

## The Paleolithic Solution - The Whole9 Episode 1

### 1. Question from Mike:

I want to start by saying I'm from New Hampshire like Ms. Urban so I am hopeful that my question will be seen as seeking clarity and not just an effort in having you re-state the obvious. People from "back east" have a unique mastery of the obvious and no problem telling you how to "live free or die" sometimes in very emphatic, descriptive and creative terms. I digress . . .

Ready for the stupid question?

If I am doing un-weighed, un-measured paleo how much fat should I be eating? Seriously, I know it is un-weighed and un-measured so asking how much is stupid but I'm just looking for a guideline here regarding the fat formula for leaning out from Podcast 6 answer to Megan's question. The answer to Megan's question implies there may be some body weight level where the formula dissipates, I refer to your reference to Jon Welbourn and his size playing some part in the formula but I couldn't quite capture what you meant. In other words, can/should I short some of the fat as my caloric restriction effort?

Not so stupid second question?

Timing to consume my fat. Assuming I am calculating the fat formula for leaning out correctly (see below) and have 207g/1870cal of fat, when can I eat them?

More specifically: I have been eating 3 times a day (a pound of meat at 2 of 3 meals) and my "fat" at meals is from olive oil for cooking, avocados, and fat from the meat source which leaves me with a bunch of left-over fat. I basically want to eat some of my fat as a snack at 8pm after kids in bed. (I'm thinking, 1-2 oz of almonds, ¼ cup coconut shavings and maybe 1-1.5 oz of trader joe's dark chocolate bar). My brain is saying that is a lot of energy to take in before bed at 10pm? My brain is also saying "add a hunk of protein" every time I eat. I have no steeping in pseudo science so what do you think? Eat the fat at 8pm o.k.?, eat the fat without protein o.k.? Should I skip the fat and go to bed a little hungry, or is just too important?

Background:

For me the lean out fat formula (i.e. Podcast 6 advice to Megan ( 13 cal per pound of body weight, 1 gram protein per body weight, approximately 50 gram carbs)) yields the following results: I am male, 6'2", 230lbs. At 13 cal/lb = 2,990 Calories (230 g protein plus 50 gram carbs is 280g (280 x 4 cal/g = 1120 calories) leaving me with 1870 calories (1870 divided by 9 = 207 grams) from fat. I am gluten free and dairy free paleo and follow the nut restrictions of 1 or 2 ounces a day. My carbs are vegetables. My fruit intake is generally limited to 1 cup melon/berries or apple at the morning meal (typically post workout). I have looked at a few sample days from my food journal and added up what I am eating and I always get close on the protein but never make it to 3,000 calories. My body fat measurement from

the home Tanita scale in athlete setting is always 12-14% body fat no matter what my weight is.

I Crossfit with barbell movements/met-con 3-4 times week , a "ramble" with a weight vest 1 time a week (1.5 mile walk for coffee and yard chores, lawn moving, etc.), and bicycling 15-30 miles once every 2 weeks. I'm into paleo/crossift 4 months and experiencing great results with the "novice" effect (230lbs down from 260lbs and still going down) . I am keeping it simple and it is working so I am not complaining or whining. I read the Paleo book by Dr. Cordain and listen to the Paleolithic solution podcast (awesome). I am trying not to be a scale watcher and moved up to RX'ing many of my workouts from scaling them, so I continue to make progress. I love un-weighed un-measured and have been journaling my food for 2 months (as a means of keeping me on track not to be neurotic) but the "timing of when to eat fat" thing really puzzles me.

I look, feel and perform better. My goals are to live long enough to see my grand kids and be a better husband and father by being healthy . . . yet I don't want to stall out on my progress by adding a fat snack at night. I recognize I could try it for a month and see as you suggest so many times, but I thought I would see if you could save me the month if there is already some wisdom on this. Am I over-thinking it and should shut up and just eat? Or is there a smarter way to stay simple?

Thanks in advance. Mike

P.S. Paleo Snax beef jerky needs to be sold in bulk. Every time I open one my kids end up eating half my serving.

## **2. Question from Jason:**

Robb/Andy – what's the current science on using cinnamon to increase insulin sensitivity. I've seen numerous references to its efficacy, but I'm not clear if that's really be established, and if so, what dosages folks should be using (does the origin/freshness of the cinnamon matter, etc. — i.e., what are all the variables). I'm already eating low carb/paleo (with some dairy), but if this can help, seems like an easy win.  
Thanks!

## **3. Question from Captain Tom:**

What is your take on Stevia as a LIMITED replacement for sugar?

I know about the Sweet Slippery Slope and preserving pre-Whole30 sweet tooth habits, but there are some recipes that simply NEED a touch of sweetening in the flavor profile to fully develop their full potential. Stevia seems to be a viable replacement since it is plant based, available without additives or chemical processing, has zero calories and carbs and claims to not affect blood sugar levels. Your thoughts?

## **4. Question from Catherine:**

I am a 31 year old female, 5' 7", 135lbs. I crossfit 3 x week & 18 out of 20 meals are completely paleo. I have been eating this way for over a year and have lost 30 lbs, experienced increase energy and I'm reaching fitness levels I never knew I was capable of.

However, every 2 months or so, I experience an extremely distended abdomen. I generally tend toward a sensitivity to bloating in that I have a flat stomach in the morning and a rounded belly in the evening, even on a completely paleo diet. However, it can get extreme and my entire abdomen wall can become hard and distended. It usually lasts about 1-3 weeks. The first time this happened I was participating in an 8-week paleo challenge and eating squeaky clean. I cut out the veggies that tended to cause gas (cabbage, broccoli, cauliflower). I also discontinued the use of birth control pills and switched my fat sources to be based in coconut and avocado instead of nut butters. Within a week of these changes the boating subsided. However, 2 months later it has returned with a vengeance and has been lasting for about 2 weeks now. Increased water, no salt, and the previous changes I mentioned are not helping. I also take fish oil, vitamin D, probiotics, & Juice Plus. The majority of the research I find on the internet points to gassy foods, swallowing too much air, and various diseases like Celiac disease. I have a fairly consistent schedule and get 7-9 hours of sleep a night. Is there something that I am not considering that I need to adjust? Any and all advice would be much appreciated as it is very uncomfortable and certainly not flattering. Below is a picture of my normal stomach next to my bloated version. Thank you all so much for your time and for all that you do.

#### **5. Question from George:**

Hi,

Love the podcast and blog(s). I know people have asked before about how things like fishoil are too expensive, and the basic answer is to rearrange your priorities to accomodate your health. I have done this as much as I can at college, but I still truly have no funds left over to buy any fish oil. Is there any other way I can speed up the repair of my omega-6/omega-3 imbalance? That is all need out of the fish oil. Thanks alot!

#### **6. Question from JohnMichael:**

I recently read where frozen veggies and fruits are considered better than fresh. Their reasons...fresh starts losing nutritional value the instant they are picked and if left sitting in a grocery store or on a train heading for Timbuktu, they will lose a great deal nutritional value. Whereas frozen lose some but once frozen retain nutritional values. For those of us that don't have a self-sustaining garden in our back yards, I'd like to hear Whole9 address this topic. Thank you.

#### **7. Question from Tim:**

Aloha Whole9,

I have enjoyed reading/lurking on your blogs for quite a while. Thank you for the 30 day challenge, changed my life! I'm still taking the slow and caring road to help my wife (vegetarian of 17 years) back from autoimmune hell. But the reason for my email is that I just had another manager at my work that I hadn't seen in some time stop by my office to intro her new supervisor. After the brief intros she blurs out, my gosh Tim what happened to you? Now I would have never considered myself fat, but two years ago I was 195lbs and reasonably fit. Now after going Paleo I am a lean 169lbs.

So, after a brief pause I tell her and the new supervisor that I have always eaten pretty clean, however I just cut out Grains, legumes and Dairy. They just stare at me for a while and then ask, what do you eat?... I go into the lean meats, good fats, lots of vegetables, nuts, seeds and fruit. I did my best Robb Wolf impression and went into the whole Grains have anti-nutrients, etc. After further small talk they leave. Not sure I made the impression

that I was going for.

Any way sorry for the rambling email. The question is what is your new elevator pitch when people ask what are you doing and how do you eat? Mahalo for any response, I always enjoy your spin on all things nutrition.