

The Paleolithic Solution - Episode 15

1. Question from Raquel:

Rob - I'm frustrated. I live in Ithaca, NY. Ithaca is home to Cornell University and a man named T. Colin Campbell, one of the lead researchers of the famous "China Study". I'll admit that I haven't read his book, but I've read enough books through my studies as a nutrition educator and had enough discussions with my own nutritionist about protein vs carbs (quantity and quality).

So at this party were 2 of T. Colin Campbell's minions, talking about how we should only eat 6-10% protein, 10-15% fat, and the rest in carbohydrates because "people who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease).

One study they cited was where Campbell fed rats different amounts of casein, soy and wheat protein. Apparently the rates who ate the most casein were the sickest.

Could you talk about some of the main proteins, their sources, and what biochemical importance (or not) they have in the human body? I know rats are quite the scavengers, but I don't think their bodies were meant to digest cheese and milk all day long. Neither are ours. So it seems to me that study is flawed from the beginning.**ar**

2. Question from Paul:

Hey Robb. Just wanted to start out by saying I love your podcasts and that I'm pretty sure I'm your only fan from Moose Jaw, Saskatchewan, Canada. Just wanted to put that out there.

Anyways, I'm a school teacher and a reservist with the Canadian Forces. I've been crossfitting for three and a half years after being introduced to it through the military. Unfortunately, I've only recently started to take my diet seriously. Thankfully, I stumbled across your blog and your podcasts.

My questions are about one of my favorite things: coffee. I love coffee in all of its forms..straight up coffee, lattes, cappuccinos, the list goes on. I don't think I actually drink a lot of coffee. That is, I don't consider myself a "heavy user" in that I only drink 2-3 cups a day at the most, some days only 1. For me, it's the consistency. I don't think I've gone a day in my adult life without a coffee or a caffeinated beverage of some sort. I mentioned my careers earlier because being a teacher and a soldier, I am immersed in not one but two workplaces that are awash in coffee. Teachers and soldiers run on coffee and it's a real challenge to avoid them when the coffee maker is the focal point of the workspace.

Recently, I've undertaken my box's 'paleo challenge' with the goals of losing weight, improving body comp and most of all, improving my athletic performance. I've been 99% paleo since the first of January and I've been taking my fish oil, vitamin D and Magnesium according to your guidelines. I've also been averaging 8-9 hours of sleep a night (after reading Lights Out). And, I've cut out my coffee and substituted it with tea. I should mention that I'm a cream and sugar coffee drinker and switching to tea way to cut out the 2-3 tsp of sugar and cream (and however much steamed milk that was in the lattes) that I was consuming each day with my coffee. Since the challenge started, I drink a cup of orange pekoe tea in the morning, a cup of green tea in the afternoon, and a cup of chamomile in the evening. I don't add any sugar. I know that the orange pekoe and green tea have some caffeine in them which I'm sure is the reason haven't been jonesing for caffeine that badly.

Long story short, I have three questions:

1) What are your thoughts on caffeine on a paleo diet? I would love to hear your thoughts on how it affects metabolism, performance, weight loss, sleep, etc. Based on my goals listed above, is it enough of a factor that I should consider breaking up with Starbucks altogether? (please say no, please say no...)

2) What are your thoughts on green tea? I've read several websites that tout it as a miracle drink that, amongst other things, boosts your metabolism and helps you lose weight. What does green tea contain that is so beneficial? Or is this not true?

3) I've been reading enough and listening to your podcasts enough to know the answer to my next question but I'll ask it anyway, just in case you have a different spin on it when it comes to tea and coffee. What are your thoughts on sweeteners? That is, what would be preferable--sugar, artificial sweetener, or honey?

I'd love to hear your thoughts. I'm looking forward to more podcasts. It's a good thing that you're doing.

Thanks.

3. Question from Clea:

Hey Robb,

Thank you for being such a font of information! I am wondering what you recommend eating when following the CA WOD. In the Performance Menu, Greg Everett prescribes 1 gram of protein per pound of bodyweight for weightlifters. Do you think this goes for the CA WOD too? Or a gram per pound of lean weight? Less?

My background: MEBB and Wendler's 5/3/1 for the last 7 months, switching to CA WOD. Eating Paleo 1+ year, super strict since I went to your nutrition seminar in Jacksonville, FL this spring, 100% strict on grains, legumes, and sugar. 95% strict on dairy. In Zone measurements, what I'm eating right now is roughly 14-16 blocks protein, 4-8 blocks carbs (one day a week is generally more like 8-12), and a HUGE amount of fat. I weigh 140lbs. 14-16 hour IF fasts 2-3 days a week. 6 grams of Omega 3 a day.

I'm thinking that the CA conditioning workouts are short enough to get by on few carbs (right now, I kind of crash after longer conditioning workouts unless I eat more carbs, but day to day, the less carbs I eat, the more it feels like I must be smoking crack). Your glycogen replacement article in Performance Menu issue 27 suggests that I could eat pretty much all of my carbs for the day after workouts. How important do you think post workout nutrition is for the CA WOD?

What do you think is a good protein level and macronutrient balance for the CA WOD? Intermittent fasting good or bad for CA WOD? Anything else I should change?

One more extremely important question. Is scotch gluten free or not? Mixed info online. Big implications for life.

Sorry for all the recent drama, thank you for your service to the CrossFit community. Right on with the right on.

4. Question from Nicholas:

Hey, I attended one of your cert's at BTB crossfit in Atlanta. I have been Paleo for 25 days and am confused in regards to fruit. Essentially, I do not know how much to consume or which types are best. While I've been eating lots of meat and vegetables, I've stayed away from fruit for the most part because I'm scared of the sugar intake pre-wod. I know there is something wrong with this and you encouraged tweaking of carbs in terms of felt lethargy and such. The problem is, I don't feel lethargic. I feel highly energized and ready to rock and roll on WODs. That doesn't mean I'm not consuming the right amount though, because just like you said in regards to eliminating gluten. You may not feel like "shit", but how do you know what you are supposed to feel like if you've never been without it. I need some way of knowing how much fruit I need. I'm 25, weigh 147, 5'9, and lean if this helps. If you've answered this in a post already I'm sorry. I haven't come across it and this has been weighing heavily on my conscience. I don't cheat on Paleo because now I see what's the fucking point? If you cheat, you just make it that much harder to stick to your resolve. I abstain from anything I know to NOT be Paleo. Thanks so much for taking the time to read this. I had the Kurt Cobain tattoo if you remember that haha.

Question from Kevin:

Recently a discussion about Paleo came up on our local climbing site and the detractors argument was that "why aren't elite athletes doing paleo?".

Could you name some "elite" athletes doing paleo ? Mark Twight is the only one I know of.

5. Question from Matt:

Where do coffee (with unsweetened coconut milk) and occasional wine fall into the Paleo equation? If this was already answered please accept my apologies for repeating. thanks. Love the site and the podcasts!!

6. Question from Ben:

Hope you had a relaxing Christmas, Hanukkah, or Kwanzaa. Whatever it was, hope it was nice.

I'm digging the podcasts, but I have a question that I don't remember hearing about yet.

I believe in food quality with paleo foods, but I don't quite understand how to teach my parents about it. Here is my problem:

My Dad will go to the gym in the morning to workout and then he'll come home and eat a banana and an apple and tell me he's eating Paleo. I tell him that I think he is making a wise choice using fruit as his carbs source rather than oatmeal (i.e. grains) but I'm not crazy about the idea of him eating 40+ grams of carbs, no protein, and no fat. I understand that it's not Paleo, but wouldn't eat be better for my Dad to eat cottage cheese or Greek yogurt. I know that cottage cheese and Greek yogurt are not Paleo foods, but the macronutrient ratio is higher in fat, protein, and lower in carbs and fructose...One of my friends says that if he ever became a nutritionist he would tell a client to choose a piece of whole wheat bread over a banana. Not quite sure about that one, but it does bring the whole macronutrient concept into focus.

7. Question from Bill:

I hear conflicting accounts on how protein is utilized, and my quandary is this:

On the one hand I hear Sears and others say that my body can't absorb more than 40-50 grams of protein in a single meal, and thus support the approach of getting my 200 grams of protein/day spread through 4-5 meals.

On the other hand, I often read about people doing a 5 hour feeding window, and getting great results. I personally know Dallas and he's pretty beast on the heavy weights so he must be absorbing the protein when he's doing IF, right?

So, if aiming for 200 grams of protein a day, should I just cram it all in during a 5 hour window and fast the other 19 if I'm wanting to play with IF?

Secondary question, where should my workouts fit in those windows? I feel strongest on heavy lifting days if I've eaten, so I'm thinking eat, workout within 2 hours or so, then eat all the rest within another 3 hours.

FWIW, I'm 5'10" and 210 pounds. I could stand to lose 20 of those, but am not concerned at the moment, just working to get my squat over 400 and deadlift over 500.

8. Question from Unknown:

I have been through alot of stress in the past couple of years. I had issues with exema, asthma, illness, etc. Since going paleo all this has cleared up. I was surprised how quickly it happened. I also had a substantial amount of hair loss. As a female, this was truly terrifying. I have lost about 50% and I was hoping that the paleo diet would help that as well. Is there something additional I should be taking to help correct this? I do have some new hair growth, but it has been months to see that change. Any advice? I have been paleo for a year....

9. Question from Mary:

Thank you for your informative podcasts. Really appreciate the hard work. I am 44 year old female, 5'1, currently 106 lbs, following low carb diet (no legumes, raw milk based dairy only), weight train 3x 30 min week, walking 4x30 min week. I reduced my carbs from 130 g to 50g in april 2009 and restricted my calories to 1200 daily and lost 5 lbs over 3 months. Although I loved the way I felt initially that seemed to have triggered a hormonal response(my periods stopped completely) I am currently on cytomel, my blood work shows no menopause. Any suggestions/ideas on changes to my nutrition/workout routine/etc? Thanks

10. Question from Nathan:

First, let me thank you for all the good work you do educating people, I'm personally really grateful that you're out there as a resource.

The owner of the box I work at was talking about fasting today as a precursor to starting Paleo. He went on to tell a couple of clients that a fast of up to a month is no big deal and that the body "doesn't need food".

I know you're a proponent of intermittent fasting, and from what I can gather on your site you don't mean anything near that long. It seems like the ideal time to do short fasts (12-24 hours) is once you've got Paleo down and you're sleeping enough every night.

Should we be telling people to fast for 48 hours before starting paleo? When you say intermittent fasting, how often and how long would you say to do it?

Thanks for taking the time to read this, and thanks for all your hard work.

11. Question from Steve:

Hey Robb, Love the podcast.. SO much of what I hear in nutrition is supplement with Mag, and Vitamin D and my question is this; How do we know if there will be long term effects from this.. For years people have been told about taking hormones and vitamin E and others, only to find out that it either doesnt work the way it was once thought, or it is potentially dangerous. Is it better to be possibly deficient in something like MAgnesium or Vitamin d (I dont know if I am) or take a supp that may be either a waste or potentially cause harm.. I hope this makes sense