

The Paleolithic Solution - Episode 17

1. Question from Friend:

I started my paleo diet cold turkey and tried to keep it minimal on the fruit intake. Anyway, by day three I felt soo sick that I couldn't do anything. Is there a reason or did I do something wrong? Just wAnted to see if you have run into this before or you have any article you could mAybe send my way!

2. Question from Jeremy:

Robb,

My name is Jeremy. I have a client who would like to start strength training in preparation for a fitness test conducted by her employer. She is a police officer who has been diagnosed with degenerative bone disorder. I'm waiting for a list of parameters from her doctor as far as exercise goes but wanted to address her nutrition in the meantime. Any advice? Would this be considered an autoimmunity? Do think it is possible to reverse this condition or just prevent further degeneration through proper coaching of strength training and nutrition?

3. Question from Jay:

Hey Robb,

I don't want to be a nag but I had asked earlier about training for health/longevity vs. sport/performance and never got a reply so I just wanted to ask again in a way that doesn't require a detailed answer unless you want to give me one.

My goal with fitness is very much about health and longevity and maintaining a high quality of life (i.e no nursing homes). I have no desire to compete in the CF games or have a sub 3min Fran. Given this I have the impression that training for my goals may be different than most in the CrossFit world. My inkling is that training for my goals might look more like 2-3 times/week lifting heavy and 2-3 times week doing short but intense metcons or sprints. Is this a correct assumption and if not could you point me in the right direction?

4. Question from Ed:

Robb,

Been reading some of Cordain's papers. In the one on Hyperinsulinemia (More than syndrome X?) he did with Dr Eades, they say hyperinsulinemia causes increased growth. Yet, in the paleo diet he states at the advent of agriculture people got shorter. What's going on here?

5. Question from David:

Rob -

I've recently been doing a mass gain and have essentially been running with Paleo + Milk. I've noticed a slew of sinus issues and congestion taking in so much milk so I am wondering if switching to Paleo plus a Whey Shake (water + whey) may be of benefit (I've read that you get less issues with just Whey). Can you comment on that?

6. Question from Kim:

Hey Rob,

I've just started listening but I'm already a huge fan. Thanks. This podcast you mentioned sleep quite a bit. I am just starting to really dial in my food and have progressively been getting better at going totally strict. This last week I have done strict Paleo and cut out fruits and nuts, getting my carbs to about 30 g from veggies. But now I've been sleeping quite a bit more (going on about 10 hours a night) and still feeling pretty exhausted at different points throughout the day. Is this typical? When you talk about sleeping enough what is the range you're thinking of because 10 hours is kinda cutting into my schedule. Thanks.

7. Question from Vinnie:

Rob,

I have an issue that I think would be a good discussion for the podcast. I have been an on and off primal eater for about eight months now. My original motivations were to achieve the all encompassing "look good naked" status, but as I read more and find more research, my motives are also pointing me towards some serious health benefits I may receive as a result of eating primal. Heres my question:

I was diagnosed with ulcerative colitis when I was seventeen. The disease has been a constant struggle for me, and up until that point I had always been overweight and my diet was ridiculously poor. Even now, fat loss is a struggle (constantly yo-yoing and getting derailed for weeks after even the slightest deterrence from a strict paleo routine). As far as my colitis goes, my symptoms practically disappear when eating a gluten-free paleo diet, while extra fat also seems to melt away within a month or so of good eating habits and crossfit WOD's 5 times a week. Recently, Ive also been displaying symptoms of Hidradenitis Suppurativa, a skin disorder resulting in big pustules, around my inner thigh and pubic area. After much reading on the subject, Ive found that this skin disease can also be traced back to a gluten-laden diet. In my constant reading, Ive also found that Celiac disease can closely mimic the symptoms of UC, and is often misdiagnosed as such. I was hoping that your science background could help shed some light on this... It all adds up too easily- its hard for me to lose weight unless I cut out the gluten, my UC symptoms disappear when I do, and I now show signs of a skin disorder when I eat gluten-rich foods. I'd like to hear some of the physiology behind these occurrences and hear whether you think I may have been mis-diagnosed (my UC is actually celiac?) and why or why not this would be possible. Also, you get this a lot, but I'd like to also thank you for all the work you do. Keep it up, and thanks again.

8. Question from Kevin:

Hey Robb,

A bit off topic but...

Would you happen to know of any sites which have references to studies done on dogs and gluten, wheat, corn issues. Possibly some sort of side by side studies of dogs feed an ancestral diet vs the conventional PetSmart garbage ?

So far I've found that our vet is pretty clueless about the dangers of corn, gluten, wheats, etc for dogs. The dog has already gone through a several day bout with allergies because of this Purina crap food she recommended (with corn gluten meal).

The results of feeding Evo seem to be speaking for themselves but I would love to find some

solid studies on this.

9. Question from Warren:

just want to clarify. avoiding dairy would mean milk, cheese, yogurt, 1/2 1/2 but butter and cream would be ok? is it because they are mostly pure fat but the others have casien and lactose? going to do the "pull it (dairy) out for a month" to see but butter and raw cream have to go too?

also you give small amounts of booze and dry red wine a pass but no mention of beer (i know i asked about this before in terms of gluten but not carb count/metabolic effect) some light beers carry about 3.5 to 5 g carb.

pure stevia ok in small amounts?

most importantly why no mention of "Thrashing"?

10. Question from Mike:

Hey Robb,

I thought you may have discussed this at some point, but couldn't find it in the archives. Is constipation common on a Paleo diet? I've been eating strict paleo, supplementing with vit D, Mg, and fish oil, and I've recently started taking the Now Foods Super Enzymes.

However, I only go 1 to 2 times a week. Not sure if this is unhealthy or if there is a way to remedy it?

11. Question from Sue:

Robb, what do you think of vegan athletes? Do you think its possible for some to be at their best athletically whilst a vegan.