

The Paleolithic Solution - Episode 6

Update: There is now a link on the top right hand side of RobbWolf.com (right under NorCal logo) to subscribe to the Podcast via iTunes - you can also go directly to iTunes and search for the Paleolithic Solution.

1. Email question from Jack

Hi Robb,

I've been listening to your new podcast and think it's great. While listening to the third episode, specifically where you were fielding email questions, I had a hypothetical question come to mind that I thought you might like to tackle.

Hopefully you're familiar with a strongman competitor by the name of Mariusz Pudzianowski (http://en.wikipedia.org/wiki/Mariusz_Pudzianowski). Aside from obviously being ridiculously strong, he is also unusually lean when compared with most strongmen and powerlifters.

Now, he has touched on his diet in an interview: <http://ifitandhealthy.com/mariusz-pudzianowski-workout-and-diet/>

Basically, it sounds as though he eats like a 16-year old with too much pocket money.

Two questions:

* How do you reconcile his results with his diet, given how important diet is purported to be for an athlete?

* How would you build a Mariusz, using a Paleo approach? Do you think it's possible (i.e. build 300 pounds of muscle eating Paleo "clean")?

2. Blog Question from Ryan

Robb,

The next few months I won't have a home and wanted your advice on how to maintain a good diet. The one meal at a time mentality is hard, but I've done it before, just need to make some tweaks this time.

Quality protein is hardest to come by since I cannot cook it myself. Do you recommend things like BeefSticks from USWellness.com? I know ralphs carries a low-salt deli meat that can suffice at times, but living off it would be rough. Canned Salmon or Chicken from traders?

Any ideas would be great.

For carbs, what veggies would be best/easiest to eat raw? I know fruit is easy, but I still want most of my carbs coming from veggies.

Fats- Is drinking a few tablespoons of olive oil ok? I don't want all my fat coming from nuts so I prefer doing avocados, but wasn't sure if drinking straight EVOO was good for digestion.

Hope this makes it on air. Thanks for all the great information.

3. Email question from Karl

I've just finished listening to your second podcast. Something you mentioned in passing was a blood test to measure the ratio of omega-3 and omega-6 fats in the body.

Biomarkers have been mentioned in passing in many discussions of paleolithic diets and evolutionary fitness, but I haven't seen anyone talking about biomarkers specifically and recommending what tests we should have and why.

Would you consider covering this in one of your podcasts?

Thanks.

4. Email question from Steven

Possible future show: I read the book "The China Study" and am curious about your take on their findings and how this study fits into the paleolithic diet

5. Email question from Jason

Rob,

I am a trainer in Orlando, FL and was very interested on hearing some of your thoughts on Paleo. Do a lot of clients usually have a hard time adjusting to the diet for Monetary reasons. We all know that sometimes eating Naturally can get a bit pricy. Are there any online sources or stores with good buys that you would suggest? I know I could do this research on my own, but having the knowledge that you already know, maybe I can keep myself from going to far a stray on this one. Take care and thanks for your time.

6. Blog question from Chris

Robb,

Here is something I would be interested to hear you talk about.

We are working to increase accountability, awareness, and knowledge about Paleo and Zone at One World. What are some ways to help people get started and consistent with better eating? Weekly meetings? Paleo/zone challenge? ect.

7. Blog question from John

Robb,

Could you touch a little on proportions for strength focused nutrition? In the last topic of episode four you and Andy spoke about higher than Zone protein, low carb and eating enough to be satisfied plus a little more. Unfortunately, I tend to get myself in trouble when I don't set goals.

So, what would starting proportions look like? I got the 1 gram of protein per pound of lean mass (or body weight, I will have to play with that).

What is considered low carb for this approach? Still around 50g daily total?

How much fat? Are we talking something like "42 Ways to Skin the Zone" 3 fat blocks for each deleted carb block and/or "Athletes Zone" 3x fat?

8. Blog question from Steve

Really enjoying the podcast. There's a couple of questions I've had about paleo that you might be able to settle for me.

Does hormesis have a role in diet? Is hormesis possibly an argument for including non-paleo foods (e.g., wheat, legumes, potatoes, dairy) in our diet occasionally? Does the stress of ingesting some amount of gluten or other antinutrients from these sources stimulate any kind of favorable response?

Even if there is no benefit to eating any amount of non-paleo foods, will cutting these foods from our diet completely lead to a greater sensitivity or intolerance for them? For example, for those of us who aren't obviously gluten-intolerant (I know this a debatable concept), does eating bread occasionally help us to maintain some degree of tolerance for it?

I ask because, even when I eat more toward the strict paleo end of the diet continuum, I will occasionally eat a slice of bread or some potatoes thinking it will help me to maintain

some ability to eat them without discomfort. I really have no idea if this is a valid idea or not. I've read a number of strict low-carb/paleo blogger posts along the lines of "I ate some bread yesterday and suffered cramps, bloating, gas, diarrhea, felt hungover, and gained 5 lbs". Their conclusion is usually "just goes to show you how bad carbs are", but I find myself thinking "you were just taken out by a slice of white bread!"