

## **The Paleolithic Solution - Episode 30**

Updated Podcast Feed so all episodes (Not just last 10) should be downloadable from iTunes

### **1. Question from Daneil:**

I have a question regarding arachidonic acid. In your podcasts you say it is a pro-inflammatory especially found in milk, which can contribute to acne. However, I have also seen it used as a performance supplement. Is taking it in either dairy or a supplement potentially useful for putting on muscle mass – would it be worth it potentially if someone didn't have issues with acne? A quick wiki search notes that while it is a pro-inflammatory, it doesn't seem to have a negative effect on muscle inflammation and in fact has been shown to improve muscle mass in some studies.

This supplement <http://www.animalpak.com/html/sections.cfm?id=54> contains arachidonic acid as well as resveratrol which I believe you said is pretty legit. What's your take on something like this?

Also one final addition to my question. Would taking fish oil negate any potential benefits of arachidonic acid or vice versa?

### **2. Question from Jake:**

Robb,

Thank you for the podcasts. I have a question pertaining to the type 1 diabetic. What is your position on blood glucose levels from the stand point of being too low? My fiancée is worried that she can no longer "feel it" when her blood sugar drops below 70 mg/dL. She has been type 1 for 3 years and in the beginning would feel "funny" when her blood sugar would be at or below that level. She is very concerned about passing out from low blood sugar. She is stuck on the 100mg/dL level being safe, but since shifting towards a paleo diet in January her blood sugars have tended to be lower than 100. This causes her to grab fruit to bump it back up then chase with insulin if she over compensated. A1c has come down from 7.1 to 6.5 but I do not see how it can get lower than that if she is always chasing the 100 mg/dL. Too long of a post I know but any numbers you could throw out may be helpful. Thank you.

### **3. Question from Marshall:**

2 questions:

I took a fasting (12 hrs, no food or drink) blood test a few weeks ago. It turned out pretty well. Glucose was 88 mg/dL and triglycerides were 31 mg/dL. LDL was 103 but I'm not too concerned since I eat a good amount of grass-fed meat and fat so we're probably talking about some large fluffy LDL particles. Plus I wasn't eating that clean the week before the test. I'm going in for microdissectomy pretty soon and I am on about 6 5/500 hydrocodone pills a day and I take a few big swigs of fish oil out of my nordic naturals 40oz in the morning and in the evening (and some vitamin D). Might the fish oil account for my low platelet value of 105 k/cu mm? The print out says 160 is the low end of the range.

Also, on the PaNu site, there are some articles about marathon runners who have heart attacks all of a sudden. These are people who have run 1 marathon per year. But the big thing that the articles said was that these heart attack victims had healthy blood lipid profiles. Dr. Harris's view was that there are only a few definitive tests for really gauging the amount of plaque in the blood vessels. Paleo and Low-Carb Paleo and Primal and all of

this are all pretty new. Is there any chance that we are just gaming the system, blood lipid profiles, while actually creating plaque? Or maybe the real question is, how did those marathoner's game the system to produce decent blood lipid profiles while creating plaque?

#### **4. Question from Matthew:**

For Mat and/or Robb,

Can you please explain some of the differences between cortisol release due to caffeine and cortisol release due to exercise? I suppose more specifically why Mat would give up caffeine because of it and not give up training? Perhaps there is no useful adaptation from the caffeine-induced release? Thanks

#### **5. Question from GabeK:**

Robb,

Great work per usual..and a very specific question on my part.

Short and sweet:

Father of a friend had some form of jaw/neck cancer which impinged use of his mouth. He is luckily in remission, however has no saliva production and therefore difficulty eating certain foods.

Currently has a feeding tube installed, but IS encouraged by his MDs to try to eat anything that appeals to him AND he is able to get down due to the salivary issues.

MDs have most of his calories coming from a liquid "food" that, at first glance, looks dreadful. Corn + soy...that's all. Called Jevity and made by Abbott  
He's down 75# and is in really rough shape.

QUESTION: Any suggestions on better liquid/liquified food sources to help this guy gain weight? I couldn't see any reason against taking some greens + egg protein + sweet potato and creating a pretty well rounded liquified meal.

Just wanted your brief/to be taken + a grain of salt view knowing that you have no knowledge of his case and his battle w/ cancer.

#### **6. Question from Sean:**

Hey Rob, love the podcast, keep them coming.

We hear you talk a lot about post-workout nutrition, but, I was wondering what you would recommend as mid-workout nutrition. Specifically, I'm an avid mountaineer, and for a day of 8+ hours of strenuous climbing, I'm confused as to where I should emphasize my nutrition on the carb-fat spectrum. Whether it would be best to eat high carb to maximize glycogen stores (leave the protein/fat for morning and evening), or best to eat high fat and attempt to rely on fat as the main source of energy. I'm afraid that eating fruit all day would be too much fructose (its not easy to pack away pounds of sweet potatoes), but trail mix all day might not be the best way to stay fully energized.

Normally I eat plenty of meat and vegetables, with a couple pieces of fruit a week (and a hefty dose of chocolate at least once a week).

#### **7. Question from The Dave:**

Robb – Andy,

Awesome stuff – I am a hardcore fan and loyal follower!

Anyway – I will try to make my question(s) short.

I am a big dude – trying to lose some weight, as well as doing paleo after some cancer I got cut out of me. That being said, I am down with doing paleo for life, but I suck at creativity when it comes to what I eat.

I have been living on grass-fed beef, natural chicken sausage, etc. and a huge bag of salad every day – I also have been eating nuts.

I am wondering... if eating a lot of nuts is not that great (omega 6 issues), but fruit raises insulin levels – if you had to pick a steady “go to” food to supplement my meat and veggies – would you choose fruit or nuts (and why)?

also...

I have been taking the Now digestive enzymes you recommend, but I am having some issues with them... mainly that I have yet to “feel” the warmth/burn, and I am now at about 10 pills per meal – is this common?

I have tried taking them before, during, and after meals, but still no warmth/burn – It seems a bit crazy that I am taking so many, but will continue to jack up the number of pills taken per meal with your blessing!

Thanks Guys – Seriously.

### **8. Question from Maureen:**

Robb,

I started Paleo almost 4 weeks ago and have not slipped a lick. My question is about “infectious” rosacea (red bumps not just redness of the face). In the first 2 weeks eating paleo my rosacea almost disappeared and then in the 3rd week it showed up again worse than it has ever been and is creeping to parts of my face it has never been before. Wondering is this could be a deeper detoxification or something else. It is quite discouraging since it was almost cleared up in the first two weeks.

### **9. Question from Matt:**

Hey Robb and Andy-Love the podcast and information! Shout out to Jason at Cross Fit Epic who turned me onto your info!

Quick question: When I watch videos in the CF Journal all the top athletes look exhausted all the time. (Hackenbruk, Khalipa among others, though Miko is probably the worst looking one) They have a sort of glassy eyed look and they seem like they are holding themselves up with their arms when they are standing up. They also have massive dark circles under their eyes.

Do you think this is a symptom of overtraining or is it overwork from working out hard and also running a box? I know you’ve spent a lot of time talking about fatigue and overtraining and I’ve noticed improvement when I’ve cut back, ie, stopping the WODs when my job is

stressful or vice versa so as not to tax the body too much in it's response to stress, among other things. Maybe I'm the only one noticing this when I watch those videos?

Anyway, thanks for the thoughts.