

## **The Paleolithic Solution - Episode 28**

### **1. Question from Mike:**

Robb,

A segment on adrenal would be great! Even better if you add some insight on how you have dealt with it yourself.

Personally I feel like I have been toeing the line on adrenal fatigue for most of my adult life (and actually some of my adolescent life as well), and lately I feel like I am getting closer to the bad side of that line.

I do pretty well with the paleo + some dairy, fish oil, vit d, natural calm at night, and as gluten free as possible. I've even cut the amount of coffee in recent years, and I've debated switching what I do drink to decaf as I like the taste of coffee and caffeine has never had much of an effect on me anyway.

Would love to hear your thoughts on the topic. Thanks again for the great work you do! Looking forward to attending the PSS in April!

### **2. Question from John Michael:**

Hey Robb,

Really diggin the podcasts. One question from #20. You recommend not taking Cod Liver Oil because the Vitamin A (Retinol) has an effect on Vit D somehow. COuld you explain this for me? I've only heard good things about CLO and Vit. A from the Weston A Price Foundation and you seem to contradict them. Are the bad effects of Vit. A only present with synthetically added supplements?

### **3. Question from Bill:**

Quick question about maximizing effectiveness of carb intake on cortisol levels. In a nutshell, if carb intake is restricted sufficiently to require more or less continuous gluconeogenesis to maintain blood sugar, and cortisol is the pathway by which gluconeogenesis is activated, wouldn't eating close to zero carbs result in continuously elevated cortisol levels?

Likewise, to maximize development of muscle (occurring in reduced cortisol environment) wouldn't the ideal, though perhaps unattainable, diet be the one that provided JUST enough carbs to nearly eliminate gluconeogenesis, thus generating the lowest levels of cortisol due to diet (all other factors being equal)? Or is my understanding of this simply immature?

### **4. Question from Paul:**

I have a question for the podcast.

Robb and Andy have mentioned a few times about taking digestive enzymes to aid in food absorption. James Fitzgerald also brings this up in his Nutrition 201 DVD. I found this article on Polquin's website that explains how it works and how to figure out how many pills are required.

<http://www.charlespoliquin.com/ArticlesMultimedia/Articles/Article.aspx?ID=27>

However, I also found this post on T-Nation. Basically debunking the Polquin article.

[http://tnation.tmuscle.com/free\\_online\\_forum/diet\\_performance\\_nutrition\\_supplements/rebuttal\\_to\\_charles\\_poliquins\\_article\\_on\\_stomach\\_acid\\_;jsessionid=07F9B13D005ED261C25160C58536A5](http://tnation.tmuscle.com/free_online_forum/diet_performance_nutrition_supplements/rebuttal_to_charles_poliquins_article_on_stomach_acid_;jsessionid=07F9B13D005ED261C25160C58536A5)

I eat strict paleo, sleep 7.5 to 8.5 hours a night and follow OPTs workouts (so I do have periodization and get proper rest). I am desperate to improve my athletic performance (I missed qualifying for Regionals by 3 spots) and I was hoping that proper food absorption might be my missing link. I did the enzyme test and got the warm feeling at 6 pills (now food super enzymes). So 5 pills each meal is my lucky number.

Long question shortened...Is Polquin right about these enzymes or is the MD from T-Nation right and I am wasting my time?

### **5. Question from Jeremy:**

Robb- Love the pseudo sciency goodness of the website/podcast. So far this year I have added 55 lbs to my DL, 50 lbs to my squat, 60 lbs to my bench press all while doing a borderline ketogenic/ low carb paleo diet. Thanks for the good work.

Thought I would bring this to your attention. Read it this morning. Seems like the guy is cherry picking studies to support his point of view, and his conclusion is convoluted at best. Check it out.

<http://articles.elitefts.com/nutrition/low-carb-dogma/>

### **6. Question from Danny:**

Newbie alert

Hi Robb

first up bit of background on me I have gone from doing bjj 3 times a week and crossfit 3 times a week plus ashtanga yoga twice a week this is all from snapping my acl in my right knee.

I've had surgery on it and look at getting back to training am looking at starting eating the paleo way however what would you say are the best books for newbies like me to set me on the right track

I.e

what to eat and when ( I have already cut out milk and sugar)

what's your take on the whole wheatgrass juice trend

along with taking glucosamine And omega what other supplement will I need.

Am 5'10 weigh 13 stone 5 and not loving my body shape

once again your pod cast have been a great help on other aspects of the paleo way for us uk listners

much love to the podcasts

Danny (Manchester,UK)

### **7. Question from Matt:**

Robb,

Love the podcast. You mentioned cortisol issues and working out in a fasted state, and I was hoping you could go into that some more. I currently train at a 6 am class, so I usually

don't eat anything before working out. I'm making decent progress with regular PRs across the board, but I've been having trouble dropping some of the excess fat around the umbilicus, which you've mentioned before as a possible sign of cortisol issues. What is the mechanism by which fasted training affects cortisol production?

I know Martin Berkhan at LeanGains talks about taking BCAAs before fasted training to promote muscle growth. Would BCAAs be enough to counteract whatever causes elevated cortisol during fasted training?

I recently cut my calories from ~2300/day to about ~1800, and am weighing and measuring mostly to ensure I'm getting enough protein. I don't think I'm over training, and have no real stress to speak of. The only other factor I can think of that might be causing cortisol issues is sleep. I usually get about 6.5 hours during the week, and about 7 to 7.5 on the weekends (even with the opportunity to sleep in). I usually don't have any issues falling asleep or staying asleep, but once I wake up, that's usually it for me.

Thanks for everything. Your information has changed my life.  
Matt

Background: M/27/5'11/180. (Mostly) CF Main Site WODs 5 on, 2 off. Pretty strict paleo (some butter occasionally) with ~2 cheat meals/week. ~1800 Cals/day, 180g Protein, <50g Carb / day. 6g EPA/DHA, 8k IU VitD, Calcium, Magnesium (Natural Calm)

Workout Log - <http://www.beyondthewhiteboard.com/members/4294>

Nutrition Log - <http://fitday.com/fitness/PublicJournals.html?Owner=chrestme>