

The Paleo Solution

Episode 1

Andy Deas: Robb Wolf, now we are recording.

Robb Wolf: Cool! So do you give me an intro or anything? Or do I intro us or what?

Andy Deas: I think you should intro us today.

Robb Wolf: Oh, okay. Hi folks! This is Robb Wolf, NorCal Strength & Conditioning and CrossFit NorCal here with the evil genius Andy Deas. Andy, introduce yourself real quick.

Andy Deas: Andy Deas, evil genius. Basically, I've been kicking Robb in the tail for a little bit now to do a podcast, respond to some e-mails faster, share some knowledge with the world, so we're going to give this thing a whirl and kind of see how it goes.

Robb Wolf: Basically, if my book ever gets written, it's going to be because Andy is like size 14 shoe has been lodged up my ass pretty thoroughly for almost a year now, so thank Andy for that. If this thing doesn't completely suck then you can thank him for bringing this online. If it blows, then I guess I'll take responsibility for that. So we're going to just start doing a podcast, maybe once a week, once every two weeks trying to throw a big net over the bulk of the interesting questions that I get via the blog and just my general e-mail.

I can talk at about 400 words a minute and I type at about 14 words a minute and have about a 50% error rate, so hopefully this will speed things up and then we can archive all these information and kind of mention what each show is about, and then folks can search on that or just download it and listen to it later. And hopefully we reach a lot more people and get a lot more information out there. So that's the plan, no goofy intro music at least as of yet, and I think our tag line is going to be something like pseudoscience since 5 million B.C. just to make everybody happy who's listening, so there we go.

Andy Deas: Perfect!

Robb Wolf: So Andy, are you game for tackling post-workout nutrition on this first one? It seems like a goodie to kick it off with.

Andy Deas: Yeah, I think that's a great start. I mean, it's pretty -- I think commonly misunderstood and there's a lot of questions and discussion about it. So I think that's as good a place as any of these sort of start this off.

Robb Wolf: Cool, cool. So if something pops into your head while I'm jabbering just like launch in on it. The post-workout deal is super important for everybody but the problem is that the folks -- this is largely kind of in response to folks who end up at the CrossFit Nutrition Certs and then also who migrate to the Robbwolf.com blog, folks seem to be looking for some sort of a one-size fits all approach to health, fitness, wellness, the whole thing. And obviously I pitch kind of a Paleo oriented approach to all of this, but then within that there's just almost infinite new ones to how you tweak and fiddle everything, you know post-workout nutrition and overall fuelling.

If you have a skinny 6'3" kid 165 pounds who wants to play offensive tackle next year for high school, I hope to God that people understand that his overall nutrition and his post-workout nutrition is going to be significantly different than that than a 5'4" 225 pound female who has gone seriously -- you know mother of three kids, seriously overweight. Her post-workout nutrition needs are going to be vastly different than what these kids needs are.

And so in a broad term, we could look at things as either being kind of performance oriented, post-workout recovery or maybe aesthetics or health related post-workout recovery might be some kind of broad brushes that we could throw within that if we were to then subcategorize that performance orientation then we need to look at, is this performance kind of metabolic output oriented? Like CrossFit or wrestling or boxing or something like that or is it purely kind of strength oriented because those two scenarios are quite different.

If we have somebody who is in a very glycolitically demanding sport, a sport that is hard, high intensity, hitting ATP glycolytic pathway very, very heavily, stuff that has very intense work output for under three minutes typically then we're usually needing to fuel with more carbohydrates in the diet. Now, Mat Lalonde did a blog post to you about two weeks ago in which he showed that you can adapt quite well to a relatively low carbohydrate diet and do great on CrossFit, and that's kind of been my experience is that the optimum way to run with CrossFit -- well, we'll kind of talk about that a little bit. But in general if you've got somebody who's an endurance athlete, a CrossFit athlete, something like that, the bulk of their meals I would recommend would be protein plus veggies plus fat.

And then for the post-workout meal it would be, protein plus some sort of a carbohydrate source, like yam, sweet potato would be ideal, fruit is okay but for reasons of replenishing liver glycogen preferentially we kind of minimized fruit for the most part, fructose tends to preferentially fill liver glycogen so if we want to maintain our insulin sensitivity overall which we do as a side thing, we definitely want to maintain that. So that's why I recommend things like squash, yams, sweet potatoes for the bulk of the post-workout carbohydrate.

So that would be -- you know the bulk of Crossfitters, the bulk of Jiu-Jitsu players, kick boxers, that sort of thing. I think that sort of approach of protein plus carb post-workout then protein, fat, veggies for the subsequent meals works amazingly well. Mat Lalonde just did an experiment in which he probably is getting about 50 maybe 75 grams of carbs a day, eating a lot of protein, eating a lot of fat and discovered that that whole process -- he shifted out of the large protein, carb post-workout meal and interestingly when he quit weighing and measuring his food, just generally ate more protein and fat overall and decreased his carbohydrate intake, he had about a 3-week period in which he was kind of feeling shaky, not well recovered, not big work output. But then when he adapted to that, he had a superior work output, better recovery, was about seven pounds heavier and ended up increasing not only his metabolic output on CrossFit WODs but also some pretty damn impressive strength numbers.

Mat had about 175 pounds, has over 1,000 pound CrossFit total. So he has turned in some pretty good numbers on all that. So these just some things that folks need to keep in mind when they're thinking about either their own post-workout nutrition or a client's post-workout nutrition to the degree in my mind that we can keep people insulin sensitive and that generally means being moderate in our carbohydrate intake, I think that's a good thing. Andy does that make sense? Like from your perspective on all those post-workout? Like on the performance side of stuff?

Andy Deas:

Yeah. I mean I think that makes total sense. I think what kind of Mat Lalonde experiment reminded me is that we've seen I think over the past few years a handful of athletes that have done really well kind of on a pretty low carb diet but still sort of spending a lot of time in that, like the CrossFit or whatever pathway, whatever we want to call that. And so what's your sense with folks as far as -- how folks could experiment that with that, would it be the best way? I know we've had great success like with my wife who does a fair amount of CrossFit training and eats very, very low carb, Paleo like diet just based on some migraine issues we had and some body comp stuff and it definitely took her a while to adapt but

once she adapted, we probably saw a performance increase, similar to what we saw with Mat.

So what's your kind of gut take on where you'd start to experiment with that? How you kind of maybe progress that overtime, ramp up intensity because I think anytime we have a big shift, we're going to swap out of large bunch of our carbs and replace those with fats and protein, we definitely see a performance decrease at least in the short term and then I think folks kind of go on this downhill, spiral and I've seen a performance decrease, this is not going to work for me, it's not worth kind of tinkering just to see where this would go.

Robb Wolf:

Yeah. Yeah totally and that's a great piece. If somebody wants to tinker with this stuff they should pretty much sign-up for the fact that they're going to have about a 3 to 4-week period in which they're going to be at suboptimum metabolic conditioning, CrossFit style WODs, boxing, wrestling that sort of stuff is going to be tough. They're not going to be at optimum work output. I did a blog post on -- I think the title was, "The zone and athletic performance." And it was originally slated to be kind of a CrossFit journal piece, it didn't really make the cut for that so I just threw that up on the blog and what I was drawing on from Mat was some work from the journal of nutrition and metabolism looking at ketogenic diets and work output, specifically kind of aerobic and anaerobic work output.

And also experience from Joe Friel who is very well-known triathlon coach. Joe is a friend of Lauren Cordain's and Lauren dared Joe to try a Paleo diet. He told him that he would have fewer upper respiratory infections, would be able to train a higher work output and whatnot, but warned Joe that he was going to have about a 3-week period of down before he saw some up. And so this is just something if folks are going to play with this, if they're going to say shift out even if they were doing more yams and sweet potatoes or if they were doing more of a bread, rice, pasta sort of approach and then they shift into more just kind of veggies -- protein, fat and veggies like a meal that I had earlier was about 8 ounces of ground beef, a can of coconut milk and about a half a head of red cabbage, all of that cooked down pretty good.

And so ton of fat, very, very moderate in carbohydrate, very antioxidant and the vitamin dense and then a pretty good hunk of protein that would be a pretty typical meal and now that I'm -- I've been eating this way for quite a while so I'm pretty adapted to this but folks are definitely going to experience about a 3-week down tick while their metabolic engines start working better on fat and then they'll see kind of an up tick out of that.

And this moderate level of carbohydrate intake is going to be -- that's going to help replete a little bit of muscle glycogen.

The high intake of protein, you get a little gluconeogenesis, you build some glucose out of protein. Dr. Mike Eades really, really likes this as a means of sneakily replenishing your muscle glycogen and Scotty Hagnas and I have talked about this a bunch. Scotty of CrossFit Portland, you know is there a way to really fuel this kind of elite level work output with largely protein derived glucose source and if folks are familiar with Charles Poliquin he recommends really high dose glutamine post-workout because the liver will convert the glutamine into glucose and then that glucose can be shipped around to replete the muscle glycogen.

And all of this is accomplished while still maintaining some very, very solid insulin sensitivity. And so you have some people out there who are just naturally very insulin sensitive in this degree of tinkering with their food may not be necessary. They may in fact run better on a little bit more carbs but what I've noticed is to the degree that someone tends to be insulin resistant, they tend to do better and better and better on fewer and fewer carbs, and then I think that there is legitimately some people out there at the other end of the bell curve who just -- they could eat damn near anything and do comparatively well on it at least for some period of time.

Andy Deas:

Yeah, and I think that's an interesting point there, kind of this bell curve and spectrum. I think we often all sort of fallen to the trap of one-size fits all and I think you mentioned it in the beginning -- I mean really, there's sort of a right tool for the right place and the right time, and so we easily get caught up, "Oh, you're this size athlete, you need this many blocks." But I think there's some principles to start with and then a fair amount of tinkering, once you kind of see that initial performance increase to kind of figure out what fits best with you or what fits best with your client. You know there's certainly body types and I think generally things will work better with than others but I think folks really kind of get wrapped around the axel and say, "Oh, I'm this size. I would eat this many blocks of protein, this many carbs."

And everyone that size should be doing the same thing regardless of what their goals are, what their kind of output is they're putting in and how insulin sensitive they are, et cetera.

Robb Wolf:

Yeah, totally and that's definitely something that I get consistently out of the CrossFit Nutrition Certs is that folks are almost frustrated that there's not a one-size fits all recipe to this. And all I can tell folks is that you got

to think. If you're going to be a strength and conditioning coach you're going to be a professional you need to go out and look under every rock and then tinker and keep some notes and keep track of stuff and tinker and fiddle and ask questions and that's all there is to it. I feel like this kind of Paleo approach as a baseline is really, really solid.

And then from there, we've got just points of deviation, some people are going to be at pretty high carbohydrate intake other people are going to be at pretty low carbohydrate intake and there are some reasons why we're going to do all that stuff. Shifting gears out of the performance orientation and more towards like the aesthetics orientation folks who are wanting to be lean or like a -- gosh, probably like 50% to 70% of our clients are body comp clients. They're wanting to lean out and just essentially look good naked.

And so for these people, I really hammer this low carb all the way around -- protein, fat and veggies supplementing with fish oil usually to the tune of about a half a gram per 10 pounds of body weight per day and that's a half a gram of EPA and DHA so it's a pretty good little slug of fish oil for these folks and then we may titrate that down later as they get more and more leaned out. But an individual who is really trying to lean out, they are wholly inappropriate for some sort of a large carbohydrate meal post-workout, they're inappropriate for any type of liquid food.

I did a blog post on post-workout nutrition and mentioned a couple of low carb shakes and people went wild on it. And they were like, "Oh my God this is great!" But if I want to lean out should I do this? And I was like, "No, you probably shouldn't." Because liquid food is just inherently more insulin spiking than solid food and then dairy is a very, very potent insulin spiker too. I'm not frequently a huge fan of the zone but one area in which it is very, very powerful is this thing that I did in 42 ways to skin the zone, the performance menu article, it's basically a half carbohydrate zone.

So you find your zone prescription, cut the carbohydrates in half and then for every block of carbs you delete, you add three extra fat blocks. And so what this diet ends up being or what this -- prescription ends up being is that adequate protein so probably not peel too much muscle mass off of an individual, caloric restricted and then very, very low insulin load. And I honestly have seen nothing lean people out faster than that. With that said, a basic un-weighed, unmeasured Paleo diet just protein, fat and veggies works really, really well but there's not doubt that some fairly severe caloric restriction is going to enhance that.

So that's kind of a gradation if you want somebody to have a relatively easy go at it, they could do an un-weighed, unmeasured low carb Paleo diet, low carb being generally probably under 30 to 50 grams of carbs a day for females, probably under 50 to 70 grams or carbs a day for males, all of that stuff coming from low glycemic load veggies essentially so it's really, really hard to even reach that number and then seat of the pants, just shooting for trying to get about a gram of protein per pound of body weight and then just filling in a little bit of fat after that, that's very, very, very effective.

This low carb -- 50% carb zone approach is even more effective because you've got caloric restriction in there too. Here's a great question though, are people going to experience great performance on that 50% carb calorie restricted approach? Answer is, no -- probably hell no, but this is something else I used in analogy at the last CrossFit Cert that we did in Bozeman, Montana. There's a technique for catching monkeys in like southeast Asia where they will put a piece of fruit in a jar, tie the jar to a tree, the monkey walks up to the jar, reaches inside it and grabs the fruit when the fist is made, then the monkey can't get its hand out of the jar.

And so the individual -- the people then walk up crack the monkey over the head and it's monkey soup that night and I feel like a lot of our budding CrossFit trainers are the monkey with their hand in a jar where they won't let go of anything to try to make any type of progress. And this is true whether we're talking training or whether we're talking nutrition or whatever, everybody is horrified of losing their metabolic conditioning in deference of getting stronger. Everybody is horrified of seeing a performance dip in deference to being able to get leaner and getting more optimized body composition so you have better strength to body weight ratio and whatnot.

So you need to be really clear about what your goals or what the individual's goals are and then tailor them appropriately. A number of people contact me -- tend to be female who are perspective CrossFit game competitors but they're still rolling somewhere around like 18% to 22% body fat and these girls need to get leaned out more before they're going to have the -- tons and tons of pull ups, tons and tons of handstand pushups, they need a better strength to body weight ratio to be able to pull that off. But frequently you're going to see some sort of a performance dip in the process of leaning out and people need to be okay with that.

They need to understand that they -- this is where a little bit of block training and that evil word "periodization" comes in where you actually

think about your training and plan it and make some goals and extrapolate that over the year.

Andy Deas: Yeah, and I think from my money what's interesting about the zone is I think it definitely -- obviously, we get some more precision, it gets more accuracy. I think it appeals to certain type of person but I feel like for a lot of like our general body comp clients and just general folks we work with, sort of this un-weighed, unmeasured Paleo low carb sort of deal gives you 90-95% of the benefits for a lot of them. I think periodically you'll see outliers where wow! they can somehow really, really over eat but most of our folks I almost feel like do really well, un-weighed, unmeasured -- some of the men tend maybe under eat at times so periodically we'll have to do a food log and remind them, "Hey we need a little bit more protein. We need some more fat."

Because sometimes we would keep their insulin levels so stable that they don't get that hunger, that they're accustomed to sort of what the -- when they're consuming more high glycemic carbs.

Robb Wolf: Totally. Yeah, yeah totally, totally.

Andy Deas: And I remember something that Ido Portal had said once which to me made a lot of sense. He was giving a presentation about his approach to Paleo nutrition and he felt "You know what just start with the Paleo nutrition see where that takes us and then we can start looking at okay are you one of those folks that maybe you -- you know eat entire jars of almond butter every day." Obviously at some point the advantages that we've gained by eating this low carb Paleo like diet are going to be outweighed by the fact that you're consuming 2,000 calories of nuts a day.

Robb Wolf: Right.

Andy Deas: For those folks, we may need to put some sort of stops and gaps and continue what you're doing but let's only eat two to three servings of nuts a day or something.

Robb Wolf: Totally. Yeah, Poliquin has a great line which is people need to learn the difference between a mouth and a vacuum cleaner, and that's a perfect example there so yeah -- yeah.

Andy Deas: Do you maybe want to talk about some specific -- a little bit in the beginning you discussed kind of typical Crossfitter, you mentioned sort of this high school football athlete. Do you want to talk about maybe a couple of examples of folks a little bit more specifically and just so we can

kind of address maybe something from a little bit of a different angle and then we can kind of spin off of those? What's your thoughts on that?

Robb Wolf:

Totally, yeah. Yeah, we use some hypothetical clients at the CrossFit Nutrition Cert and we can kind of draw out of that. The first kid actually in the -- the hypothetical clients, we call him Johnny Skinny Britches and I've done this thing enough, I think I can kind of rattle it off from memory. Johnny is a 6'3" 165 pounds, does Brazilian Jiu-Jitsu 5 days a week, CrossFit 3 on, 1 off and he's so lean. You can see his heart beat through his chest and then basic deal is like this kid comes to you for training and what does he need? What does he need overall?

And probably this kid -- and let's take this thing, you know Jits is a very body weight dependent sport, let's maybe change that and make it football, where it's kind of a maximum power output. In maximum power in the sense of absolute power not relative power the way we're usually kind of quantifying that in CrossFit land. So football athletes are very concerned with being big strong and powerful. And so this kid, let's say is looking at playing football over -- you've got maybe 6 months -- 9 months to do something with this kid, what are you going to do with him? How are you going to tweak his training and whatnot?

And so I think some linear strength progression is obvious in this case, 3 by 5 back squat, 3 by 5 press, weighted pull ups, weighted dips just trying to add a little more weight each session and then the kid needs to eat until he's about ready to fall over. And this is a perfect -- anywhere from like 4 to 5 meals a day, maybe 6 but I think for a big breakfast, big lunch, big dinner and then maybe a pretty good sized snack is reasonably about as much as you're going to get out of people and then this that perfect place for like some dairy. The gallon a milk a day scenario is perfect for this.

And if you were to tackle this kid in this way, really curtail the Met-Con especially if he's still doing some grappling in this case -- he's going to get plenty of Met-Con from grappling but really curtail his metabolic conditioning, get him in a smart linear progression, strength routine because this is probably his first time he's ever done any type of strength and conditioning, so I mean ride that first wave of adaptation, ride that pony until it falls over and dies, and feed him like crazy in that process.

So you take this kid from 165 pounds and in the course of 3 to 4 months you can probably have him at or about 205, 210 pounds most of that change being muscular body weight, you've got a monster on your hands. And then if you need to start putting in some sport specific Met-Con or

something like that then you could think about redoing it. But whether this kid did Jits or whether he wanted to play football, if you could stick 30 or 40 pounds of muscles on him over the course of the summer which is completely doable with the eating and training regimen like this -- one thing, you did good by your client, so he's going to be happy. He's going to be a walking billboard for your work.

So if you actually want to be busy as a coach, it's kind of nice to actually get people the results that they desire and not just have them spin their wheels, and so this kid is going to be absolutely critical that you feed him water and properly and reign in his training so that he's not shredding away a bunch of calories doing metabolic conditioning that he simply doesn't need.

Andy Deas:

Yeah, and I think this is one of those cases where us as coaches or sometimes even as athletes we get really excited about some of that Met-Con stuff, some of those really hard chippers or couplets and triplets and we like the feeling of seeing our clients really exhausted after a workout and they like the feeling of really accomplishing something but I think it always goes back to, what are the goals and what are the results we're getting? Because at the end of 3, 4, 5, 6 months if this -- if Johnny Skinny Britches or whatever we call him is not significantly stronger, we didn't do right by him, you know he's not going to be successful in his chosen goals yet you might turn a little faster or whatever by doing a lot of conditioning.

But from my money get him stronger, put the body weight on him and then you can always layer in some of that Met-Con later, that really seems to be dependent upon a good solid base of strength. It's pretty easy to lose some of that Met-Con stuff but it's also pretty easy to get it back.

Robb Wolf:

Yeah, the Met-Con -- the conditioning is the most labile of any of those big characteristics like strength, power, speed, all that sort of jive. Strength and power are the slowest to accrue but also with a modicum of maintenance you can also maintain those relatively easily, like once or twice a week, 3 sets of 1, 5 sets of 1 at 90% and you're one rep max on back squat or dead lift, you will maintain 90-95% of your max strength.

So a maintenance phase is very, very different than a strength acquisition phase and we've used that very, very successfully with like Glen Cordoza who's the IFC lightweight champion. It's not UFC caliber show yet, but Glen has done amazingly well in this and he's 170 pound fighter, Glen has a 275 pound clean and jerk, 225 pound snatch, a 480 I think fight gone

bad and his training has basically focused around olympic lifts and gymnastics in the gym and then out of the gym he grapples and boxes and does everything that an MMA fighter does.

And in his offseason we will do more of a standard kind of CrossFit approach, but interestingly Glen's highest work outputs are when he's in fight camp. And that's when he's doing 6 hours a day in fight training and then in those periods he's in a strength maintenance phase. So we block his training to complement what his needs and goals are, and it's frankly terrifying to see what he does to this other -- he fights at 155 pounds, so these dudes that he goes up against, it ends up looking like a man versus a boy in the fight.

And the only other people that I see doing something on par with this I kind of like George St-Pierre, he has a very, very solid S&C coach, nutrition very solid, but it's rare that folks are handling that issue at that level and understanding the appropriate places to drop in, metabolic conditioning and how to put that into a year-round training camp.

Andy Deas:

Sure.

Robb Wolf:

So another real common person that we're going to deal with is like a mother of two maybe 25-30 pounds overweight something like that, very, very busy, very hectic life and this is one of those things for which the un-weighed, unmeasured kind of Paleo approach to things is pretty easy because when you have somebody who has a family and then they work, and then they've got a relationship to maintain and all the rest of that stuff, and they want to come to your CrossFit facility or whatever facility you're training at and get some training.

The weighing and measuring of everyone in their meals can be daunting at best, and Bennett brings up the question of, "How do you feed mama bear and baby bear and papa bear?" And all that stuff whereas if you just generally cook and you have a meat, veggies, fruit, nuts and seeds around and folks eat to satiety on that typically they do very, very well. And you mentioned Andy, really the one thing that has hamstrung this very -- shooting from the hip approach which is that sometimes people will overdo the nut consumption.

So they're just taking in way too many calories for them to be able to lean out at some point even insulin control is going to lose out to just basic caloric intake and the people interestingly can still be kind of over eating calorically but not really gaining any weight because they're kind of modulating their insulin levels and up regulating their metabolic rate but

if we can then curtail their nut intake then people usually lean out quite quickly. And we've had -- you know an example is Katie Stuber and some of our other folks size 14 down to a size 2 in three months doing an unweighed, unmeasured Paleo diet amidst owning a business, being married, having two or three kids -- Sarah Fragoso is another great example of that, three kids, busy Chiropractic practice, she's one of our busiest, top perusing trainers and she -- a weighed, measured approach was not going to work for her lifestyle, it wasn't going to work for her family.

But the whole thing has been shifted over to basic Paleo foods and she went from a size 14 down to a size 2, is knocking on the door of a double body weight dead lift, has about 20, 22 pull ups. She's pretty solid, little performer and then is a mom. So it's damn impressive stuff.

Andy Deas:

And I think what's also interesting about Sarah is we kind of get a lot of questions about, "Well my family is not going to eat like this." "My kids aren't going to eat like this." And I think Sarah is a good example where if the head of the household cooks this type of food, only shops for this type of food, you may have a little uprising for a few days but eventually kids are going to get hungry, they're going to eat and as long as you're having good, healthy foods around the house, that's what they're going to eat -- sure when they're at friend's house or they're at school, they're probably going to consume some none approved foods but kids are kids, you can only be able to control their behavior so much.

But generally we see them overtime get excited, get accustomed to eating like this and after a while they don't think they're missing anything frankly.

Robb Wolf:

Yeah, totally, totally and that's the way Sarah has handled it, all of her kids are stoked on it, she did have the peasant uprising for a couple of day but now their kids are all pretty fired up and she actually is doing a blog, Everyday Paleo which she's shifting that from a Tumblr account to a WordPress account so we should have like a solid URL on that within a couple of days. But she's just kind of relating what they do everyday, how they do breakfast, lunch, dinner and the kids were all involved with it, if she doesn't take a photo of one of the meals and the kids were all over about it and usually take a photo.

So she's made this whole transformation with the family and it was some work upfront but it's way easier on the backend. And she's done it in a way where the kids aren't neurotic -- the kids enjoy what's going on and when they go to friend's house like you said, they just eat what they eat

and so it's not so much if there's like good food or bad food they just have what food is available at home and that's what they're all with so... I think the last person that will kind of consider on this post-workout vain would be the under performer.

Usually when people start a CrossFit program they -- or some sort of solid strength and conditioning but I think CrossFit because it's so performance oriented, usually if people are fed and watered properly and if they have some modicum of reasonable programming, they've got like a 3, 3 ½ year of just personal record after personal record. Like every session in the gym seemingly should be an improvement on something and it's maybe not everything but just some elements should be up.

And when we see folks -- and again, not to pick on ladies but it's usually female, they may have like one pull up or the right near one pull up but they have it and then they'll lose it, the body composition isn't shifting as fast as it should. If we see somebody with kind of failure to thrive or if we graph their progress like a -- and it looks like a balloon bobbing along the roof of a -- the ceiling of a room, then we know that the person is under fed. Typically inadequate protein, inadequate fat, inadequate calories overall and if we can get this person to just up their food intake overall -- and this would probably be a person that I wouldn't -- depending on where the body composition was at, if they're already lean, I might drop in a few more carbs in that post-workout meal just to try to stimulate the appetite a little bit.

A lot of these are kind of meal skippers and so we may even give them a little more yam, little more sweet potato or fruit or something to try and get them hungry later so that they eat more. If the body composition is an issue then I'll keep them lower carb and try to lean them out while we're doing this but generally if people are fed and watered properly they should see some really good improvement in their body composition and again, the choice of what route one does with the post-workout meal is going to be dependent on where the person is at and what their goals are.

Andy Deas:

Sure, and I think the other point to make on that is there's always some room for tinkering in all of these, so some of the things that we commonly see as being successful, sometimes we obviously find folks that are totally on the other side of the spectrum and so that's why I know you're always encouraging everything think, tinker a little bit and I think as coaches and trainers as even as fitness enthusiast, there's got to be some room for that in your training. Obviously you can't tinker forever but blocks of sort of trying different approaches, get minor tweaks to see

how it impacts your training, your general well-being, your level of leanness, whatever your goals are, are certainly things that I think in the long run are worthwhile to do. Otherwise, you kind of get caught up in, "This is the only approach that works." "This is the only approach that works for me."

And it may work really well but sometimes taking breaks to try other things I think is very beneficial long term.

Robb Wolf: Yeah, absolutely! And as soon as you think you've got it all figured out then you ceased your evolution and if you're a coach and you think you've got it all figured out, you're going to get passed up in the mix because other folks are going to be tinkering and evolving their programming whether it's food related or training related or any other type of advancement with this. It comes down to some real basic stuff at the end of the day.

It's typically like lift heavy, work hard all that sort of jive but there's always new ways to skin the cat and there's just -- every time I get to hangout with someone with Mike Bergner or Rip or Rittman or someone like that, these folks have been doing this stuff for like 30 years and how they have paid their bills doing this stuff for 30 years. It's stunning how many different ways they've tried and they've always got a -- their 90% rule, it's like 90% of my folks fall within this kind of approach but then they've got that 10% wiggle room for everybody that their standard approaches aren't working.

And so definitely encourage folks to keep open-minded and keep learning, keep educating yourself, take some basic science classes for crying out loud, take some anatomy and physiology, you should understand how all that shit wires together. It's a critical if you're going to take yourself seriously as a strength and conditioning professional that you get continuing at and all of these areas.

Andy Deas: Absolutely! Hey Robb, we're coming up on about 40 minutes so I think for our first podcast this is probably a solid time to kind of wrap things up.

Robb Wolf: Cool.

Andy Deas: You know, one of the things I think for the listeners, if anyone is actually going to listen to this and listen to me interject and you ramble a bit, I think topic suggestions would be something that would be helpful for us long term. I think a lot of our ideas to the podcast come on random

questions and things we talk about at the gym, and based on your nutritional seminar speaking and just different conversations, but I think some of these we're going to be able to glean from your blog, obviously post-workout nutrition gets a lot of hits. But I think we're certainly open to suggestions and ideas that for folks -- things that folks want to talk about.

Robb Wolf: Yeah, totally. And in the future like you said we'll actually probably have a little more focus because we'll be answering specific questions and whatnot, just this post-workout question has been pretty nebulous for folks and we obviously stepped all around that and looked at some stuff besides just post-workout nutrition but it shows a little bit of a complexity of how folks need to have a pretty broad view of it. But yeah, if folks have ideas for what they want to hear, ship it into Robbwolf.com just the contact page there and if it's good and smart, then we'll probably answer it. This is how we want to get as much information out to folks as we can.

Andy Deas: Cool. All right Robb! Well with that, we're going to shutdown our first podcast and we'll see upon re-listening how bad we suck.

Robb Wolf: I'm sure it's horrible but we'll keep giving it shot to folks who are interested in hearing it. Thanks Andy!

Andy Deas: All right! I'll talk to you soon.

Robb Wolf: Okay.

Andy Deas: Bye.