

## **The Paleolithic Solution - Episode 5**

### **1. Email question from Greg**

Robb,

Great show. I've down loaded them to my phone and re-listen every chance I get. I have also forwarded it to many of my coworkers at the fire department. We are also using the information for our athletic children

The question: Could you clarify the role of milk in relation to the paleo diet vs. Consumption for mass gain and the physical side effects of dairy products? Also any information on the benefits of raw milk in training would be very helpful.

### **2. Email question from Anthony**

Please discuss the "paleo-ness" of dairy, specifically little-to-zero carb foods like butter and cheese.

Please discuss the milk recommendation of Crossfit Football. Do the muscle building benefits outweigh leaky gut symptoms and giant insulin spikes from lactose?

Thanks!

### **3. Email Question from Troy**

QUESTION: for those who do have access to self monitoring what blood glucose levels what #s ranges should we be looking for in our clients who do monitor but may not be diabetic? And what are they on a Paleo diet? I know any answer would be general, I'm just looking for a ballpark range here and realize everyone is going to vary from it

REASON FOR QUESTION: Several people I have been pitching the Paleodiet to say they have tested thier blood glucose levels and since they are and since they are etween in the upper 90s and low 100 they are fine.

Most diabetice websites also list this 90-110 range as being "normal" but know that being bordline isn't the same as normal.

Thanks,

Troy

### **4. Email question from Patrick**

During the first podcast you mentioned the familiar temporary drop in performance that comes with the transition to a Paleo or Zone diet. Would you advocate a deliberate transition period,

and if so how would you implement it? I could see the benefit for everyone -- from trainers looking to keep clients to sedentary albeit busy professionals who can't see their performance drop off while their metabolic machinery acclimates. But is the benefit of getting to your endpoint faster that overwhelming? Thanks a lot and keep it up!

#### **5. Blog question from Margo**

This is Margo from Red Bluff! I'm loving the podcasts... what a great way to get info out there. As so many have voiced – it's so awesome that you are willing to put all this info out here for us. THANK YOU.

I feel like I need some hand holding though! You suggested subbing out nuts for avocado (yum), unfortunately they aren't in season year around OR you suggested using coconut (only so many uses). So for clarification is the goal here to sub with something that has less saturated fat (although the coconut would be medium chain sat) or is just to get away from the nuts regardless of what you sub for it?

Thanks again!  
Margo

#### **6. Blog question from Randy**

Hey Robb,

Love the Podcasts they are great for when im at work. I was curious you mention taking in less nuts and using more things like avocado and Olive oil...are you implying taking straight shots of olive oil? If so how well does one's body actually absorb straight oil? Would it be good to avoid nut oils such as times when eating a hundred nuts per meal just gets old and it would be more convenient and efficient to use oils as another fat option along with coconut milk.

#### **7. Blog question from Paul**

Hi Robb,

In your podcast you mention acne with excessive nut eaters but didn't say much more than the word "acne". Can you expand on this?

I break out regularly and have been trying to figure out what is the cause.

I eat a paleo/zone diet at 16 blocks. Nuts make up a large part of my fat intake, predominately salted almonds/cashews and MaraNatha Brand almond butter. I stay zoned in but occasionally slip some extra nuts/butter in. I've kicked dairy a few months ago (the last of my non-paleo vices) thinking that it was causing my acne, yet i still break out.

i think i'm going to try to ween back on the nuts. or is it something I should completely remove from my diet?

thanks for any suggestions

## **8. Blog question from Julianne**

Hi Robb,

I notice you frequently talk about insulin spiking properties of different foods, and I have also seen some the info you are talking about with respect to dairy and insulin spiking. I notice this too for myself, I get hungry really quickly after eating yogurt for example. (Not that I eat dairy any more)

The other issue I notice with myself and some clients is getting the carb amount at a meal right. If I have too little carbs at a meal – I have this nagging hunger as my blood sugar is not up to a point that I feel 'just right' at. I've noticed that I want to keep eating to get that 'just right' feeling. One thing I notice about the Zone amount of carbs at a meal is that I get that feeling that I've had the right amount of carbs but not too much (with me this is 2 blocks carbs at a meal, 3 is too much, 1 is too little) Usually what works is a balance of quick release carbs like a little pumpkin (buttercup squash) or sweetpotato or fruit (to get the blood sugar up) plus a lot of non starch veggies. That way I feel just right but also don't eat the wrong carbs or proteins that cause an insulin spike.

On the other hand just eating non starch veggie carbs leads to quicker fat loss, but I have to wait about half an hour after a meal before I feel my blood sugar has gone up enough.

I've noticed that some women in particular slimmer pear shapes just don't tolerate lower carbs. Atkins for example makes them feel terrible, not energised.

I'd be interested to hear if this is your experience.

In my nutrition studies a couple of years ago we were given this paper with regards to fat loss on either a higher carb or lower carb diet in women. Some lost weight better on higher carb, some on lower carb depending on whether they were high insulin secreters or low.

<http://www.ncbi.nlm.nih.gov/sites/entrez>

“A low-glycemic load diet facilitates greater weight loss in overweight adults with high insulin secretion but not in overweight adults with low insulin secretion in the CALERIE Trial.”

I do cut carbs a lot in people with obvious insulin resistant issues. But some people whom I suspect are low insulin secreters don't tolerate it and they do better on a straight zone balance with a little quick release carbs at each meal.

I'm just wondering about your thoughts and experience here.

Julianne