

Paleo Solution - 154

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Robb: Hey folks, Robb Wolf here, episode 154 of the Paleosolution podcast. Greg Everett in the house. What's going on man?

Greg: Nothing. We're just gonna try to get through this thing as fast as possible while internet still works.

Robb: Yeah, we had a horrible internet connection yesterday and Greg and I were talking to each other on the phone so we bagged the whole thing. Then Greg just realized we could have talked to each other on the phone because we always records this on our garage band and just overlay the tracks later anyway. So that's why Greg's in charge of this thing because I'm a moron.

Greg: Well it took me 24 hours to think of it too so don't feel bad.

Robb: Outstanding. Our sponsor Evolves Foods, evolvefoods.com wolf packs 12 buy some shell, put in wolf packs 12 receive a 15% discount, it's awesome.

Greg: So awesome.

Robb: So awesome. What's new? I just got an email from a suspicious dude talking about Bob Takano's book. What's up?

Greg: It's out there. The review copy is out there for notable folks like yourself who will hopefully check it out and give it some good quotes. We can slap on the back cover when it goes to print which will be very soon.

So yeah, look for that to start pre-selling on Amazon in the very, very near future and then nothing will be in print in time for the holiday season.

Robb: Sweet.

Greg: Great, parents, children, they love this kind of thing for Christmas or Hanukkah or whatever it is you prefer to celebrate.

Robb: They make a handy door stop too. You buy 15 of them and stack them against the door when you need to keep it open to ventilate the house.

Greg: Exactly. Multi-use. So you do that with your ibook.

Robb: Nice. So what else is going on? You wrap that up. What else is cooking?

Greg: The program eBook is ready to go too. We'll put that out this week and that will be nice, cheap \$10 little thing where you can get more programming than you'll ever need for the rest of your life all in one convenient little place.

Robb: Sweet.

Greg: We'll post out all over space and what not when it comes out.

Robb: Cool. I'll be all over that.

Greg: What's going on over in Reno?

Robb: Not too much. We're actually just down in Chico land doing the north cal fall challenge which was a little competitive event winding that [Inaudible] our facility manager has been putting together basically two of these challenges per year and it was pretty cool.

We had nine teams competing all from in house and I'm thinking a little bit of a blog post on the event. It was super fun. It's really cool. We basically throw it out to folks.

Heidi wanna compete in this thing, the folks who signed up and Sean does an amazing job figuring out who's good at this, who's not so good at that, putting together four person teams and then putting together appropriately scaled events so that we have some good competition.

In fact, the difference between first place and fifth place was only 20 seconds after four different events.

Greg: Holy smokes which was good.

Robb: Which was pretty cool? Sean's very, very good at programming, very good at knowing the strengths and weaknesses of the folks in the gym and probably the main thing – its super fun.

It's a huge community builder. Folks have a great time but a really solid piece to the programming that he offered; you don't see things like barbell snatches, sumo dead lift type holes, things that really lead themselves to goofy form at some point.

And so it was prowler pushes, rowing, we actually did a modification of the Jim Jones classic called tail pipe which was a 500 meter row and then you whack some very heavy kettlebells and hold it for time. That's the Jim Jones original.

What we did for our folks was a 500 meter row and then hold a 185 pound front rack position for men, 115 pound front rack position for women. It was horrible but the things that Sean ...

Greg: It's like sucking on a tail pipe.

Robb: It's like sucking on a tail pipe. You get a little bit gassed and you basically load all those muscles that you normally use for respiration. It sucks but the thing I think was cool was because of the movements that we picked, they're kinda large gross movement patterns.

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We had a spectrum of aptitudes and so instead of throwing something like a light barbell snatch or something which still just begs for fucked up form.

Instead of doing stuff like that, we did things which still smoked people. They still get gassed. People are pretty well tanked at the end of the day but the orthopedic issues are just not there.

It's kinda cool. We have a new neuro surgeon who's one of our clients and he had bounced around to basically all the other cross-fit gyms in town and as a spinal doc he was like people are really gonna get fucked up doing these things.

He was like these movements are great, people's form is great. You guys picked a good battery movement so for folks doing challenges, I would just encourage you to think about – you've got a ton of different movements obviously to pull from but there are certain movements like prowler pushes bear crawls, burpees.

We had a burpee modification where the person goes down to the deck then their hands have to go over head and touch a plate so there's no goofy shenanigans going on with that then they have to jump onto the plate at the top of the burpee and all these stuff.

You can get creative about the movements that you pull in. They're much more orthopedically sound, easier to judge. When this starts turning into more subjective judging than fucking ice dancing then you've got a problem with that.

Our judging was very straight forward, very easy, non-contestable type movements and if you put some thought into that, you can have a really good event. You can smoke people but be safe and still have that competitive element to it.

So you don't have to take anything away from the fun and if you've got a group of people that are higher caliber and they're more advanced then by all means, pull out these bigger movements like snatches and cleans and stuff like that.

Go to town but when you've got a mixed bag of folks and you're doing this as a community building event, put some thought into the way that you organize you're events.

It'll be much safer, much more fun, easier to coach, non-contentious, just put a little bit of thinking into it.

Greg: Thinking.

Robb: Like figuring out you can use a phone instead of Skype for communication. Very similar to that.

Greg: Yeah it's just a little computer. Alright, let's talk about better living through chemistry but not the cool kind. Instead its Dow's gluten free flour. Tom says "have you seen this commercial yet?" And there's a YouTube video which I have not watched. I assume it's a Dow's gluten free flour commercial.

"My brother told me about it and I looked it up. The tag line and the literature on Dow's site is 'can you imagine celebrating a birthday with no cake, eating a sandwich with no bread or ordering a pizza with no crust?' my answer is sadly no."

"I tried eating paleo and I sadly failed. Pizza is just so fucking tasty. I lost 30 pounds and was feeling good then I derailed after the holidays and I've unsuccessfully come back. No fault to you guys." Thank you.

Robb: That's a first.

Greg: Seriously "I just am a slave to those delicious glutens. As an American wanting a quick fix in a pill form, I was hoping to hear something positive about this stuff. Seriously I was wondering what Robb, a biochemist thought of this. While not ideal maybe a step in the right direction of avoiding glutens."

"I may not be eating an ideal paleo lifestyle. I just can't picture it without a fucking pizza or a god damn sandwich now and again. Of course if I had to diet 90 instead of 100 that would be a good thing to say. I have a feeling if I keep going at my rate, I'll be lucky to get to 60. Anyway I was wondering what you thought of Dow's attempt at gluten free flour."

Robb: The video is super sexy. It's like satin. It looks like some nice area of Mexico and its real small town feel. They put some great thought and money into this. I haven't looked specifically on the chemical breakdown on the gluten free thought flour. It is kinda hilarious it is coming from Dow chemical.

A couple of things here. 1, I've never advocated people be complete nut case orthodox paleo-wise and never ever have a pizza again or never ever have a sandwich again.

Obviously, I do typically encourage people to go for more gluten free options just because if there's one item out there, gluten seems to be on par with depleted uranium.

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There just doesn't seem to be a lot of good stuff with it other than the person at the last podcast seemingly their metabolism – they were dying without gluten so I guess there's an exception to every rule.

Other with people with auto immune disease and stuff like that, I've never recommended that folks be a teetotaler. When I was at the gig this weekend in Chico, there's a local pizza joint Woodstocks pizza and they make a gluten free pizza and it is delicious.

Before I get to Chico I have some and I typically get a little bit of acne from the cheese and I'm married and Nikki's probably not gonna divorce me so it doesn't really matter. I can look like a pimply teenager and it's not really that big a deal.

But other than folks with some really serious health issues, I've never advocated that you never have ice-cream, never have chocolate. I think when you wanna kick your heels up then by all means go for it, do it. So just as an aside, I hope that I never have come crossed it. This needs to be some sort of teetotaler proposition.

Beyond that the fact that Dow is looking at some gluten free options, I think that's pretty huge. Historically people tinkering with this stuff, they needed to go out and buy brown rice flour and different flours on a pretty expensive small scale kinda consideration like the Woodstocks pizza.

They typically need to mix this stuff up on their own. It's pretty expensive, small scale; they run out of it occasionally if they get a run on this stuff.

So the fact that Dow is looking into this as a viable economic option, I think that's huge and I think it speaks to the fact that some awareness about health is percolating up to literally one of the biggest – this is kind a Monsanto type level here.

So if you could tweak some grains such that they have more nutrition and fewer anti nutrients, how is that not a win? That seems great. And not to go too far field on this but I'm pushing forward and advocating for decentralized food production and grass fed meat and sustainability and permaculture and all that sort of stuff.

I think that's definitely something that we should in need to advocate for and push for and if they can put it at the same time, if we get enough people doing this, the economies upscale will come in and you will see entities like Costco and Walmart and stuff like that.

They will carry more grass fed meat, more organic options and the purists will lose their minds over this but it's actually a good thing. If you create the demand for something and develop the infrastructure then some of the economies upscale come in and that's actually good gig.

I don't necessarily see a down side to that either. If I could roll into the Walmart down the street and buy a bunch of grass fed meat, some quality produce, get some live culture like sauerkraut or something like that, my life is easier.

I don't have to drive all the way across town and pay a premium to Whole Foods that hate meat eaters and want us to be planted with vegans. I would way rather spend my money with Walmart than I with Whole Foods in all honestly because people at Whole Foods are kinda cock faces because of the way they do things.

Greg: That's a tossup for me. The guys running Walmart are mother fuckers excuse my language but Whole Foods is one of the places that I enjoy being the least in life. I can't stand being inside that store. I wanna murder everybody. But they do have meat so sometimes you gotta suck it up.

Robb: It's funny. Even here in Reno, the meat department was requesting that my book be carried in the store and the rest of the store was just up and arms like absolutely not.

Finally apparently even people coming into the store requesting it, finally some dude emailed me and he's like we're considering carrying your book. We would like you to come down and talk to the store managers and everything.

So now I've gotta go down and fucking advocate for my book to be carried even though they obviously have a lot of people humping their knee for it. It's just ridiculous.

As this stuff scales up and I would just really encourage people, if Dow chemical gets involved in gluten free food, is it gonna be 100% the way we want? Maybe not but it's certainly a move in the right direction.

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There's some awareness. There's some money going in this so don't shit the bed by creating perfection as being the only standard that we have. If we're moving the ball in a favorable direction, that's cool.

Greg: Indeed. Don't blow it for the rest of us.

Robb: Yeah.

Greg: Okay. Paul says "I listen to the podcast every week in the gym. It's like you guys are my personal trainers. Thanks a lot. I wanted to get your opinion in adjuvants in vaccines and whether someone with auto immune problems, my wife, should avoid them."

Robb: Adjuvant is things added to vaccines which elicit an immune response. They basically irritate the immune system and one of the challenges with vaccinations is that you want enough of an immune response to actually create antibodies to the entity that you're trying to be immunized against whether its small pox, polio or whatever the case maybe.

There's been back and forth, at one time the polio virus was still a live virus but it was what they call attenuated where it was weakened so it would elicit in most people a pretty solid immune response so we get good protection.

But if somebody was caring for a baby that had been vaccinated, but that person had never been vaccinated then they can actually contract polio so then they figured out some ways going to a dead virus that still had immune activity.

One of the things has been done over time is the addition of these things called adjuvants and they've had all kinds of wacky stuff. One of the interesting items they have is quillaia, which is a saponin type substance that's found in root beer also.

You need that adjuvant for most vaccinations in order to get enough of an immune response to create an antibody tighter to be effective. As to whether or not your wife should avoid them, that's something you gotta go talk to your doc about.

If she has auto immune problems, what is the particular vaccine? If it's a vaccine for influenza, for the flu, it's hard to find a justification for doing the flu vaccine in much of anybody.

When you read the research on that stuff, even if the thing works which it doesn't really seem to produce all that good of an immune response, it typically has less than a 50% homology for the particular influenza virus that actually ends up making its way around.

So when they're preparing, they're figuring out what strain they're suspecting its gonna be out and about in a particular year, they usually miss that and they usually miss it from a pretty white mark.

This is orthodox epidemiology like CDC stuff. It's really hard from a scientific perspective to advocate for the influenza vaccine. So this is just something you gotta talk to your doc about.

If your wife has an autoimmune disease then certainly the exposure to an adjuvant is going to cause an immune response as to whether or not that could flare an auto immune condition, it certainly could but that's – go paleo physicians network. Find the closes doc in your area. Try to get a rheumatologist involved on that.

This is far outside a scope of a mere podcast to completely figure out what they're gonna doing with that.

Greg:

Okay, let's see here. kettlebell sport and squat heavy for life. Ryan O. says "old boys, rob plus Greg. Greetings let me first say thank you and let you know my family and I appreciate the work you do."

"At the very minimum your work has made us feel tapped into a community of light minded thinkers. You have also reminded us to take a humble, inquisitive and self determined approach to subjects of health and wellbeing. Priceless."

"I have two main questions. One, regarding kettlebell sport and two, regarding spinal decompression. The latter first, my friends and I want to squat and live heavy for life how important is final decompression for short term recovery/rehab and long term health/venal integrity? Greg what do you do with your lifters?"

"It seems that incrementally loaded reverse hypers are the crème de la crème. What protocol would you recommend in the absence of a reverse hyper machine? In a nutshell, how does one squat heavy for life and not sacrifice quality of life? Thank you I'm very curious."

"Kettlebell sport is next. I have basic understanding of the Federenko method of kettlebell sport training and how various 'fluid style' approaches differ from various 'hard style' approaches in the kettlebell training sphere."

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“I like how Coach Valery Fedorenko places a premium on quality of movement and honing of efficient technique. Unilateral versions of the snatch and clean and jerk are used.”

“My observation is that many athletic traits are imparted from training using Fedorenko-method protocols, traits such as improved fundamental motor recruitment, ability to absorb force, and knee plus hip extension power. How similar/different is Kettlebell sport from barbell Olympic weightlifting sport?”

“It’s obvious that the main difference in the goals of each sport is that one is concerned with highest possible weights and the other with highest reps. How does this difference effect the extent to which certain athletic traits are developed?”

“Also, I have greatly appreciated your discussions on high-rep barbell oly-lifting. Where does high-rep kettlebell oly-lifting fit in to this discussion? Awesome. Thanks for fielding these questions! Shout out to the porter-fam!”

“Bonus questions: 1) Coach Fedorenko came up with the Pentathlon and its ‘quotient’ as a more accessible kettlebell sport. Any thoughts on its usefulness as a measure of fitness? 2) My wife and I tried the Russian-baby-maker, and our baby came out Irish. Do genetics have anything to do with this? Thanks a bazillion!”

Robb: Wow.

Greg: The Russian baby makers is advanced. And it’s unpredictable. You’ll never know what you’re gonna get.

Robb: Indeed.

Greg: So let’s start with final decompression first coz that’s the easier one. I would say yeah it’s important certainly and I don’t do anything necessarily – I don’t have a real strict protocol here with my lifters but I encourage them to hang from bars and even do a little rotation when they hang.

We have a reverse hyper – we don't use it a ton. It's a nice thing to have although the cost to benefit ratio I think is pretty steep. I don't like heavy reverse hyper. I just don't get the point of that. I don't see it as a strength exercise.

We had visitors coming here and put 300 pounds on that thing and just start whipping their legs around it. I just don't get it. I'm about 225 pounds and I'll usually use 50 pounds on it and I just want a smooth long swing, nice relaxed back at the bottom. I don't get a super – which seems funny to say considering the name of the machine but I don't like a real hyper extension at the top.

And then the bigger one I think which maybe not be as accessible is getting in a pool and just doing some really light swimming and kinda threading water and just hanging out.

That I think does a lot more for spinal decompression as for general recovery than anything you can do in the gym itself. So I would definitely try to get on that.

And then also just making sure you're taking care of mobility and flexibility because the real good way to have a lot of spinal compression is to constantly be tight around your spine.

So it's just not the loading while you're squatting, dead lifting or whatever it is you're doing. It's all those muscles surrounding your spine if they're just constantly tight then you're walking around just compressing yourself all day long.

So try those things. There's no magic tricks that I know of other than the pool and definitely contrast hydro therapy if you have access to that is pretty much awesome for everything.

Robb: I'm nodding my head in agreement. I can't really add too much to that like weighted chins, weighted pull ups, those are a nice way of getting some loaded distraction while you're also getting some upper body work in but a nice compliment to that. I can't really add much to what you have there.

Greg: Cool. Do you have thoughts on kettlebell sport coz I have much fewer thoughts on that.

Robb:

When you start talking about using strength movements or strength and conditioning movement for sport I just think it's really important to let you know what sport or event you are talking about. What are the needs? How much strength do you need? How much power do you need?

Like the Olympic barbell derivative lifts even doing power variance. You've got back squat, dead lift, clean pulls, power clean, power snatch. Those things are gonna build top end strength, top end power.

Kettlebell sport seems much more strength endurance oriented and doing a bunch of jujitsu lately like I've been going four or five times a week. I get a little bit of lifting in, a little bit of gymnastics in but it's really low rep, really low volume because I just don't have the recovery.

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So if you were to take a high level Olympic lifter who does some kettlebell sport stuff and then they go into other sports, I think they would do very well because they would have a phenomenal power strength, mobility strength, endurance based.

But it doesn't necessarily mean that in the training of a particular sport that you would necessarily want to be doing hundreds of repetition of kettlebell snatches a week.

Maybe you do, depending on what the activity is or maybe your recovery is sufficient and you really feel high rep kettlebell snatches and clean jerks are benefiting you but that seems really demanding and it seems it would create some pretty serious recovery demands.

If you're being pretty serious about your training and some other sport activity, it just seems tough to stick the two of them together. That's not to say that you can't jump out.

I've been trying to work out throughout the day and do little blocks of training instead of a dedicated hour to do some stuff so it's not to say that you couldn't do some swings and snatches and still do other activity.

But I think you just have to be really smart about what is it you are training for and what's the cost-benefit of what you're doing. I basically

squat, dead lift, lounge, rope climb, weighted pull ups, weighted dips, some floor press and power cleans.

That's 95% of everything that I do and some gymnastic stuff like front lever, back lever, skin the cat, some handstand walking and that's about it.

Greg:

There's really no relationship between the kettlebell Olympic lifts and the barbell Olympic lifts. That's the simplest way to put it. They're just two completely different activities. There's really not a whole lot of cross over.

I've heard some kettlebell guys, they've tried to convince me that the kettlebell snatch and kettlebell clean and jerk are totally gonna teach people how to do the barbell lifts and I just compel disagree respectfully of course but I like kettlebells a lot actually.

I really like kettlebell complexes. I love the swing. I like snatches. I like clean and push press sort of stuff but I really don't see those things at all directly benefiting the barbell Olympic lifts.

And the kettlebell sport in particular like Robb said is mostly strengthen endurance. Yeah there's technique but the technique is completely unrelated to the barbell Olympic lifts so you really have to separate those two things.

So I would say for a lot of athletes, if you can combine those two things, you could build some of your very important and athletic traits certainly if you do it smart but there's really no cross over.

I guess what I would say is, you're saying how does this difference between the two affect to the extent to which certain athletic traits are developed, well like we said they're developing completely different athletic traits. One is developing strength endurance primarily. One is developing strength and explosiveness or strength and power.

So you are kinda covering two ends of the spectrum. Together they probably make a good paring but you can't substitute one for the other certainly.

What I did forget to address is you asked for an alternative for the non-reversed hyper having individual. You can hop on a plyo box if its high

enough or a desk or a table or anything like that just like you would hyper and just do unloaded hyper or you can hold a light dumbbell between your ankles.

So there's ways to do it. You can do hand bench too but again I wouldn't spend a whole lot of time and effort trying to devise some kind of plan for it coz they're not that amazing.

I don't know. I have no idea what the pentathlon and the quotient thing is so I can't comment on that and the Russian baby maker again, you never know what you're gonna get.

Robb: The pentathlon is six minutes of cleans, six minutes to long cycle military press, six minutes of one arm jerk, six minutes of half snatch, six minutes of push press. I mean it's obviously very demanding gig.

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It sounds like a smoker and I think again if you're geeked on kettlebell and kettlebell sport, having that as a performance goal I would have some pulling in there, rope climbs, pull ups or something like that to balance some stuff out.

Greg: The nerd me is really bothered by the fact that its six minutes instead of five. Its only one minute difference. It's a thing of five's. That would drive me crazy.

Robb: Any other thoughts on that?

Greg: No, that was pretty much my parting thought there.

Robb: Perfect.

Greg: Okay, Erogogenic effects of baking soda. Lose bowels. Guillermo says "Mark Sisson included this article on his Weekend Link Love news letter. It talks about the effects of 22g..." holy smokes.

"22 grams of baking soda 60 minutes before a workout, and how the test subjects were able to increase their performance on an 'Old School' leg workout. I found this article on that same website. Supercharging creatine with baking soda. That article talks about the benefits of buffering your creatine with baking soda."

“That’s all good and dandy since baking soda is so cheap. On the other hand, Baking soda is also used as an antacid. Will taking 22g of baking soda buffer the acidity of my stomach, and make my acid useless when it comes to digesting food?”

“I currently take an hydrochloric acid supplement because I suspect that my stomach runs a little cold. What’s your take? Should we try to buffer our creatine or are the benefits counterproductive since our stomach will not be able to digest food efficiently? Not to mention that SEBO is sometimes caused because of low stomach acid.”

“Also, I am still waiting for the podcast episode where you and Greg switch podcast roles. I want to hear Greg pull sound advice from his ass” you have been listening to that all day. “And I want to hear Robb stumble, trying to read incoherent sentences. Thanks for all your pseudo scientific help.” We’ll do that one day.

Robb: We definitely need to do that. We need to have everybody do an ask Greg podcast and I’ll be the trusty sidekick for that episode. It’s a really long question but the basics here, baking soda in proper application which 22 grams seems like a lot.

Greg: It seems like a lot of baking soda.

Robb: It clearly can improve performance and endurance and aerobic endurance activity, some strength endurance activity, the bugger is that you would only want to use this in a competition format because you largely blunt the hermetic stress adaption from the training session.

So aside from diluting stomach acid and all that which I think could be a legitimate concern, all that stuff aside, the literature indicated that you really tend to blunt the adaption to a particular training session.

You don’t wanna do this all the time. If you were to us it in competition, you do need to do it at least a few times in practice so that you can field test what’s going on because the usual side effect of this whole process is gnarly projectile vomiting.

You definitely wanna get your dosing, hydration and all the rest of that stuff correct or you’re gonna have some serious problems. I absolutely would not use the baking soda on a day to day protocol by any means.

If you use it in a competitive format, I would just be really damn sure that you know how you're dosing that stuff because you could have some terrible side effects.

Greg: Yeah. You will not be popular. I remember years and years ago, this was kinda popular with climbers trying to blunt lactic acid build up in the forearms or stuff like that. It just never really panned out.

I think a lot of people have experimented with it and no one's really see anything that incredible. I don't think it's really worth bothering with and definitely if you don't wanna poop your shorts for your workout then it's probably a good idea to avoid 22 grams of baking soda.

They make buffered creatine like the crea alkaline stuff. I don't know. I'm not a real big responder to creatine anyway so I've never really seen anything noticeably different between that and a non-buffered creatine. Some people swear it works but they're the same people who respond well to regular creatine too so. Try it.

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Robb: I don't feel I respond particularly well to creatine but Greg actually sent me a can of podium gold Which they sell off the catalyst athletics website. I take a scoop of that about 40 minutes before I go to jets and I really feel it gives a little more power and grappling.

Greg: That is the one that I've really noticed and I think it's probably the beta alamine combo.

Robb: Right.

Greg: That's like the main difference there. So cool. Alright.

Robb: This next one makes me think of the Odyssey or the Iliad or whatever.

Greg: I was thinking sirens in bed which is kinda funny because the sirens are the ones you never get into bed. They just got your ship into the rocks and kill you.

Alright it's like the old world at sea strippers. Mark says "hey guys, keep up the awesome work. Just a quickie on sleep. My apartment is in noisy Central London, and whilst I've often heard you discuss the importance of

a pitch-black room whilst sleeping, I'm yet to hear you talk about the importance of 'quiet'.

"On the streets below I have sirens going off every hour, loud traffic and neighbors, and although I'm rarely affected consciously by this, it's not waking me up every hour, is this likely to be preventing me from getting quality sleep? If so, short of sound-proofing the apartment, is there anything I could do?"

"P.s. You guys are making a huge difference to the quality of people's lives, and although you hear it 1,000 times a day, I hope being reminded never grows old."

Robb:

I have not looked at a ton of research on this but my gut sense is that people kinda adapt to the noise environment that they are in. I remember when I lived in a really gnarly part of LA, Long Beach right where the riots are going on and all kinds of fun stuff.

I lived there for 3 ½ or 4 years and then I moved up to Chico in the first two or three weeks living in Chico, I could not sleep at night because it was dead quiet.

There was no threat of somebody crawling through my window to shoot me or slip my throat so I think you actually adapt pretty well to whatever environment you're typically in.

It sounds almost wacky but one thing that you might do is actually get a white noise generator which is actually adding even more noise to the environment but it could create enough of a base line that the peaks and throws of a siren or a honking horn or something like that might be drowned out a little bit and might improve sleep quality.

You can get a white noise generator for your iPhone for a couple bucks in the app store then you just run that through your iPod dock that you would usually use for music. I've used that when I'm traveling like its noisier the normal outside and I seem to do better with the white noise versus the random traffic noise.

Greg:

Yeah. It's funny you mentioned moving to Chico coz when I first moved to Chico I had this pile of crap apartment that was right by the train tracks

and so the first few nights, there are trains going through at 2 o'clock in the morning.

It was super loud and pissing me off but then after that first week, I never heard them again right in the middle of the night if I was sleeping so you definitely adapt to that stuff. But I always sleep with ear plugs even at home.

I think there's something about that because they don't really block noise so much. I can still hear pretty much everything but what I think they do, they kinda have that white noise effect.

If you plug your ears, you can kinda hear that fuzzy sound. I honestly think it's more that than the sound blocking property that works for me so you may already be using ear plugs but if not, give that a shot. So wearing ear plugs at night. I love it.

Okay, smart drugs. Charlie says "do you know much about the so-called smart drugs, specifically piracetam and the rest of the racetam family? Do you know of any natural but still effective ways to hit the same biochemistry?"

"I'm self-experimenting with piracetam plus lecithin for ADHD. It's too soon to know if it'll be effective though. By the way, if you ever want to tinker with herbs and other bulk powders, capsule fillers are readily available online for about 20 bucks. Filling up the caps makes me feel like a drug dealer. Fun times."

Robb:

As soon as he mentioned that I was hoping it's true in my mind. I mean for acid there's a bunch of interesting nootropics. If you just Google nootropics there's some interesting stuff. DAME, dimethylaminoethanol bitartrate you can get that at supplement shop.

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There's been positone, hup A, huperzine which is – each one of these is interesting. Like the DAME, it tends to work more on citicoline, hup A, huperzine is a dopa precursor, dopa analogue. Positone tends to work on both dopamine and serotonin and I think this is where folks need to experiment with this stuff.

I tried piracetam. I tried hup A, positine, all those things just made me jittery and kinda out of my head. You just have to play with this stuff and see what works for you. Also I think a lot of the dosage tends to be really on the high side.

If you play with these things, I would start fractions of the recommended dose and then slowly tight freight up. If a recommended dose is 100 mg for example you might be well served by a 20 mg dose or something. You have to quarter it up and I don't know get a mirror, razor blade and chop it up and snort.

Whatever you need to do but I guess the take home is all these things tend to work on different Neuro transmitters depending on how you are wired up.

It may not be the right fit for you and or the recommended dose may be way too high or conversely be way too low like you may need to ratchet that up but there's a lot of variability on this stuff. So the basic cookbook deal may not work for you for a variety of reasons.

The notropic stuff is pretty interesting like preventing cognitive decline, stabilizing calcium homeostasis in the brain which is one of the big factors in the development of Parkinson's and Alzheimer's.

It's that loss of metabolic flexibility in the brain and keeping things where they're supposed to be when calcium just kinda gets released hap hazard into tissues, not good stuff.

I think they are very interesting. There's a lot of opportunity for tinkering but again there's huge variability in how people respond, what would be a good setup for me might be a horrible setup for Greg and vice versa.

Greg: Aspirin and colon cancer. Jim says "I have a significant family history of colon cancer, and my gastro doc recommends that I take a low strength aspirin daily. What do you think of this recommendation, and is there a type of aspirin that doesn't have a bunch of multisyllabic, crazy sounding additives?"

Robb: As far as the funky additives just like a bias baby aspirin, what's a normal aspirin? Like 125 mg and I think right around there and a baby aspirin is 25 mg or something like that.

This is one of these things in the cancer treatment realm which fucking pisses me off a lot. If you did a little bit of doctor googling, you can find some really good support for taking anti androgenics which the salicylates are in this camp.

Cancer particularly like breast, colon, prostate cancer, these things that tend to create an invasive tumor scenario, the way they grow is by creating new blood vessels, tapping into your own blood supply and they are able to allocate nutrients and they're able to move around the body and all that.

It's pretty clear these anti androgenic aids like aspirin really are quite effective at preventing the androgenic effect of a tumor. It can either prevent it from growing in the first place. It can dramatically slow its growth.

I forget the exact number but there was a jammer or British medical journal, pretty reputable journal that suggested that a baby aspirin a day could reduce breast cancer rates by 70%.

Now you always need to balance what's the cost-benefit thing here. When you take salicylates you've got an increased bleeding potential. So there's gonna be some amount of bleeding ulcers that occur, strokes, some sort of thrombosis or something because of a destabilization of the vascular wall.

Its kinda like sun exposure and vitamin D preventing cancer. We prevent millions of cancers by people having adequate vitamin D levels largely from sun exposure and you might create a few hundred skin cancers as a consequence. So you're preventing millions causing hundreds.

[0:45:00]

The reality is life is a cost-benefit kind of return on investment analysis. I think it's hard to argue a low dose aspirin wouldn't be of benefit. Other dietary sources of salicylates are mint tea and so green tea which we have a green tea question coming up here in a second.

Green tea has some anti androgenic effects. Hats off to this doc for actually being aware that aspirin, something as simple and in my opinion

safe studied known as aspirin could have some really potent anti androgenic effects in things like breast, colon and prostate cancer.

Again you gotta do your own research, talk to your doc and everything but I think it's an easy calculation there to say okay, you've got a family history of this stuff.

1, I would make sure your vitamin D levels are in that high normal range. Blood glucose levels are normal. Insulin resistance is not a remote factor because these epithelial drive cancers, breast, colon, prostate, astrocytic brain tumors, glioblastomas, they really seem to have some linkage to the effects of elevated insulin levels, hyperinsulinemia.

So be metabolically healthy. Have good vitamin D levels. Exercise and then if you wanna throw in a baby aspirin even a couple times a week, I would be hard pressed to see where the down side would occur in that.

It's great that you've got a doc that is aware of this. You can maybe grab some studies, talk about some of the cost-benefit on this stuff. That's legit. Every gastro doc and every oncologist should be aware of this stuff.

Every GP should be aware of this stuff and able to articulate the cost-benefit story related to a very simple safe inexpensive intervention like this.

Greg: Alright, green tea and folic acid. Amanda says "hi, I've recently begun trying to figure out the do's and don'ts while pregnant. One of the things is green tea, something I drink quite a lot of."

"I've been finding info that suggests green tea inhibits the intake of folic acid. Does this mean that green tea is a big no-no during pregnancy? And in general, as an unpregnant person, drinking several cups of green tea per day be depriving me of an important nutrient? Reading done here" and there's a link.

Robb: This is again one of these things where there's a cost-benefit to the variety of things we consume. If you consume chocolate, coffee, some other things with these polycyclic – these large molecules, they tend to block the absorption of iron.

So if you are anemic, that could be a problem. If you're a male who maybe already has some iron overload deficiencies or a post menopausal

female, this could be great stuff to whenever you have some stake or iron containing item like a square of dark chocolate. You have a little bit of espresso. I believe green tea has a similar effect here.

You're definitely gonna create a folate deficiency in the story. It's tough to say how much dietary folate are you getting and being aware that folate is different than folic acid and supplementation with folic acid could post some problems. That's just a thing to keep in mind.

Getting some basic blood work could give you an idea of where you are on your folate status and you actually wanna look at B12 B6 and some other cofactors that are involved in the same metabolic processes that folate's involved with.

I would check out Chris Kresser's Healthy Baby Code if you're really looking at getting pregnant because he has a lot of the do's and don'ts and I believe he dose address the green tea issues with regards to dosing and what not.

But again if you are folate deficient then maybe dialing back to green tea would be good or perhaps doing it in between meals might be the way to go with that but then this is one of the funny things too.

Green tea consumption with meals tends to mitigate some of the – like when we have a polycyclic aromatic hydro carbons form scoured meat or scoured vegetable matter. The green tea tends to bind to these things and prevent some of the carcinogenic activity.

So again in free living people eating a mixed diet, there's just not an all or nothing story to this. I think when you look at the epidemiology of green tea consuming cultures, you typically see people finishing on the plus side with regards to metabolic improvements, body composition, cancer prevention, that sort of stuff.

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I think in general you can probably side green tea being a good thing but if you really wanted to make sure where you are with this, get some blood work and then supplementing with a new chapter prenatal is a food grade methylated folate so that is the type of folate that you need

for your body. It's different than the folic acid so those are all some things that you can tinker with.

Greg: Okay. I think she was hoping for just a yes or no answer to that one.

Robb: Podcast to be really short if we widdle it up a binary answer. That would be awesome.

Greg: It would be pretty incredible. Right. Volume, intensity and wolverine and he specify he's talking about the X-men wolverine not the actual animal. Zack says "hi guys, thanks for the podcast etc. Like everyone else I want to get big, strong and have the recovery time of wolverine. However, my testosterone levels aren't 10000+."

"Anyways, higher reps at lower weights gets you big i.e. 5x10 and big weight at low reps gets you strong i.e. 5x1 but both leave you shipwrecked for days. Is there any way to cheat the process and do something like 50x1 at 85% of 1 rep max and still get volume and intensity without lactic acid build up?"

"Cross fit football posted an article on Facebook last week in reference to this, but no 'professionals' commented. Thoughts? Stay classy gentlemen."

Robb: Have you read this one?

Greg: I read through it really quickly yesterday.

Robb: I read this thing and actually tweeted it. I liked the article. I think it's just an interesting way to tackle this stuff whether or not it's going to be the absolute best hyper trophy program.

Basically you'd pick something like a back squat, dead lift, power clean, something along that line. I guess you could even do weighted chins, dips and everything.

The idea is you're basically doing singles of about 50 singles so the loading is relatively heavy but you need to tackle this thing at a pace you can basically continue to breathe through your nose.

So this thing isn't leaving you doubled over. This isn't some sort of cross fit grace type of pacing and so you're able to get more loading, have more time under tension, have more total work done.

Because they are singles they tend to be better quality reps so you could argue from a variety of levels you would tend to get stronger because you're getting a ton of practice on the activity.

There's enough loading there you could argue that you would get some good potential stimulus on this. I think with all this masking stuff, if that's – I guess it kinda circles back around again to what specifically is the goal?

Greg: To be wolverine.

Robb: If the goal is to get big then I would definitely see your testosterone to cortisol ratio is. Is your sleep good? And then are you willing to sit down and just eat a lot of food and I honestly think that the rep scheme is almost in consequential compared to good androgen levels and a lot of food being consumed.

You could go 6's and 8's. You could go 10x2 10x3. I think you could get tons of growth stimuli of a variety of rep schemes. I think 6-8 level is still heavy enough to get some strength stimulus but you're getting a lot of work, a lot of time under tension. You're getting some breakdown of the muscle tissue.

And really the key in a lot of this is progressive overload. So you don't started a load that is so heavy or the volume intensity story is such that you're just gonna be wrecked because you wanna be able to get back in and train again.

So it may actually be relatively easy and then you increase loading over time. Either maintain volume at the same level or increase loading or do something around with that.

Greg: Yeah. I have a couple thoughts on here. Let me see if I can get them organized at some sense. I would say that if you are feeling that ship wrecked from doing 5x10 or 5x1 you are not doing it frequently enough. You should be able to do that and not feel dead for days. 5x1 I mean I have girls in here, little tiny people who do that with multiple exercises a day five days a week and are fine.

[0:55:00]

I think the biggest mistake people make is they have not been doing something like that. They'll come in and they'll do 5x10 or 5x1 and they'll

either go really, really heavy and or like I said I haven't done it in forever and ever and they feel destroyed after it for a week.

It's like yeah coz you're not accustomed to it. If you break in like Robb said and you build up to it and you get yourself conditioned for that kind of training you will actually get your body able to recover from that type of training more quickly.

That's part of training is developing the ability to recover from the training that you need to do. There's a reason with weight lifters for example, you don't start someone off with 500 reps a week.

You start them off much lower in that and over the course of years you build up the recovery ability and their conditioning for that kind of training until they can handle that kind of volume with the higher intensity.

It's not something you can just pick a workout and say okay I'm gonna do this from now on. Now, when I looked at that article, he's starting about 65% and that's a very different proposition than 85% as you have here.

I think you would be really, really hard pressed to get 50 sets of 1 at 85% unless you're 1 rep max wasn't a genuine 1 rep max like if you've never really, really pushed that and haven't trained in a way that really developed a 1 rep max then you might be able to get away with it.

I've seen people who are positing stuff like I did 5 sets of 5 at 95%. Well that's not really 95%

Robb: They're really slow twitch and you just go in a low gear and just grind.

Greg: You basically need to be a marathon runner for that in which case your wonder at max is 50. I think 50x1 at 85% are bit ambitious to say the least. If you wanna experiment with this stuff, I would do exactly what the guy recommends and start at 65% and build up from there.

50 sets is a lot. If you've ever done a 10x3 work out, it's like some kind of weird space time continuum hiccup like no matter how little you rest between sets 10x3 always takes you an hour and a half. There's no way around it. You can't do it faster than that.

I think it's kind of a weird – well as you said, is there a way to cheat the process, and I don't think there is. There's no way to cheat the process. You have to accept the process and do it well and think of this in the long term not hey what's a kind of workout I can do to get gigantic and wolverine-ish in two weeks. It just doesn't exist.

Maybe I'm just being cynical and a dick about that but it's just the way I see it. Regarding the lactic acid build up, I'm not really sure what the objection is to that.

But also if you're doing singles, doubles, triples, where is the lactic acid build up? you should be able to get four or five reps before you notice any kind of burning at least so I'm not sure what the fear is with that.

Robb: Its interesting when that article was first posted. A lot of people were criticizing the guy. They're like 65% is way too light. He's like dude, just get in and do it.

Greg: Do 50 reps.

Robb: Finish 1 round of it, get back to me about how you do and then if you smoked it then incrementally load and continue doing it. That's the idea so starting it at the spot, it's a reasonable proposition to finish the thing as prescribed and then you use that as a base line to then start marching forward.

Let's say 65% of your 1 rep max in a back squat, let's say its 100 kilos. But if you were able to complete this workout at 130 kilos or 140 kilos doing progressive overload, that's pretty fucking impressive. I guarantee there will be some sort of favorable strength and size adaptation on that.

It strikes me as possibly a bit boring to just hack away 50 singles on anything like that but if you get some progressive overload and you just chip away at it, chop wood, carry water, you're gonna get some good progress out of that.

At some point maybe you drop it down and you do 5x10 or just for something different, more body builder kind of gig but I think the magic to that thing or really any of these protocols is just consistent progress and being willing to unload and back off every couple of workouts or every third week or something.

[1:00:10]

So a couple of steps forward, a step or two back and just waving that volume and intensity up. It's not that exciting.

Greg: It's really boring.

Robb: Any of these stuff isn't really that exciting other than if you are very self directed and you like to go out in your own gym and do it but I think the benefit with a lot of these stuff, this is why catalysts has such a great program.

O Lifting is pretty fun. O lifting is way more fun when you got a group of people that you can shit talk each other and be a little completive and just kinda have a group of folks that you're doing some training with so that's kinda the trick.

Why is this enjoyable enough to be able to stick with it over a year or two years or three years and have some long term vector that you're trying to move towards?

Greg: Yup. That's it.

Robb: We're in under an hour I think. Should we just ramble so that folks feel they get their nickels worth or should we actually go do some work?

Greg: Go do some work.

Robb: Sweet.

Greg: I'm gonna train, not 50x1.

Robb: I too shall not do 50x1 but I am working on a post about my current training just doing blocks of work throughout the day and mixing that in with some jujitsu 3-5 days a week and its going pretty well like I'm making progress in all fronts so I'll do write up on that soon.

Greg: Sweet. Cool man. Anything else? Bob Takano soon. We're gonna have Kiefer on the podcast soon. We're gonna have Tim Ferris on the podcast soon. He's got some cool new projects cooking so he's gonna be on the podcast in mid November.

Zoe actually slept 12 hours last night so I'm finally getting my life together enough so I can contemplate getting some guests on the show again so we'll get that stuff put together.

Greg: Cool.

Robb: Sweet man, okay thanks Greg. Thanks for the last minute deal here. Normally we do this on Friday and we're recording this one in Monday so good times.

Greg: No problem.

Robb: Talk to you soon. Bye.

[1:02:48] End of Audio