

## **The Paleolithic Solution - Episode 34**

### **1. Question from Christina:**

This is Matt's aunt who has been on Paleo for the past 5 weeks. She is having problems with her muscles freezing. Her diet is about 90% paleo which fruit makes up that last 10%. However she said she eats no extra fat aside from the fat that is contained in the meat she eats. She also consumes no starchy veggies. She drinks approximately 2 liters of water a day and no caffeine. She sleeps about 6 hours a night and despite her high stress level lifestyle she has good cortisol levels (she just had this checked). The only problem she ended up running into regarding her blood work is her iron being along the high side. Currently she's on a hormone replacement and bio identical hormones which contributed to her increased her undesirable belly fat. She also takes 500mg. Magnesium daily, probiotics, a multivitamin, calcium and glucosamine.

I have recommended that she add D3, fish oil and ditch the multivitamin as I believe that if you're eating a good paleo diet, you won't need a multivitamin. I don't know enough about probiotics, multivitamins, calcium and glucosamine. Her workout schedule seems legit; and is as follows:

25 mile bike ride - 1x week

Weights 2-3x's week for up to 1 hour

Some cardio 3x's a week which is spinning for up to 1 hour.

She's got three major issues two of which I believe can be fixed by her diet alone.

1.) She has some digestive backing up going on. I told her to ditch the chia seeds and smooth move laxative tea and switch to NOW Superenzymes. I gave her dosage of taking it with fat and protein increasing until she feels the warmth then decreasing that dosage. She's been off the smooth move tea, but I don't know if she's picked up some superenzymes. She may still have questions on this.

2.) She is wanting to get rid of that last stubborn pounds around the mid section. I recommended that she could cut out fruit for 30 days and see how she feels. Could she possibly add fat (avocado, coconut oil, etc.) to her eating schedule at the same time?

3.) This last one I'm at a loss on. Her muscles are freezing. About 45 minutes into a strenuous workout they lock up. She normally will vary between a light - medium intensity workout. There is no pain or cramping, just a painless arthritic type of locking. She experiences this all over, however, her jaw, legs and grip seem to be the worst. She has even crashed her bike a couple of times on long rides because of this locking issue. She has always had this problem, however, this past year the problem has become worse.

Thank you so much for your help.

- Christina

### **2. Question from Tyler:**

I stay pretty strict on paleo most all the time but when I do cheat I really go off the deep end most of the time. For example after not cheating for 3 weeks I decided I deserved a cheat day and proceeded to have a huge thing of ice cream and all kinds of other sugary goodness. After letting that digest I then went and cleaned up half a large pizza. So after binging like that what do you suggest a person does? Fast, eat like normal, or anything else you suggest???

### **3. Question from Nash:**

Why follow a diet that you can modify and do a "workout" that is "no changes allowed"...are we living a double standard? I follow you a lot and am just wondering...coming from a fellow scientist.

Thanks,  
Nash

### **4. Comment from The Mother-in Law of Brendan from episode 31 (Nancy):**

Resistant starch is resistant to digestion in the upper gastrointestinal tract. Amylose, a resistant starch, is the linear glucose polymer which should be compared to the branched amylopectin, not pectin. It does not make sense to include resistant starch in the diet as an energy source. It should be included in the diet because it is a so-called "prebiotic" which promotes growth of so-called "probiotic" bacteria in the lower intestine, which provide colon cancer protection, increased insulin sensitivity, improved lipid metabolism, and many other beneficial effects. There are many non-legume sources of resistant starch. One should also be careful about generalizations concerning legumes and autoimmune disorders. For example, soy protein isoflavones, as well as alfalfa seed extracts, have been shown to diminish autoimmune responses related to lupus and rheumatoid arthritis. Change to a Mediterranean diet inclusive of legumes has been shown to significantly decrease symptoms of rheumatoid arthritis. I would be happy to provide citations of recent scientific articles related to these topics, if requested.

### **5. Question from Greg:**

What are the pros/cons of eating raw vs cooked eggs?

### **6. Question from Thomas:**

Robb,

I have a ton of questions about my own nutritional needs (what the hell is a rower supposed to eat when workouts vary from 90mins of steady state-70%max hr- to 6x4mins at 32spm in the same week?) but this one's actually about my dad. He's a full blown type 2 diabetic. My mom had tried doing a number of diets to try and rectify his condition (vegan for one, guh) but nothing had the desired effect. As a result, his doctor decided to put him on insulin injections. I kind of shrugged my shoulders and said 'oh well' thinking it might be a temporary thing. I've read a couple of quick blurbs saying that insulin injections will derange his system for life. Is this true?

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

First of all really been enjoying the show and Robb thanks for never letting go of the "6 listeners" joke and Andy you must be Jimmy Moore's Padawan learner!

Alright here's my question for the podcast.

Can you talk about the processes by which an athlete's sweat can smell like ammonia and how it can be alleviated?

I have an athlete who has this problem. She's in her mid thirties, a good athlete but an endurance athlete. She does CrossFit at my gym 5 days week. However we do Wendler's

5/3/1 and I stick strictly to it, vary their intensity levels and length of metcons. We do metcons 5 days a week but 4 of those days the conditioning can be anywhere from 2 to only 12 minutes long, max. My athletes only have the chance to do one longish metcon once per week and it can be between 15 to 30 minutes. I have no idea how much she trains on her own and apparently knows too much for her own good i.e. is an endurance athlete so she knows all she needs to about nutrition.

Anyway, I had gotten her to switch to paleo eating, she was adapting to it and was overtraining at the same time. At the beginning of week three she said she started feeling sluggish and then started to smell of ammonia and that was it for her because she "couldn't keep training and have her muscle breaking down."

She stopped eating paleo and went back to eating her endurance athlete way – oatmeal, wheat bread and all the other crap – and overtraining. I could write another 5000 words describing all the coaching, educating et cetera I've done with her but I'll spare you both and the other 5 listeners.

So please, for the moment pretend that I've not given her any advice on this matter and share with me the paleo approach of how I could help her stop her sweat from smelling like a household cleaner?

Thanks a million guys – love the show and Robb I sincerely appreciate all the info you share with we dedicated few!

### **8. Question from Sam:**

Quick question as I haven't been able to find any information from my doctor, your blog/podcast and the internet in general.

I'm eating a pretty much straight down the line paleo diet (apart from 1 cheat meal a week which is 2 croissants on a Sunday morning). Plenty of fresh green vegetables, fruit, white and oily fish and lean meat. I drink 2 to 3 litres of water a day and get a good 8 to 9 hours sleep per night. I avoid all dairy and everything else that isn't really included in the paleo diet. Further to this, I take 2g of omega 3 fish oil caps a day, a good multivitamin and 1000mg of vitamin C.

With regards to training, I will train 5 days a week, normally alternating weights days with running days as I try to bring myself back up to a strong enough level of fitness to restart crossfit. I never train for more than 45 minutes in one day, my running is always kept to a slow jog to keep it aerobic. My weights sessions are moderately strenuous, normally 6 separate exercises each time and 3x10 of each.

It feels like I might be missing something, because as far as I can see, I'm doing everything right. Yet, I often have a constant sore throat going on and am a lot more tired than I should be on a daily basis. Even when I give myself three consecutive rest days these symptoms don't seem to really subside. Have I missed something or could it be something else that is causing this problem?

### **9. Question from Craig:**

I am working on going mostly paleo and have lost weight and feel better than I can ever remember. I subscribe to the podcast and really feel like I learn a lot from it. I had a question about genetically manipulated foods being paleo. Is a Banana considered paleo? The bananas that we see in the grocery today are a pretty new foods that were developed

pretty much just to be shipped to the US. Can a banana or other genetically engineered food be considered a part of the paleo diet?

**10. Question from Mark:**

Thank you for your podcast, I listen to it every week.

My wife and I are about to have our first kid and we have been looking into the potential benefit/harm of vaccinations. It has been difficult because the advice seems to be polarized; doctors think vaccines are great while people who don't like them say that vaccines are all terrible, deadly poison. I would love to hear your opinion as you know both health and science.