

1. Question from Jay:

Robb, I am having a major breakdown on the nutrition front. I just finished reading Staffan Lindberg's website and he takes apart almost everything I thought I knew about nutrition. Here is the link <http://www.staffanlindeberg.com/OldAndNew.html>

And here are my concerns. I've just included the important excerpt here but the whole piece at the link is crucial to read.

1. He states "Hence, there is as yet no strong evidence that a low intake of fruits or vegetables is an independent cause of Western disease" I know fructose in fruit can be problematic, fine. But vegetables? I've read so many studies suggesting vegetables are crucial to health for their antioxidant, polyphenol, nutrient action. Most importantly I've read many articles and a book stating vegetables are our best defence against cancer.

2. He states "One of the strongest beliefs held about healthy food is that fatty fish prevents heart disease, and that omega-3 polyunsaturated fatty acids are the main reason [44, 45]. However, the evidence is not by far as solid as it may seem." I don't even need to tell you how that flies in the face of everything I thought I knew.

3. He states "Although restriction of all types of carbohydrates may provide some benefit for subjects with diabetes type 2, it seems unlikely that dietary carbohydrate is a primary cause of Western disease." Basically I got that low carb diets are bull and we're silly for believing they are good for us, unless we're already diabetic.

4. He states "The Antioxidant story mainly emerged from intriguing hypotheses in molecular biology, but randomized double-blind controlled trials with antioxidants have essentially failed to show any benefit" I honestly believed anti oxidants were beneficial for stopping oxidation of fats in my diet and body so that they don't wreak havoc on my body. Keeping cholesterol from oxidizing by eating vegetables seems like a good idea.

I just don't know what to do anymore. What the hell am I supposed to eat? What's good for me? It's not grains, dairy, legumes, or vegetable oils. In most cases it's also not nuts, fruit, or eggs. Now I've been told it's not vegetables, or fish oil either. Oh, and carbs don't matter anymore either, eat as many as I want. However they can only be tubers. Do I just eat meat and tubers?

Sorry for the long post but I'm falling apart.

2. Question from Barry:

Hi Robb and Andy, thanks to iTunes I think I am now caught up on all the podcast episodes, and I'm always looking forward to the next one. I hope the weather is looking better up in Chico these days, since all those Cobain jokes were getting me worried about the future of the podcast!

I have two questions for you, both of which you might want to save for the supplementation podcast:

1) Would you be willing to comment on the recent piece in the CrossFit Journal by Chris Mason on PWO nutrition ("Optimized Post-Workout Nutrition for the CrossFit Athlete")? Leaving aside the conflict of interest inherent in the article (i.e. he recommends a whey-casein blend shake as the ideal PWO meal, which is conveniently a product that his company manufactures and sells), I wanted to hear your take on two issues he raises in the article. First, the issue of preferring liquid over solid food for immediate PWO nutrition. Mason argues that "The faster you can make amino acids (protein) and glucose (carbohydrates) available to the muscle cells, the greater the potential PWO recovery response," and that since "liquid

meals are normally digested and absorbed at a slightly quicker pace than a comparable solid-food meal," that the PWO shake is a superior choice. Second, he talks about the benefits of "controlled insulin spikes" in the immediate PWO period, in order to harness the anabolic properties of insulin.

Personally, I'm more sold on the idea of eating real food whenever possible, so the preference for a PWO shake seems dubious. I'm curious to hear your thoughts about controlled insulin spikes though.

2) T-nation is currently making a big deal about the BioTest "Flameout" Omega-3 supplement. Their big claim is that the EPA and DHA levels are more balanced for mens' metabolism (sort of like Secret deodorant in reverse?). Is there anything to this claim that men need more DHA than women?

Thanks for your time, and best of luck with completing the book!

3. Question from Mostyn:

Whats your opinion on "raw food".. as to my knowledge our ancestors lived primeraly on raw foods... And whether cooked foods are harmful to our body? whats your opinion..

4. Question from Lauren:

Hi Robb and Andy,

I really enjoy the podcasts. I noticed Trader Joes is selling a resveratrol supplement. It's a little pricey for my budget but is it something worth taking?

My goals are to lean out a little bit (approx 5 lbs) and get stronger. I already eat paleo, crossfit 4 or 5 days a week, sleep 8 eight hours etc.

Second question, I tend to chew a lot of gum and drink diet root beer 2x a day. I also enjoy a diet peach snapple every once a while. In your experience as a coach/trainer, have a lot artifical sweetners significantly haulted weight loss? Can you recommend a replacement?

5. Question from Matt:

Hi guys,

Love your stuff and love the paleo/crossfit lifestyle! Theres a problem though. One, my sleep has gone into the shitter for sure. I'm sure that its not over training since I'm not at the WOD stage and am doing basic stuff 2 on 1 off for no more than 30 minutes at a pop. I can fall asleep no problem, I have turned into a very light sleeper and wake up constantly all night. Part two of this is also the problem. Since I went paleo about 3 months ago, I have developed night time lower leg cramps. Stretching before bed helps, also started taking E at night in addition to magnesium and zinc during the day. All with as much water as I can remember to drink.

Thats all for now. Keep up the great work and thanks.

6. Question from Derek:

Robb, I belong to CrossFit Bernardsville and a decent crossfitter. With my coaches help (Karianne Dickson) I set up a Paleo diet plan with no fruit to help me lean down even further. I have seen dramatic improvments in my physique, but experienced an interesting issue.

The second week on Paleo I felt like lactic acid was building up more quickly in my legs and I would burn

our faster than pre-paleo. Does this seem normal from what you have seen?

7. Question from Anu:

Hi Robb,

What is your opinion on children going on the low-carb paleo diet? Is it bad for children to be in ketosis? Any health detriments to children adopting a paleo diet? And if they do eat dairy, whole milk or 2%?

We're debating whether to introduce the girls to the paleo (w/ dairy) that I follow and wanted to make sure that it's OK to do so.

8. Question from Zach:

Hi Robb,

I'm a trainer at BTB Fitness in Atlanta, and I attended your nutrition cert a few months back. I've been doing Paleo for about 4-5 months, and I've been seeing amazing results. However, my girlfriend is complaining about really bad breath. She says it smells like 'chinese herbs' and permeates the entire room. With your standard bad breath I usually know when I have it, however with this I'm completely unaware. I read that if you eat too many nuts your body doesn't digest them and they rot in your stomach, so I omitted nuts for a few days, but it didn't help. I also think it could be red wine (though doubtful, cos I don't drink that much) or maybe coffee. I think it's definitely a stomach thing, and I'm aware of some stomach grumbles when she complains about the bad breath. I've considered adding some yogurt to my diet, but really don't want to stray from Paleo.

If you could give me any info I would be extremely grateful, and I'm sure my girlfriend and CF clients would be, too. Thanks, and I look forward to hearing from you soon!

9. Question from Bill:

Quick question about maximizing effectiveness of carb intake on cortisol levels. In a nutshell, if carb intake is restricted sufficiently to require more or less continuous gluconeogenesis to maintain blood sugar, and cortisol is the pathway by which gluconeogenesis is activated, wouldn't eating close to zero carbs result in continuously elevated cortisol levels?

Likewise, to maximize development of muscle (occurring in reduced cortisol environment) wouldn't the ideal, though perhaps unattainable, diet be the one that provided JUST enough carbs to nearly eliminate gluconeogenesis, thus generating the lowest levels of cortisol due to diet (all other factors being equal)? Or is my understanding of this simply immature?