

Paleo Solution - 210

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[Music playing]

Robb Wolf: Almost rolling. Okay. Slow start as always. Apple products kicking ass. Episode 210 of the Paleo Solution podcast. In the house is Greg Everett. Greg, what's going on, man?

Greg Everett: Not much. Just got back from the American open in freezing cold Dallas.

Robb Wolf: Dude, I thought Dallas was warm.

Greg Everett: And – dude.

Robb Wolf: Didn't they order up like a nice storm for you guys while you were there?

Greg Everett: Yeah, yeah. It was pretty fun. A lot of cancelled flights.

Robb Wolf: Sweet. Oh that's right. I remember seeing like China was stuck there for like six extra days or something trying to get out so.

Greg Everett: I think it was one but it feels like six.

Robb Wolf: One, exactly.

Greg Everett: Yeah.

Robb Wolf: And Catalyst took second place at the open? Nice.

Greg Everett: Yeah. Women's team took silver medal --

Robb Wolf: Nice.

Greg Everett: --for the second year in a row so everybody did a great job.

Robb Wolf: Nice. Right on.

Greg Everett: I'm happy to be back home in California where cold is like 40 degrees.

Robb Wolf: Yeah, cold in Reno last night was like 0 degrees Fahrenheit like minus 22 Celsius so.

Greg Everett: Fudge that.

Robb Wolf: Yup. But we have snow so.

Greg Everett: Yeah.

Robb Wolf: Yeah. I guess that's about us but.

Greg Everett: So it looks nice from inside.

Robb Wolf: Yeah. Yeah. You can see the burning gravel currently so yes. [Laughs]

Greg Everett: [Laughs]

Robb Wolf: Dr. Kirk Parsley's favorite --

Greg Everett: Shit.

Robb Wolf: --favorite line. How does gravel burn? From early, early in the day. So let's see here. Ping through some podcast sponsors and we'll get this bad mama jama going. FrontDeskHQ.com, Front Desk is your mobile-based solution for service-based businesses, crossfit, dogwalking, yoga-ing, Pilate-ing, you know, collect money, schedule folks. Don't suck as a business owner basically is where this thing plays out. So check out FrontDeskHQ.com if you want to make some money and succeed in your service-based business.

WellFoodCo.com.

Greg Everett: Who wants to do that?

Robb Wolf: Yeah. [Laughs] WellFood Co is a fantastic resource for grass-fed jerky. We have all kinds of cool stuff rolling out with WellFood Co. They have some gluten-free, large caloric density MRE replacements coming out so which that's kind of funny. So it's meals ready to eat. It's not like a meal replacement deal so it's not overly redundant but check out WellFood Company.

MasaMeat.com, I just got to hang out with Dwayne Masa this last weekend. It's savory and a super cool dude, awesome folks. They are who I get my grass-fed meat from. They ship anywhere in the lower 48 and are fantastic folks.

Finally, the Performance Menu, journal of nutrition and athletic excellence. You've got two different levels of buy in. \$30 a year for all the current issues available in a plethora of different formats. \$100 a year buy-in gives you all the back issues plus 15% off the Catalyst Athletics store. What else? What else?

Greg Everett: That's pretty much it.

Robb Wolf: As always cooking with Scotty. Scotty Hagnis --

Greg Everett: Yes.

Robb Wolf: --always has a good, damn good recipes.

Greg Everett: He has been doing recipes every single month for the Performance Menu journal for nine years. I honestly don't understand how that's even possible.

Robb Wolf: [Laughs]

Greg Everett: Like every month, I'm sure he's going to email and be like dude, I don't have any more recipes, I'm done, this is stupid and he just keeps pumping them out.

Robb Wolf: Well he lives -

Greg Everett: He's the best.

Robb Wolf: --in a mecca of food. He's around Portland so.

Greg Everett: He's the silent kitchen murderer man. He just like sneaks around and makes cool recipes and sends them to us so.

Robb Wolf: And the only way you're going to get that stuff is by subscribing to the Performance Menu. So get off your tough and do it. Okay.

Greg Everett: There you go. All right. Okay. Let's see here.

Robb Wolf: This is a fun podcast. Squatchy does a great job but this one looks particularly interesting. There's some goodies in here.

Greg Everett: I haven't even looked at it, I'll be honest.

Robb Wolf: Perfect. Perfect.

Greg Everett:

Okay. Kevin says:

"Hey dudes – I am lucky enough to work for one of these newfangled tech companies that feeds me three meals a day. I love it and am not quitting my cushy job and time soon. It is often fairly easy to find paleo grub. However, many of the meat dishes are cooked using canola oil. I've spoken with the chefs about this, and unfortunately they are under the impression that canola oil is a healthy cooking fat, conventional wisdom and all, so it's probably not changing any time soon.

Anywhoo, my options for avoiding canola in my free meals are: a) avoiding all meat, b) bringing my own chow from home, or c) just sucking it up and eating the food." Well C actually is not an option for avoiding canola in your free meals just to clarify. "but counteracting accordingly elsewhere. Hoping for your advice on option C. I know you've backed down from your fish oil recommendation, but maybe I should supplement more aggressively to make sure my ratios remain optimal? Obviously trying to keep my at-home food as low in Omega-6s as possible, but I do eat at least 1-2 meals/day at work.

Thanks for the podcast – you guys are truly saving lives."

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Robb Wolf:

You know, I think that the place where you could get yourself into deep water with stuff like canola oil and soybean oil and whatnot is actually more on the salad dressing side. Because when you're cooking meat, I mean you typically don't use a ton of cooking oil. Half of it stays on the pan or on the grill and so I really wouldn't be super spun out about this. Like this is one of those things that I think people go a little bit overboard particularly when they're new to paleo and they're trying to really follow all the guidelines. I mean if you're generally eating gluten free, you're getting good carbs, making sure your vitamin D is good, supplementing a little bit of extra fish oil and to your point I think still that like 2 to 4, 2 to 5 grams of fish oil kind of varying it from day to day you should be fine with that.

Just given the ease of getting some decent grub at work and not needing to sweat cooking it and all that, I would just go for that option man and I really wouldn't worry about a little bit of canola oil in your chow. Something you might do if you want to is just to grab one of the big Costco cans like that one Nutiva coconut oil that's really tasty and delicious and all that and the fact that it's in basically like a food service sized container. Just buy that and throw it to the chef and just be like hey

dude or dudette, you know, if you want to try giving this a shot, see how you like the flavor and then if it's ever convenient for you when I'm asking for something, just throw some coconut oil in there for it.

Possibly what that may get you is a lot of spit and eyebrows in your food but...

Greg Everett: It's probably in there already.

Robb Wolf: Yeah it's probably in there already because of the pest that you've been already. But that's just a way to do it. But you know, by and large, I wouldn't worry about the bit of canola oil that you're going to get from cooking meat.

Greg Everett: So have you seen that movie This is the End yet?

Robb Wolf: Oh I did and it's amazing.

Greg Everett: That opening scene about gluten is like the funniest thing I've ever heard.

Robb Wolf: It is totally.

Greg Everett: Gluten is kind of like a vague term for bad stuff, you know, like calories that's a gluten, fat that's a gluten.

Robb Wolf: [Laughs]

Greg Everett: Oh shit. Okay. So...does this make it ok to pee in the pool? Patrick says:

"Hey Rob,

Just wanted to get your thoughts on this far out theory championed by Elaine Morgan." And judging by the title of in the link here Elaine Morgan says we evolved from aquatic apes. [Laughs]

"Could this be an explanation why the archeological community has such a gap between our arboreal ancestors and us? Could it be possible that our direct lineage spent most of their time in areas that are not well suited for fossil formation? Part of me wants to right this theory off as crazy, but a part of me wants to believe it. They thought Alfred Wegener was crazy talking about continents moving around the planet. What do you think?"

Robb Wolf:

You know, it's funny. So I was just at the Savory Institute gig in Chico and I'm actually working on a blog post about that. It was totally amazing, life altering deal. Alan Savory I want him to be like my dad or uncle or something. The guy is totally amazing. But we had dinner and we had a couple of glasses of wine in us and we got talking about human evolution and all that and Alan is actually a champion of the aquatic ape theory. This thing has kind of come and gone. It was kind of hot and heavy for a while and then not so much but, you know, there are some really interesting features to it. One of them is that there is a paucity of fossil records at these really kind of key developmental points and one of the theory for that is you don't really leave a lot of fossils right at that title interface because of all the wave action and also you can have sea floor changes or basically sea level changes. So where fossils were being laid down at one point you know, maybe two or three feet below water whatever today so it would make the fossils difficult to find.

Loren Cordaine was actually working on a paper and I'm not sure where this went. But he was looking at encephalization of hominids and how much EPA/DHA goes into forming the brain, how much gut volume we've lost, the need for dense nutrient rich foods to make this whole thing happen. He was doing modeling based off of getting the monounsaturated fats out of bone marrow plus the contents of skull casing basically brains. He was modeling that and he was also modeling what one would typically find at the title tied pool interface. The last set I talked to him about it was that both of these models were really rather close. You know, just from like the expensive tissue hypothesis, increasing encephalization, increasing brain size, decreasing gut size, both of these things actually worked pretty well. Like you've got calorie-rich, omega-3 rich foods from both sources and so you had a little bit of an argument kind of on both sides.

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Alan and I were talking about the fact that if these apes were spending a significant amount of time in the water maybe that actually led to easier bipedalism because you had a little bit of a buoyancy kind of gig so it would lend itself more for kind of an upright kind of bipedal kind of situation. Also an interesting thing is that humans carry a lot more body fat, particularly subcutaneous body fat. One of the interesting adaptations and we're actually going to talk about swimming here a little bit ironically but cold water immersion tends to stimulate the deposition of fat particularly below the skin as an insulating factor.

So you know, there's some interesting stuff with that but then there's also some observations that humans sweat and we sweat really efficiently and the fact that as we developed an upright stance then if

we're out traipsing across the savanna then we absorb less heat. You know, so there's a lot of different theories out there. But the aquatic ape thing is kind of an interesting who knows. You know, I think that it's we have enough evidence pointing in a couple of different directions to maybe not write everything off. I thought maybe about two years ago that a big chunk of the anthropology community, archeology had said okay the aquatic ape theory is caput for the following reasons. But then as with most of science, they tend to replay the tape on that pretty frequently so it's interesting for sure. Hmm.

Greg Everett: How do you like that?

Robb Wolf: Who'd a thunked it?

Greg Everett: And this thread that Squatchy has constructed here is incredible.

Robb Wolf: The continuity is absolutely amazing.

Greg Everett: Because I just looked at the next two questions and it's amazing Squatchy you are an artist.

Robb Wolf: That is why Squatchy runs this operation and I'm merely along for the ride so.

Greg Everett: Yeah. When I was choosing questions, I pretty much just looked at the inbox with like 800 emails and chose at random. All right. Frank says:

"Hey Robb,

My email concerns swimming, specifically if it falls under chronic cardio. I started swimming for body composition and have come to enjoy it. I do it two days a week for about 30 to 45 minutes. The details of the workout are I usually swim some laps at a high intensity and then in between I do some laps at a lower intensity and greater volume. I know that you usually warn against cardio, but I feel swimming is a separate matter. It is a full body exercise that requires that requires the use of muscle as well as having some stamina.

Thanks

P.S. Nor cal margaritas are the shit!!!!"

Robb Wolf: Indeed, they are. Indeed, they are.

Greg Everett: [Laughs]

Robb Wolf:

You know, as always with all this stuff, it's kind of the poisons in the dose. I think what you're describing here a couple of days a week, 30 to 45 minutes of mixed activity level. I think that's fantastic. I really think that what we see, where we see problems when people are spending like six hours a day on a bicycle or they're running into injury, they're bicycling into injury, they're swimming into injury. We had a client who was just a fantastic woman but she did all kinds of triathlons and she considered swimming a stretch. Each time she would come into the gym and we would start working with her, you know, the movement to putting her hand overhead to do a swimming movement she's like yeah I just get a really good stretch from that and I'm just like yeah that means you are so fucking almost crippled in your thoracic mobility that it almost could make me cry.

So that's the –you know, when we start getting orthopedic issues from the activity and you know, there's a great TED Talk from I think a cardiothoracic surgeon who used to be a big time marathoner, ultra endurance runner and he ran some blood work on himself and he found elevated troponin levels that were troponin being a protein that's released from the heart when we have a heart attack. But they actually saw elevated troponin levels similar to heart attack levels from just a really long duration, high intensity endurance activity. It's a different type of damage to the heart but it's still damage to the heart so.

Again there's this other piece to this story that if you just absolutely love that stuff and you're like well fuck it if it's going to take seven years off my life at least I'm happy, then god love you for that, that's fine. But I think that a lot of people do way more cardio, way more physical activity than what really is actually good for them in the misguided assumption that more is better and that if they took a day off and foam rolled and stretched and you know, watched some archer on FX or something like that that they would somehow turn to a blob one day and that's just not really the case.

Greg Everett:

True. Okay.

Robb Wolf:

[Laughs] Profound input.

[Laughter]

Greg Everett:

Oh body, okay. Seaweed and MSG. Everybody seeing the theme here? Michael says:

"Robb & Greg

Good podcast.

[0:15:11]

[Laughter]

That's about the most effusive praise we've ever gotten right there.

Robb Wolf: True.

Greg Everett: Good podcast period. It's not great, it's not fantastic. It isn't love it. It's just pretty it's okay.

Robb Wolf: But it's not so, so. I mean it's good. It's good.

Greg Everett: Yeah. Okay. "I always hear that MSG is to be avoided but wasn't glutamic acid first discovered in Seaweed? Seaweed is supposed to be good for me but is it a neurotoxin or are the levels of glutamic acid inconsequential? And what's your opinion on this umami taste? Thanks."

Robb Wolf: Oh man, the umami taste is amazing. I've -

Greg Everett: Is that savory?

Robb Wolf: It's savory, yeah. Yeah. I've always been a little bit suspicious of the glutamic acid deal. Just looking at glutamate, the way that you can get it dietarily and I've just never really been able to wrap my head around how monosodium glutamate, MSG, was at all problematic. When I lived with the Cambodian family, we ate this stuff by the truckload full. I mean they had 5-pound bags of it and we used it in the soup base and all that all the time so. I know when I've looked around in the research, I just haven't found stuff that's really convincing to me that it's a legitimate neurotoxin. Glutamic acid is a neurotransmitter. There are ways of up regulating glutamic acid activity in the brain such that it could become a neurotoxin.

But I don't really see it coming from like the dietary source in this way. I think that a lot of – I think that we could chalk a lot of this stuff up to other food reactions particularly gluten and you know, a lot of the foods where you would see a high glutamic acid content, like a high MSG content either from supplemental or like the seaweed based. You're also getting things like soybeans and the most soy sauces brewed with wheat. So I think that a lot of what we're seeing are other problems that kind of get hung on MSG. I guess I'm not an MSG believer whatever the – what's the 9/11 you know, like the 9/11 truther. I'm not an MSG truther let's put

it that way, yeah, yeah. I haven't really seen all that much compelling about it. People absolutely lose their minds over the topic.

Let's say that there is some untoward effects from this stuff from certain people, which is clearly within the realm of possibility. I would still put that on an order of issues pretty far down the list but. You know, we do know that some seaweeds have some large polysaccharides, which can be problematic from like a gut health standpoint with the whole fud maps deal. But even that I'm getting super continually more confused on. I've been reading a bunch of the stuff on resistant starch and the need for more resistance starch to puff of colonic bacterial content. Man, the more time goes on the less I feel like I know so there you go.

Greg Everett: Yeah I have that same feeling. But I didn't start at such a high level as you so it's not as devastating.

Robb Wolf: Well, you know, I think that most of my know is just due to memory loss so.

Greg Everett: Yeah. Well.

Robb Wolf: Inability to think.

Greg Everett: Yeah, I have CRS also so. Okay. Paleo Business Investing. Dan says:

"Hi guys,

Thanks for all the hard work on the podcast and elsewhere. I've covered episodes from 160ish onward and have yet to hear a question of this flavor." Is it umami flavor? [Laughs]

"With all the momentum the paleo movement has acquired recently, it seems inevitable that the expansion will continue and gain popularity. That being said, how can someone take advantage of the exponential future trajectory of growth from a business standpoint?" That is totally unpaleo what you just said. "like to invest (something like stocks) in a grass fed farm, slow food, but don't have enough money to be able to be an investor in a private company. What are some options that will both A. allow me to get a potential decent return, and B. help finance this movement further? Perhaps some put options on Monsanto or general mills are the best bet at this point. Thanks."

Robb Wolf: Yeah, yeah, definitely. Yeah. That could be the best option. You know, it's funny so the reason why I haven't talked a lot about this stuff is when I

start talking about it's funny. I can sneak a few things like the Monsanto pieces actually kind of an interesting deal. I can use a Monsanto article and because it just has Monsanto in it, I can talk about healthcare, I can talk about markets, I can talk about you know, the problems with third party payer, health insurance stuff and all that sort of jive. Because it just has Monsanto in there, I'm okay because everybody hates Monsanto and they're more cool and we can fly in whatever type of market based stuff that we want.

[0:20:21]

But if I actually just try to talk about this in a general setting and people fucking lose their minds and it's ah it's politics, it's this, it's that. So I don't talk a lot about that on here. I remember I still every once in a while. So when we started the controversial truth podcast, I did a blog post saying hey guys I'm going to be talking about politics stuff over here to keep this stuff separated, here we go. I had all kinds of angry fucking people crawling up my ass because I was going to go do something on my own time that I believe in and completely separating it from them or doing my dimmest to do so. Every once in a while I still get a comment on that and it's like Robb, you're a prick. There you go. So yeah that's why I don't talk a ton about it on here although I'm reaching a point of can't give a fuck about it anymore particularly after this Allan Savory gig because kind of long and short of that is that we've been right about all of this shit the sustainability, the markets all of it and more and more of that will come out over time so I'm probably going to be less and less prone to editing say my commentary. So anyway enough of that shit.

So I think that there's some huge opportunities out there for things like this. There's actually an outfit called Grasslands LLC and Chris Martinson mentioned them on his podcast. What these folks do is they are going in and buying up some smartly located farmlands and what they do it's almost like a hedge fund where people can invest in Grasslands LLC. Grasslands LLC is then able to aggregate this money, go out, buy tracks of lands, hire farmers to work that land. What they typically do is they take conventional farmland and then move it towards organic. There's all kinds of benefits with regards to a price point with the organic story and all that jive.

I've got some stuff that I'm working on between the city zero scene and also the work that we're doing with the Savory Institute that I think that we could do something very similar where we create a hedge fund. The deal with the Grasslands LLC is you still need a pretty good chunk of money to be able to buy into this thing and I forget what it is, like a 20-grand or a 60-grand minimum investment or maybe it's a hundred grand,

I forget. But that you know, it ends up screening a whole lot of people out of that process but I think that we could easily do something similar within the paleo movement and buy actually marginal lands and use the Savory model to start converting that marginal land back into highly productive land. You'd run a variety of different animals on the land in this same kind of holistic management format that the Savory Institute is becoming more and more famous for. You would train people to be farmers on the land and maybe they're an employee or maybe they have some opportunity to get like some options in this business at some point.

But I think there's lots of opportunities with stuff like that. So the only thing that I would say that is 100% solid on the books right now is this Grasslands LLC. They're very interesting. They have a cool business model but I've definitely got some ideas for some stuff in the future.

Robb Wolf:

Greg Everett: Cool.

Robb Wolf: Yeah.

Greg Everett: All right. And now we're off the reservation completely talking about sperm.

Robb Wolf: Got to mix it up. Got to mix it up.

Greg Everett: Healthy sperm equals healthy baby? Grace says:

"Robb,

I am an absolute convert! I've forsaken my evil ways and joined the paleo community." Oh, god Grace, this is why I keep a little freaked out about paleo and stuff. Don't get weird. "I've been eating paleo for 5 months now and I've NEVER felt better.

My question is in regard to a discussion my husband and I have been having about our future babies. We want to start having kids in a few years and I am determined to have the healthiest babies ever!" Healthiest babies ever.

Robb Wolf: Ever.

Greg Everett: "We know that my diet will have a huge impact on our growing fetus, but have been having a debate on how his diet will impact his sperm's contribution to the pregnancy.

A little background on him: He is 27, lean and fit. He's in the Military (about to go to special forces selection in a few days) so he has little say in his diet most of the time.

He goes through periods of time where he's eating MREs for breakfast, lunch and dinner, which I'm pretty sure we can all agree is not optimal baby making material. During the time he is home, he can eat however he likes (typically paleo because I do all the grocery shopping). Do you think it would make a difference in the health of our child if we conceive after he has some time to eat the way humans were meant to eat? If you have any insight that can help us have the healthiest children in the whole world I will be eternally grateful. :)"

[0:25:09]

Robb Wolf:

Wowzers. Possibly Grace your heart is in the right place, possibly micromanaging things a little bit but we'll talk about that a little bit more.

Greg Everett:

What about the stress of that training? Like I'm just thinking about that book Why Zebras Don't Get Ulcers.

Robb Wolf:

Right, right. You know, that's actually maybe four days ago there was a piece that came out talking about different epigenetic features of the male's environment that can alter the genetics and the epigenetics of the fetus. It's really interesting and there's a lot more that can go into altering beneficial gene expression than what we thought and particularly from the father's side and so I'll try to dig up a link to that but it's interesting. Like this thing came up maybe four days ago and Grace if you float around Facebook at all, you'll probably find this thing linked but it's basically male's, father's health influences baby's health is kind of the search term tagline that would track that down for you.

The biggies that they found though were actually different pharmaceuticals that folks were talking and I forget exactly what were the baddies but you know sedentism was actually a bigger issue than they didn't really look at overtraining per se and special operations training is probably about as gnarly training as you're ever going to find. So you know, that's tough. But sedentism is pretty bad. Bad diet was definitely influential. Some different pharmaceuticals were somewhat correlated with some different goings on. But I just scanned the paper, I haven't given it a full read yet. So do some fishing around on that.

But the bottom line is it sounds like your husband is generally healthy, generally eats as well as he can. The MREs are clearly not super ideal but I think that a big part to look at this is as long as he's not showing metabolic derangement then we're probably cool. Like that would be a I guess that I would make. Also, there's kind of the reality of just you know, this is the life that he's chosen to live and so you've got to kind of make the best of it that you can and I wouldn't worry too much beyond that.

Greg Everett: All right.

Robb Wolf: And making babies are fun more or less so. You know, until they arrive and the last good night of sleep you ever have is the day before your first child arrives pretty much so.

Greg Everett: Yes. All right. Let's see here. I'm looking ahead. And I'm trying to see, this word is not what it's supposed to be. All right. Male infertility and freaking out. Weldon says: Weldon that's like the coolest name we've had on the podcast.

"Thank you so much for all you do. I've lost roughly 40lbs since starting ketogenic paleo without training. I've become very strict I've been eating grass fed beef, pastured pork, chicken and a ton of eggs. I supplement with magnesium, vitamin d3 and zma. Prior to going paleo my wife and have been trying to get pregnant for 3 years. I saw a urologist and found out that I have a supper low sperm count. I had" – this is not right. Is it varicocele surgery?

Robb Wolf: Yeah, yeah, yeah.

Greg Everett: "on my testicles to see if the temp change would increase the count below are some of my numbers.

FSH 19.9" I'm not going to read all these. It will be in the notes. Blah, blah, blah. "36-year-old man, who weighs 200lbs and have a body fat of roughly 21%. My urologist said my FSH and LH are very high but has no idea of how to change any of these number for the better. Also forgot my sperm count is below 1 million. How could I go about changing things if unable to become fertile how could I begin to lean out."

Robb Wolf: This one might be one that we revive the next time we have Doc Parsley on because you know, the testosterone level that he gives 242 is low. FSH is high. Luteinizing hormone is high so you would expect -- you know, to me looking at this there's some sort of feedback that's not occurring. Like

the brain is trying to turn the good old boys on and they're just not producing. They're not really producing testosterone. It looks like they're also not producing sperm. So I would want to know like an estrogen, estradiol number and then honestly like beyond that it starts getting super murky for me and I would need to track down someone like Doc Parsley to make better sense of what's going on with this. Clearly there's some attempt.

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To me this is a little bit like when you see low thyroid but very high thyroid stimulating hormone like you know, in that case the thyroid, the brain is trying to get adequate levels of thyroid and then you have to start looking at like what's T4, T3, do we have high reverse T3 and stuff like that. This looks on the surface like similar to that. Like the brain is trying to get the elevated testosterone levels you know, normal testosterone levels but they're just it's not happening and who knows why.

Again this is where looking at cortisol levels, thyroid levels like all these other factors would probably be very helpful to at least get a big picture perspective on this and have something to go on. I wish I had more to tell you. I'll put this on the Doc Parsley file for when we have him on again. He's going to be on in a couple of weeks and we can revisit this and see what he's got on this. But I suspect that we would need some more diagnostic blood work. We would definitely want to look at cortisol. ASI test for cortisol, we'd want to know estrogen, estradiol we'd want to know, a full thyroid panel at the minimum just to kind of tick all that stuff off and know that we'd done some due diligence on the HBTA access because that can be so influential on testosterone production.

Greg Everett: Yeah all that's probably true but not to make too much live of the situation but if you want to lean out and you're trying to get pregnant with a low sperm count, you just have to have sex all the time because then you're exercising and you're increasing the probability of knocking your wife up.

Robb Wolf: Dude it's multi-tasking or like one of my early articles for the Performance Menu multidimensionality training.

Greg Everett: Yes. [Laughs] Oh boy. Okay. Bone health and starvation. Oh I see what he did here. Get it. We're talking about sperm count and the next one is bone health. [Laughs]

Robb Wolf: [Laughs] Ping.

Gregg Everett: Shit. Amanda says:

"Hey Rob,

I am a 21-year-old female," Say no more he's already interested. "have been a competitive athlete since a young age (equestrian, snow sports, swimming, etc.).

Robb Wolf: Do tell. Do tell.

Gregg Everett: And last year made the decision to compete in fitness modelling (god knows why- I have already been quite successful with paid photographic, but unfortunately the vanity and competitive nature of my 20-year-old brain took over).

My coach starved me (below 600cals/day and I am a 6ft female) and over trained me- not uncommon sadly.

Since then I have rebounded after a post competition metabolism shut down, and using paleo protocols repaired my metabolism, but despite this I have suffered more serious bone injuries since this time than ever before (ostrochondral fissure in my patella from box jumping at crossfit, and now a fractured fibula from simply sitting on my leg at an odd angle). Obviously my bone health is not great right now! What do you suggest to get this back – I used to be so resilient pre starvation diet!

Your help is so massively appreciated!!"

Robb Wolf: Holy fudge man.

Greg Everett: Don't do box jumps and don't sit down.

Robb Wolf: Yeah never sit down. Gosh you know, this again in my opinion, you would probably want to get in and make sure what your estrogen levels are. The estrogen, estradiol is going to be so important for your bone mineral metabolism, vitamin D level. Clearly we need to make sure that you're getting enough basic calories. That you're getting vitamin D, magnesium and calcium out of the diet. Doing some bone broth would probably be a good idea in this case. But I would want to see a little bit of blood work to just kind of see what is happening on the endocrine side, testosterone, estrogen, estradiol, like the standard kind of fertility hormone makeup and vitamin D and you know, it may just. I wouldn't want to know that just as a baseline to make sure that there's not something seriously wrong there and then from that point, it's just going to take some time to undo this.

Quit the fitness modeling stuff. That's just – I mean I love looking at those photos on Facebook but damn it's rough on folks so.

Greg Everett: Yeah and in all honesty I know I said it jokingly but quit doing box jumps and stuff like that for a while.

Robb Wolf: Yeah.

Greg Everett: I mean worry less about bouncing around like a lab monkey in the crossfit gym and do some legitimate load bearing resistance work. Do some basic strength work and at least get that mechanical side of the bone density equation taken care of before you start doing all these ballistic things or any kind of plyometric stuff.

Robb Wolf: Yeah. Because I mean under the best of circumstances, the volume that a lot of gyms produce is just ridiculous. Like there's not thought about progression, there's not thought about ramp up. There's no thought about a minimum effective dose. It's just more, more, more. So even if you hadn't had this effect on your bone mineral density, you could be looking at a stress fracture anyway.

[0:35:03]

Greg Everett: Yeah well.

Robb Wolf: The fibula break from crossing your legs is probably indicative that there's a little bit more going on but yeah.

Greg Everett: Yeah. All right. Last one. Father / Daughter Paleo. Bring your daughter to diet day. Chris says:

"Rob & Greg,

Thanks for everything you do. When my dad was diagnosed with prostate cancer in 2011, I decided to get serious about my health. I discovered paleo through Rob's book and when I'm sticking to it, I feel great and perform better than ever. Herein lies the challenge:

I'm a new dad of an adopted 2 year old from Ethiopia. Life is good. However, it's been tough providing her with the nutrition she needs to catch up in her growth after life in an orphanage. On the plus side, she loves avocados, sweet potatoes, turkey dogs, and bacon. She's used to white bread, powdered milk, and cereals. What's the best way to feed a picky, iron deficient kid, going through a growth spurt?

Secondly, life as a dad is seriously cramping my workout time. Other than sneaking in the occasional 10-15 minute mobility or bodyweight workout, I've only got about two, one-hour workout days a week. What's the best bang for my buck? My goal is general fitness. As the 42-year-old dad of a two year old, I want to be around as long as possible."

Robb Wolf:

Man, you know, with the kiddo I think you know, soups and stews if the kid will go for that, Zoe really likes soups and we can fit in a lot. Like she's a good little eater. She's only found a couple of things that she just kind of refuses to eat but I find that I can just get more in her in the form of like some pureed soups and liver if you can figure out a way to make liver palatable for the kiddo, that will help a ton like making a pate. That was a way that we were able to get Zoe to get some liver and after she started doing the pate then she started doing just like hunks o' liver. So that was a good ramp up for her with that. You know, considering the background she's coming from, I mean you just do the best you can and it's going to be far better than what she had previously.

We've really, really liked the Nordic naturals kids DHA, fish oil. We use like a little syringe to give Zoe that stuff and Zoe eats. Like I said she's a good eater but there's only a few things that after I give it to her she immediately is like more, more, more and just says it again and again. Fish oil is something that she does a sign language. She puts the hands together and is like more, more, more and she loves that stuff. So that seems like a good thing to go forward with that.

Then for the dad and cramped training time, man, I definitely feel for you on that. I basically lift like two days a week at this point. You know, I think doing something that looks kind of crossfit-esque but with a little bit of structure to it and you know, like one day you could do this in like a rotating block and ironically there's an early crossfit journal that's a beginner's template to crossfit and that you could use that and I really like it. But something that you could do is look at like a standard say like a Helen workout or a running Fran workout or something. So basically one day would be a squat, a vertical press, a vertical pull, another day would be a deadlift, a horizontal press, a horizontal pull and you mix a run into that and it's your classic like your 2159 format or you know like three sets of seven across the board, each round. But you could do a run, do some of the strength work in a block, rest a minute, do a run, do the strength work in a block, rest a minute and bang that stuff out then you're getting some metabolic conditioning, some cardio and you're doing your strength work.

The thing that you would do with that is just start with the weights or the loading in a very conservative spot so that week by week you could increase the loading. Then you keep the run at about the same pace or if you have a rower – you’re in Alaska so I don’t know maybe it’s mushing or cross-country skiing.

Greg Everett: Sled dog, yeah.

Robb Wolf: Yes, sled dogging around or something but I think that that’s a really – you get some good strength work. You get some cardio. You do a quick warm up, you bang this stuff out. You got time for a cool down and a stretch and some mobility work and then in between you know you’ve got a pull-up bar somewhere in the house. You’ve got some parallel bars or a couple of chairs next to a counter where you can put your feet on the counter and get some deficit pushups or something like that. You just generally do some volume wherever you can get it then. But then that way you’ve got a two-day a week split where you’re doing a squatting movement and the deadlifting movement plus vertical press, vertical pull and on a different day horizontal press, horizontal pull. Set it up so that you can progress it reasonably over time. Maybe after six or eight weeks of that you change the movement and then it’s a front squat and a Romanian deadlift or something I don’t know. But I think that you could get a lot of mileage out of that and it’s not going to totally beat you down. It would be reasonably fun, quite quick, very time efficient and should give you some pretty good benefit.

[0:40:07]

Greg Everett: Yeah. That’s it.

Robb Wolf: Sweet. All right. Anything else? Anything else that folks must know before we wrap this jabber up?

Greg Everett: Um, let’s see here. No I don’t think so.

Robb Wolf: Cool.

Greg Everett: I think they should still go buy American Weightlifting --

Robb Wolf: American Weightlifting.

Greg Everett: -- if they haven’t done so already.

Robb Wolf: Absolutely. Why don’t we throw an extra link to that in the show notes?

- Greg Everett: All right.
- Robb Wolf: Sweet.
- Greg Everett: We can do that.
- Robb Wolf: All right, man. Well congrats on the American open. Congrats on the movie and we actually had some people complaining on Twitter that you and I had not done a podcast together in a while so that was kind of good.
- Greg Everett: Yeah. That's a good sign.
- Robb Wolf: I figured everybody was over it so. Yeah.
- Greg Everett: [Laughs] I figured they had moved on already.
- Robb Wolf: Yeah. All right, man.
- Greg Everett: To one of them new fancy podcasts.
- Robb Wolf: Newfangled.
- Greg Everett: With the video and the HDs and the hifis and all that sort of stuff.
- Robb Wolf: Yeah, we're lucky if this thing works and our fidelity sucks and we just try to make some decent content and call it good with that.
- Greg Everett: Yeah.
- Robb Wolf: And if it doesn't work then we'll just quit doing it. [Laughs]
- Greg Everett: [Laughs] Yes.
- Robb Wolf: All right, dude.
- Greg Everett: All right.
- Robb Wolf: All right man will talk to you soon.
- Greg Everett: See you.
- Robb Wolf: Bye G.

[0:41:25]

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