

1. Question from Eric D:

Another great cast! I'm addicted to listening to these things...and I am turning some of the guys in my jits classes onto your website so instead of 15 listeners you may have 18 or 19!

I have a fast question about post workout. I had posted before that I have been eating 3 meals a day, LCP with all carbs coming from veggies such as broccoli, spinach, red cabbage, asparagus, etc and I was not eating a PWO. I started feeling lethargic so I added a PWO per your recommendation. I also, according to your reply and earlier podcast, switched my Jits S&C from CFSB to 2 times a week of ring based warmup, Squat, Shoulder Press, BW Pull (Pull-ups) and BW Press (Pushup) one day and the other being ring based warm-up, DL, Bench or Clean, BW Pull (Muscle Ups or Chin Ups) and BW Press (HSPU or Dips). I have been using the following post workout. On Strength days I eat an organic sweet potato with cinn. on top, can of salmon (140 cal 22p) and 2 eggs and on jits nights I eat the salmon, eggs, and then a very small shake of 1 cup frozen spinach, 1 spoon cocoa, splash of lite coconut milk, and then between a quarter cup and full cup natural blueberries depending on intensity and time spent rolling. The lethargic feeling has gone away, as well as lasting soreness, and energy in class seems to be going well. My question is if this looks solid or if maybe I should be eating more carbs PWO Jits and no PWO carbs post strength. Maybe I am splitting hairs but you have helped so many people so far and considering you have done jits, which is awesome btw, your the perfect guy to ask this stuff too. Concerns are staying strong, and eventually trying to get DL and Squat up to 2x BW (at 325 max now at 180bw) and staying below 10% BF. Not all about vanity here either, I perform better being lean and generally feel better about life.

Thanks again for the help! I reference anyone who asks directly here, and so far a few people have asked about my eating and conditioning at Jits because I never gas on the mats or when I am banging out muscle ups at the gym and people ask....they get sent here!

2. Question from Alex:

Hi robb, I have been suffering from depression fo almost 4 years. The worst part is the early awakening insomnia that leaves me brain dead and tired.I have read that some people claim to have overcome their depression with a paleo diet. Is this true? if so how? I have just read potatoes not prozac. the author tells people to have a potato before bed in order to get the typtrophan from your diner , past the blood brain barrier. what do you make of this? I tried this but to no avail. I also have elliminated daiy/wheat/sugar from my diet. I do feel better without these in my diet sure, but they have done nothing for the insomnia/ depression. I will attempt full paleo soon(I am reluctant because I already have a hard time keeping a smile on my face for work and I know the transition to a low carb diet on mood and energy sucks(I tried it before the depression). I do remember my emotions were 'SOLID' after a few days and I was so excited that I finaly found a diet that made me fell so good. boy was I disappointed when I started to get nauseous at the idea of more meat along with constipation. I guess I did not give myself the full 3 weeks to adapt. Any info on how paleo and brain chemistry would be a godsend. thanx..

3. Question from Unknown:

Robb -

Love the show and your work (I will be one of the first to buy your book in Phoenix). I am a

34 year old male 6'5" 210, 11% BF. I have been cross fit style training for close to a year; and eating "mostly" paleo since the beginning of the year. Over the last few months I have had major life changes (divorce) and a substantial increase in work load that has resulted in increased stress, poor sleep and my training over the last month has cratered. I habitually rely on sugar free energy drinks and swear I am addicted. What are some steps and a time line to get off this poison? When I try cold turkey, I end up feeling like a zombie and can barley function (I have to use my brain for a living). I've taken your advise and done some Google searches, but I don't like the fact that the sites that I am reading, are trying to sell me "snake oil" and telling me that it could be two years before I am back to "normal" and no longer have to purchase their product. How does one suffering from adrenal fatigue start working back to normalcy?? Keep up the great work and I cannot wait for the book.

4. Question from Nick:

ROB!!! PLease Help!!

I have been reading up on Nightshades and I am freaking out now.. I eat probably 2 or 3 peppers a day either with a salad or chopped up in an omlete, and I also throw in some tomatoes in that salad and roast eggplant and other veggies at night.

Is it true that these nightshades can cause such things as arthritis and cancer in the digestive tract?? Should I cut these out?

I feel likt everytime I start eating certain veggies I find a new reason why I shouldn't eat them.. I eat 100% paleo with a wide variety of veggie but a large group are nightshades.. If I keep eating am in danger of these problems or is it different for everyone?

Thanks for your help!

5. Question from Kevin:

Robb, Andy,

I've been enjoying the podcasts!

At an intellectual level I've been a paleo believer for several years. But I've never been able to tolerate the diet. I know what you're thinking... Here's another guy who's OD'ing on bananas and almond butter. But I've given it an honest shot many times and usually land in the ER with level-10 abdominal pain. My issue is the fruits and vegetables...especially vegetables.

I've been gluten free for a couple years. I know I have developed sensitivity to some good paleo foods (Alcat test), but I avoid them. Recently I confirmed an overgrowth of yeast/fungus in my gut. Interestingly it's not Candida Albicans but rather something unique that the lab was not able to specifically type. It seems to feed on all things fiber. I'm confident that this is the source of my problem.

My current "survival diet" does consist of an excess of nuts. The fiber in nuts does not seem to bother me as much. Aside from that and the minimal fruits and vegetables, the rest of my diet is paleo. I compensate for the nuts with high doses of fish oil. I take a lot of vitamins, and drink lemon juice to maintain neutral pH. I'm trying to load up on probiotics, antifungals (including Fluconazole), and gradually increase well-cooked vegetables and some fruits.

I'm 42, 5'9", about 150 lbs...a little leaner than I would like to be, but body comp is surprisingly good given that I rarely feel good enough to put in a decent workout. Sleep quality is terrible.

I haven't heard you guys comment on the role of gut flora yet. I'd be really interested to know if you have run into anything like this or have thoughts about how a person with dysbiosis can best make the conversion to paleo.

6. Question from Anthony:

Hey Robb,

Thanks for all you do, brother. You are a true inspiration. I have a question about Sun Warrior Protein. www.sunwarrior.com. It's a rice-based protein with what seems like a high BV, and it's praised heavily by Mike Mahler. They even claim a 98% correlation to mother's milk. Would love to hear your thoughts when you do your supplement podcast. Thanks again!

Anthony (pocast listener #6)

7. Question from Mike

Just thought of one more thing right after I sent that long list of questions - I know a lot of people will use almond meal to "bread" chicken or to make paleo pancakes or stuff like that.

I've always been concerned about oxidizing that PUFAs in the nuts when baking or frying them.

Kurt Harris of the PaNu blog recently commented on that as well in this post and I was curious about your thoughts. <http://www.paleonu.com/panu-weblog/2010/1/13/smoking-candy-cigarettes.html>

Also, saw this the other day and while some aspects were a little over my head, thought you may find it interesting and I'm sure have a more in depth understading of it than I do.

<http://high-fat-nutrition.blogspot.com/2010/01/gluten-does-coeliac-disease-require.html>

8. Question from Terry:

I really appreciate the Type one information - my trainer is very concerned about my level of training. So often printed material is so basic and then ends with 'verify with your doctor' (who more often than not has little additional guidance). I really found the article interesting but I need some explanations and or plain English to use the advise you offer (e.g. exercise induced glucose release, adrenal hormone facilitation, VO2 max (though I have heard the term - your three points require a better understanding and or I need to know mine). I do high and low intensity workouts, including CrossFit and kettle bells, and I do endurance running, marathons (13 at this writing) and plan this winter season to do more 5k and 10k runs, goal for spring or summer is to complete a triathlon. I also follow a paleo diet but not religiously.

Usually my HA1Cs are in high 6s and very low 7s. This mid 50's guy, type 1 since early 20's, would very much appreciate your clarification / assistance to improve or not dis-improve his exercise and or lifestyle.

I only have found my glucose levels to improve or be consistent with regularity in exercise over the years.

My trainer is a little "henny penny" at the moment so I could use the clarification.

9. Question from Darren:

Hey Robb,

I am loving the Podcasts and have been following the blog for a long time. The info my buddy brought back to Diablo Crossfit after your first nutrition cert has been life changing for our gym. We have numerous people that have seen huge gains in weight loss and performance on unmeasured Paleo. So Thanks.

My question is me and a buddy of mine were thinking about the article that Rip put out "the novice effect" And were wondering if there are any other alternatives to Milk as a weight gainer. We both don't do very well with milk and wondering if there is a paleoish alternative to milk. Maybe a whey protein and healthy fats? I have heard a dozen eggs a day can be subbed. Any thoughts?