

### 1. Question from Thomas:

Robb & Andy,

I'm really getting a ton of great stuff from the podcasts and website. It's a really a tremendous resource... totally improved the way I train and live in a really short time.

My fiancée is really struggling with some GI problems. She \*had been\* diagnosed with a hiatal hernia by naturopaths, chiropractors, and other quacks for quite some time. Yesterday she was scoped and the doctor said he couldn't find the problem. We had hoped doing the hiatal operation would fix it, but that's not an option now. The doctor's solution was some pill that evidently can cause permanent Parkinson's disease. Joy. I guess she's stuck with the gird diagnosis for now. Stress, wine, sweets, spicy food set her off pretty bad for a few days where she experiences pressure and burning just below the sternum. Her diet is close to Paleo, probably could use more protein and less dairy (goat milk and yogurt). She uses kefir products and bio-k (acidophilus) to remedy gird symptoms, and I wonder if that's putting a band-aid on the problem.

Have you had any experience with relief or a cure from the gird due to the Paleo diet?

I'm really sleuthing for some science and magic tricks to sway her to the dark side... My real concern about this is that the "current" food-based gird treatments all try to reduce bile production through very low-fat, no meat, carb diets... essentially quick death. I know that Dr. Cordain lists the gird as disease which the Paleo diet can heal directly, I just don't see anyone commenting on this topic. I suspect the Paleo line has something to do with carnitine and omega-3's.

### 2. Question from Listener 8:

Hey Robb,

A friend of mine was diagnosed with a kind of thyroid cancer last year and has been following the 'Gerson Method' to fight it. She claims her tumor has shrunk from a golf ball size to about the size of a marble. I don't believe there have been any actual studies on the Gerson Method, and it seems to involve some weird things like coffee enemas and a lot of juicing, but it does promote fruits and veggies and a more 'natural' diet for the most part. What's your take on this and how it relates to the Paleo diet? Could drinking a shit ton of juice really concentrate the vitamins to help 'fight the cancer'? Here's at least one link reference...

<http://www.annieappleseedproject.org/germirfil.html>

### 3. Question from Jared:

Rob, I was wondering if there was a way to measure if a certain meal spiked insulin? Maybe using the meters that diabetics use? like measuring ur blood sugar after a meal? For example if someone was trying to figure out if fruit in a meal was giving to much of an insulin response and was preventing fat loss....

So basically, rather than following a diet for a period of time, and then making the discovery that the fruit in your meals is preventing fat loss ( and losing those months you could have been making progress) , you could possibly measure your insulin response to various

meals??? I hope this makes sense

#### **4. Question from Dhani:**

In your Podcast and subsequent posting, you outlined an approach whereby one consumes 1 gram of protein for every pound of body weight and 13-21 cal total per pound of body weight filled in with calories from fat sources, with the total caloric intake range being determined by what phase of loss, gain or maintenance you are in.

Based on this I have a couple of questions. I am 160 lbs and in a leaning out phase of a completely paleo, ketogenic diet that consists of grass fed beef, other pasture raised meat, loads of greens and that's about it. I am taking 30-45 grams of Carlson Cod Liver Oil a day. Do you count the calories/fat in fish oil towards daily intake?

My next question is based on a piece of information I received regarding Coconut Oil and more specifically Medium Chain Triglycerides.

It was suggested that since MCTs are prioritized as fuel over stored fat (ketones) then they are ideally to be avoided in a leaning out, ketogenic phase.

I found this hard to swallow because I have long been advised of the great benefits of coconut oil for cooking, thyroid regulation and seemingly every other desirable health benefit. So I was wondering if you could help clarify this issue for me; is coconut oil better suited for a maintenance/gain phase, or is it ideal in any phase based on the net balance of metabolic regulating properties it seems to contain.

Thank you for the incredible resources that you provide to the community.

Peace.

#### **5. Question from Andy:**

I have a question. Sorry if its already been asked. You mentioned the higher amounts of lysozymes in egg whites and how an excess can be potentially harmful. Why wouldn't the HCl in the stomach denature it enough to be handled like almost every other protein?

Two parter, sorry. I have a client who is hypoglycemic and wanted to see if you could mention the condition and your recommendations on nutrition to that crowd. My client claims a need for carbs, which I can understand. I'm working on getting her off gluten and rice products, and on to yams potatoes and squashes? any other advice would be appreciated! Thank you. -Your Biggest fan in Texas!

#### **6. Question from Joe:**

Hey Robb, love the podcasts. In one of them you mentioned that eating Paleo will reduce the amount of calories you need due to all the vitamins, minerals, and nutrients gained through eating this way. I've been Paleo since October 2007, but have not really plugged a day of eating into fitday until this past fall, when I was trying to gain weight (did SS with it).

For the past two weeks I've been plugging what I eat into fitday and found that I've been eating around 1,600 max per day, sometimes lower, and this just seems like a low amount of calories for me. I'm 20 years old 5'10 150-152lbs and I workout 3-4x/week, a mix of CF + upper body strength stuff while my right hamstring heals from straining it. I also walk a fair amount due to being on a college campus, no less than 3 miles a day. I have not had the chance to weigh myself in around 3 weeks due to my class schedule, but I will be able to this weekend. Any thoughts as to why this is happening? When I lift heavy I am hungry,

and I can turn the switch on to eat 3,000 per day (which I averaged during my SS cycle) when I do SS, but doing CF stuff I just don't get as hungry. Regardless of exercise, shouldn't my BMR be higher than what I am eating? I feel like it is, but do not know, and I don't trust online calculators. Any advice is appreciated.

Hey Robb, forgot to include some stuff in my original post that may or may not help. I take 4.5g of fish oil and 5,000 IUs of vitamin D everyday. My macronutrient breakdown is around 50-60% fat, 30-40% protein, and 10-15% carbs. I used to have a cheat meal or two every week up until this past October, since then I've been strict Paleo and haven't felt the need to eat any kind of junk food. I am also generally not hungry in the morning. Either my energy levels suck from not eating enough, or when I do eat around 2,000-2,500 I feel bloated and heavy, like I ate way too much food, when in reality I should be eating around that amount normally.

#### **7. Question from Steven:**

Robb,

Could you go into some further detail in a future podcast or on the board here and define "insulin resistance"?

I have picked up a lot of peripheral information in what you have presented in the podcasts so far as well as some research I have been doing on my own but would like to get your flesh out on it.

#### **8. Question from Gerry:**

Hey Robb and Andy. Great show as always. I'm actually a listener who has no athletic background – I don't ever go to the gym, and my main exercise consists of hiking and long walks – even so, I find your podcast to jive with my intuition about nutrition, and I find it extraordinarily informative.

I have a question about gum disease: I've had a hunch for a while now that inflamed gums are caused by the same sorts of things that cause inflammation elsewhere in the body. In Gary Taubes' book, he mentions briefly one experiment where researchers eating low-carb for a year wound up curing their gum disease. After eliminating grains, gluten, legumes, and dairy, is there anything else that you think might cause irritated gums/inflammation? Can mildly inflamed gums be a symptom of something larger? I feel great otherwise

#### **9. Question from Kmar:**

Never heard of Rollerboys but the fact that you admit to watching it means that you are a much stronger man than I.

I had a question on some of the older podcasts. Cheat meals seems to have come up a few times and your take has been that there might be some benefit, there might not, use it if it works for you. My question is, though, if you have a cheat meal once a week are you stopping yourself from ever healing your gut? I'm thinking of the military guys you mentioned keeping crap in their diet every now and then so that they can eat the MRE's when deployed without significant issues.

It seems like one cheat meal a week wouldn't throw off insulin sensitivity if you were good the rest of the time but are there enough of an irritant to keep your gut chronically

inflamed?