

# Paleo Solution - 168

[0:00:00]

Robb Wolf: Hey, folks. Robb Wolf here a slow computer format as of 168 of the Paleo Solution Podcast. Greg, what's happening brother?

Greg Everett: Are you sure it's your computer that's slow or is your brain just super fast?

Robb Wolf: Well, no, that's definitely not it. I can guarantee you. I am not operating on some sort of matrix like brain that is for sure.

Greg Everett: Ah, well, one could hope but one would be wrong, so.

Robb Wolf: Yes.

Greg Everett: Let's – something about the theory of relativity, right?

Robb Wolf: Yeah. I'm relatively slow. Comparative virtually anybody, so. What's new with you man?

Greg Everett: Not much. Just chipping away at all these fun things and getting pretty antsy about putting them out but not quite ready talking about it yet, sorry.

Robb Wolf: Nice. Nice dude, build some excitement, build some drama. It's either going to be really incredible or a huge left down for all this.

Greg Everett: Probably. Yeah. Yeah, we will go into that – we will go into that.

Robb Wolf: Yeah. So, anything else you were...

Greg Everett: There's only going to be a few people who were left down.

Robb Wolf: ...new and exciting, you had Jade's birthday bounce house, boxing matches, any kids lose some dentition over the weekend?

Greg Everett: No. Definitely a few eye pokes and stomach blows but...

Robb Wolf: Nice.

Greg Everett: ...nothing a kid of that age shouldn't experience a few times.

Robb Wolf: That's one of my still most – I wouldn't say disturbing but like most burned into my psyche memories of childhood was whenever I got the wind knocked out of me.

Greg Everett: It's pretty brutal.

Robb Wolf: It's pretty gnarly man.

Greg Everett: Yeah.

Greg Everett: Yeah. It's good for you.

Robb Wolf: And I think when you're a kid, you don't had – your coping mechanisms are obviously a little less and each time it happened I was like I'm dead, I'm dying...

Greg Everett: Yeah I'm pretty sure I'm never going to breathe again.

Robb Wolf: Never going to breathe again. So, I just want to...

Greg Everett: What's going on over there?

Robb Wolf: Okay. So, let's see here. Show sponsors we have Evolve Foods, go to [evolvefoods.com](http://evolvefoods.com), buy some chow. We have a grass fed whey protein which is snazzy and that it is sustainable and tastes good. We have [frontdeskhq.com](http://frontdeskhq.com) which if you own a service-based business, CrossFit gym, yoga palates, dog walking, you name it and you need to interface with people run reports – run a bit anguished.

Okay, we're back. I met some computer problems today like I have like the pretty much the top of the line Mac and that, and maybe it's because I end up with 50 different tabs is open which I need all of them, I can't close any of them but the thing starts bugging down. But, so [frontdeskhq.com](http://frontdeskhq.com), those kids are launching officially here in March 3rd – just to the soft launch on boarding some folks but in March they will be doing their big gigilicious launch, check them out and then we have performance menu, the journal nutrition and athletic excellence [performancemenu.com](http://performancemenu.com).

Greg, what do folks get when they – is there still like a bonus package when people sign-up for the performance menu or was that...

Greg Everett: Yeah.

Robb Wolf: ...athletics newsletter?

Greg Everett: No. They get a package of 12 back issues.

Robb Wolf: Nice.

Greg Everett: Yeah. And...

Robb Wolf: Nice.

Greg Everett: It's pretty cool. That's...

Robb Wolf: And that's the yearly subscription for the performance menu?

Greg Everett: Thirty bucks a year for an issue a month.

Robb Wolf: \$30. Nice.

Greg Everett: How do you like that?

Robb Wolf: Cool. Anybody else, did we forget anybody?

Greg Everett: I don't – I don't think that's it.

Robb Wolf: Okay. Cool.

Greg Everett: If we forgot them, they weren't that important.

Robb Wolf: We might actually – I'll just let folks know now, we may possibly have an alcohol advertiser here soon. So we've been investigated for that and the folks are running that up the flagpole, so we maybe pedaling whose here pretty soon. If we can get like medical marijuana dispensary and then if we can get the Bunny Ranch out in Carson City to sponsor the thing, then we'll have...

Greg Everett: Oh, my goodness.

Robb Wolf: ...hookers, drugs – well, we'll pretty much have the whole market covered on the advertising stuff.

Greg Everett: It would eventually be the most incredible podcast on the internet.

Robb Wolf: Just based off the advertisers at the front.

Greg Everett: Exactly.

Robb Wolf: Yeah, the rest will be horrible but the endorsement...

Greg Everett: Yeah.

Robb Wolf: ...has to be fantastic.

Greg Everett: As usual.

Robb Wolf: Oh, hey, also just as in aside we were picked as – I think the top Paleo Podcast by Paleo Magazine, the Paleo Solution was also picked as the all time best book out there in Paleo land which is...

Greg Everett: Yeah.

**[0:05:00]**

Robb Wolf: ...is pretty cool, we'll put some badges up on that and just feel kind of hoity-toity about all that stuff, but thank you folks for voting on that stuff. So that was super cool.

Greg Everett: Very cool.

Robb Wolf: Okay.

Greg Everett: Well, should we actually do the show we did?

Robb Wolf: Let's continue earning those honors, actually do something. Okay. I like this first question, it's nice and quick. The guy says, "Hey, Robb and Greg. I was just wondering, what do you think of Epsom Salts? From my very brief research it looks pretty good, but would like to hear what you think. Thanks for the amazing work." It's just funny because it doesn't specify what he's using him for as a – some kind of bath or...

Greg Everett: Laxative...

Robb Wolf: ...or laxative, yeah.

Greg Everett: Yeah.

Robb Wolf: Yeah, yeah. So it's so that is funny. So Epsom Salts, magnesium sulfate works really, really effectively as a laxative, you throw a teaspoon or

tablespoon of that down the pie hole. The magnesium salts pull water into the stool and you better not be more than hobbling distance from a bath with that stuff, it's the southbound trained and it's very effective for that. Not particularly effective in actually increasing serum magnesium levels because the magnesium salts in the Epsom Salts are not particularly absorbable. You want more of like alkylated or magnesium citrate, magnesium glycinate for absorption.

I think Epsom Salts are great for throw them in the bath, I mean, I don't know that there's much in the literature that we could really hang our hat on but it just in folk medicine, rehab, like the Epsom Salt bath seemed to help with joint, achiness and muscle achiness and all that. One of my doc friends told me that he has a paper that actually does demonstrate the things like Epsom Salt bath do increased serum magnesium levels by like this whole transdermal magnesium absorption, I know that Poliquin and a lot of other folks have like this magnesium oils that theoretically you absorb through the skin.

I just haven't seen anything on this and I think we talked about this on a previous podcast. It seems like the simplest thing in the world where for like, you get an analytical chemist, some simple shoot, you could do this thing like in a high school chemistry lab just using a quantitative analysis and you could demonstrate whether or not serum magnesium levels actually go up after being exposed to magnesium bath or one of this magnesium oil applications. I'm pretty suspicious of this claim, there maybe some other mechanisms like some sort of electrochemical effect that sort of occurring on the surface of the skin that this magnesium salts are facilitating.

So, maybe there's some other mechanism that's involved with the claims of these topical magnesium preparations actually inducing relaxation and helping with sleep and stuff like that. But the claim that you actually get magnesium into your body seems really dubious to me because – otherwise, when we jump in the ocean water, it seems like we would blow up and explode like a red blood cell that's been thrown into non-isotonic solution. So it just seems a little dubious but let's fall a lot more than what the guy was asking for on this but I like Epsom Salts, again, very effective is a lot to do but eat some fruit and veggies and you probably don't need that stuff anyway, so.

Greg Everett: Yeah, there's some...

Robb Wolf: Great thoughts on Epsom Salts.

Greg Everett: Yeah. I do like them, I think they work. I just get sick of buying them because it will go through a quite alot at a time, but it...

Robb Wolf: The cost usually has like a mega like...

Greg Everett: Oil barrel.

Robb Wolf: ...15 to 20 pounds.

Greg Everett: Oil drum full of them.

Robb Wolf: Yeah, yeah. Yeah. You can get that right after you get your 25 pound bag of chocolate covered pretzels or whatever you get down there, so...

Greg Everett: They do have some Epsom Salts that have like Camphor or something into. So it's like that weird mentholated bath which is really awesome except that it prevents you from really knowing how hot the water is. So my recommendation would be to fill the tub first to make sure you know it's the right temperature before you put them in or your skin might be melting off while you just feel great.

Robb Wolf: In the Camphor bath, you can ditch your Virginias limbs or whatever mentholated smoke you usually do, so.

Greg Everett: Perfect.

Robb Wolf: Okay. Well, we had to have one of these questions in.

Greg Everett: Dude, we went from poop to...

Robb Wolf: Calcium and fecal lipid excretion for weight loss, sounds lovely. Collin says, "Hey guys! I had a friend send me a YouTube video on the science behind weight loss.

**[0:10:00]**

Here is the link to the silly video." And of course, it's on YouTube, the repository of silly videos. While my opinion on the video itself is a whole different story, they do mention the effects of increasing calcium via low-fat diary or low-fat diary as a means of increasing weight loss as calcium binds to intestinal fats, preventing absorption and increasing your fecal excretion. Upon further research, I did find that calcium can bind to dietary fats creating calcium soaps. Obviously, the percent intake and type of fats in the diet would effect the calcium absorption in this case

along with Vitamin D status, but isn't this calcium-fat interaction a negative effect as people wouldn't be absorbing their precious Calcium 2+. And would you expect to see this level of calcium-fat interaction in a Paleo diet considering calcium intake is usually lower? Just want to hear your thoughts on this because I know people freak out when you say those two words, "no dairy". Thanks for all you guys do! Here are some resources." And there's a couple of links there to studies.

Greg Everett: Gosh. So, there's been some half decent studies indicating that calcium is helpful for fat-loss and like above and beyond just the – a certain percentage of calories are going to wiz through your digestive track which I'll talk about that in a minute. Calcium, magnesium, vitamin D, all these things were important for normal metabolic functioning. If you're deficient in one of this things and it seems like it can be potentially problematic from the fat-loss, weight-loss perspective but I think the effect is saddle.

It – I think that one of the things on the Paleo side of things that folks miss is eating articular parts of like chicken bones and rib bones and stuff like that. I think in the ancestral diet, free diary, we ended up getting a lot of calcium in those sources and it's not usually a normal feature of the way that people eat now unless you eat like a whole field mouse or something like that or which did some kind of dodgy in of itself but, so I think that there's some pieces to that. This thing remind – what was the fit fact like Olexa or something?

Robb Wolf: The one that made you poop yourself?

Greg Everett: Yeah. And it was made also by Procter and Gamble...

Robb Wolf: Olestra, yeah.

Greg Everett: ...so I suggested – olestra.

Robb Wolf: Yeah.

Greg Everett: Olestra. And...

Robb Wolf: Yeah, it was...

Greg Everett: ...a bag of pants shitting potato chips.

Robb Wolf: Yeah, yeah. And you'd pick-up some depends at the same time and just support Procter and Gamble. And so, as a strategy for weight-loss like

supplementing calcium, hoping that you're going to poop out some more fat, the whole of that stuff like the fat blockers and the carb absorbers and all that, I just think it's goofy. The effect is got to be subtle or if it's not subtle then you end up with that olexa kinda gig were you are just going to shit yourself silly.

And so I'm not sure what to say more than that like I suspect that there's probably in effect with this. But, again, like if we don't – if we either way over consumed that or we create a situation like food poisoning, silly act in which our gut lining is damaged, we're not releasing bile salts, we're not absorbing that in some sort of the appropriate way but you're going to have some serious digestive problems like the gut doesn't really stay happy with load of fat just floating around and not getting normally absorb.

So, I'm not sure more to say on that, like the effect of this with to me would be moderate up best and just simply not being a gluten with – figuring out what is reasonable portions, eating some food that's stimulating the normal neural regulation of appetite, this is some of the beneficial effects of eating Paleo like even if you're eating something like yams or sweet potatoes, getting through some grasp sweet butter on the stuff, it taste really good but you tend to be satisfied from that versus eating something like a Twinkie in which, I mean, junk food like that. I can eat all damn day long like there's really not an all switch for me with it, so.

Great. Any other thoughts just like in here.

Greg Everett:

Yeah. I mean, I think this stuff it's just messing with such fundamental processes that I would worry that even if there's not an immediate consequence that suddenly 10 years from now you're going to be shitting your pants and forgetting your kid's names and all because you just didn't have the nuts to stop eating like a fat person. Like what – they had some like weight-loss drugs at a commercial...

**[0:15:00]**

...that literally just like laid out how you could go about losing weight and then told you not to do it.

So like body fat accumulates due to poor sleep, stress, bad diet and a lack of exercise. And then literally with in 10 seconds it's like – but if you just do this, you're going to lose weight without having to change anything in your life. It's like you just gave me the formula to fix all that stuff and

then went and told me, well, don't do it. No, don't do the stuff that's causing – don't fix this stuff that's causing the problem. Just take this pants shitting pill and you're going to be fine.

But you know what, that's what this world is coming through, it's a bunch of pants shitting mouth breathers who don't want to put in any work for anything. Bunch of like entitled brats. That's my opinion.

Robb Wolf: Damn millennials.

Greg Everett: I was, yeah.

Robb Wolf: Okay.

Greg Everett: Yeah. I cannot approve – improve upon...

Robb Wolf: It's like – look, my brother-in-law was a professional volleyball player and then he coached for a long time, club teams and what have you. And we were talking yesterday and he was like, yeah, this parents would come in and be like, "You can't treat my teenager like an adult," and he said watch me. He's like, these kids are craving discipline because you guys don't give them anything, you let them walk all over you, now he's a little shit.

That's how I feel most adults are, like they just – they've never had any discipline in their life and they just – the thought of it just sends them into the fetal position, they just can't like five minute, but as soon as you like give them some guidelines into how to create that discipline and stuff, suddenly they thrive but what can you do?

Greg Everett: Not to get too far off topic.

Robb Wolf: But I know a lot of people...

Greg Everett: That's what we do.

Robb Wolf: ...and do..that's what we do best. It is interesting because occasionally like at AHS back in 2011 in Central House Symposium, there were a couple of talks that we oriented towards how do we like how do we convince a vegetarian to believe in Paleo or how do we convince with this person and there's often times this – at times it's creating like this quantified self stuff were you do aware like a fit bit or like a job owner or something distracts your sleep and you're supposed to be entering all this data and that there's this notion that this data accumulation is going to

somehow get better conversion in folks complying and doing whatever it is we want to do like working out and eating reasonably, going to bed earlier and stuff like that.

And it's been my experience that and I think I mentioned this in the book, I've mentioned in some podcast. Usually about 50% of people that you interact with like if they're open at all you give them this idea like, okay, I want to lose some weight, like, okay, if you try this Paleo gig and try to go into that a little earlier, get your vitamin D levels jack, blah, blah, blah. And I'm like, okay, that doesn't sound bad and I'll give it a shot about 80% of that 50%. We'll buy into this over the long term, we'll figure out like a livable way to do it.

Out of the remaining 50%, you've got half of that. So I guess 25% of the whole that requires begging, controlling, arm bending, they've got every excuse in the book but eventually you aware him down, you guilt him in to trying the stuff and usually those are the people who are so over the top neurotic about daily over grass fed after that. Like, you had to practically bludgeoning them to get them to do it and then when they finally do like, oh my god, I love grass fed and Paleo it was an amazing and then you have to almost like host them down to keep from and being annoying.

And then there's a final chunk, it's like about 25% of the population and they could be dying, they could have all kinds of health problems, they feel like shit and they just refuse to do anything and maybe really callous, but I just don't care to try to help those people.

Greg Everett: You can't.

Robb Wolf: All through it out there because you can't ultimately and that's the thing. And I've seen a lot of people try to figure out, well, how do we reach that final group of people and I just think that it's a complete waste of time. I would figure out how do you throw the biggest net over the largest group of people who are willing to save themselves in some sort of a reasonable fashion.

Yes, I – again, the greasy used car salesman pitch is like, just give some reasonable nutrition and exercise of shot and like if you want to do digging for three months and macrobiotic for three months and Paleo for three months and see which one works for you, great, I think that that's a great self experiment. But there's got to be some pacing in this wraps around on what you were talking about, Greg...

**[0:20:00]**

...were that the ship that's probably going to work is probably going to be reasonably simple...

Greg Everett: Yeah.

Robb Wolf: ...livable long term, it's not need to be...

Greg Everett: On patentable...

Robb Wolf: Yeah, on patentable. There's got to be something that is reasonably simplistic about it, really the biggest take away is just getting in and doing some basic self experimentation and, yeah, yeah. And, again, like using this evolutionary framework, we've got some ideas about sleep and exercise, and community, some notion about food, some notions about vitamin D and some exposure and stuff like that, and none of that should really be all that controversial.

But when you start getting in to the minutia of trying to figure how to create a fat blocker so that you can eat like a 15 pounds of Little Debbie Snack cakes and not suffer the deleterious effects, it's just goofy.

Greg Everett: It is.

Robb Wolf: And I think...

Greg Everett: It's absolutely insane when you really step back and take a look at it.

Robb Wolf: And I think it's those people who gravitate towards that, they're in this final 25% that you just never going to reach.

Greg Everett: Yeah. I mean – yeah, there's no amount of coercion or reason with folks in that situation that's going to convince them. To me it's like a 4-year-old throwing a temper tantrum. You just got to ignore him, and when he's not getting attention maybe he'll broke his head up and take a look at what you're doing and come to on his own, but it's – there's really no point and that's – to me, that is the perfect recipe for burn out, as a coach, as a nutrition consultant, as anybody who works with people is just spending your life, banging you head against the wall that is that person and getting just zero response, zero appreciate, zero progress for them and like you said, you could be casting this huge net and reaching 80% of the people instead of wasting your time and your fucking spirit on 20% of him.

Robb Wolf: And I think that occasionally folks have this idea that they're like, well, I'm going to be the one that can do that, and that's got all things away.

Greg Everett: You guys just suck at this.

Robb Wolf: It's got all kinds of like weird code dependent undertones and stuff like that. Like Eric said, if you can stay in this thing for any length of time, you can do it. you've got to figure your own stuff out and have some boundaries and figure out what's the – what's the bigger picture, what's the real battle that you want to fight here, and I have no idea how calcium and calcium salts brought or calcium salts brought.

Greg Everett: It doesn't matter.

Robb Wolf: Yes, it is.

Greg Everett: You're giving folks in all the wrong details.

Robb Wolf: Truth.

Greg Everett: Okay. This subject line is, I'm going to punch the next person who says that metabolism is slowing down. Chris says, "Seriously, I'll do it even if it's a little old lady. In order to pull me back from the edge though – Robb and/or Greg – would either of you care to explain this notion that...

Robb Wolf: I doubt its Greg will pull it.

Greg Everett: I'll tell you to hold on so I can get my camera phone ready. Would either of you care to explain this notion that one's metabolism, quote, slows down as they age. I am assuming this is referring to the basal metabolic rate and perhaps there is some truth to it, but the idea that it is inevitable that this will happen to some material degree is frankly absurd. I mean look at Mark Sisson or Art Devany. Those two have bodies of Greek gods well into old age and from what I can tell they aren't eating any less because their metabolism is slowing down.

So what's the deal? What is actually happening when one's basal rate does actually slow down? What can cause it? Is it an inevitability, or can we avoid such a fate by following a strict 40-30-30 zone diet? Is five fries really I'll need? Thanks guys. P.S. Robb, I'm coming to Reno in a few months. Want to hang out?

Robb Wolf:

We'll go and check out a fantasy girls, I know one of the bouncers there, so. Gosh, a couple of things here. So, I think I did a blog post along time ago talking about like what is your metabolism? Is it some weird thing up in your armpit or like it doesn't live in your sock or something. And at the end of the day most of what we ascribe to our metabolism with regards to like burning calories is our muscle mass. And it is true that as we age, we do tend to lose some muscle mass and this is one of my arguments and it's not just my argument but a lot of people's arguments that some smart resistance training maybe even God forbid looking a little bit body builder as we get older it might be really beneficial and you need some heavy loading with that – you need a spectrum of training.

Like, if you look into Science and Practice of Strength Training, Zatsiorsky mentioned that a conjugate approach which is going to be some max effort works, some repetition works, some speed work, all mixed together is probably a great way to maximize muscle mass and hit all the different fiber types and all that.

**[0:25:05]**

I can't see anything wrong with that and there's some great variety end up with avoiding orthopedic issues and all that sort of jive.

So I think on the one hand we really trying to keep androgen levels good whether male or female doing some resistance training, good sleep, all the rest of that jive is really important for maintain a good body composition as your age. Now another piece of this, there's a Brazilian Jiu Jitsu, black belt and a really – I think great strength coach, Steve Maxwell, he's heading toward 60, I think, and still rules a lot. So as a really good performance, great, great physic and he just made this observation and this is something that was problematic for me because I was so active for so long starting getting more sedentary but continued basically eating the same amount of food that I always eating.

And there is a reality that if you become a little more sedentary, if you want to maintain body composition, you're just going to have to eat low, eat less and this is – I was reading a great interview with Steve Maxwell and the guy was saying, you're in great shape, you're getting towards 60, what do you – how do you describe your success here and this, like, I train – I train intelligently and I want to take time off. I challenge my body but at the end of day most of it is nutrition and a lot of it is just figuring out that this guy was collegiate level wrestler and then one of the first Brazilian Jiu Jitsu, black belt in United States and one of the early RKC guys and all that stuff.

And so he's had very high levels of workout but as he's gotten older, he figured out that his body – he needs – he just can't do as much training without burning out and get some injuries and stuff. So he had to train a little bit less, just train smart and then to compliment that, he's just got to eat intelligent like, so it means sometimes smaller portion sizes and stuff like that. And if you check out what DeVany does, same thing with Mark, I mean, this guys are active, they're fit but they're not eating gargantuan amount of food, like they're not constantly in this attempt that I'm asking or something like that.

And I think that that's a lot of the stuff and it's interesting too when we look a lot of the problems of maternity, metabolic problems, insulin resistance, we can trace a lot of that back to just simply over consumption of food and this isn't to say that we want to get in and live in like some sort of Roy Walford, CRAN, Calorie Restriction with Adequate Nutrition, eating like 1200 calories a day and the hopes that we're going to live longer, I talked about this a bunch in part three, it was My Thoughts on Low Carb and Paleo, I don't really think that that stuff works per health longevity. You have low androgen levels, you're cold, you're miserable. There's nothing really good about it.

So, I think that figuring out like a good exercise protocol that you like, lift some weights, do some mobility work and then figure out the food intake that's going to support that activity and all so to support the type of body composition that you want. And I wish there was something more...

Greg Everett: Well...

Robb Wolf: ...magical to it but I think that that's it.

Greg Everett: But – and now would you say though that, I mean, assuming that someone, let's say someone maintains the exact same training regimen from the age of 20 to age of 60. Now, I would supposed that their metabolic rate is going to decline regardless of that to some degree simply because after the age of 30 or so, you're pretty much just dying, you know what I mean? Like you're not – you're not restoring and building at the same rate that you are as a younger and so there has to be a decline in your metabolic rate even if you're trying to maintain that same activity level.

Now, am I pulling that on my ass or is that true?

Robb Wolf: I think that that's the truth but I think a big picture of that is that the loss of muscle mass.

Greg Everett: Right.

Robb Wolf: And that – it's interesting like with any shoot some blood work with years ago and like his free testosterone was in that, I think, high 700 to low 800?

Greg Everett: Oh, yeah. He was talking about like his neighbor's dogs like sniffing out his testosterone freaking out when he walk by and stuff, that's crazy.

Robb Wolf: Right. Right. Yeah.

Greg Everett: Its crazy awesome.

Robb Wolf: And, again, but I guess it's time for a potential diversion here but – so I think you have some genetic standouts like DeVany. I think I mentioned the people when we did the ABC News, Nightline piece and, DeVany and I were in New York, like, I got to work out with them, he took John Durant and I out drinking martinis and drank us under the table like, Dean Martin style drinking binge. And there was one time where we're walking back to the hotel and the Crosswalk deal was counting down and Art's like, "Let's go for it."

**[0:30:08]**

And he takes off running. And there was ice on the ground, this is in the winter in the New York and it's dodgy. And dude, that guy moved like a gazelle. And I'm a reasonably fast sprinter, I'm a reasonably fast twitch person, and he just hauled ass. And so, I think that on the one hand, we have an example of somebody who had some good genetics and has figured out a really smart approach to this stuff, lift some weights, do some sprints, have a lot of down time, don't overeat.

He carries a good amount of muscle mass, but he's never tried to get into that like, Dorian Yates 300 pound bodybuilder gig, and he's aging really, really well as a consequence of that. And so I think that his got good genetics, good lifestyle. But what's intriguing to me, in the medical community, most physicians with 99% of the medical community is horrified of the idea of using testosterone replacement, testosterone analogs, supporting indigenous testosterone production by like supplementing with DHEA and Arimidex and stuff like that.

I think you always need to look at a person and ask, "Okay, are you doing the lifestyle features that would help support a good healthy hormonal profile and are you doing that, yes or no? If you're not then we need to get that stuff in place and just simply dosing people with exogenous hormones is not really going to do them all that much of a favor in general. But, I think that there's a really good argument for looking at stuff like that. Like, I still seem to be motoring along pretty well on my own testis and growth hormone production and everything.

But, I can tell you, at some point, if I'm in my middle late 60s and the wheels just start falling off the wagon, I'm really going to look at stuff like that, because the literature is pretty clear that maintaining muscle mass, maintaining good hormonal profile, those are the things that allow you to age really, really effectively. And in here again, I think that I've always had this desire to try to be huge, whatever huge would look like on a five of nine guy. But I could eat and eat, and eat and the biggest I ever usually get up to is 198 pounds and it's hard as hell to maintain.

My body just likes being about a buck seventy, between 165, 175. But, I've got performance, I carry decent muscle mass at that level. I feel like I look good, I can do the stuff that I want to do and yeah – and just as it is in the side, it's funny. When we were in New York, there was this one person who was giving Art DeVany just a ration of shit because he was recommending that when you eat protein, a steak or some ribs or whatever, he was just saying most people don't need to add fat to their meals, they should have some protein, they should have some veggies, maybe a little bit of fruit and they should be good.

And this person was just railing on him. And his whole takeaway was just that most people are pretty sedentary, they don't need that many calories. And so, that was his controversial position. If you want to eat some ribs, eat some ribs, but you don't need to dump the ribs in like olive oil or duck fat...

Greg: Oh, man.

Robb Wolf: ...to up your – which would be delicious. But it was just interesting like, I circle around again and again like I think for a minimum investment, maximum return, Art was just on to some stuff that's really amazing. And I think Marcus is in his – has derived a lot of great information from Art's initial template now. Is the way that Art trains and lives, is that going to produce a world champion athlete? Probably not, or I would say, not until you're older and everybody else has died or is all broken and fudge up from living this really extreme way of living.

I talked to Art recently and was asking him about some of his squat, his dead, his bench-press. And he's like 15 or 20 pounds off of like a bunch of national records in his drug-free age group, and he just trains to train. And there again, we probably have some genetic selection because like he played pro-baseball, but like the AAA Team or whatever, and not anybody can just walk in and do that. I think he ended up winning like Teenage Olympic lifting championship or something like that too. So fast twitch athlete and all that jive. But he's figured out I think a good path through the forest that's a minimum investment, maximum return kind of gig.

**[0:35:00]**

Greg Everett: Sweet.

Robb Wolf: Holy smokes, man.

Greg Everett: All right, that was the longest three questions in history.

Robb Wolf: Seriously.

Greg Everett: Okay. Matt says, "Hi Robb and Greg. You gentlemen have completely repurposed my energies in life with this Paleo/Primal lifestyle. I am 38, 187 pounds, approximately 5'7. I am a type 1 diabetic and was recently reading up on GABA. If my pancreatic beta cells are torched, does that mean in addition to insulin, I am no longer producing GABA. If so, what mental implications does this have? Does there exist and, if so, should I take a GABA supplement? Thanks again."

Robb Wolf: Yes, interestingly, GABA is produced both in the pancreatic beta cells, but also there's some communication with the alpha cells. And it was really interesting, there's actually some indication that GABA supplementation, at least in the early stages of Type 1 Diabetes, may actually help recover pancreatic function. So, there's some interesting stuff like that, and GABA is a really important neurotransmitter, it's important for sleep, relaxation, that parasympathetic side of the nervous system, the growth and restoration.

I don't know that you would be necessarily deficient in GABA, but it might actually be something that would be beneficial for you to supplement with. In particular, if you've got any type of sleep disturbance and it's possible that you might still have some pancreatic function happening, and there's some – it was interesting, this was a brand new to me, and I

just spent a bunch of time researching it. There's some decent mouse model stuff indicating that GABA supplementation may help restore pancreatic beta cells.

So, it's pretty interesting. And so, I would – there are some ways that you can get your GABA levels checked. It's usually a saliva test, so you could look at that. And usually, you want to do like the full neurotransmitter profile Acetyl-choline and Serotonin, Dopamine, the whole nine yards. Usually do it a.m., mid day and p.m., and so that would give you some good feedback as to where you actually are with that stuff. But it's pretty interesting.

Greg Everett: All right. And yes, they do make GABA supplements.

Robb Wolf: Yes.

Greg Everett: They're actually pretty inexpensive and easy to find. Okay, toxins in animal fat. Oh boy, toxins question.

Robb Wolf: [Singing]

Greg Everett: Andy says, "Hey there! I was wondering if there was any truth to the argument spun by the vegan community about toxins accumulating in animal fat. I was a vegetarian close-to-vegan for a little over a decade until I bumped into *The Vegetarian Myth* at my local library, which turned my assumptions on nutrition inside out." They still have libraries? "After adopting a high fat Paleo diet with some grass-fed dairy thrown in, I look, feel and perform better than ever. But despite these amazing results, I can't help but wonder if these vegans are onto something with this argument.

It has been known for a while now that industrial pollution has caused mercury to show up in fatty fish and dioxins are found in human breast milk all over the globe. So is it true that industrial pollution is causing the fat tissue of fish, boobies and even grass-fed cows to be toxic sponges? Are the fat tissues of tasty animals a playground for civilizations toxic byproducts? If so, then a high-fat diet would probably not be optimal, even if it's from a healthy grass-fed animal. Please prove me wrong, I'm begging you."

Robb Wolf: Yeah, sure.

Greg Everett: Please Rob, so...

Robb Wolf: Please, help me Obi-Rob. First the mercury gig, like we talked about this a long time ago, but I guess it's worth mentioning again because this stuff seems to go in cycles. So, the mercury accumulation in fish, it was funny, even a lot of the Vegan websites will cry fish oil because of the mercury accumulation in fish. But, mercury associates with protein super, super strongly. It doesn't associate with fat. You actually would need to be a fairly good organic chemist to figure out how to get mercury into lipids. So...

Greg Everett: I don't associate with fat.

Robb Wolf: I don't associate with fat.

Greg Everett: And that is with that macro nutrient.

Robb Wolf: So, that's a piece of this story. Some of the fat soluble toxicants like dioxins and stuff like that, it's a real deal and, I guess the thing that I go around on this stuff with however, is what else are you going to eat? So, are you going to eat a bunch of flax oil, which will keep Vegan alive, but you don't really thrive on. And another piece with the mercury, if people are supplementing adequately or getting adequate selenium in their diet, typically they don't absorb mercury out of fish or other nutritional products. So that's just it, in the side.

So, I guess my question is, what are you going to eat if you're not doing grass-fed, butter, if you're not doing grass-fed meat or whatever, do you go back to eating tofu?

**[0:40:07]**

Robb Wolf: Do you why it – and so are dioxins potentially a problem? Yes. Can we do some things to help minimize the exposure to that stuff? Yes, I think that this is like when you buy some carpet for your house, like you try to get this low volatile release carpets, more natural stuff, try not to live in a completely plasticized environment. I think that that's all smart. But when we start thinking about the effects of the things that go into our body, protein, carb, fat, low toxicant load from things like a gluten and all that jive.

Those things have really huge profound effects on our health. These environmental toxins certainly have impact, but they're orders of magnitude less what we're looking at with basically, living and eating a solid way. So, I'm just not that impressed at getting spun up about environmental toxins. It doesn't make an argument that we should have

clean air and clean water, and not pollute the shit out of our environment? Yes.

Probably, one of the biggest things we should do is like outlaw or strongly dissuade people from using disposable water bottles and what not. And I think overtime we'll probably head that direction. But, I'm just not that impressed by any of that stuff relative to just eating and living well. Now, a piece of this, If you want to shift to eating more of Catawba-esk, Paleo gig or you're doing more of a starch and sweet potatoes, and you seem to handle that stuff.

Then that would be an easy way that you could drop your fat intake and I guess, potentially, you could decrease some of the fat associated toxicants. But they're again, I'm just not that – when I look at somebody who's metabolically broken and they can't handle carbohydrates all that well and they do way better on a higher fat approach. Am I worried about the potential of some lipid soluble toxicants or am I more worried about the fact that, out of control blood sugars are going to kill the person in pretty quick order, make them blind, damage their kidneys, all that stuff.

So, I think that this is a risk assessment story on a big picture. And in the Vegan scene like, I haven't pulled this one out really often, but do a little Googling, Vegan pregnancy death, Vegan baby death, and there's some interesting examples out there in the interweb of Vegans basically not being able to support a viable baby with their breast milk or they choose not to feed it breast milk and feed it soymilk or whatever and the baby doesn't survive. So, out of all this stuff, if you've got a nutritional approach that can't even keep a baby alive, there might be some problems with it.

Greg Everett: Yes.

Robb Wolf: And that's probably going to be super popular, but there you go.

Greg Everett: Well, I mean, fudge. What better example could you think of?

Robb Wolf: Even people living in these, what do they call them? Food deserts where there's no access to like fresh vegetables and stuff like that. And they're eating McDonald's level of food quality. I wouldn't say that these babies are healthy by any means, I wouldn't say if these people are healthy by any means. But you don't see these people, their children dying from malnutrition, or even showing over huge signs of malnutrition relative to what we see in some of these really extreme Vegan examples.

So, I mean, even eating a shitty quality Big Mac, seems to provide enough B vitamins and other nutrients such as a person is able to carry a viable fetus and baby, and they will grow and probably not be incredible healthy, but dying is usually an indication of much poorer health than...

Greg Everett: As poor as health gets.

Robb Wolf: Anything else you could find? Yes.

Greg Everett: So, all right. Well, speaking of McDonald's, this one's about gastric ulcers, sweet. Matt says, "Hi Robb. For two months now, I have had pain below my left rib cage. I guessed that this was a gastric ulcer. And, yesterday, this guess was confirmed to be an endoscopic exam. I'm not sure how I got the ulcer. I tested negative for the H Pylori bacteria. I eat a strict low-carb Paleo diet, meat, veggies, eggs only for the past 10 years. Though, I do drink a lot of coffee and have been under a lot of stress.

Anyway, the ulcer seems to be getting worse. I started taking deglycerinated licorice a few days ago. The jury is still out on its usefulness. But, if you have any other suggestions on how to help heal this ulcer, that would be greatly appreciated.

**[0:45:04]**

I'm sure my doctor is going to suggest I start taking an H2-blocker or proton pump inhibitor and pepto-bismol. And, I'd like to avoid going that route if possible.

Robb Wolf: I would recheck the H-pylori story, and I would also see if there are any other, like I would try getting a PC – like fecal PCR. I would just really, really investigate that side of things, because the literature is pretty clear that it's usually H-pylori or something similar to that that's causing these ulcer problems. And like, if you're under a ton of stress, then your immune function could drop and that allows the H-pylori to set up shop. And I would really investigate that. If it's not that, I really have no idea what would be the causative factor for the ulcer.

It just seems like it's always the H-pylori, but it, or again, something really, really similar to it. I would look into that stuff, like the deglycerized licorice. Some folks seem to have some relief from it. The proton-pump inhibitors seem like a really bad idea because they tend to cause some problems with downstream, digestive signaling. But then if you are facing a huge gaping hole growing in your stomach, that's probably not a gig either. But, if I were you, I would do a lot of investigating trying to figure

out like, is there some sort of an infection that's causing that. And I would be surprised if it's not, or if it's not, I would be really, really interested in knowing what the actual cause is.

Greg Everett: All right. Okay, let's see here. This one's long.

Robb Wolf: This one's a biggie.

Greg Everett: Marcus says, "Greg and Robb. I've been following with varying degrees of strictness, a low-carb, Paleo style diet for about four years now. I've experienced very good results including my weight having dropped from 205 to 165, I am 5'8 . Diminished eczema and my sleep apnea has disappeared. In general, I'm a lot healthier now than when I started.

Robb, thank you for your contribution in presenting the benefits of this lifestyle in a research-based manner. Purchasing and reading your book helped me turn the corner from starting an Atkins-inspired low-carb diet to a whole-health approach and fueled my desire to continue increasing knowledge on this topic ever since. I have always really appreciated the science-based approach you have taken and cannot thank you enough. I'm 36 with 3-year-old and 1-year-old daughters and you probably have played a key role in both those girls having their dad be alive during their wedding or graduation. Thank you.

Lately I've been thinking a lot more about exercise, something that has been nearly non-existent for me since I was 18. I've started exercising, lately modeling my workouts on an article I found on CrossFit Journal that emphasizes HIIT as an ideal way to get lean. However, I don't want to be super skinny. I would like to become both muscular and lean. With this in mind, I am currently in a planned 6-week cycle with the above-mentioned HIIT focus. I'm keeping my diet relatively low-carb right now.

At the end of this period I would like to begin a 6-week cycle focusing on building strength and muscle-mass. I have been reading and will continue to read resources such as those found on the CrossFit Journal, Catalyst Athletics and others. My only problem is often these articles assume a level of familiarity with respect to lifts and technique, as well as diet and supplements, which I do not generally possess.

Can you guys recommend a "single source" or two of comprehensive knowledge and maybe protocol that will get me started on a solid weight-training approach, including specific dietary guidelines/goals? In high school, I played football and was moderately successful in our off-season weight-training program and so I do have some familiarity with certain

lifts like squat, bench and power clean, but it has been years and even in those areas I could probably benefit from starting over. Thank you in advance."

Yeah. Seems like, I would have a good answer to this, but nothing comes to mind in terms of a single resource.

Robb Wolf: There is a – I think Joe DeFranco has a program called Westside for Skinny Bastards. And I think I mentioned last week, the juggernaut training and the cube method. For a generalist approach and Mike Rutherford, max effort, black box stuff. I like all of that stuff.

Greg Everett: Hard. I think – yeah, I would lean towards the...

Robb Wolf: I would...

Greg Everett: The black box stuff and maybe even Joe Kenn's Tier System because those two are similar.

Robb Wolf: Okay, okay, and where would somebody track that...

Greg Everett: Joe Kenn's first book is called coach's strength training playbook.

Robb Wolf: Okay.

Greg Everett: And you can get it on Amazon and resell it actually also on CatalystAthletics.com

Robb Wolf: Okay. Yes, I mean, within all this stuff, I really encourage everybody, if you haven't read it, read the three part series I did on my thoughts on low carbon paleo.

**[0:50:05]**

So, we've got – Marcus is planning on doing a High Intensity Interval Training Program. But he's doing it with low carbs, which to me just seems rough. Like you're not going to get great performance out of that, you're always going to be carb and glycogen deficient, I think there's going to be a lot of pain and suffering, potentially a lot of Cortisol with that.

So, I think it's always really helpful to delineate the goals. It seems like the primary goal is actually getting big lean and jacked, like every male's dream seemingly. So, I would lift weights, maybe do some moderate to

low level cardio a couple of times a week. And maybe one hit type interval thing just for some metabolic flexibility and all that stuff. But, it seems like lifting weights, squat, dead lift, bench, or dips, breasting, chinning, bent rowing, dumbbell rowing, stuff like that is money, it's just classic old school power body building gig.

And then I would fuel appropriately with that. Post workout carbs, if you're wanting to lean out, here again. Do you want to lean out or do you want to put muscle mass on. If you want to put muscle mass on, I wouldn't gorge, but I wouldn't be super, weirded out about reasonably good sized meals. And maybe put 10 or 15 pounds of muscle on, and you're a lot stronger. And then you decide I'm going to lean back out a little bit, and that all seems totally reasonable.

But again, like folks start tackling this stuff, I think it's really important to think, what is the primary goal, what's the secondary and tertiary goal. You can do all this stuff, but you just can't do all of it at once. And at least, it's really pretty hard to do. So, you pick a goal, write that one out for like 68 weeks, shift gears, do another goal. The resources that we mentioned are I think good options for a progressive strength training approach. But more than anything else, I would just be really clear about what your goals are and then train and fuel to support that.

Greg Everett:

Yes.

Robb Wolf:

I think like our answers should be longer, considering how long the question was but...

Greg Everett:

No. I mean, I would just agree with that.

Robb Wolf:

All right.

Greg Everett:

it's okay. We used a lot of our word quota in the first three questions.

Robb Wolf:

We done burning through it? Okay.

Greg Everett:

We only have so many words you can speak in a lifetime, so you got to be careful.

Robb Wolf:

It's like heartbeats.

Greg Everett:

Okay. This is going to segue nicely here, Squatchy, you're such a genius. Reaching generic strength potential or just not doing it right. Paul says,

"Hello Robb and Greg. I love the show." That's its own paragraph. Perfect. It's a good emphasis.

"I'm trying to find some kind of explanation of why I suck at lifting weights. I'm sure the first thing you think is that I'm probably not approaching it right or I'm just not dedicated enough. I don't think this is the case.

I started lifting in college while playing baseball at a big Division I school and went through the initial linear progression of strength gains, the Novice effect I suppose." Oh, man.

Robb Wolf: That one never gets old.

Greg Everett: "I pretty much maintained that strength during my 20's but didn't gain any. After turning 30 last year and listening to your podcast, I started doing Wendler 5/3/1 in an effort to get stronger. I've been doing Wendler very consistently for the past 14 months, I'm proud of myself for not program hopping.

I made some initial progress but have really plateaued for the past six months or so. I'm 6'2" and around 210lbs with around 12% body fat. 1RM's, squat 275, dead lift 365, press 145, bench 245. I eat all Paleo with 1 gram of protein per pound of bodyweight and plenty of carb in the post workout window and a nice cheat day on Saturdays. I sleep enough and have a low stress job.

According to Level 4 CrossFit Seattle and Dave Werner, and I believe, Robb, you have said something similar on the show, a double bodyweight dead lift, one and a half times bodyweight squat, and 75% bodyweight press, and 125% bodyweight bench should be achievable for most folks provided they put in the effort and use a reasonably smart program.

In your experience in running gyms et cetera, have you run across people who are doing all the right things but they are relatively weak and just can't get any stronger? If so, to what do you attribute their lack of progress, no dangling prepositions here, Greg." Oh, man, you did go to college. "Have you ever heard of wrist size being correlated with strength? I have thin, dainty wrists, can I blame that? I also have long limbs, great for throwing baseballs, not so much for squatting.

I guess what it boils down to is that I want you guys to either say with good programming, dedication, nutrition, sleep, and stress management, everyone with whom we've worked has been able to achieve those

benchmark strength numbers and here's something new you should try or yeah, some people just can't get that strong due to muscle fiber type, anthropometry, et cetera, so just be happy with where you are.

**[0:55:14]**

I live in a small city in the south with a miserable CrossFit– he got the trademark symbol on CrossFit.

Robb Wolf: Trademark in there.

Greg Everett: ...gym that specializes in white-buffalo-in-the-sky-style training, so I don't have access to any good face to face coaching. As if you haven't done enough for me already just by making this show, your thoughts and advice would be much appreciated." All right, well, I'll jump in here.

Robb Wolf: Okay, okay.

Greg Everett: So, I would applaud you on your lack of program hopping, that's generally a very laudable trait. But, I would say that you've been plateaued for six months, it's really time to try something new. Like, there's obviously, a problem now and you've got to do something to fix it. Six months and no progress to speak of, you got to move on. I would say that it – especially if you're 30 now, so you still have some life left in you. You can – I would say...

Robb Wolf: You're going to peel – one foot on the grave when a banana peel isn't quite there yet.

Greg Everett: Yes. I would say that – yes, the banana peel foot hasn't quite dropped yet. I would say that you can definitely reach those goal numbers that you listed here. And I do think that most healthy people should be able to do that. I guess, I would have to say more so men, maybe you have to adjust that a little bit for women, but even a lot of women can achieve pretty damned close. So, I do think if you have low stressed job and you sleep well, and you're eating well, that really the one thing left is the program.

And that being said, certainly genetics does play a role in how quickly you're going to make progress and ultimately what you're progress is and that, I feel like we talked about this in the last couple podcast in some way or another, but I don't think you can say that because of your dainty wrist and long limbs, that the stuff is just unachievable. The squats will

definitely be tougher for you if you got long legs, but that just means you're probably going to be a good dead lifter.

And I think you've got, yes, you've got almost a hundred pound difference between your squat and your dead lifts so that's already showing up a bit. The press and bench, the bench is not too bad I guess, well, for the other stuff, the press is pretty low, but you know, long arms that are good for throwing baseballs definitely don't help with the pressing mechanics just like long legs don't help with squat mechanics. So, yes, I would stop exploring some new program ideas, certainly. What do you say there Rob?

Robb Wolf: I totally, agree. And I almost think that like a block of time, like bodybuilding gig, like week one, four sets of eight; week two, five sets of eight; week three, six sets of eight; try to run, each of those lifts, maybe two or three cycles of that. And so you increase, you keep the load the same but increase the volume. Then you go back, you increase the load, step the volume up, try to run that, maybe three, four, five cycles even, and press, dead lifts, squat, bent row or chin, or bent row and chin, I would do some really foundational work like that, and then start ratcheting things down where you start getting more like the 5x3, 6x3, 8x3, again, building some volume but really flipping the intensity, and run that for awhile.

There's a great book, I don't think it's out of print, but Fred Hatfield Power Lifting, Scientific Approach, really good basic book. And it seems like a basic power lifting cycle, like a body building deal followed by a power lifting cycle. I would be shocked if you didn't really ratchet those numbers up a ton.

Greg Everett: Yes, I think, I do think that book might be out of print, but you can usually still get used copies on Amazon.

Robb Wolf: Okay. Got you.

Greg Everett: Although, sometimes, people are asking exorbitant prices. But, yes, I would agree.

Robb Wolf: But I think something along that line, yes.

Greg Everett: I mean, anything really – I think you just really need to step up to something a little more complex now, or you can push yourself a little bit hard, I mean, the 5/3/1 stuff, I think can be really effective at certain times for certain people, but I think ultimately, it's extremely low volume.

[1:00:00]

Greg Everett: And I think after a while, it's just simply not enough stimulus. Of course, I tend to be the kind of person who just over does everything, but...

Robb Wolf: Details.

Greg Everett: Eventually, you've to increase the amount of work you're doing. Okay , last question.

Robb Wolf: Is this the last one? Nice.

Greg Everett: Oh, look at that, volume management. Brian says, "Hey folks. I have a training question regarding the general sport athlete. What is your theory for managing the volume for a three-day per week program? How would you direct the emphasis each day? I feel like two-day a week and four-day a week programs are a piece of steak, but three-day a week programs are always a little funky.

I know there are a lot of variables like what sport they play and if they are coming in Monday, Wednesday or Friday, or Monday, Tuesday, Thursday. But just in general, how would you divide up the week?" I don't – yeah, this is probably the vaguest question...

Robb Wolf: Almost impossible to answer.

Greg Everett: ...we've ever gotten.

Robb Wolf: Yes.

Greg Everett: Because without knowing what sport they're doing, there's absolutely no way to know what those training days are comprised of. I mean, are they having to do lots of running? Are they having to do lots of strength training? Are they having to play their sport those days?

Robb Wolf: Dude, you already have a really strong person, but who is maybe not super explosive. Do you have somebody who needs a ton of mobility work? Yeah, that's tough.

Greg Everett: I'll say this. So it looks like the main question is, how would you structure a three-day a week program? I guess I would say that I would have – for each of those days depending on where they are in the season or off season, you could have all three of those days be pretty heavy lifting days. And you're probably going to have maybe Monday, Friday, be more

of a push orientation so that means, squatting and pressing type stuff. Wednesday, more of a pull thing, so you could be doing your dead lifts or power cleans or what have you doing some upper body pull on probably two of those days at least if not all three.

But, yeah, it's – I guess it's really impossible to answer that question well with this little information. One of the biggest things in programming is that you have to know who you're programming for.

Robb Wolf: Right.

Greg Everett: So...

Robb Wolf: I can say, like when I was doing two days a week of Jiu Jitsu, I was doing about three sometimes four days a week of lifting and usually I do crunch pull on the upper body. I usually do like a squat with a power clean or a dead lift with some load rep but really explosive kettle bell swings on some lower body days or maybe some box jump. So, I mean, it looks a little West Side-ese conjugate-ese, I guess. When I started getting up around three or four days a week of Jits, then my recovery is really impacted then.

And so, I'll do two days a week of lifting, and what I've been doing with that is a squat, a press and upper body pull all on the same day, and I'll do really thorough warm up, and then I kind of find either a reasonably heaving five-three or two depending on just how I'm feeling that day. And when I say reasonably heavy, the bar speed cannot decrease, or like if I'm doing a chin, then the chin speed cannot decrease, like it still needs to be fast and explosive, but it's still relatively heavy, like I have to – I have to work on this stuff, but I'm not grinding down.

And so, I'll work up to like I said, a five, a heavy three, a heavy two, something like that. And then I'll either maintain that weight for a couple of sets or I'll back off 10 or 15%. It's kind of like a Bulgarian method deal. But then that way, like I'm feeling really beat up that day, then I just don't do that much. And if I'm feeling a little more – a little more froggy, then I'll lift a little heavier and I might to an extra set or two with the – at the end of that, but that's really about it.

And then, during my work day, I try to do like some L sits and some bridging and stuff like that, to just kind of get up off of my backside, and I get a little bit of volume work more with like a gymnastic stability stuff throughout the day. But, that's all this 41-year-old, old dude jujitsu player can do. But, I've got a basic movement that's hitting the – a squat, a

hinge, a press, a pull, I do vertical pressing, vertical pulling, horizontal pressing, horizontal pulling, I've ratcheted the volume back down and the rep scheme back down, because I'm just recovering enough when I'm getting the absolute dog piss beat out of me at Jits.

**[1:05:05]**

But I'm making really good progress at Jits. My conditioning is going up with that, and so, everything in my chosen endeavor is moving forward, and so, I've had to really figure out that my strength training has just got to augment the sport. And like if you look at Marcelo Garcia, he doesn't do any supplementary strength training at all. And the guy is probably the best grappler on the planet at this point.

So, depending on your activity, you could maybe even make an argument that the in the gym stuff becomes really dubious as to how important it's going to be. I just like lifting weights a little bit again from this kind of health and longevity stand point and trying to maintain a little bit of muscle mass. But If I could easily make an argument that like, if I wanted to do some competitive Jiu Jitsu, that I should probably do none or very limited strength work and just focus on the Jits and get that skill set up.

Greg Everett: Yes. Yes, Rob.

Robb Wolf: But, yes, that was possibly one of the most open ended questions we've ever had.

Greg Everett: Yes. It's a tough one. It was a lot like one of those twitter questions.

Robb Wolf: I love it when people get cranky at me when I give them kind of a vague answer and they're wanting like the full – could you describe the efficacy of a thorium reactor in 140 characters or less. And it's like, No, I can't.

Greg Everett: Oh, boy. All right, well, that's it for us.

Robb Wolf: One sixty-eight on the books, Greg can't tell us quite yet what he's working on. I know what he's working on, but I'm telling no – telling no tales. We'll wait for that stuff to rollout. Anything you can tell folks or anything folks need to be aware of?

Greg Everett: I think that our March Seminar is full.

Robb Wolf: Okay.

Greg Everett: The level one. I think the Advanced Seminar may have one spot left, that's also in March, or maybe it's April. And then we still have some spots left in our September seminar. So, if you're interested in any of those, I would check that out as soon as possible, [CatalystAthletics.com/events](http://CatalystAthletics.com/events) and get on that ASAP.

Robb Wolf: Nice.

Greg Everett: Yes.

Robb Wolf: Oh, I've got nothing. I have nothing to add, so let's just wrap up there.

Greg Everett: Perfect.

Robb Wolf: All right man, thanks for everything, we'll talk to you soon.

Greg Everett: All right, see you.

Robb Wolf: Okay, bye.

**[1:07:36] End of Audio**