

## The Paleolithic Solution - Episode 14

### 1. First Paleolithic Solution Seminar

### 2. Question from Multiple Sources:

What is leaky gut? How would I know (symptoms) if I suffer from gut irritation?

### 3. Question from Carlos:

Hey Rob & Andy

This is Carlos (cmad) did a couple of consults with you lately last one being about paleo and pregnancy. Love your podcast listen to every single one of them on my way to work.

Currently

Helping two girls at Guerilla Fitness box in Montclair, NJ with Paleo diet and the following questions came up.

1. Any suggestions on what the girls can eat prior and during their menstrual cycle that can curb their cravings for sweets. According to them their able to maintain their diet really well any other time but the sweet cravings intensify during or before their menstrual. Any paleo sweets that you can recommend or any other recommendations.

2. Second question:

Can paleo eating affect your menstrual cycle in such a way that your menstrual can be late or stop all together. I asked all the obvious questions such as "are you pregnant, have you had any issues in the past, are there any health issues and the answer was no". Everything was fine until she starting eating paleo. She is in her 4th week of paleo eating. Any ideas on why this might be happening.

### 4. Question from Derek:

Doctor Richard Johnson says fructose, not starch, makes people obese. Thoughts?

Are onion and garlic allowed on the Paleo diet? I have read many positive things about how they both are potent anti-oxidants and anti-inflammatories, but they seem a bit harsh, or pungent. I want to say spicy. If peppers are questionable on the Paleo diet, perhaps these are too?

You guys won't come back in forty years and say that tomatoes are actually perfectly fine to eat, will you? I feel like this stuff happens all the time in nutrition.

### 5. Ben at CFM

Hey Robb,

Lovin' the podcasts. You're the man (or cave"man" as it were).

I vaguely remember you saying in an interview that ice baths increase insulin sensitivity. Could you elucidate how this occurs and what evidence supports it? Maybe a topic for the podcast?

Thanks Robb,

## **6. Question from Jason**

Hey Robb,

Just finished listening to `cast 10...I use it while commuting back and forth to work, helps me to focus on something else than stupid drivers!

Anyways, I searched high and low (found and posted that study the other week about obese/keto diets affects on hunger) on the topic of gluconeogenesis. I am extremely interested in the whole process and as of Dec. 1st, 2009 I have been eating the VLC diet religiously and I think by now I am sitting pretty good and square in gluconeogenesis as the last 3 weeks have been nothing but protein (beef, chicken, eggs, tuna, sockeye salmon) and fats (coconut milk, coconut oil, avocado, sunflower seeds, some almonds, olive oil).

With that being said, I will be deployed for approximately 6-8 weeks shortly and the food I will be exposed to will be pure and absolute s@!t, In an attempt to take control of that I have converted 19-22 kgs of beef roast into beef jerky and have my coconut milk and oil at the ready for the dietary nasty onslaught.

Now, my question is...how fragile is the gluconeogenesis/keto state? (what I call the "happy place" just because of the incredible effects on mood and body comp it has had on me!). Will 1 gm of refined sugar kick me out of it? At what point (grams/amounts etc) does my carb intake jepordize the gluco/keo state? I guess I'm asking, if I do end up having a meal or a week of meals which include refined carbs, how severely will I be affected? I know it takes 2-3 weeks to intially get into the gluco/keo state and things get exponentially better from there...but what happens if you have been in that gluco/keo state & you are exposed to refined carbs...does it take 2-3 weeks to get back into to it? or is it a shorter process?

Anyways, just something I've been thinking about because I have completely removed everything "bad" from my diet and have not looked back (although I miss ice cream!). It's almost like this stuff works?!?! Once my deployment is done I will probably look at doing a consult with you just to get things squared away....

Thanks dude, keep up the hard work!

Jason

## **7. Question from James:**

Hey Robb,

I sent you an email last week but I might have left a couple things out. So i'll simplify and add at the same time. I'm in a situation where I have practically no time, and really only time for breakfast and lunch. Furthermore, I don't have access to the best carbodohydrate selection (I'm in the Dominican Republic). So the question is it alright to do intermittent fasting every day, as in eating only breakfast and lunch but getting all my zone blocks in? The other is, the one meal that I have after working out, should I not have my fat blocks there and up the carb blocks or should I just do everything even? Any ideas that you have on what I should do would be great. Thanks!

## **8. Question from Joey:**

Hey Robb,

A question I get from some of my clients when talking about a low-carb paleo diet is about carb loading before an athletic event. My understanding is that the only reason to do this would be to top off muscle glycogen stores, and that doesn't take that many carbs, so basically carb loading isn't necessary or helpful. Am I correct in my thinking? In your opinion, should athletes be "carb loading" prior to events? Any input would be greatly appreciated

### **9. Question from Tiramisu**

Hi Rob,

I've listened to you use the phrase "look, feel and perform" with regard to judging the impact of diet changes. I'm struggling with how you can see a significant enough change in these characteristics unless you are making a radical change from a deficient or allergic reaction to a healthy diet.

Once you've tossed out the heavy hitters, processed sugars and simple carbs, got your macros generally worked out, and taken your basic multivitamin, fish oil, vit c,d,e how do you differentiate whether a dietary change is an improvement?

### **10. Question from Daniel:**

Hey, Robb. Really enjoying and learning from the site and webcast – keep up the good work.

3 things:

1. What are your thoughts on krill versus fish oil? I now take krill because it smells less, no burps, and I can take a lot less for the same impact.
2. You often say things like "lean out" – what do you define as "lean"?

### **11. Question from LA**

Hey Robb!

Thanks for another fantastic podcast! Quick, off-topic question: can you gain fat if you eat more than your body weight in protein? I weigh 125, but when I recently put all my foods into fitday, I saw that I am eating between 150 and 170g per day. I have recently gained body fat...could this be a culprit?

Thanks,  
L.A.