

## The Paleolithic Solution - Episode 9

### 1. Question from Jesse:

I'm a long time crossfitter, and follower of your blog. Sorry to hear about the bust up with HQ, and I hope you keep doing what you're doing, because you provide a lot of value to the fitness community.

I just saw this study posted online via the Conditioning Research blog, and wanted to bring it to your attention/get your take on it. It focuses on dairy intake actually lowering inflammation in obese test subjects. I don't understand the body chemistry enough to make sense of why this would happen.

<http://www.ajcn.org/cgi/content/abstract/91/1/16?etoc>

### 2. Question from Miss Spinach:

Interesting validation on the "one gram of protein per pound of body weight" rule of thumb. As a recovering semi-vegetarian and gluten intolerant individual I find it difficult sometimes to shovel in that much protein without help of some digestive enzyme supplements.

1. I'm confused about which macronutrient makes it easier for the body to utilize the amino acids it is getting from the protein one is eating: by eating more protein or by eating enough fat? In short, why might I feel better supplementing with certain amino acids even if I'm eating plenty of protein? Should I skip the aminos in pill form, and eat more protein, or skip the aminos in pill form, and eat more fat? My concerns are fairly general, to maintain performance, leanness, and sleep/mood.

2. Question about glycation. If the body can convert dietary protein into sugar if too much protein is eaten, how much is too much, when you're dealing with someone who is really overweight and for whom the one gram per pound rule means a huge amount of protein? I'm worried about giving this advice to someone who is visibly insulin resistant. But getting that guy to eat more protein is probably easier than getting him to eat more fat. Everyone is so fat phobic still!

### 3. Question from Chris:

I just want to say a huge thank you, I'm not involved in Crossfit and most of my clients train for better body comp primarily. I use the paleo/fish oil/poliquin approach for getting clients leaner, the podcasts/blog has proved invaluable in crossing the T's and dotting the eyes.

Some questions I would like you to answer on your podcasts (I'm getting all my clients to subscribe via Itunes) would be...

1. You mentioned in one of the podcasts that liquid food (whey protein, juice etc) cause an insulin response and should be avoided when after fat loss/weight loss...what about soup? I have found it really useful to put all my non-starchy veggies and sometimes meat into a soup...whenever I have felt like eating fruit I just have a mug of this and it stops the craving for sugar...also seems to keep me fuller for longer. So is this OK if all ingredients are paleo/ no starchy carbs or will it still mess with insulin etc? I always thought as whey protein was protein it would not cause a spike...I have whey post workout with water, glutamine and greens..would be great to hear your thoughts?

2. Omega 3 eggs...Thanks for talking about them already, but is there anyway of knowing the dha, epa levels in the omega 3 that's added? Or could the omega 3 be poor quality like poor quality (low% dha/epa) fish oil capsules. If so then would it not be better to have organic free range eggs and dose up the high quality fish oil instead? In the UK it's pretty hard to get grass fed....it's either free range or free range organic but you don't know if it's corn/grass or whatever fed?

3. Glutamine – I currently do not take it and am trying to lean out/get good sleep etc, following the poliquin approach with only berries being eaten with nuts x 2 per day, other than that protein, veggies and fats/fish oils...I'm training with weights for hypertrophy (push/pulls/squats/lunges/deads) 3/4 per week....what would glutamine do for me and how much should one take to get a benefit? I'm about 20% body fat (slipped L5S1 6 months ago and still not training anywhere I would like to be) 28/5 foot 11/176lbs.

#### **4. Question from Will:**

Many thanks for all the great info!

Each week I look forward to the next installment. I've accumulated a few questions over the last few podcasts.

Symetry- you mentioned a bodybuilder who had good symetry in a podcast (#3?) and it reminded me of Art Devaney comments about paleo eating improving body symetry (from back when I read his stuff before he went way out in left field). Do you agree or have other thoughts?

Based on your explanation of problems with nuts i have stopped eating 200g of almonds per day and I have totally gotten into light coconut milk and shredded coconut but I would like some variety. Did you say that walnuts and macadamias have better composition than other nuts? What about cacao / unsweetened bakers chocolate like Lalonde used in his experiment? Is cacao better than nuts? I'm not a choco-holic so I wasn't missing chocolate but cacao has been nice for variety and satiety.

There were some posts after a previous podcast about fish oil oxidation countered by Vitamins C and E but Lalonde pointed out that such high doses of C and E have down sides... Can you comment on this?

Bacon- it doesn't seem to fit with your preference for lean meat but you say you like good bacon, so what makes for "good" bacon?

How to "tinker" well – I understand that tinkering is a basic element of figuring out what is right for each person but can you provide some advice on how long to try a diet change and any suggestions about how strict to be in keeping other variables constant since life isn't conducted in a lab? I sometimes make adjustments in my diet and see a difference in performance after a couple weeks but then wonder if the difference is coming from the change in diet or if it's because my sleep was different or because my coach made adjustments to my lifting program or some other factor.

Sorry if this seems long-winded for these 5 questions. Thank you very much!

### **5. Question from Randy:**

Robb i have a question for the upcoming podcasts. I have a trainee who is looking to switch over to paleo and trim down a bit. She has had two kids and half of her thyroid removed. My question is how much of an affect will missing part of her thyroid be on her losing the little extra chub and will i need to prescribe and extra low carb approach or should traditional low carb paleo be enough.

Any info on thyroid effects and diet would be great thanks

### **6. Question from Taylor:**

I am really enjoying your podcasts. I've tinkered with low-carb diets for controlling my type II diabetes and have had a hard time sticking with them. My biggest problem is sleep and restless legs. I get to the point where I am almost frantic for sleep and my legs will not stop. I will go eat a bowel of cereal or a Cliff Bar and I go right to sleep and my legs stop.

I've been doing some research on tryptophan, its precursors and insulin and am wondering if there is a connection to what I'm experiencing?

If this is the case, do I just need to hang on and get through this phase and will it go away as I acclimate to a low carb diet?

I feel like the lack of sleep then lowers my mood, my ability to get out of bed and exercise and raises my cortisol levels. I worked nights as an RN for 12 years and my sleep cycles are problematic at least half of the nights for me anyway.

Suggestions? Comments?

### **7. Question from Sean:**

Robb,

What's your take on this product?

<http://www.omgomega3.com/index.html>

Thanks!

### **8. Question from Jason**

Hello Solutioners!

I have rather a complex question, or series of questions, but before that I just wanted to thank you for putting this podcast together, and being so wonderfully informative. I do not use Itunes, so sorry I can't help your rating, but I would if I could.

What 'should' my short term aims be, if my ultimate goal is to improve my work capacity in all aspects?

I'm an independant crossfitter (frequently an 'alone' crossfitter) living in Japan, where I teach English. I'm 185cm and 87kg at last measure, with between 15 and 18 % bodyfat according to those bodyfat measure websites (interestingly, it varies wildly between the websites, all the way down to 13%, but I took the highest website's numbers). I began doing crossfit wods when I could this time last year, but only put together a way to really get after most of the common lifts this past spring. To this point I've been doing what I can, mostly, which means lots of metcon and very occasional MER, with almost no endurance. I would say I'm a runner-type (but slow), with seemingly unnecessarily low strength numbers (body weight + a little bench, same power C & J, 2x body weight deadlift, 110kg squat - though the last time I did heavy single squat was October, etc) that I think can and do hold me back from improvements on crossfit wods, and just hold me back in general. The thing is, I've been hovering around the same body composition since... I'm not sure. Since I ditched carbs in normal meals two and a half years ago, I guess. The Zone, essentially upping my carb intake and reducing my total calories, did absolutely nothing for me. I never really even felt restricted, even down to 20 blocks. As of now I still Zone somewhat, with tons of veggies to try and keep macronutrient balance, but more important than that is a general avoidance of shit carbs, where possible.

Admittedly, I'm not as strict as with my diet I would like to be, the demands of being a friend and a boyfriend being what they are, but I do my best to be prepared all the time, eat well in my daily life and dodge the worst when out to dinner, party or Karaoke.

Very recently, frustrated by my lack of strength progress, I began drinking lots more milk and trying to up my consumption overall, along with focusing on MERs with an eye toward improving my strength. I'm worried about that, however: at my size, in my situation, I'm lost as to how to progress. I'm not as lean as I want to be, but I'm given to understand (reading Starting Strength, Robb, etc) that I should expect weight gain as a component of strength gain, and to feed myself with that in mind if that's my goal. So... what 'should' my goals here be, if the ultimate goal is to improve in all aspects? How should I periodize?