

1. Question from Mike:

I am 51, ex-banker (retired), ex- d-lineman (Princeton). Current 10.3% bodyfat (bodyscan measure), thanks to you and Crossfit, as well as my friend Dr. Ken Leistner. I have high fasting blood sugar readings, high cortisol in spite of Paleo diet, (Zone block focus). Is use of high aminos in Muscle Armour and other products potential issue for post workout nutrition?

2. Question from Kate:

Hello from Minnesota!

Robb, your podcasts are stellar even if I'm your only fan in the Midwest!

I constantly get questions from my clients regarding sweeteners. I've been telling them (per your recommendation) to use pastured whipping cream with cinnamon as their first choice. Raw honey as the second choice.

I've since come across coconut sugar, which I'd never heard of before. Apparently this is a low GI sweetener that has a slight caramel taste. Here is a link to more in depth information about it:

<http://www.naturesblessings.com.ph/cocosugar.htm>

Have you heard (or used?) this? What do you think?

Can't wait for your book and glad that you kept your head up while forging ahead with all your projects this past year!

3. Question from Adam:

Robb, know youre busy and figure youll probably file this one till you get enough email on the subject. Thought Id send this link to you

http://www.burnthefat.com/paleo_diet.html.

Im always looking for other view points as you must if your willing to be open to debate. His point is valid, everyones body is different, but it falls apart after that especially as he doesnt address the insulin spikeing caused by high glucose meals plus we are doing this for our health and not our appearance,right?

Love the site, keep on with the book

4. Question from Joe:

Robb,

I love your podcast. I know you have at least 10 listeners in Georgia, so you are up to 18. I have a coworker that recently had her gall bladder removed and now suffers from anemia(not sure which type). I remember you talking about gluten-intolerance and these topics in the past. I was wondering if there some data I can show her suggesting that she is gluten-intolerant? Thank you again for everything, paleo has changed my life.

5. Question from Unknown:

Robb,

I've been reading a lot about this Acai+colon cleanse diet. Could you address the science behind it and the potential (if any) ramifications of using it.

6. Question from Clif:

I want to try out some Intermittent Fasting, with a couple of twists thrown in due to concerns that I have on fasting because of my stupid embedded notions of "grazing". I drink a lot of tea, and I like to start days with fresh lemon and ginger in my tea, can you think of any reason to stop this practice during an intermittent fast? Additionally, I did a severe caloric restriction last year of about 5 days, where I actually gained weight (maybe I was really dehydrated when I first measured....) where during the restricted phase I really only consumed: super green style drink powder, coconut water, a ton of amino acids, leaves. Eggs each morning. I'm going to try doing a 16 hour fast, 2 or 3 days a week, and I was intending to drink the vile amino acid/super green mix and tea during my fast.....can you see any obvious reasons not to do that?

7. Question from Chuck:

I've recently tried as you suggest cutting carbs in half and adding 3x the fat for your version of skinning the zone. My prescription was 16 P, 8 C and 40 F blocks, I weigh 178lbs and I'm 5'6, 30 yrs old. My question is, do you feel that this approach to eating is enough protein? I've always felt much better ingesting higher amounts of protein. I've been considering the more ketogenic approach to eating following your 50g of Carb recommendations. I'll be honest and tell you I'm doing this from a vanity stricken stand point. I have BF% in the upper teens and I'm hell bent on being able to see my abs and keep them for the rest of my years on the planet. Any suggestions or guidance would be amazing and I'd be grateful.

P.S. I work a 40 hour work week, on a swing shift schedule, up to 8 or 9 days in a row. Yes I'm a law enforcement officer, just incase you were thinking that.

8. Question from Shilpa:

Hi Robb,

I've heard another Paleo expert (I won't say who) say that consuming low-calorie sweeteners (aspartame, Splenda, stevia, etc) causes insulin spikes and therefore we shouldn't consume artificial sweeteners because it screws with insulin sensitivity. I don't know, something about that logic seems a little too neat and clean. I couldn't find scientific articles supporting this. Do you know of any?

It seems to me that if artificial sweeteners were actually similar enough to sugar, then we'd love the stuff and wouldn't be able to get enough of it. But most people don't love the stuff. Our brains aren't fooled and can tell, "Hey, that's not sugar. I'm not buying that." And if that's the case, wouldn't our brains eventually stop releasing insulin when presented with artificial sweeteners, especially given that such sweeteners usually have a fairly distinctive taste? Or maybe some people do release insulin and some people don't?

Either way, I've stopped consuming the stuff. I just don't like people spouting off things that sound like they could be true and not backing it up.

I hope this makes it to your podcast. Feel free to edit for length and clarity.

9. Question from Jared:

Hey Rob,

Lately I have been making a coconut milk smoothie in the morning (usually pre-workout) using the 'SO Delicious Unsweetened' brand (mixing with it some almond butter, blueberries, protein powder, glutamine and cinnamon).

With that said, I was looking up coconut milk on nutritiondata.com and it said it was strongly inflammatory (about -450). This concerned me because I normally drink one of these before a workout and if it is in fact inflammatory I assume it would be a poor meal to consume. Therefore, is Coconut milk inflammatory and is it a bad alternative to regular whole milk? Any advice you can offer would be greatly appreciated. Thank you.

10. Question from Michael:

Hi Robb,

In "Lights Out," Wiley prescribes sleeping in perfect darkness. I recently set up my bedroom window to block out the streetlights, so I've been sleeping in complete darkness.

But I've noticed it's now much harder to wake up in the mornings. Since there's no morning light to indicate that it's time to wake up, I feel groggy and disoriented.

Should I allow some light to make waking up easier? The evolutionary logic would seem to prescribe waking up with the sunrise. Or is this something that just requires time to adapt to?