

The Paleolithic Solution - Episode 13

1. Precision Nutrition Gluten Sensitivity Article

2. Question from Darren:

Hey Robb, awesome podcast as usual. I find myself surfing this blog several times a week, trawling the archives and rereading posts again and again. INSANE amount of useful, practical info here. I was really interested to hear your comments right at the end of the podcast re: your consult with the guy "built and wired up to look like an NFL linebacker". I feel like I hit a similar wall in the last 3 months of last year. I am 220lb, dead of 495, back squat 410 etc etc so genetically I am exactly the same. Built like all the dudes on my mom's side of the family and they were all 6 foot +, 200lbs +, we have all been involved at a high level in rugby, "power" field events like shotput etc. As I mentioned late last year we had a LOT of WOD's programmed that were just long slugfests. 40 minutes + of tons of bodyweight movements, running, box jumps etc etc at least 6-10 times a month. By Dec I just felt like I had gone from a strong, powerful 220lb'er to a big dude who could grind ok through long sufferfests but had lost all that power and explosiveness. Don't know if I had got fatter, but definitely not leaner. Was wondering if you could comment a bit more on the genetic influence here, possibly point me in the right directions to read up a bit more on how cortisol is increased via these long WOD's, your take on genetics and how your training should be structured to accommodate your particular strengths etc. I am just beginning an experiment where I am cutting the long WOD's down to a max of 2x per month and doing a programme similar to that detailed in your "adrenal fatigue" article. Wendler 5-3-1 strength progression, some gymnastic/stuff I suck at skill practice and then a short 5-15 minutes max "CrossFit Football" style WOD 4x a week. I really feel I will be better off going this route. Have you seen guys who look to just get wicked strong and powerful also see improvements in longer WOD times? I intuitively think this may be the case. Any comments/suggestions/hints or tips on this subject would be appreciated. Thanks again from Down Under!

3. Question from Ian:

Ok something weird is happening. I ditched my cheat meal, kept up w/ a paleo dairy/gluten free diet, dropped my cals to 2000, increased protein to 180g, carbs to under 50/day and started doing MEBB 3 days/week. I have gotten stronger and have put on 5 lbs in the last 3 weeks. Not trying really to gain size but it is nice. Could it be that those long metcons had my system all f'ed up making it next to impossible to gain muscle?

4. Question from Kevin:

One subject I would love to see in the podcast is a review of things that can cause Paleo to not work. I am a prime example. Been eating pretty strict paleo for several months and didn't lose any weight. I switched over to a very low carb diet with higher fat and that didn't help either. I take 3-6g of fish oil a day along with 95% paleo compliant eating. Something is wrong and it can't be my diet. What other factors can contribute to stalled fat loss?

5. Question from Brian:

Robb/Andy – wonderful wonderful wonderful podcast!

Two Questions I hope you consider:

1) Losing too much weight on Paleo.

I have an athlete, F/31/5'3/111. She went totally Paleo two weeks ago, the biggest change being no grains. Since that time, she's lost 12 lbs.

I noticed the weight loss and approached her about it, worried that there was some body dysmorphia or stress involved.

She said no, the only change had been going 100% Paleo. I told her she really needs to try to eat more and she told me she's eating every two hours to try to gain weight back, but while she's stabilized, she's not gaining. She's never hungry, she's still eating as much as she can. I haven't gotten a food log, but told her tonight to start one and share it with me ASAP.

My first reaction is whole milk. Wondering if you have any other recommendations.

2) A Vegetarian that literally can't stomach meat.

I have a very good friend that's interested in the Paleo Diet, but she's tried to eat meat in the past and either throws it up or has bad lower-GI issues. She was raised as a vegetarian, is 32, and though she has no moral issues with not eating meat, she can't seem to keep it down.

Leaner meats (fish and chicken) that she's tried tend to be less of a problem than fattier meats (beef, etc), but still end in the same result.

She suffers from Migraines and general ill health (frequently sick). I'm especially motivated by the story of Andy Deas' wife, and am really looking for a way to get my friend started on Paleo.

But I don't know a way to get her to be able to digest meat, or give her a light at the end of a puke-filled tunnel (bad imagery there...).

-Any insights or guidance?

-Any supplements that could prep her digestive system better?

-Any ideas on how to ease her into it?

-Any cases of clients going through this and coming out of it after a period of time? What kind of timeline?

6. Question from Dave S:

Robb,

Thanks for the fantastic podcasts and all of the great information. Two issues that I am hoping that you could address are: (1) What are the best oils for cooking with? Is Canola oil o.k.? and (2) What does it mean when certain deli meats are labelled as "Nitrite Free"? Is this worth extra expense?

Thanks again.

7. Question from Jason:

Robb, Andy or anyone else, I suppose, did anyone read this New York Times article (from November) about Vinegar and its ability to lower blood sugar (<http://bit.ly/5RbblK>)? I'm

curious about folks thoughts.

e.g., "One study by Italian researchers showed, for example, that when healthy subjects consumed about 4 teaspoons (20 milliliters) of white vinegar as a salad dressing with a meal that included white bread with a little less than 2 ounces (50 grams) of carbohydrates, there was a 30 percent reduction in their glycemic response, or rise in blood sugar, compared with subjects who had salad with a dressing made from neutralized vinegar."

8. Question from Brandon:

A question in regards to the g of protein per pound of body weight and weight loss.

Is this always going to be the case? What if you had a client who was +20% bf? 30%? Should you ever eat the 1:1 using your lean body mass as a guide?

Thanks.

and keep fighting the good fight black sheep...

9. Question from Brett:

Robb, keep the podcasts coming! Love them!

I have a question concerning diverticulitis, and I know you mentioned in a previous blog post that sufferers would benefit from a gluten-free paleo diet. Several years back my father had a rupture and every so often (and currently) experiences a "partial blockage." I remember the docs told him not to eat stuff like seeds and nuts, but of course nothing about cutting out gut irritating foods like grains, legumes, & dairy. (I don't believe there is any scientific evidence proving that small bits of food like seeds get lodged and cause problems anyway). It all makes perfect sense to me. Remove the gut irritants, eat a paleo diet to prevent systematic inflammation, thereby reduce/prevent problems but I haven't been able to get through to him to change his diet. Maybe with a little extra information from you I can finally convince him.

Also, I recall he's blamed straining himself while "working out" and that coinciding with the flare up and original rupture. Any thoughts on that theory?

10. Question from Joey:

Well I've been thinking about something for a while so here goes another question which I'm sure other people are wanting to know the answer to also. On a low carb paleo diet, do you run the risk of not getting enough of the vitamins/minerals/antioxidants/etc as you need? I eat pretty strict paleo and eat a ton of veggies/fruit, but if I cut back on those, aren't I losing a lot of the vitamins/etc?

11. Question from Steve:

Hey Robb, looks like it's been a rough wind up to the 09/10 transition I hope things get on the up and up soon.

I've got a question from a friend who's basically eating paleo minus meat (I know, but he has his reasons) – no soy, wheat, dairy, caffeine, very little starch etc, and has had pounding headaches going on about six days now.

Says he:

"The bulk of my protein in the next month will come from nuts, seeds, beans, with a bit from yogurt (no other dairy), and a supplement to fill in any gaps. Daily protein intake will be 70-120 grams. I'm aware of the challenges of a vegetarian/vegan diet, and rather comfortable working within them."

"At first I thought I might be experiencing caffeine withdrawal, but it's been 6 days now and my head is pounding almost every day.

I'm fairly sure I drink enough water, at least 4 12oz glasses a day."

Any ideas on what's going on here?

And feel free to totally ignore this if life is crushing you right now. Good vibes from Australia dude.

12. Women, Crossfit, & Estrogen