

The Paleolithic Solution - Episode 11

1. Question:

Robb,

I would love to see a podcast on common counter arguments to paleo nutrition (similar to Crodains article, but more in depth) and good rebuttals (so I can lay the verbal smack down on the nasysayers).

In other words, as a trainer, when we recommend this type of nutrition and the client says "well, my doctor says...", what are some of these common worries? And what should the appropriate response be? Im sure you have many different examples of this from your clinical experience.

2. Question from Ryan:

Can you talk a bit about Cortisol and how to reduce or control with Diet?

I'm 6'4", 260 lbs. I do BJJ 2-3 times a week. Crossfit w/ extra strength work as much as I can. Workouts are about 4-5 on, 2-3 off. I eat mostly paleo w/ the occasional cheat, read binge. I was doing the Anabolic diet for about year and decided to switch to Paleo and give it a shot as I've been stuck at about 260 for 6 months. I've been happy on paleo and doing well, but need plenty of fruit to keep up with the BJJ (at least I think I do). As for body, my arms, neck, face, legs are all decently lean. All the extra fat is in the belly. I don't really have 'lovehandles', just belly fat. From one of your previous podcasts, you indicated this could be from excess Cortisol. What should I do to get rid of the gut?

Oh, taking about 15-20g of EPA/DHA a day. I get about 10 rests a night. Probably about 8-9 hours sleep accept I do wake up a lot then go back to sleep (room is pitch black and quite).

Thank you,

3. Question from John:

Hey Robb and Andy

First off I just wanted to thank you guys both for the work your putting into the podcast. I love it! So thanks.

Heres my background and stats i guess.

-5' 5" 146#

-CrossFiting for just about 2 years. Hittin hard 5-6 days a week.

-7:00 Helen

-14:40 Filthy Fifty

-225lb Clean and Jerk

-825lb CrossFit Total

Did Zone and Zone Paleo for about 8 months but started to get really freaked out on how everything had to be exact and I was borderline having an eating disorder, making sure all

my almonds were the same size and shit. So I quit that and have transitioned in to a pretty strict paleo diet. I have no dairy except the heavy cream in my coffee. I sleep very well 8-9 hours a night in a dark ass room and awake 5-10min before my alarm goes off. I started IFing about 5 months ago and love it soo liberating not having to eat every 3-4 hours. Also since starting IFing I have seen huge PR's in metcon wods and strength in oly lifts. Hopefully that's enough info.

My questions are these.

- I need coffee in the morning and always put cream in it. Now since I'm fasting through till around 3 in the afternoon is the cream breaking that fast and hurting the effects of it?

- I take whey protein in my post work out shakes, just came across "hemp hearts" and was wondering if those would be a good sub for whey powder?

-I also take these supplements daily

8 grams of omega 3

3000-4000 iu's vit. D

400 iu's vit. E

200mg Magnesium

100mg Zinc

also a "scoop" of glutamine and creatine in my post wod shake.

I'm hoping to make it to the games this year (at least to regionals). So any recommendation on what i should keep add throw away from that list would be great.

Thanks again love the Podcats keep em comin

4. Question from Russell:

I thought that amidst everything going on with HQ, I would get back to the basics of "Hey this sh*t works" and give you some props that way. I recently mandated my clients do the 1 month strict Paleo- consulting with me before, during, and after. I took a page from your book and told them if they would not try it for one month, I wasn't interested in training them (I was finally fed up with my clients not seeing the physical and health benefits). This was risky, since I have a relatively small client base. Fortunately they trusted me enough to try it. Two clients' have stuck out the most with very exciting changes, primarily to their health. The first is a an early 30's mom who has been on Ambien for the past 18 months in order to get any sleep. After week 2 of strict Paleo, she dropped Ambien completely and is getting much more restful and sound sleep- drug free!

Client number 2 is a 50 year old woman who has been in my class for a year and a half. Her gains have been nothing short of amazing with CrossFit, but earlier this year she began that wonderful transition of womanhood called menopause (I know, as a guy, I can barely even say the word). Around day 10 of the Paleo diet she noticed that she wasn't having any more hot flashes, night sweats, mood swings, and her gym performance took on a whole new level.

Two small cases, but like you said- "It's like this stuff almost works." I wanted to say thanks and let you know they have all become avid readers and researchers of your works as well as all things Paleo.

Now my question-

For the past 18 months my diet has gradually evolved from Zone to Paleo Zone with dairy, to Paleo. I recently (1.5 months ago) dropped dairy and Soy and finally saw a noticeable

difference in body comp. (I am 6'2" and 185 lbs about 11%bf) However, my work out intensity is currently mediocre at best and I feel my diet is better than it has ever been). I generally train around 1pm. This allows for a 6:30- 7am breakfast, late morning snack (10:00am), and then a 2:30pm lunch. Dinner is usually at 7:30pm and bed by 10. There are a couple of questions here;

1. Work out intensity is mediocre and I am exhausted when I get home- thus pretty un-productive before I head to bed. The only non-Paleo item I am eating is a BuilderBar after or before my work out sometimes if I can't get to real food. Any thoughts on why my intensity level is slacking?

2. There hasn't been much discussion on pre-Wod meals. We always talk about recovery eating, but what is the best thing to do pre-wod. I am looking at this specifically because last year at the Rocky mtn Qualifiers I was in the top 15 after the first event- Heavy deadlift, 400 m run, 3 rds- played to my strong suits and I felt good after it. I went home and ate some turkey, sweet potatoes and nuts, and proceeded to crash- *note, I had a caffeine drink prior to the WOD, but not a sugar loaded one and that's pretty typical for me. I could not wake up for the 2nd WOD even though I had about 3 hours to rest. I gave it less than a half hearted attempt and got destroyed. Immediately afterwards someone handed me a Builder Bar and I wolfed it down. Within 5 minutes I felt like I could go back and do the workout AGAIN and do it better- right then. So on non-multiple WOD days, what is the best pre-game food, and on Competition days, what is the best in-between Wod food?

Ok, sorry for the long e-mail and I am sure you need more info if you were to assess me personally, but my main topics revolve around mediocre WOD intensity even with a good diet, and pre WOD eating.

5. Question from Ken:

I have been living what I believe is a paleo lifestyle and diet for the last year. I have seen many improvements in quality of life similar as reported by many others. I am gluten free, very low sugar, lots of white and red meats, fish, nuts, dark chocolate, olive oils, coconut oil, low carb, wine once in awhile, etc. I supplement Vitamin D and Fish Oil. I often frequent Trak Your Plaque, Marks Daily Apple, PaNu, Free the Animal, AnimalPharm, Whole Health Source, etc.

In my readings, and now my own life experience, there seems to be ONE huge issue that very smart people seem to believe very different things. I would love YOUR current thinking on this issue.

The issue is LDL particle size and LDL total particle number. When you eat and supplement this way you will likely see your particle number very high or even increase. No doubt the proportion of small vs large particles will improve substantially and that is definitely good. But how important or dangerous is a high LDL Particle number in your current thinking?

Here are my numbers over the last year of NMR testing:

	LDL particle number	small	HDL	Trig
April 2009	1842	878	50	94
	Weight - 205			

August 2009

2060 649 47 187
Vitamin D 78.4
Weight - 170

December 2009

2113 212 57 41
Weight NOW – 165 5 10

I know I, and many others, are all in the same boat regarding the issue of a high number of LDL particles. We cannot help but wonder if all other things are corrected, vitamin D, gluten elimination, limiting sugar and fructose, low carb, etc.....can we get away with a high LDL particle number? Or are we ultimately asking for cardiovascular trouble? Cannot wait to hear your thoughts...hopefully on your awesome podcast.

6. Question from Hanneke:

I came across this article

<http://www.thebsdetective.com/search?updated-max=2009-10-12T16%3A37%3A00-07%3A00&max-results=7>

He things Gary Taubes is a BS'er
I was wondering what your thoughts are on that.

7. Question from Tom C:

You tend to speak highly about the use of coconut as a fat source, but it seems like coconut is a rather exotic food from an evolutionary standpoint. It probably was not widely consumed until neolithic times and even then was probably available to only a small group of humans. Just because we haven't eaten it for hundreds of thousands of years does not mean it is bad for us, but I was wondering if you have any thoughts on the matter.

8. Question from Speed:

Robb,

1. THANK YOU for all the wonderful knowledge. I've learned more reading your blog & listening to the Paleolithic Solution podcast than I ever really intended.
2. I hope this is a 'new' topic that hasn't been discussed too much. I seem to be having a hard time tracking any solid info down on this.
3. The Question:

What type of suggestions do you have for an Endurance Athlete's paleo nutrition needs during an Ultra-event (i.e. anything beyond the 26.2 mile, specifically 50 - 100 mile foot races)

I adopted the CrossFit & CrossFit Endurance training method March of 2009 & love it's effectiveness. Along with the change in training came a change in fuel intake, switching from a normal high carb (pasta & bread) to a Zone approach and then a 90% Paleo/Zone. (I've read 42 ways to Skin the Zone & numerous other articles playing with that 40-30-30 ratio. Generally evening out with a block count looking like: 10 carbs-16 protein-60 fat All blocks paleo except for one block of dairy in the morning & the occasional bit of black

beans)

The How do you LOOK, FEEL, & PERFORM markers were always on the high end during training; my problem arose during actually race events.

After 2 hours during 2 different marathons my energy would just plummet. I know part of the reason was not enough calories. The reason was because I was scared to intake any of the normal race grub (gels, m&m's, PB&J sandwiches) because possible gastric distress. (Bad idea when you're 20 miles into a race.)

I've spent a lot of time on the CFE forum asking questions and plan on attending a cert that will have BMack or Borg presenting this spring, but my first scheduled race is before that cert.

So ANY help on the subject is greatly appreciated.

As most of us writing you say:

You're awesome, & thanks in advance

9. Question from Kyle:

My wife and I have been batting around/exploring the idea of going paleo for a couple of months now. As I write this on January 4th I am officially half way in to day 1.

My question is geared more towards my wife's potential experience than my own. She is a rather competitive runner and rather well muscled for being as lean as she is (meaning she could easily handle a few more lbs/body fat).

We recently discovered that she is pregnant! We are thrilled with the news but a little curious as to what the implications might be for her going forward with moving towards paleo. Is there anything that she needs to be particularly aware of?

We'd love to hear you speak a little bit about being pregnant and going paleo.

10. Question from Niall:

Hi Robb,

I love your podcast and just want to thank you for taking the time to do it.

I was just curious about your thoughts on metabolic typing. I have recently read the book and it seems like a pretty logical idea. What are your thoughts and have you ever tried it yourself?

11. Question from John:

Enjoy your blog. I trying to come to grips with the difference between the PaleoZone diet and the PaleoZone Athlete Model. Can you in a nutshell let me know the difference? I did own the book once but I gave it to a friend.