

1. Question from Jay:

I've been hearing on the Performance Menu boards that the benefits from fish oil are due to the DHA and NOT the EPA, and that EPA is actually immune suppressing and increases lipid peroxidation. I did some googling and found a lot of info supporting this statement as well. Another thing they talk a lot about is the PCB content of fish oil as PCBs and other toxic pesticides accumulate in fat, unlike heavy metals which accumulate in protein. Given these two arguments, a lot of these people conclude that algae derived DHA is the best way to get the benefits fish oil has but without toxins and without the so called "damaging EPA." Can you comment on this?

2. Question from Celiac Mom:

Hi Robb,

Over the years, I have had numerous health battles. Everything from skin rashes, to skin cancer, reproductive problems.... You name it! Then, about a year ago I attended one of your nutrition seminars. During that time, I made a very clear and distinct connection between the health issues I was facing and gluten. When I went back home, I found a doctor familiar with Celiac's Disease and I requested that he test me. Prior to that, I've been working with doctors literally for YEARS trying to explain health issues I've been having. Needless to say, I was diagnosed as being Celiac.

Prior to being Celiac, I did eat well, very zone-paleo-ish. However, my cheats always included gluten (ie: beer, pizza, bread). Since I have been 100% strictly off gluten and following the Paleolithic way of eating, I have since gained 10 lbs. Is this normal? I am currently not following a zone-paleo method because I got too neurotic with weighing and measuring...it was not a healthy mindset for me. Currently following just Paleo, I truly do not feel that I am eating in excess, my mouth is my mouth and not a vacuum, food is just fuel...I don't have emotional connections to it. However, my questions stem from the weight gain.

Here is my background information: I am 135 pounds at 5 foot 6 inches and in my mid-30s. I follow more of a max effort box / CFFB type of training. I train about 4 days a week doing a strength session followed by a short metcon. I supplement with pharmaceutical grade fish oil, magnesium, vitamin D and C, and glucosamine. I have completely cut out my dairy and gluten. I eat grass-fed meats (love my farmers), fish, veggies, fruit, and very few nuts. My fats mostly come from olives, avocados, coconut oil, and olive oil.

Questions:

1. Do you think the weight gain may have to do with my body being undernourished for so many years due to the auto-immunity shut down by having gluten in my system? At first, I thought this immediate weight gain was a normal transition, but the weight is still staying on.
2. Although I feel better and am performing better, I am not happy with how I look. I now have a small pudgy middle. I do realize the realities of life, I have had several children, however....how do I get back to my desired weight without going neurotic and totally psycho about weighing and measuring OR is there something to cut out or supplement to help with this process?
3. Should I alter my approach to training and add in more metcon?

I appreciate your help. I am confused as to how to approach this problem, as I AM healthier now and feeling great, but I don't like the portion of "looking good naked" at the moment. Any thoughts or suggestions would be greatly appreciated. Thank you and please realize

you do so much for this community and it is greatly appreciated. Sorry for the long blog question. Listener #8????

3. Question from Sue:

A friend's teenage son has Obliterative Bronchiolitis . He is constantly having lung problems. Doctors treat the symptoms with a very expensive antibiotic called azithromycin (zithromax) , and he is being taken off it next month even though his lungs are worse !!! Would vitamin D3 help with this and what dose? Is 5,000iu daily too much. Should he be tested for vitamin D deficiency before supplementing? What about cod-liver oil?

4. Question from Justin:

Robb,

Question for the podcast...rereading Lights Out and giving some serious thought to the seasonal training idea. Given their recs on lowering carbs to 25-45g in the winter, might it make more sense to hit a mass gain/starting strength protocol in the summertime when carbs (and calories) are more plentiful? Seems sort of counterintuitive...everyone wants to be lean in the summer...what do you think?

5. Question from Mike D:

Robb,

Maybe you can use this in the podcast. Can you expand on how leptin and other hormones work when it comes to hunger? I'm finding it hard to do the unweighted unmeasured paleo gig, and I can't seem to eat to satiety. I can eat till I'm stuffed but then I'm uncomfortably stuffed, there's no in between.

Also I notice that if I don't make a meal with some sort of starchy carb source (yams, squash, etc) I get RAVENOUS an hour after I finish eating, I get hungry like all hell and some times I'll even get a head ache. This can be from meals ranging from 500 to 2000 calories in a sitting, doesn't matter. These meals generally include a good bit of protein, fat and 4-6 cups of cooked veggies. If I add to that some fruit or a yam, then the post eating hunger isn't as bad. If I push through the hunger pains I'm usually good for a few more hours, but that initial hit sucks hard.

I'm 5'10" 180# at about 13% BF and have been strict paleo for the last 6 months save for a few cheats a month. I do MEBB style WODs 3-5 times a week. I'm also coming off of weighing 240# a year ago and being completely metabolically deranged. Not sure if that matters. The promise of hunger free paleo eating has eluded me thus far.

Thanks, can't wait for the book and keep fighting the good fight.

6. Question from Curious:

Robb – I recently went to my GP and he is taking additional test but believes my testosterone levels are too low for my age (near 40) and wants me to start testosterone replacement therapy. The last blood test I had measured at 315ng/dl. Are there natural methods to increase levels that actually work? Just curious as to what your thoughts, opinions, and/or suggestions may be when I review the results and discuss the options with the doc

7. Question from Eric:

Hey Rob,

I have a question for my girlfriend that I was hoping you could answer. She has always had difficulty in getting lean, her mother is a big fan of eating grain and vegetable rich diets and that was how she was raised. Now that she has control of her eating habits she tried to reduce her carb intake after me talking about eating paleo and reading Good Calories Bad Calories. However when she did this she had a big problem with an increase in stomach acid to the point of nausea and complete loss of appetite. I think it is important to know that three years ago she had giardia that went untreated for about 6 months and for a couple years after she was taking aciphex to deal with the fallout from that. I was hoping you could shed some light on her situation and give us some ideas of how she(we) can eat to help her lean out and still be comfortable.

Thank you

8. Question from Patti:

Hi Robb!

I'm a wife, mother and recent Paleo adoptee - I'm 2 months in and feeling good. I'm one of your 6 avid Podcast listeners (you're joke, not mine) and the more I learn the more I'm convinced of the lifestyle. As you often comment, the questions are getting more and more challenging so I thought a return to basics may be helpful. I'm interested in living well and feeling well, exercising but am not striving towards any competitive fitness (CrossFit or otherwise) goals.

My questions:

1. Glutens are obviously completely out but when it comes to the borderline cheat foods like nuts, legumes and dairy, is it better to have a little dairy, let's say every other day, or is it better to have a true portion of dairy on a cheat day only? I know your response will be not to have any at all, but I find myself eating some in sauces or at restaurants and am wondering how detrimental it really is (I know you have to talk about dairy all the time, it's a hard one to let go of!).
2. I've been reading about the PCB issues with fish oil and was wondering if you had any access to definitive PCB research by brand? I use Carlson but really have no way of knowing. I've seen studies where 9 out of 10 tested have carcinogenic levels of PCBs.
3. My husband is a Type 1 diabetic and is living Paleo now too. Any particular things he should keep in mind or do differently as a Type 1-er? (I'm looking forward to seeing his bloodwork, A1c, lipid profile, creatinine level, etc in the next visit).
4. Advice on paleo for kids? My daughter is 15 months old and it's pretty much the anti-standard kid diet to keep her off glutens and dairy, but I do try. Need to make sure she gets enough calories - would you recommend rice for her? Brown? When she does eat some bread (out to eat), would you recommend white or wheat?

Many thanks Robb. You're a brilliant biochemist and generous purveyor of information. Thanks for sharing the good word and helping us all to see the light!