

## **The Paleolithic Solution - Episode 27**

### **1. Question from Louis:**

Hey Rob,

I'm your number one fan in New Brunswick (Canada) and maybe the only one LOL. Im also listener number 9. I'm a Crossfiter, a father of a 7 Months old and a police officer. I eat mostly paleo, strictly no dairy and when I cheat its with corn tortillas or a beer. I have irregular sleep pattern (yea that sucks). I have suffering from Post Nasal Drip. PND occurs when excessive mucus is produced by the sinuses. I get the sensation that there is always mucus in my throat. When I work out I constantly need to stop to clear my throat. At one point I even had to stop and pull a long filament of semi-dry mucus from my throat. So far I have seen doctor and ORL and no one has really been able to help me. I've researched the internet and all the tips I can find is to reduce my gluten which already what I am doing. Any tip on how to tweak my paleo to help me overcome this ?

### **2. Question from Greg:**

Hey Robb,

Really digging your ongoing discussion of cortisol, stress, and overtraining on the podcast.

With regards to carb intake and someone finding themselves in an overtrained state, it sounds like there is a sweetspot of not too low but not too high. I can get the logic behind really low intake causing a stress response, but can you explain why a too much carbs/ insulin causes a corresponding triggers too much cortisol?

Is it based on the subsequent low blood sugar that necessarily follows insulin, or is there something about the insulin itself that causes stress?

Would really like to understand this better.

### **3. Question from Keenan:**

Hey Rob,

I've been thoroughly enjoying your writing and podcasts. I've been into the idea of paleo nutrition and training since stumbling across DeVany's site a few years ago. I've very much enjoyed sharing these ideas with my brother, who is in his 3rd year of med school, and has a love of chemistry, and a strong interest in nutrition. He's been trying to catch up on the casts recently, and trying to explain some of the chem to me a little more in-depth- and I do mean trying. He got the real brains in the fam.

I'm a guitarist traveling in a pro band away from home, 3 or 4 days out of the week, most months. The lifestyle is ridiculously hectic. I do my best- try to limit my food to lean meats, greens, fruit, nuts, etc when I can, and keep the beer minimum to none (trying to stick w/ liquor, soda and lime) but there are certainly roadblocks. Sticking with heavy fish oil as per your recommendations. I have to be extremely proactive to get enough sleep, but consistency is absolutely out of the question. I spend a ton of time exhausted. I do, however, have time to train every now and then, in the form of body weight exercises, sprints, etc. When I'm home and rested I try to take advantage of my apartment's gym and get in a solid, high intensity full-body resistance workout about once a week, which takes 3 or 4 days of recovery time- at which point, I'm back on the road.

My question is, in general, is it even worth it to try and throw in any training if I'm on the

road and severely sleep deprived? Should I just wait until I'm home for a couple of days and a little more rested? Should I spend the time in the morning scavenging for more quality food? I know what I should be doing in a perfect world...but mine's far from it!

I'm not looking to get jacked or ripped or set any records, just to keep myself as healthy/immune as the situation allows. I know I'm pretty much a cortisol dumpster, it's sort of a shit situation all around, and you may not be able to polish a turd. Just thought I'd ask if you might have any ideas. My main goal now is sleep and trying to relax as much as possible, do the best I can w/ food during the day, and not work out unless I'm feeling good. Maybe I just answered my own question. No problem if I don't get a response! I'm looking forward to the book, and more podcasts. Thank you, keep it up, and BTW, Tom Venuto is a douche.

#### **4. Question from Emily:**

Hi! My question has to do with the fish oil dosage. Since Omega 3's are anti-coagulants, is there any danger in taking such a high dosage of fish oil? I am currently taking 7 grams a day and just want to make sure that I am not putting myself at risk for thinning out my blood too much! I am not having much luck researching this online. Thanks!

#### **5. Question from Alejandro:**

Hello ,

I first want to thank you for putting all this information out there. Really appreciate it. As for my question: what recommendations do you have for acne? I read your "CrossFit Compilation" in which you mention a diet for acne but you don't explicitly say what it is.

I started paleo almost a year ago for this very same reason. I have been able to give up on my topical medication but I still get acne cysts and whiteheads often (I had a very severe case of acne). Paleo has definitely helped me in many aspects, better performance, single digit body fat, no more digestive issues, etc but it has not eliminated my acne. What recommendations do you have?

BTW, I'm 20, if that matters.

Thank you.

#### **6. Question from Curious:**

Robb – I recently went to my GP and he is taking additional test but believes my testosterone levels are too low for my age (near 40) and wants me to start testosterone replacement therapy. The last blood test I had measured at 315ng/dl. Are there natural methods to increase levels that actually work? Just curious as to what your thoughts, opinions, and/or suggestions may be when I review the results and discuss the options with the doc.

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

Rob,

Love the podcasts. Thank you so much for doing them. I have a question I hope you can field. A staple of my diet is organic free-range chicken (Whole Foods, TJ's). WF posted that their chicken is fed a diet of soy and corn. Given the negative impact of both of these items

in a human diet, is eating chicken raised on this diet problematic? Would I be better off ditching the chicken and switching almost exclusively to grass-feed beef (Bison)? Thanks.

#### **8. Question from Justin:**

Robb,

Question for the podcast...rereading Lights Out and giving some serious thought to the seasonal training idea. Given their recs on lowering carbs to 25-45g in the winter, might it make more sense to hit a mass gain/starting strength protocol in the summertime when carbs (and calories) are more plentiful? Seems sort of counterintuitive...everyone wants to be lean in the summer...what do you think?

#### **9. Question from Ross:**

Robb,

Thanks for all of the awesome nutrition info.

Quick question: As I dabble more in intermittent fasting (less out of curiosity than out of a very high workload), I've noticed that I can get some pretty bad breath. I understand that this could be a sign of ketosis. Is it necessarily a sign of ketosis, or could there be other explanations? My diet paleoish, with peanut butter occasionally instead of nuts, lots of eggs, and lots of espresso. I have more fruit than veggies, and my acid-base balance could definitely use some work.

Bonus round question: To what extent does the Paleo diet cause ketosis? Are there different degrees of ketosis, and how does slipping in and out of ketosis affect performance? When I reduce my food intake, my strength stays high as long as I get sufficient sleep, but I often lack tolerance for training volume, circuits, etc.

Sudden death overtime question (or death-by-over-time question): What are the short-term effects of sleep deprivation? I ask because I notice that I sometimes get a short-term burst of energy in response to total or near-total sleep deprivation; I've set PRs after all-nighters (although I go crash hard the following day)

Thanks,