

Paleo Solution - 164

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Robb Wolf: Hey folks. Garage fan was kind of stalling there for a minute. This is Robb Wolf. Greg Everett is in the house. This is Episode 164: The Paleo Solution podcast. Greg, what's going on?

Greg Everett: Not much but apparently I'm feeling similar to how you are.

Robb Wolf: It's late in the day, it's kind of dark, I'm ready to curl up with a Crispin Cider and a giant bowl of lamb soup and go to bed basically.

Greg Everett: There you go.

Robb Wolf: So what's new? What's exciting?

Greg Everett: Let's see here. This will come out in a couple of days so I will say that my DVD, the DVD Guide to Learning and Teaching the Olympic Lifts, is now available as a download. So all you guys out there who don't want to pay customs and shipping to some far-off corner of the world, you can now buy it as a download and watch on your very various and sundry electronic gadgets. There you go.

Robb Wolf: Awesome. I like various and sundry.

Greg Everett: That's about it for now. We got some big stuff in the works but as usual it takes a long time.

Oh, I know what else. Our mobile website is up now so we now have a mobile site that looks and works great on your old iPhones, and Droids and whatever other weird handheld devices everyone has now. You can go get your workout during the day. You can go check the exercise videos. You can go watch our daily videos and read our blogs and post comments and all that fun stuff. You don't have to be in front of a computer.

Robb Wolf: Cool.

I usually have an open browser in Safari on my iPhone with the Catalyst page already pulled up so I'll have to redo that.

Greg Everett: Why would you not? Oh I probably should give the URL for that, huh?

Robb Wolf: Details, details.

Greg Everett: It's very simple. It's just m.catalystathletics.com

Robb Wolf: Nice.

Greg Everett: There you go.

Robb Wolf: Maybe throw that in the show notes or just the intro deal so that folks can check that out.

Greg Everett: Will do.

Robb Wolf: So what do we got? We've got our show sponsors. [evolvefoods](http://evolvefoods.com), go to evolvefoods.com. Buy some chow.

We've got frontdeskHQ.com. Normally I have my snazzy bit of literature in front of me and I clean my office and now can't for the life of me find it. So if you run some sort of Crossfit gym, a service-based entity, hair salon, yoga studio, pilates, anything like that, you'll seriously dig frontdeskHQ.com. You can do all of your merchant processing, scheduling, back-end tracking of people's comings and goings.

Pretty cool. We're going to have Nikki and perhaps some of the other [frontdeskHQ](http://frontdeskHQ.com) folks on the podcast here in a couple of weeks when they do their official launch and they'll be able to talk a little bit about what they're offerings entail. But definitely check out frontdeskHQ.com. They are a very supportive sponsor of the Paleo Solution podcast. Check them out. Give them a little love. If you run a business like what we do with NorCal or what Greg does with Catalyst, it can be a very helpful item to use.

Greg Everett: Indeed. You need all the help you can get. We're gonna get robot trainers here.

Robb Wolf: So long as they're fembots, I'm down. I'm totally down.

Greg Everett: Without the poison gas, the knockout gas maybe.

Robb Wolf: Maybe like Crispin cider out of the boobs or something.

Greg Everett: Maybe you should just start drinking it now.

Robb Wolf: I should. Actually the next podcast I'm gonna drink before, during and after that podcast.

Greg Everett: I like it.

Robb Wolf: This is the podcast that almost got away.

Greg Everett: It is. This is the podcast that almost got away.

Robb Wolf: Greg had it opened for us to do about 3 times and I kept slashing on it, then I lost it. It's actually a pretty good one.

Greg Everett: Indeed. It's got lots of big words. Okay. Is this is it? Are we ready to go?

Robb Wolf: I guess we're ready to go.

Greg Everett: I can't stall any longer in reading all this stuff.

Robb Wolf: Stop the hurting. Stop it.

Greg Everett: Was last week the first time this podcast hasn't been on every single week?

Robb Wolf: Yeah, in over three years. Your schedule is busy and my schedule is busy.

[0:05:00]

Robb Wolf: I was gonna do a little filler piece and give some thoughts like I did after I think the Ancestral Health Symposium or something like that. With the baby and guests from out of town and everything else, I decided to give myself a Christmas present and not do a podcast last week.

Greg Everett: You earned it. 163 episodes.

Robb Wolf: Solid.

Greg Everett: I think you can skip one after that.

Robb Wolf: Perfect. Cool.

Greg Everett: Although I'm sure someone has sent you a nasty email about it.

Robb Wolf: We didn't actually. I'm kind of shocked. No nasty Twitter or Facebook, email, like all was quiet, which maybe is because the episode was supposed to be out on Christmas and people were not dicks about it for once. Who knows?

Greg Everett: Maybe no one listens anymore.

Robb Wolf: That's actually the more likely conclusion. We're both actually back down to 6 listeners again and even those folks just listen to it in the background while watching House Centers International or something.

Greg Everett: We get the one off and, "I listened to your podcast while I'm cleaning the gym." So it's like, "Oh, you don't hear a word we say?" Totally understandable. All right. Let's do this.

Robb Wolf: Let's get into it.

Greg Everett: Nick says, "Dear Robb and Greg, I recently read an article on breakingmuscle.com, as well as, the study it was originated from in the Journal of the International Society of Sports Nutrition about Phosphatidic Acid supplementation increasing strength and lean body mass. Here is a copy of the link.

"I am just curious about the efficacy of this study and what it would mean for people in the weightlifting community as this being a possible dietary supplement that would be beneficial. I respect the knowledge and the advice that the both of you bring to the fitness community and really appreciate everything that you do. Thanks."

Robb Wolf: When I checked out the study, I guess some of the salient points with it. It only had 16 total people in the study. I believe 8 in the phosphatidic acid group, 8 in the control. At the end of the study period, what was the difference between the two folks? Phosphatidic acid group had a 12.7% increase in squat strength. Control group had 9.3. Lean body mass improvement in the phosphatidic acid group, 2.6. 0.1% change in lean body mass in the control group.

When they did an analysis as to whether or not this is actually statistically significant, they found that it wasn't, like it was trending towards significance but they didn't crack over that threshold. It's interesting.

I haven't really checked out phosphatidic acid as far as the pricing. When you have something like creatine which seems to have some consistent benefit over long haul, really inexpensive and it also has some other health benefits it seems like an easy safe recommendation to throw that one in the mix.

The phosphatidic acid, I'm not sure about the price on it. It might be mildly helpful and it might be something that accrues overtime. Let's say that it helps strength a little bit, it helps lean body mass a little bit. The effects are obviously subtle, otherwise they would have banded, made it a scheduled drug the way that they have anabolic steroids

and put it right in there with the heroin and cocaine and everything else which is really really wacky in my opinion.

Greg Everett: We know those works.

Robb Wolf: We know all of those works. Maybe from a really long-term perspective throwing this in consistently could help a little bit over the long haul, kind of an anti-aging deal, preventing lean body mass degradation, helping you to maintain lean body mass. The highest levels of sports obviously, tiny fraction of a percent matters so maybe it would help in that regard.

This study is small and the trending is not really significant. But if the stuff is not all that expensive or if it is and you've got deep pockets and just want to tinker with it, I couldn't really see any problems with it.

Greg Everett: Sweet. Okay. Where are we here? L-5-methyltetrahydrofolate (MTHF). That's where we are.

Phaedra says, "Hey Robb, I've been listening to your podcasts for years now and I never heard anything about L-methylfolate (known formally as (6S)-5-methyltetrahydrofolate [MTHF])" which takes us as long to say as methyltetrahydrofolate.

"I've struggled with depression for years now and none of the antidepressants work for me. So a doctor recommended I try MTHF at..." Oh my goodness, this is killing me.

There's like extra little words everywhere.

[0:10:00]

Greg Everett: "So a doctor recommended I try MTHF and oh my god the next day I felt fine, happy, normal, and not depressed. What happened! Like I said I've listened to your podcast for so long and Jimmy Moore and every other Paleo healthy related podcast and never heard anything about this. Can you give me some insight? I feel like I found the magic answer. But I've been eating so healthy that I don't understand what happened. I'd like to know more information about this. But apparently it seems to be hard to find info about. Is there a diagnosis or name of this problem? What are some keywords I can search for? Any help is appreciated! Thanks. Here's a detailed link I found. And then another thanks but it's only thx."

Robb Wolf: At least something was abbreviated in this.

It's actually short. Methylated B-vitamins are really important for certain subset of the population particularly Northern Europeans, people who have the methyltetrahydrofolate reductase enzyme deficiency which I'm one of those folks. We tend to not convert, say, folic acid into the methylated form of folate which is the biologically active form and actually back loading the system with high doses of things like folic acid versus the methylated folate version can then be problematic.

There's probably some adaptation here related to grain exposure, to vitamin D levels, folate and vitamin D have kind of a, I wouldn't say antagonistic role. But when people are exposed to sunlight, you produce vitamin D but you also degrade folate and there's kind of an interplay with that. If you degrade too much folate then you've got methylation issues.

Methylation is critical and damn, everything that you could think of, DNA regulation, neurotransmitter formation. You name it, there's typically some sort of a methylation process involved there. So depending on what your genetic makeup is there's a potential that folks would be very well served by supplementing with some sort of a methylated B-vitamin complex.

Thorne is typically a doctor nutraceutical line. They have a very good methylated B-vitamin formula. Jarrow has a solid methylated B-vitamin formula. I don't think you need to take them at the label dose that is typically recommended like they'll recommend 6 of these things a day. I think you could do 1 or 2 a day, or 1 or 2 every couple of days and probably be good with that.

But the methylase issues can track back into cholesterol metabolism, systemic inflammatory issues. There's a number of different things that can be alleviated by good levels of these methylated B-vitamins. You would think that you would typically get enough of these methylated B-vitamins from things like meat and green vegetables and whatnot.

For some people they seem to do better with some supplementation even if they're eating really well. This is one of those rare areas where it seems like a good idea particularly for certain people to do some supplementation.

Greg Everett:

Alright. Okay. Why is casein an anti-nutrient? Luke says, "Hey Robb and Greg,

"First: You two are fabulous. Don't ever forget that.

“Now to my question: I get that grains have anti-nutrients for the reason that they don’t want to be eaten. Same deal with legumes, nuts and seeds. Similar deal with eggs: They need to be protected from micro-organisms. So, it’s understandable that these foods are problematic for certain people, especially those with damaged guts and/or autoimmune diseases.

“The issue with the lactose is also understandable: Pasteurized dairy lacks lactase, so most adults are intolerant to it.

“However, I do not understand why casein is a problem. Mat Lalonde says that it is (like gluten) high in the amino acid proline which supposedly makes it hard to digest. Well, that might be interesting to a biochemist, but what does the evolutionary biologist say? Isn’t milk supposed to be easily digestible and as it is designed for baby’s not-yet-fully-developed digestive system?

“I’ve heard that, again, pasteurization is the problem as it damages the casein. But then, why is raw dairy still not recommended for autoimmune-folks? Is it the fact (I don’t believe it) that the milk comes from a different species? Would human milk, if an adult drinks it, theoretically not have the same issues?

“Or is it the fact that it is “slowly digestible”, which is why body-builders drink it before going to sleep? Is it a gluten cross-reaction? But then, shouldn’t the problem go away after leaving out gluten?

“Cheers!”

Robb Wolf: Holy shit! That’s not that long of a question but it has more questions in it than possibly any other question that we’ve ever had.

Greg Everett: I feel like this was written while Luke was under the influence of acid or possibly some really strong marijuana.

[0:15:00]

Robb Wolf: I think maybe a little amphetamine pot. It could be a little combination deal.

Greg Everett: Definitely some wandering thoughts. But good analysis.

Robb Wolf: It’s interesting. I was just talking to both Matt and Chris Kresser about this. I wasn’t really aware but in the babies’ digestive system in the early stages, the gut is actually permeable and this is actually an important feature of setting up a normal immune response. Both the adaptive immune system and the innate immune system kind of learn

to figure out what things need to be tolerated, what things may be novel and need to have an immune response mounted.

Obviously, this is within certain parameters. There's an expectation of a certain level of gut permeability allowing certain immune fractions through the gut lining. Too much of that could be problematic. It sounds like too little of that could be problematic.

I also agree. It's kind of funny. I came into this scene pretty anti-dairy I guess because it gave me acne. There seem to be some implications with some accelerated growth promoters related to some cancers: breast, colon, prostate cancers and stuff like that. The more and more I look at this stuff, I really do think that the big problem here is one, grain-feeding, which ends up imbuing the milk with lectins and some immune irritating elements that could be problematic for people.

But I think the bigger issue is pasteurization. I think pasteurization and homogenizing milk and I think that it creates a situation where it makes this food that should be reasonably easily digested and it makes it much more difficult to digest. I don't have a ton of data on that to back it up. It's a little bit more of an observational thing.

Kresser has some pretty good information on that but the information is still sparse. You're talking about setting down and looking at the protein digestibility of non-pasteurized grass-fed dairy versus pasteurized non-grass-fed dairy and doing fecal analysis and end up branched-chain amino acid absorption after meal. It's kind of a tough thing to really pin down and settle a scientific setting.

But just observationally, I think this stuff makes a lot of sense that historically, people cultured dairy and this does a lot of great stuff like reducing the lactose concentration. It reduces some of the growth factor issues. Also, it does help in digesting the proteins a little bit in a way that doesn't really damage the proteins but just starts breaking down some of the tertiary structure and nothing but good comes off of that from a digestibility standpoint.

I'm still nervous about dairy, even things like pastured butter for autoimmune-folks. Just off the potential that there is some sort of cross-reactivity there. Something to keep in mind is that if you have gut permeability, whether it's from grains, it could be from NSAIDS like ibuprofen, it could be from exercise, it could be because you weren't breast-fed, it could be a combination of things. But once you've got that gut permeability established, the potential of some sort of cross-reactivity, even to things like chicken or beef or apples or something wacky like that, you've got a higher potential for that.

When we're looking at these things, when somebody is sick, when they're down that road of having actually developed an autoimmune disease, we're talking about a very different situation than someone who's healthy. I'm just kind of conservative in that regard in that we usually recommend like a grain, legume, dairy-free autoimmune protocol that typically excludes all dairy products, nightshades, nut and seeds.

We've talked about that stuff in the past. That's kind of the reason why I recommend that. We've had quite a few people that have put autoimmune conditions into remission. That kind of a last piece that they had to pull out was dairy.

So from an anecdotal perspective, it again seems like a solid place to go and as always, the greasy hues car salesman give the stuff a shot for 30 days, see how things work. You can tinker from there. I guess that's why I'm kind of why I recommend all that, the slowly digestible piece for body-builders, not sure what to say about that one.

[0:20:00]

Robb Wolf: The gluten cross reaction - there are certain fractions of casein which do have moieties which have sections of the protein that looks like gluten err.. gliadin, and if you are of a particular make up then that's just another potential for cross reactivity. It's interesting. I've always gotten some type of acne from dairy consumption, from cheese, from milk, from yogurt.

When Chris Kresser came to hang out with me a couple of months ago we went to Whole Foods and I grabbed some raw milk cheese, some raw milk yogurt and I had that stuff and I didn't get any acne off of it at all which was kind of shocking to me and I've even done some things like the KerryGold grass fed cheese which is still pasteurized and I do get acne from that stuff.

So it's kind of interesting. I don't know what the ultimate answer is in this stuff. Obviously I think grain feeding is not that great of a thing. I think pasteurization is a significant problem for folks then we've got the whole potential of all these cross reactivity things happening in the young years when the gut isn't fully established. If we're throwing grains and dairy into the mix then we've got higher potential for I think some cross reactive problems there.

Greg Everett: Okay.

Robb Wolf: Man.

Greg Everett: Down to the important think anabolics.

Robb Wolf: Anabolics seriously.

Greg Everett: Naturally anabolics.

Anthony says "Hey, Greg. Love your work. Robb, you're kind of cool too."

Robb Wolf: Well thank you.

Greg Everett: Man.

"To my question, what are your opinions of natural anabolics like ecdysterone and methoxyisoflavone? What about some of the products that use these natural anabolics like Universal Animal M-Stak? Also, what do you think about the use of colostrum for muscle growth? I've found a supplement called Total Body Research Labs Flex Complex that uses colostrum as a main ingredient. Thanks for your input, you guys are doing a fantastic job. Cheers."

Robb Wolf: The methoxyisoflavone has had some decent studies showing some improvements in lean body mass. Colostrum seems pretty cool from the whole kind of immune support standpoint. It's pretty pricey but I think it's one of those things that if you're training at a really high level finding some sort of a really high quality colostrum, I think there's some pretty solid data showing that that helps to mitigate some of the immune compromising effects of really hard training.

Nothing beats the Dianabol, Winstrol, though. I hope I just live long enough for the whole myostatin gene therapy thing to happen and if I have to fly to Bolivia or Honduras or wherever I need to go to do it I'm going to do it for sure but I think similar to the very first question about the phatidic acid or whatever that was - all of these things if they work it's really subtle. You can almost make an argument for just buying black out curtains and improving your sleep. Saving the money so that you take an extra week off a year or something like that so that you have a vacation and you're more relaxed.

I think it's just kind of damnable thing but if something works reasonably well it just gets banned lickety-split. GHB, I used that stuff ages ago and it would induce a level of coma-like sleep that I would emerge from four hours later. We would go train in the morning, take a dose of that. You can buy the stuff at GNC and I would sleep so hard, woke up so rested and would be able to go back and do another training session and then people were jack asses and started using it in drinks and date rape deals and so that stuff got pulled but it seems

like if anything works either somebody ends up shitting the bed for all the rest of us or just the fact that it does work then it gets pulled.

Greg Everett: Yeah. I don't know anything about the first two listed there. Colostrum I've used in the past and it usually is sold as an immune support thing but it's definitely kind of a tool used for weight gain too. The problem is that you have to take a huge amount and it gets expensive really quickly. You're doing like 20 grams a day. So if you can handle the taste which is kind of nasty even if you mix it into a shake it will completely change the taste of that shake and it'll make whatever flavour that is the nastiest version of it you can imagine.

[0:25:02]

Robb Wolf: Awesome.

Greg Everett: But yeah it gets pricey. I didn't find that it was effective enough to necessarily warrant the expense. So I did not continue with it. Of course that's probably why I'm skinnier now than I was a few years ago.

Robb Wolf: Details. The stuff I've read has been mainly rounded endurance athletes and I think the dose is reasonably small to just get some immune modulating effect and so the dose response curve you may be able to get a decent benefit at a relatively low dose but like Greg said for the masking deal you've got to take a lot of it. I forget. I don't remember it tasting all that bad but it's been a good eight years since I've used any.

Greg Everett: It's pretty gross. It's just one of those things that I find personally very nasty.

Robb Wolf: Sounds like it just needs more vanilla ice cream in it.

Greg Everett: Most likely. All right. Oh here's a very appropriate one. Paul from Toronto/Twitter.

"Hey guys – sent this question in a few weeks ago, and you encouraged me to send it in again over Twitter, so here's the Coles notes version."

Is Cole the convenient cliff?

Robb Wolf: It must be.

Greg Everett: "I've done some Googling around, but haven't found any links between Seasonal Affective Disorder and Adrenal Fatigue, but

sometimes I feel like I get hit with a double whallop when I'm low on sleep on a particularly a overcast/rainy day. Is this common?

"Since I last sent in that question I've been Googling and testing. I tried melatonin, but I just couldn't get any good quality sleep on it and it made me even more miserable. Then tried vitamin D in the mornings and magnesium in the evenings and it's been helping, though I feel like there's still room for improvement.

"My room is pitch black at night, and I try to get as close to the standard 8hrs as often as I can. I'm also trying to get more sunlight, but it's the beginning of fall/winter up here and there's not much I can do to change the weather. I was wondering if there's anything else I can do short of hopping on a one-way plane to some Greek islands."

Robb Wolf:

The Greek island sound good other than their pending financial collapse which will be even more spectacular than the one in United States but that aside. There are some really similar features to depression in general as seasonal affective disorder and adrenal fatigue you end up with kind of a dopamine deficient serotonin dominant scenario.

You can end up in a similar space with just the adrenal fatigue but you know it's interesting the whole adrenal thing goes through a cycle where you've got a high cortisol output then you end up with a tanked low cortisol output that can start affecting thyroid but they're definitely connected.

It's interesting though you can get this stuff from the northbound side of things when you start affecting neurotransmitters specifically in the brain and then that has a downward effect on adrenal function on thyroid function or you can be stressed out, overworked, over trained and then that can start feeding into the neurotransmitter dysregulation and so both ends of that thing can get pushed.

That's a lot of why coffee, nicotine, cocaine, stuff that enhances dopamine production it's really really juicy when you're living at the Arctic Circle and you're just not producing enough dopamine. Good amounts of exercise whatever photo period that you can tinker, adrenal support like some of the adrenocortical extracts where they actually have a poor sign or bovine adrenal and then they have some rhodiola or different adaptogens.

I think those things are pretty helpful and they're not that expensive. I definitely notice that I do better with that stuff. It's interesting Reno doesn't sock in the way that Chico does. We'll get two days of over

cast and we'll get some sun and it seems like if I can just get that single exposure of sun every couple of days and get outside I do a lot better but I've got to say before I'm even up in the morning if it's overcast it's almost like my body can feel it. I'm just cold and creaky and slow to get up even if it's a chilly day outside but it seems like a chilly day outside but it seems like it's going to be good weather it just feels like all systems are firing much better than the alternative.

Greg Everett: All right. So yeah move to Greece.

Robb Wolf: Yeah totally. Or Belize. They have a great tax structure down there.

Greg Everett: Accidental Calorie Restriction

[0:30:00]

Mary says "Hello Robb and Greg. I have been paleo for about a year and have never measured food or counted calories. I try to base my meals around quality protein and eat until I'm full. Recently, just out of curiosity, I measured and recorded my food intake for a week to see how my macros added up. Everything seemed pretty legit. I'm averaging about 1g protein per pound of body weight and about 100g of carbs per day.

"However, I was totally surprised to discover that my total calories were often under 1500 per day. I eat a wide variety of meat and fish, about 6 oz per meal, and it would be hard for me to stomach more than that. For vegetables, I lean toward the starchy carbs and soluble fiber, because too many fibrous veggies tend to jack up my insides.

I eat more carbs on training days, and more good fats on rest days, and never feel hungry or restricted. So, here's the question! Should I be worried about some sort of metabolic downturn or other deleterious effect from caloric restriction? Or should the ample protein be sufficient for my needs? Here are some stats, if that would help.

I'm 5'8 , 135, relatively lean with decent muscle tone. My problem area is a little bit of fat on stomach and love handles. I lift weights 3x per week and do a lot of walking. I realize that this question could be the result of my overactive brain, but I'd appreciate any insight you can provide. Cheers, Mary P.S. I forced my boyfriend to listen to the podcast on a recent road trip, and after a few days he started requesting episodes. He was quite delighted with the dropping of F bombs. So there's one vote in favor of using too much "language."

Robb Wolf: Nice.

Greg Everett: Fuck yeah.

Robb Wolf: Well at least we get one thumbs up on that.

Greg Everett: All right.

Robb Wolf: It's funny. I just did this I guess a week and a half ago my thoughts on low carb and paleo and kind of laid out the I think if you lead with protein, have lots of veggies, if you're active have some starchy tubers, maybe a little bit of fruit but it's hard to overeat doing paleo. You really got to sit down and really try to do it. I can say this from my experience and Greg's experience trying to do some sort of a masking deal.

You can just suck it up and drink a can of coconut milk and make a thousand calorie curry or a thousand calorie omelette and stuff like that but it's honestly kind of hard to do and I think that this is one of the interesting features of eating this way you tend to get lots of nutrition - vitamins, minerals, antioxidants, essential fats, protein, etcetera - that stuff is relatively easy to do but it tends to come with a paucity of calories and that's good from a body composition health and longevity standpoint.

I wouldn't say that you're going to have a problem with thyroid down regulation or anything like that because you're eating enough carbs, you're eating enough protein, you're being active and you're just not forcing calorie restriction. You could if you want to try to say like one day a week really try to up some calories like throw some grass fed butter on the sweet potatoes and stuff like that. Just eat more sweet potatoes.

You could tinker with that. Occasionally some folks do find that if they up their calories they get a little bit of a metabolic boost and they end up leaning out a little bit more but I wouldn't really be concerned about this and I think this is one of the nice features of eating this way if you're just basically health and longevity oriented you can get some good performance out of it too.

I think that it's hard to build a massive body builder on it although people like John Welbourn showed that eating Paleo is doable but that guy is a genetic fast switch freak and had more muscle mass as an infant than I do currently. So I don't know how much that applies but I wouldn't really be concerned like a metabolic downturn or something like that. This all seems totally totally solid to me.

Greg Everett: All right. Next question. Boozy neuropathy.

Sarah says “Hi Robb and Greg, my question is in regards to alcohol and it’s effects on pissed off nerves and autoimmunity.

“I’m 35 years old and have been Paleo for 2 years now, thanks to your book. I’ve put on 15 pounds of muscle, lost maybe 5 or 10 pounds of body fat, and I consistently get the “glowing” compliment. Prior to that, I was a fine wine specialist for a major booze distributor, smoked a pack a day and my optimum foraging strategy looked like bagels, pasta, cheese, beer, wine and more beer.

“Not glowing but somehow I wasn’t sick or overweight thanks to what you may have to officially call the John Fragoso phenotype. Nevertheless, I finally decided to put a little effort into it, curtail my wiley ways, and see how good I could feel if I actually tried before I got too far on the wrong side of 30.

“Using the elimination/reintroduction protocol, I’ve learned that gluten bothers me a lot. I get the belly-full-of-squirrels feeling, accompanied by a few days of terribly low stomach acid, a lovely itchy rash on my scalp, and set new speed records for fecal matter coming close to breaking the sound barrier.”

[0:35:07]

Wow.

Robb Wolf:

Nice.

Greg Everett:

“So aside from potentially being celiac, I have Reynaud’s pop up maybe twice a year and I have had keratosis pilaris all my life. Those don’t really bother me, but I’m including them as part of the overall picture. What does bother me, however, is this pesky carpal tunnel that popped up a year ago after two days of tiling a floor, followed up with some mandatory post-construction beer drinking.

“Being able to pick stuff up and hold on to it is kind of one of the coolest parts of having thumbs. Carpal tunnel makes training a bitch, as grip/ flexor overuse sets in way too fast and recovers way too slow. One can only sprint, back squat, lunge, and hollow-rock so often. I’m not a fitness addict and I have no trouble backing off as needed, but it gets frustrating as often as I have to. I’ve tried all the exercises, seen this guy and that guy, all to no avail.

“I have used the Google and read up on the various contributions to carpal tunnel from hyperinsulinism and the links to autoimmune conditions such as RA and MS. I did follow the autoimmune protocol

plus coffee for 4 months and while I did feel generally less inflamed, the Reynaud's still showed up, and the carpal tunnel didn't go away.

"Conversely I've noticed that I can however, make the carpal tunnel really bad with alcohol. Initially I just chalked this up to inflammation, but I'm wondering how bad of an idea is alcohol consumption for people with damaged or compressed nerves, or MS, or even just general autoimmunity? How bad are any neurotoxins for that matter, in those situations? Caffeine? Nicotine gum?

"I don't really understand this bit. I was hoping that the months at a time off of booze and following the autoimmune schtick would allow it to heal enough that I could have a few drinks once in a while and not poke the Kraken. Nope. Then I had the smart idea of seeing if a few drinks a few nights a week would lessen the response. Nope.

"So am I playing howitzer roulette with these nerve issues every time I have a few adult beverages? How damaging is alcohol in regards to other issues autoimmune conditions affected by damaged guts or damaged nerves, like MS? I could give a damn about bread and beans, but it would be truly sad if I had to completely give up the drinkies.

"Thanks for all you do, guys! And Greg, if this has been too long or you were unable to figure out what the hell I was trying to say, let me know and I will mail you some instant espresso and a pack of smokes. By the way, your wife is my hero!"

Well instant espresso is gross but you can send the smokes but they need to be non filtered Lucky Strikes.

Robb Wolf: Just for a rainy day.

Greg Everett: Soft pack. I need to be able to roll them up on my sleeve.

Robb Wolf: I've got to say that I've got a feeling that if I were not married Sarah would probably be a ton of fun to cruise through Central America with just throwing that out there. Gosh.

Greg Everett: Well unless you let her drink.

Robb Wolf: Well the booze is cheap down there and maybe being in Central America would deal with one of the problems which I'm wondering Sarah if you've ever had your vitamin D levels checked and I would be intrigued if this stuff didn't improve either from oral vitamin D supplementation but I would be more willing to bet that if you consistently get out in the sun and get all the secosteroid production

that's associated with normal vitamin D production I would be really interested to know if that didn't improve things significantly.

The other side of this is that I've just noticed a lot of people, it breaks my heart, myself included, I still have a few drinks here and there but often times I wonder if the cost is really worth it. The benefit at the time I'll have my Crispin, I'll have my NorCal margaritas. I like doing it out in social events but I really don't feel that great afterwards and it's gotten better over time and it is interesting. I've just notice.

If we were in Mexico or Hawaii or even just Reno in the summer I'm getting lots of sun I just feel so much more bullet proofed than the dead of winter which we're getting into right now, lower vitamin D levels, lower activity levels, less sunlight and I just feel more frail and old and all the rest of that stuff. I've talked to Chris Kresser. He really doesn't respond well to alcohol. Just a ton of people that some sort of gut problems or some sort of autoimmune type situation they just don't do as well with booze.

So I guess moved to either Washington or Colorado and start smoking some pot instead I guess. I don't know what the other option is because it does suck. Like your social time blows. If you're already eating paleo unless you're at a crossfit gym or something you've got a peer group that everybody else is on the same page then you've already kind of a little bit cast out because of eating a little bit funky and then if you're not really drinking all that much then there's a whole other layer to it.

[0:40:02]

Robb Wolf: But I don't know exactly what's going on. You change liver metabolism with alcohol. You can change gut flora. You can change intestinal permeability. There's lots of different things from an inflammatory standpoint that clearly happens when we consume alcohol. It's really not surprising and it's also a crying shame.

Greg Everett: All right. Black strap molasses.

Robb Wolf: Good one to finish on.

Greg Everett: Well that's second to the last one but that name... Well never mind. We'll skip that joke.

Ian says "Matt Stone is a blithering idiot. Alright then, now that that's out of the way, he did rave about an interesting item: black strap

molasses. He claims that it's the ideal way to sweeten something, and as such, everyone should be using it. Though he also believes everyone should attempt icecream-icide on a daily basis to "boost their metabolism," I'm inclined to agree with him on this particular subject.

"After a quick nutrition data search, black strap molasses is a dense source of both potassium and magnesium, the 'Yin's to sodium and calcium that it seems so many people lack. A single table spoon has 48.4mg magnesium and 293mg potassium— not bad. So, with the knowledge in mind that I'm not just searching for the ever-elusive 'paleo sweetener,' what do you think of this stuff?"

Robb Wolf:

Molasses is cool other than that it just doesn't really taste all that good unfortunately. It's high in iron. It's got some magnesium. It's got some potassium. I guess if you are really holding someone's feet to the fire for the most nutritious sweetener then black strap molasses looks pretty good but it's funny. I see this a lot out of the Weston A. Price camp, which I love those folks.

They've got amazing material. I think there's a lot of good shit in there but when you start looking towards sea salt and sweeteners as a source of minerals I think something's somewhat broken. It's just my opinion and again if I'm going to have something sweet I actually want it to taste good. Like Nikki made a gluten free apple pie for me for Christmas and it was absolutely and she makes these almond meal chocolate chip cookies every once in a while and they too are amazing and we just use some standard old brown sugar and the stuff turns out phenomenal.

If I'm going to have something kick my heels up kind of fun then actually want it to taste good and for me the molasses didn't taste all that great. If you like molasses you want to use it in some sort of bake good or something knock your self out. That's fine but it still is a pure sugar with a few minerals thrown in. So I guess just have that caveat in the back of your mind when you're using it. I definitely don't see it as being Chuck Norris tears or anything like that.

Greg Everett:

So one of my all time favourite Robb Wolf experiences was being in Chico at the current which was then new NorCal facility and this couple of came in, this woman, her husband I assume and I don't know maybe early 50s but it's one of those people who literally couldn't stop talking, would ask a question and then by the time Robb had gotten two words into the answer would already asking her next question and/or giving him the answer that she wanted to hear from him and so I was sitting over on the side just watching, listening and laughing to myself.

And at one point she started going off about sugar alternatives and stevia type stuff and Robb was just so frustrated at that point you just said “Just use fucking CNH.” And I pissed myself laughing and the conversation took a turn at that point and I’m assuming she did not come back.

Robb Wolf:

It’s funny. I remember those folks. They have a ton of money. The husband is a retired neurosurgeon or something like that and both of them are over weight, both of them looked like spilt shit and they have an on staff macrobiotic chef which I was like “Well you’re obviously getting a lot of benefit out of that.”

I remember those folks. It’s funny. They found us when the Men’s Health did a piece on us and then the guy started following Jim Jones and then Mark Twight did a blog post or a tweet or something where he mentioned me favourably and the guy came back in and he was super torn. He was just like because he was all on the Jim Jones stuff and it was kind of the same exchange the second go around and that was the last time that they came in.

But I have seen them in Chico other times and they still look horrible and obviously probably still using their macrobiotic chef. They probably would be better off eating CNH just straight out of the box.

[0:45:20]

Greg Everett:

Okay. One more quick one. Is kava kava safe?

Bryan says “Robb and Greg, first, thanks for all of your hard work with the podcast. It is always entertaining, and heck, sometimes I learn something. The podcast and website and books have been great resources for myself and my wife as we go through this Paleo journey.

“Is kava kava safe to drink? I have switched from a drink of 100% agave tequila, seltzer water and lime to kava kava after work. I teach high school math. Yeah, some days can be tough. It has been a nice substitute from alcohol, and it really can be a nice reward at the end of the day. But is it safe? Am I damaging my liver? Some kava sites show studies which show it is safe, but there are studies out there that can show anything is safe. I like my after work drink. If not tequila and not kava, then what? Thanks.”

Robb Wolf:

I think pickled heroin is the next step but kava is pretty darn safe and it does have a nice mildly sedating effect. It’s a little bit psychotropic. It’s a very very mild altered state of perception. It’s funny. The queen mother went to the Vanuwatu Islands and got in on the kava

ceremony there and I think there's some YouTube video of this stuff but she got bombed on the stuff. They had to carry her back onto the plane.

The stuff that you typically get in the stores unless you get Gaia Herb standardized extract which is one of the really good ones it's often times hard to find a kava product that has the standardized kava lactones and those are the constituents that actually get the job done. It's interesting. Kava is Piper methysticum and it's in the pepper family and it has a mouth numbing effect.

It's funny. When I've tinkered with this stuff if I get a large enough dose that sedative effects off of it it makes my mouth completely numb. I get a little bit nauseous from it sometimes but I have an extreme personality so maybe I'm going overboard but the long and short is I think this stuff is safe as using kitchen culinary herbs and it definitely have some decent literature showing that it has some kind of mild sedative relaxing effects.

Greg Everett: Sweet. Sounds almost as good as stuff that actually works like GHP.

Robb Wolf: Indeed.

Greg Everett: All right.

Robb Wolf: When I worked as an herb rep for Whole Foods we would go out to the herb farm place in Oregon and they don't grow kava there but they import like the wild grafted kava and they would make these things called kavakazes where it was kava and either tequila or vodka or something because the kava lactones are very lipid soluble. They're non polar for the most part and they would do a pretty big dose of the kava and then a shot of booze with it and that stuff would lay you out. The combo is pretty potent.

So if you do any combo work with that don't drive or operate heavy machinery. Don't need to go any where anytime soon because it can pack a punch.

Greg Everett: All right. I will keep that in mind.

Robb Wolf: Yes. Don't do it before you lift heavy weights over head.

Greg Everett: Yeah. That would be very very ill advised.

Robb Wolf: Indeed.

Greg Everett: We're all about safety here.

Robb Wolf: Well dude is that it? Is that all we've got?

Greg Everett: That is all we've got.

Robb Wolf: Cool.

Greg Everett: I've got nothing left. I've given it all.

Robb Wolf: It's enough man. It's enough. All right folks. Thanks for writing through our one week off. Episode 164 in the books. Greg's got some interesting stuff cooking. We're going to have Eva Twardokens on here before too long. We've got a couple other cool guests so good times in 2013.

Greg Everett: Yes.

Robb Wolf: All right man. We'll talk to you soon.

Greg Everett: Okay see you.

Robb Wolf: Later.

[0:49:30] End of Audio