

## The Paleolithic Solution - Episode 19

**1.** Review Blood work

**2.** Question from Adam:

Hey Robb and Andy,

Just thought I'd say thanks for the podcasts. Loving the material.

I was just looking over an article in The Journal of Strength and Conditioning (from NSCA I believe) from last month. It was about a low-carb diet being better for losing fat and maintaining muscle mass versus the standard low fat diet.

Looking over "low carb" diets and even "very low carb" diets, some have between 10 and 30 grams of carbs in a day or less. How are people eating any decent amount of veggies in that situation? Even a spinach salad with broccoli and a pepper might add up to that much... and that's only one meal.

I'm trying to connect being able to eat protein and fats essentially with reckless abandon while also consuming enough veggies and fruit to counter the acidic load of those foods.

Whatya think?

Thanks again!

**3.** Question from Meri:

Just wanted to ask whether you've read the book Primal Body, Primal Mind by Nora Gedgaudas? I recently read it and was quite impressed by it. It's almost in a line with the paleolithic approach with some additional (at least for me) info regarding longevity. Such as: the more insulin you're body makes, the "older" you get. As in the opposite way: the least insulin you'll manage to get by the "younger" you'll stay (meaning naturally the different signs of aging such as cellular death et cetera). This would translate for example into not drinking coffee due to it's insulin raising effect and I KNOW that you're (until proven otherwise) sticking with some quality espresso and full-fat cream. ;-D

So a bit confused here, glad if you'd like to share your view on the scientific reliability of the book which I totally bought. I use the paleolithic approach as the main "tool" when coaching my trainees into better eating habits and been now using the info from Nora's book as well.

Btw, love your longevity – health – performance -trinity, helps setting goals and to explain the differences in fine tuning with different people.

**4.** Question from SB:

Hi Robb.

AWesome podcast.. I listen while doing my post workout stretching. I was wondering... I have heard you recommend 2000 or 5000 IU of vitamin D for various medical issues. I am 20 and have severe osteopenia due to.... I guess the 'female triad' because of irresponsible training in the past. My doctor... who I am not impressed with due to her seemingly lack of concern never made any nutrition suggestions just put me on meds and suggested calcium

and vitamin D. I take 1500mg of elemental calcium a day (500mg with each of my meals) and 1000IU of vitamin D3 before bed. Should I be taking more?

My training and nutrition (been following Paleo and listening to your suggestions on the podcast) is appropriate now. I will be getting another bone scan in a few months and I hope to see an improvement, if at all possible... if not I just hope I have not slipped into the osteoporosis category. Will more D3 help?

#### **5. Question from Ryan:**

Hey Robb,

Another great podcast – thanks heaps to you and Andy for the work you’re doing on the show and all the great information you’re providing. It is very much appreciated and anticipated every week.

I have a few questions regarding insulin and leptin.

The first question is regarding the insulin response to larger meals and how much does it negate the enhanced insulin sensitivity brought about by decreased meal frequency? I’m asking because if we know the size of the insulin spike is determined by the composition of the meal, the size of the meal and the frequency of eating (since the insulin stimulated by the last meal will take about 3 hours to dissipate) there seems to be a fine balance between eating less often (and therefore eating more at each meal) and eating more often (and eating less at each meal).

I’m not suggesting we go back to eating 6 meals a day but I’m wondering if people who are trying to lose weight might be better off to eat say 4 meals instead of 3 because they would then eat less at each meal and have a reduced insulin response. Assuming the meals are evenly spread out through the day they could still get 4 hours between feeds and maintain some insulin sensitivity that way. Could there be a caloric figure per meal above which you may be better off inserting an additional feeding rather than taking in too much at one sitting?

My second question is regarding leptin. You’ve mentioned it a few times on the podcast but I’d love to hear you talk some more about it because I’m a little unsure of the mechanism by which it regulates appetite and also how leptin resistance may in fact cause insulin resistance.

I know leptin and ghrelin are both involved in appetite regulation but if leptin is a signal sent from fat cells to the brain to let the nervous system know how much fuel is in the tank I would think it would take hours following a meal for the fat energy that becomes available to top off the fat cells by the time it is digested, absorbed and directed by the liver. I’m thinking maybe ghrelin is more related to acute appetite regulation, ie the stomach is full, and leptin is more related to chronic appetite regulation, ie the fat cells are full or empty. Is this right?

I’m also wondering how leptin resistance may cause insulin resistance. I always thought insulin resistance was a simple scenario of decreased sensitivity brought about by too much insulin caused by too much of the wrong food too often. Do we need to complicate it by adding leptin into the equation? Or does it even matter if the fix for leptin resistance is no different from the fix for insulin resistance?

I would love to hear your thoughts on the issue as my current limited understanding has

been gained by people trying to sell books on the topic – I felt they may have been overstating the importance of it in order to sell their angle. Any unbiased info would be greatly appreciated.

Once again, thank-you guys for the podcast and for the site, it's a great resource and is very much appreciated. I look forward to next week and I also look forward to the book release.