

## **The Paleolithic Solution - Episode 31**

### **1. Question from Brendan:**

Robb,

First of all love the podcast, can't wait to read the book. I'll try to make this short. My mother in law is a biochemist and for the last 6 months she has been trying to get me and my wife (her daughter) on board with resistant starch. I haven't gotten into it mostly because it seems like all the sources are legumes and starch. I have to admit I don't really understand it. I listen to a lot of the science stuff from her and from you and while I have a general understanding at the moment it's hard to put the whole picture together for myself, hence why I try to keep it simple like Pollan says and mixing in bits of performance optimizing strategies where it's applicable. It seems like this could be the next big health phenomena so I was just curious to know your take on it.

### **2. Question from Steven:**

I've heard that coffee produces an insulin response that is similar to high-glycemic carbs. So, I was wondering: 1) is this accurate and 2) would this make coffee a decent post-workout fluid to, say, mix with some protein?

Thanks in advance,

### **3. Question from Audrey:**

Hi Robb and Andy...

As many have said before me, thanks for the amazing Podcasts. I can't wait for the book and hope that you will be in San Diego signing autographs :).

I have a couple of questions regarding losing weight on the Paleo Diet when living with hypothyroidism.

I am a 33 year old female and am about 80lbs overweight. I have just recently embraced the Paleo diet and lifestyle, eliminating all processed foods and as many chemicals as possible from my life. I have unfortunately also just been diagnosed with hypothyroidism, and have been finding it challenging to shed my excess weight. I have never really had trouble losing weight in the past whether it be Weight Watchers, Atkins, etc. I was always able to maintain a 2 – 2.5 lb a week average. Unfortunately, this is the first time in my life that the math is not adding up. I have been following a strict Paleo diet for 17 weeks and Crossfitting 5 days a week (Monday thru Thursday plus Saturday). My performance gains are significant, so the diet is definitely helping there. I feel like I am setting new PR's every week. I am closely monitoring my calorie input and output using software, and have a pretty thorough understanding of my macronutrient breakdown. I average about 1500 calories a day (90grams of protein, 100 grams of carbs, and 100 grams of fat). I am following strict Paleo - absolutely no dairy, grains, alcohol, caffeine, or processed foods. My protein sources come from grass fed beef and lean chicken for the most part. Fat sources from meats, nuts and oils (mainly coconut), and carbs from more fruit than veggies to be honest. I am burning about 2500 calories every day. At a 1000 calorie deficit, I should be losing 2 pounds a week, but this is not the case. It has been 17 weeks and I have lost about 17lbs and 10 inches. 5 of those 17lbs coming off in the last 12 weeks, so the rate of loss is getting worse. I realize that this is moving in the right direction, but I am frustrated with

how slowly things are moving compared to my past results and would like to make sure that I am doing all that I should be.

So Robb, my questions are as follows: Is there anything I need to consider or alter on the Paleo diet because of my hypothyroidism? How is my macronutrient composition... Am I eating too much fat to lose weight?

Thank you so much for taking the time to read this monster of a question. I hope I wasn't too detail oriented. Your advice would be greatly appreciated.

Audrey

PS. Here are some additional stats...

1. I was diagnosed with hypothyroidism 6 weeks ago. My TSH levels were over 100 and my T4 was low at 0.49.
2. I have been taking 50mg of levothyroid since my diagnosis, but per my doc I will be increasing my dosage this week as I was just retested and my TSH levels were still high at 19.5. My T4 was still under the normal range at 0.79.
3. I get about 8 hours of sleep every night, sometimes 9 on the weekends
4. The only real supplement I take is fish oil

#### **4. Question from Karen:**

Hi Rob,

Learning lots, thanks for the podcasts. I have a question about omega 3's and 6's. From what I've read, they are both absorbed by the same receptor, and omega 6 "outcompetes" the omega 3's – is this true? And if so, does it make sense to try to consume your omega 3's (fish oil) at a time when you are not eating omega 6's?

I'm not trying to making eating too much of a science experiment, but I do want to make the most of the choices I make.

Thanks,

#### **5. Question from Evan C:**

Hey Robb, I hear you and Andy talk all about removing nuts from your diet in favor for other (coconut milk, Oils, etc..) sources. What's the reasoning? And can I get a link?

#### **5b. Question from Jacob K:**

You guys are amazing. I really feel like I owe you a kidney or something. Since listening to your podcast and going Paleo, I have had an 80 percent reduction in muscle fatigue problems that I have had for years. Before going Paleo I had constant bouts of muscle pain, weakness, tendonitis and many problems. I had blood work done and went to many doctors, of course with no answers. Since going Paleo I have had a miraculous reduction in all of my problems, and my testosterone has shot up dramatically. My question for you guys concerns nuts. I was wondering what a better source of fats than nuts exists out there( mainly talking about the high concentration of omega six fatty acids). I hear you guys talking about coconut stuff all the time. Are you eating the oils for calories? I am already using olive oil for salads and cooking. I find nuts to be a delightful and cheap snack. I think the omega 6 that they contain are possibly causing me some small inflammation problems. What are your thoughts?

One more question, what would a typical days food consist of for you guys?

PS I can't wait for you book to hit the shelves. I will be one of your eight listeners that buys one.

## **6. Question from Joey:**

hey robb quick question for you,

I am currently 165-170 at probably 6% bf, with snatch at 185#, c&j around 240, DL at 405. Anyways, I want to get my snatch up to 200# and my c&j up to 275 and would like to pack on some mass to do it while staying lean. I have been following greg everett's catalyst programming followed by short 5-10 minute crossfit type metcons MWF and filling in with a few 10-20 minute WODS on the other days. I am planning on keeping with my paleo diet but adding 1/2 GOMAD. Do you think that is proper programming/ diet for gaining some muscle mass and increasing strength, all while staying relatively lean? Any input would be greatly appreciated!

## **7. Question from Mike:**

Love the podcasts, keep it up!

I'm almost done with Good Calories Bad Calories, and I'm toying with the idea of going zero carb for a while. If I remember correctly, taubes addressed the nutrient issue, but I don't remember him saying anything about bone density issues on an all meat diet. I know with paleo we talk about acid/base balance, and plants are where we get the alkalinizing load.

Do you have any thoughts on this? Did I miss something? (it's a dense read and I zoned out a few times)

Thanks,

## **8. Question from John:**

ROBB/ANDY,

So here's one (maybe) for the podcast, building off our brief dialogue (Robb) recently about melanoma.

In her book "Primal Body, Primal Mind", Nora Gedgaudas (say that five times fast, after five espressos) states that sunscreen use is actually causing higher cancer rates because it is inhibiting Vitamin D production through exposure to the sun.

This is an interesting question for someone like me, in my 40s, with a recurrent family history of melanoma, and having had a few basal cell carcinomas and mildly dysplastic lesions removed over the years.

i would like to think moderate sun exposure (say, tanning, not burning) would be good for me. Especially if all the other lifestyle factors are in order: diet, exercise, rest, lack of exogenous toxicities (no smoking, drinking, etc).

Or am I dangerously deluding myself, and I'd be better getting my Vitamin D solely through food and supplementation and slather on the SPF-50 head to toe every day.

Your thoughts? Thx

**9. Question from Conrad:**

Robb,

Catching up on the Whole9 podcast right now... question about the good food-bad food. I live in China and haven't found a good source for fish oil (my brother sent me some in the mail but it's held up in customs right now). Most of the canned mackerel and sardines around here comes with at least one of the following ingredients: sugar, salt, vague 'food additive', soy sauce... do you think it's worth getting the epa/dha into the system despite the neolithic ingredients?

Thanks for the advice.

**10. Question from Eric D:**

Great Podcast! Thanks for answering a prior question too, it was a great help. Plus, the guys at the Jits class have literally called me a caveman from all this paleo stuff so that is interesting as im getting stacked and passed....but onto the question...

You mention in the first question the largest bump in HGH is an hour into sleep and eating before bed will disrupt that process and suppress that boost; question is how long before bedtime do i need to eat to avoid this? Considering Jits is 6- 8 I am unable to shove my sweet potato and protein down until about 8:30 on average and im usually trying to lay down to sleep at 9:30. Anything I can do here or doesnt it matter?