods so I eat gluten free now because I can have rice cakes all day and Nikki was like roger that. She didn't want to bring up oh my husband's Robb Wolf.

[0:35:20]

She flew under the radar. Yeah. If it's working for yeah that's cool. A lot of these battles are just not worth fighting and that's all there is to it.

There's enough people that are excited enough and open minded enough to just give stuff a shot and whether they want to delve into the science whether they want to give it a shot and understand the science and then let the benefit and the results speak for themselves.

Either way it's cool. I just want to give people an option that I think is reasonably scientifically credible and maybe even more important than that cuz I'm just so incredibly unimpressed with our academic community for the most part. It's just the biggest bunch of bullshit as anything else.

Smoke and mirrors and ego and all the rest of that jive so at the end of the day I just really like to hang all this on the personal experience and so if you need the science side then we could go down that but if you just want to live a long time and not die from metabolic diseases and autoimmunity then you don't really need to understand why you're doing it. Just give it a shot and the results should pretty much speak for themselves.

Greg Everett: Indeed. All right. This next one's subject line is sprinter got too big, help and Paleo poop 2.0.

Scott says Hey Robb & Greg I'm a 31 year old 100m sprinter who over the past couple of years has put on a little too much bulk, particularly in the upper body.

Robb Wolf: Let me refrain for a moment and cry a river here for just a moment. Now we're back at it.

Greg Everett: Ever since going Paleo I have found I stack on muscle pretty quickly, no doubt due to the higher intake of protein. Life must be tough for you. Combine this with a couple ZorgFit wods a week and Olympic Lifts in general, and it all adds up to me being too heavy to maximise my sprinting.

I am weighing in at 87kg, 191 pounds. Ideally I need to be around 80kg, 176 pounds. My question is, what's the best method for dropping the weight without losing strength and power? I'm hovering around 5 – 9% body fat or so my scales say. I don't exactly have much fat to lose. Again must be really tough for you.

I know spot-reduction doesn't really work, but is there an ideal practice in dropping overall weight while keeping power in the

legs? Should I just focus on the legs in the gym and drop the volume on the upper body? What bout diet? Anything I can do to drop weight without losing much muscle?

Oh and sorry to bring this up with no apparent segway but what's with Paleo Poop? Is it normal to go 3 – 4 times a day and is it meant to be sloppy? I honestly have not had a 'hard poop' in over a year. I recall you saying that on Paleo people 'poop like a goose'. I guess you could say mine's goose-like.

So it's normal? I was only concerned because I thought perhaps I may be having mal-absorption issues. My diet is pretty much 100% Paleo these days, with cyclic heavy carb loading as per your past advice to fix my calf cramps which by the way fixed my problems, so thank you very much.

Many thanks in advance, keep up the awesome work.

Robb Wolf:

This reminds me of mine and Greg's conversation with Eto where he was like I must control training very close. I grow muscle like weed and Greg and I are like awesome man. That's just awesome.

If the problem is just overall scale weight and particularly too much upper body mass which - who did a good analysis on that stuff? It was Charlie Francis or somebody was looking at some top level sprinters and this has got to be close to 10 years ago. It's like Ben Johnson and some other people but basically looking at -

Oh you know what? I think it was Colgan. I think it might have been Michael Colgan actually that did a really good analysis of the appropriate type of training for different sprinters. There was a British sprinter who actually a fairly high volume, a little bit of hypertrophy work.

A fair amt of hypertrophy work and this guy was pretty damn successful and then there was another guy that obviously had way better genetics and they put this guy on essentially the same type of training that the first guy did and you could see year to year like the graph got 100 meter, 200 meter sprint types and the kept getting lower and lower and lower and the dude was getting bigger and bigger and bigger.

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He just obviously is even more genetically gifted and was putting on weight above and beyond what was functional for his sprint work. So I mean to me the main deal here that I would tackle is immediately curtailing volume work. Really low volume, relative high percentage of one rep max. You can still train upper body because it's important for the really explosive arm drive and posture and sprint mechanics and all that.

But I think you mentioned the Zörg fit work out - I'm assuming something that looks a little bit metabolically and crossfitty. For some people that's a enough to put an inordinately amount of muscle mass on. For Eto he was like I can't do anything like that because I just put on too much muscle mass and he was messing his capoeira game and stuff.

That's really the first place that I would like for that stuff versus really trying to cut back food I would just see if modifying your training volume will allow you to shed some weight via that route and try to obviously maintain all the strength that you have while -

He's got to loose some muscle though somewhere in this mix but I guess hopefully it comes off the upper body. Greg any thoughts on that?

Greg Everett:

I would agree with that totally. That's the place to start. It's just adjusting the training a little bit and not starving the weight off your self cuz that certainly is not gonna help your leg power. But try to continue your leg training as you have been doing if that's working for you and like Rob said just cut way back on the volume and the frequency of your upper body training.

Just do the absolute bare minimum and generally it's that volume that stimulates most of your growth. So if you can cut back on that a little bit then hopefully over time you're gonna start loosing some of that additional upper body mass that you don't want.

Robb Wolf:

Yeah Kelly Baguet has a really nice - he's just a solid strength coach and he talks a lot about sprinting and meal infrequency or fasting can really negatively impact fast switch muscle. Like it gives a little bit fiber type conversion because you start shifting more into predominantly like a fat mobilizing format.

I would just keep the volume work real low, high percentage of one rep max, very neuro based both upper body and lower body and I think that's your best bet on that. As to the Paleo poop a couple of things come to mind.

Like one you may not be getting enough soluble, insoluble fiber. There may not be enough insoluble fiber in the mix although you're mentioning a big carbload occasionally. Maybe too many greens, could be too much protein. There's a couple of different factors there.

One of the things is a little bit on the loose side but everything is completely digested. In other words if you eat some broccoli, kale, spinach does it come out like poo or does it come out barely digested broccoli, kale, spinach in which case we would probably want to start doing some supplementation to help the digestion bethane hydrochloride just that whole shtick.

But with a little bit more information that would be a little bit difficult to pin down but those are the things to think about like soluble fiber, potentially too much protein, maybe too much fat but again within that you just need some digestive support, oxbile digestive enzymes, betaine hydrochloride to prop all that stuff up and stoked that the recommendation to have more carbs and probably via the more carbs, more magnesium and potassium helped the calf cramps. That is awesome.

Greg Everett: All right. A little elaboration on a question I asked you on Twitter. Jack says hi guys. The podcast is awesome, oh yes. Here's a question: Can any kind of 'crappy' food, or foods that we tend to avoid, ever be considered a hormetic stressor? If so, which and why?

Robb Wolf: So I actually told Jack to ping this to me cuz I thought this was a good, kind of an interesting question. Hormetic stressors again are these things that from a health and longevity stand point we're thinking about exercise and a little bit of fasting, intermittently going into ketosis and stuff like that and I think that Jack's thought here, Jack's rotated bile duct.

So if you have some gluten and the gluten irritates your gut is that in some way a hormetic stressor and I guess at the end of the day it is because any time you get an inflammatory response then you usually are at least somewhat insulated against that in the future

and this is why if somebody is having gluten on a day to day basis they may have a low grade constant gut ache that is background noise.

[0:45:17]

They don't even hardly notice it. Then they go gluten free, dairy free Paleo for 6 months and they're like I'm gonna kick me heels up and have some French toast or whatever they do, a gluten bomb and then it's almost as if they have food poisoning deal. It's really really gnarly.

So is there a hormetic stress thing to that? Yeah but it's also when we look at gingivitis, the inflammation around the teeth - we know that that stuff is a contributor towards cardiovascular disease because of the irritation to the immune system.

So on the one hand I can't say yeah. Like certain foods are probably hormetic stressors in a way and this is why people in the military particularly the special operations community I really recommend that when they are facing some sort of a deployment scenario that they reintroduce at least a little bit of gluten to the diet so that if and when they are only food option is an MRE that they don't get the really gnarly response.

But as a base line I can't find too much of an argument to just consistently expose your self to something that is a pretty clear gut irritant. So it's a good question. It's a good thought but I can't find too many scenarios where I can see this being a smart thing to introduce relative to exercise, a little bit of intermittent fasting and stuff like that.

Greg Everett:

I am Robb's fantastic answer. All right. Metabolic inborn error alkaptonuria – compatible with Paleo?

Barbara says is Paleo suitable for those with the metabolic inborn error called alkaptonuria? I want to eat optimally despite tyrosine processing issues due to a missing enzyme in my liver. To the extent I can, I want to minimize the degenerative effects that the buildup of homogentisic acid will cause in my joints. I am already experiencing some degeneration in my lower back.

That said, I've lost over 80 pounds so far on meat, vegetables, and fruit and plan to lose the last 40 or so the same way. That said, I

worry that I might be eating protein too liberally for this medical condition. Thanks.

Robb Wolf:

Yeah I mean there's a number of conditions that relate back to - like we had a long time ago some questions about a medium chain triglyceride metabolism issue and then you had some other situations where branch chain amino acids are an issue and that was the whole maple syrup urine thing and then we have this situation.

I think to the degree that you can still construct something that looks Paleo-esque you'll probably gonna do better and it's real simple. If the main problem is tyrosine then you can try to find those proteins sources which are the lowest in tyrosine relative to the total protein content and poking around on the USDA nutritional database can help you with that.

Most dieticians will have some sort of picture into this too and then the other piece to this is you start looking at something that's Kitavan-esque instead of the higher protein deal that I think generally are athletic population kind of gravitates to. It's pretty high in protein, moderate in fat, moderate in carbs, maybe even high in carbs depending on the training volume.

But you can easily modify this where you're getting the bulk of your calories from starchy tubers, good fat sources and your protein intake in general could then be quite low and then you can gravitate towards lower tyrosine protein sources and maybe even to the point where I know some of these situations they will put together like almost some kind of synthetic food powders where you're really getting in very very low levels of these foods.

Usually they have some sort of a threshold level on you don't want more grams of tyrosine per day than this. Otherwise you're gonna increase the likelihood of problems. So if you can figure out a way to fly under that radar by eating more smart carb and fat sources and if you're carb intolerant then you eat more fat and vice versa.

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If you don't handle fat so well then you eat more carbs and then you keep that protein source smart as smart as you can whether

it's from this somewhat synthetic food route or just low tyrosine sources. I think you'd do great with that.

I definitely would take it seriously like these metabolic issues where you get accumulation of by products from enzyme deficiencies. They are no jokes. They can kill you dead and definitely cause some problems.

It sounds like you've had some great success by losing some weight that's all good but I think that you can probably tweak this and avoid a lot of other problems.

Greg Everett:

Last question of the day. Protein intake and sleep. Kyle says hi Robb, I've been Paleo for 2 years now. A little over a year ago I started having a problem with protein intake making me wake up at night frequently to pee. Sometimes up to 5 or 6 times a night. Anything over 80 grams or so seems to be a problem. I only drink water when thirsty and first thing in the morning. I've noticed Digestive Enzymes help the problem to some extent, and intermittent fasting although I rarely do it helps.

I generally wake up about 2 or 3 times a night and I notice a big difference on the rare occasions I don't wake up. 25 years old male, surf, stretch, lift. Low stress job, but recently studying for actuarial examinations. Thanks for all the help you've given in your podcast and book.

Robb Wolf:

This just sounds a lot like some sort of metabolic insulin resistant issue and particularly when intermittent fasting seems to help a little bit. I would need some pretty extensive blood work to be able to get in and start ID-ing some suspect areas.

If I were you I would get in and definitely get a full metabolic profile like the standard cholesterol, blood glucose, fasting insulin - all that stuff and see if you've got elevated fasting insulin levels, elevated A1Cs, elevated blood glucose.

I would also definitely check out cortisol. I would do an ASI test like a 4 point 24-hour ASI test as a baseline while you're at it getting the full testosterone, estrogen, dihydrotestosterone, progesterone blah, blah, blah - all that stuff.

There's a couple of things that could be feeding into the real frequent urination like metabolic issues where you're insulin

resisting, getting elevated aldosterone which every time I bring this up it always causes me to chuckle but that's a whole other thing.

Greg Everett: Me too.

Robb Wolf: Good back story. Elevated cortisol levels can be a problem in this and that dovetails into the metabolic issues and the insulin resistance. It definitely sounds like something is cooking there and I would definitely look into it.

You track down a good functional medicine doc. Anti aging docs are usually a good option for this stuff too but usually they're kind of premium to go to cuz they're assuming that somebody's going to them for bioidentical hormone replacement stuff but I would definitely look into it because that's concerning stuff.

Greg Everett: Yes. Indeed. All right. Well I feel pretty good about that one.

Robb Wolf: Dude as good as it's gonna get for today. I'm actually been reasonably well rested. Zoey's been sleeping through the night pretty good so I'm not seeing triplicate of the stuff I'm looking at which is nice.

Greg Everett: Awesome.

Robb Wolf: Indeed.

Greg Everett: Good to hear. All right. Well anything else you've thought of that we need to let the folks know.

Robb Wolf: I don't think so. Just Joe Rogan experience, keep your eyes peeled for that. So I guess the day after this airs I was interviewed Mark Fraunfelder from Bloing, Bloing which apparently is the biggest blog on the internet or something like that. Mark's a really sharp dude and had some really great questions. So that would be out and about the day after this podcast go up.

Greg Everett: Sweet. Sounds good.

Robb Wolf: All right dude. Thank you so much. Will talk to you soon.

Greg Everett: All right see you.

Robb Wolf:

Later man.

[0:54:32]

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