

The Paleolithic Solution - Episode 4

1. Email Question From Jaime

Robb,

Just have a couple questions, have been experimenting with ketogenic dieting (previously I was working a paleo based zone then moved on to non dairy paleo). Here are some of the unknowns for me or things I just need some clarification on. I am on day 6 and pretty sure I have entered Ketosis as I can take the nail polish off my wifes feet with my breathe, once I have entered Ketosis what are the effects of things like cheat meals? I know that I had read here about every 7-10 days having a meal with carbs but should it stay completely low glycemic carbs, or would this be an ok day for a whatever I feel like cheat meal? 2. I read Matts recent blog about his experience with Ketogenic dieting but as he said he just ate when he was hungry, so I am not sure about how I should be balancing out the meal now that I don't have carbs. here is an example of a lunch or dinner meal, 6-7oz Kobe beef ribeye steak a small avocado and a small piece of 63% cacao chocolate (the lowest I could find was 4grams of sugar). Also should we be following some zone based rules with this regarding food values, do those 4 grams of sugar/carbs could as carbs as I am trying to maintain a log with this I want to make sure that if I should be logging the sugar in the chocolate as carbs I can keep an accurarate log. I am also trying to keep this to fewer than 25 carbs a day. While the 2nd day I had a huge crash I have had no problems with energy levels and WOD's have been business as usual so far. My end goal is to try to seasonally condition myself eating primarily meats and fats in the winter months and add some carbs back in during the spring and summer months. Is there anything I am missing here or any advice you can lend regarding dialing in this kind of diet?

2. Email question from Shane

Hi Robb,

I came across this paper published in the Archive of Internal Medicine (<http://archinte.ama-assn.org/cgi/content/full/169/20/1873?home>). It goes into detail that long-term low carb diets can lead to depression and that low-fat high carb diets cause elevated moods (make you feel better). This goes against my own experiences having switched to a lower carb, paleo, gluten free diet (attended your awesome seminar earlier this year in WA). I do not have the expertise to find the flaw in this paper and was wondering if you had seen it and what your opinion was on their research methods and reults. Thanks a ton for the info you provide. It has literally changed my families life for the better.

3. Blog Question from Zach

A little context for my questions: I eat meat and fruits and vegetables strictly about 6 days a week. Meat sources are typically grocery store bought grain-fed beef, chicken, and pork with

eggs and/ or fish for breakfast and lunch meat for snacks. I've had good results athletically with these choices, but I have concerns about my long term health, especially related to my meat choices. I know that grass-fed, hormone free, etc is best but my wallet won't allow for that. I wonder how much long term damage I'm doing with fatty salty meats if I'm balancing it with fruits and veggies, fish oil, and vitamin D.

1. My concern about sodium is because I eat alot of lunch meat and use some salt on my food at meals. Correct me if I'm wrong, but in Good Calories, Bad Calories Taubes makes the point that high sodium does not cause hypertension like everyone thinks it does and that the body will regulate its mineral levels fairly easily with no permanent damage. Cordain seems to be anti-sodium mostly due to acid overload. Any other reasons to avoid sodium long term? What about additional sodium for athletes, especially sweaty beasts like me? What are some signs of too much sodium intake?

2. I understand the acid/alkaline balance idea of the paleo diet and how it relates to calcium. If you've removed dairy from your diet, I understand that you can get calcium from several vegetable sources, but unless you are eating collard greens and spinach in huge amounts each day, it's pretty hard to get anywhere close to the amount of calcium in dairy. How much calcium does the body need to function optimally (is the number different from the USDA prescribed 1000mg/day) ? With the relatively low amounts of calcium in a dairy-less diet, how does one ensure that they are not leaching bone calcium just to keep blood levels maintained, especially if they are eating large amounts of meat, salted or not? In an earlier post I saw you advise against calcium supplementation. I'd like to avoid supplementation beyond a Centrum as well, but I am concerned about my long term bone health and short term athletic performance as it relates to calcium.

3. In this post you've covered cholesterol in the body and how it is not a good indicator for heart disease. If one is supplementing with fish oil to balance the Omega-6s in fatty grain fed beef, are there still dangers in eating large amounts of fatty, grain fed meats from the saturated fats? Sorry to write a book here, I understand that each of these topics might be better suited to a message board post, but I thought they might each be relevant to the post and comments.

Robb mentions Cordain's info on the acid-base balance - here is that link:

http://www.thepaleodiet.com/nutritional_tools/acid.shtml

4. Email question from Joey

Rob, I was hoping to get your thoughts on this...

<http://raypeat.com/articles/articles/fishoil.shtml>

5. Email question from Adam

Hi Robb,

I'm a big fan of your website. I have been eating a paleo/low carb diet for a few months and have dropped about 15 lbs. I am interested in implementing IF into my diet as well, however, I have not found anything on your site regarding how to structure it.

I understand that it is something that each person should feel out and make necessary adjustments, but I was hoping to find an "IF 101" post on your blog. I figure I will start with skipping a dinner and the following breakfast (24-hour fast) a couple of times a week. How should I time my fasting and exercise? Does it matter? Is it good/bad to break a fast with a post-workout meal?

6. Email question from Justin

I make my own paleo kits each week, and generally try to use the most natural ingredients, lowest sodium/fat brands available...

Can you recommend your suggested brands of:

- Beef Jerky
- Almonds
- dried fruits

Thank you, sir!

7. Email question from Lisa

Good afternoon~

An athlete at our gym has had a complete colonectomy, and said he is unable to give up starches due to his "medical condition" yet he is interested in zone and paleo to loose weight. I have researched the Paleo site and contacted them for further information on this topic.

Thank you for pointing me in the right direction to helping him.

8. Blog question from Noah

Hi Robb,

First of all let me say I love your blog and really appreciate all of the information you provide. This is a complete tangent and has nothing to do with what is written above but here goes...

I read this recently on Tim Ferriss's blog (<http://www.fourhourworkweek.com/blog/2007/04/06/how-to-lose-20-lbs-of-fat-in-30-days-without-doing-any-exercise/>)

and was wondering what you thought as I very much respect your opinion. Tim eats a "slow carb" diet ala Dr. Michael Eades. Its very very low carb, high protein, high fat but he allows for

legumes and dairy, so not paleo. My question concerns one practice he has of what is basically a cheat day on steroids. He writes...

“I recommend Saturdays as your “Dieters Gone Wild” day. I am allowed to eat whatever I want on Saturdays, and I go out of my way to eat ice cream, Snickers, Take 5, and all of my other vices in excess. I make myself a little sick and don’t want to look at any of it for the rest of the week. Paradoxically, dramatically spiking caloric intake in this way once per week increases fat loss by ensuring that your metabolic rate (thyroid function, etc.) doesn’t down regulate from extended caloric restriction. That’s right: eating pure crap can help you lose fat. Welcome to Utopia.”

How does this strike you? What do you read as the advantages or disadvantages of this? I’m not sure how to measure the benefits of down regulating the metabolic rate and reinforcing dietary rigidity for the rest of the week versus the potential negative effects of the sugar/carbs consumed during the cheat day. Is there a net benefit to this practice such that the cheat day actually improves the overall performance of the dieter? I’m not sure how one might want to measure that benefit, by blood work or athletic performance or what have you...

Anywho, this sounds like a really appealing practice, is there any truth or advantage to this or do you completely disagree with his practice? As of now I allow myself one cheat meal per week but after 77 some days of paleo plus an initial 30 ultra strict days I find myself having difficulty balancing my cravings, social pressures with my desire to improve/maintain health and athletic prowess. I figure I’ll take this for a test drive, black box it and see how my body responds but regardless I’d love to have your input.

9. Blog question from Evan

Hi Robb,

Thanks for all the great information and a great Podcast. I can’t take it all in fast enough. I’m not sure really where to post this but I have a question regarding excessive bruising. My mom will get a nasty looking bruise from the slightest little bump. She slipped and fell last winter and it looked like someone beat her with a baseball bat! I believe she has some classic signs of insulin resistance. She holds her weight around the hips and midsection. She had gestational diabetes during both her pregnancies. She suffers from constipation and diverticulitis. She also exercises a lot (mostly cardio) which might be increasing her cortisol levels, right? My brother and I have been trying to get her on a Paleo-ish diet for a while. I think she might be coming around soon (she’s going to be starting a her local CF box soon) but I was wondering if you think a Paleo diet would help with the bruising? I’ve done a little bit of research and all I found so far was to increase Vitamin C intake.

Thanks again for all the hard work.

10. Blog question from Bill

Robb, thanks a ton for doing this podcast/blog. I listened to it about 3 times to try and take in all the info. I was super lean and skinny my entire life until college, gained a bunch of weight until at 6’3” 245 I got fed up and dropped to 190 in about 6 months. I maintained that for a year and

then found crossfit and the zone. I have dropped to 175 but my strength is still fairly low. I have built some muscle since going zone, but I want to bulk up significantly while continuing to lean out/keep low body fat. You mentioned cutting met/con work and upping fat and protein intake. I have been there done that with hour upon hour of heavy workloads, but to no avail. I want to ramp up my fat intake and cut more carbs, but I feel like that monkey with my hand in the jar holding the fruit. I'm really afraid of putting on fat again.

Thanks again!