

The Paleolithic Solution - Episode 35

1. Question from Jeff:

Does a basic paleo diet (grass fed meats, seafood, veggies, some fruit, nuts, and good fat sources) help in gut healing and health? What do you think of regular intake of fermented foods like Kefir and Kombucha?

Does aged cheese with raw milk benefit at all besides use as a probiotic? I do not drink milk because I am very sensitive. But eating real cheese from raw milk and kefir from raw milk doesn't make me flare up at all.

Are there benefits to adding these food to the paleo diet?

2. Question from Mark:

Ketosis = "ass mouth".

I always thought ketosis typically generates (at most) a bit of a fruity/vinegary odor, and then mostly in people who aren't greatly keto-adapted. That is, not really foul smell like halitosis.

True?

Anyway, thanks for a great show. I listen religiously every tuesday, and I've listened to every episode at least twice. Awesome education.

3. Question from Omri:

Great stuff Robb, keep it coming!

Quick question: Last night I cooked Chicken sausage, cabbage, and celery with 'full fat' (i.e. not 'light') coconut milk, and for desert I treated myself a few spoonfuls of coconut milk mixed with a tad of honey and cinnamon. This morning when I woke up I had a slight stomach ache and had looser than usual stools. How much coconut milk is too much? Could it have been the increased fat intake? Should I switch to maybe the 'light' version? I'm eating squeaky-clean Paleo, and it's frustrating to have these random bouts of indigestion which I cannot really place my finger on.

Again, thanks for all the work that you do! Hope to see you here in San Diego some time soon?

4. Question from Jake:

Robb in this podcast you mentioned eating 100-150g of carbohydrates post workout for mass gain purposes. I have no idea how I could get that high on veggies alone. Do you have any good suggestions? I suppose sweet potato and berries but that's like 10 cups of blueberries which would have a lot of sugar. I think that would be around 1 large sweet potato but that's not giving much variety.

Thanks in advance.

5. Question from Squatchy:

Really diggin the pod cast, can't wait for the book (have it pre-ordered at Amazon).

I know you get a ton of fish oil questions, but here it goes. I eat 100% paleo (except maybe some green beans). I eat 100% grass-fed/pastured beef and goat from local farms, canned wild caught fatty fish many times a week (salmon, sardines, herring), pastured/free-range eggs from a local farmer (supplemented with some organic feed too), and some organic chicken every once in a while, but mostly the beef/fish/eggs. I try to minimize my O-6 intake, eat very little nuts, very rarely ever go out to eat. I use coconut oil, coconut milk, shredded coconut (I love coconut) olive oil, and avocados for any extra fat. I'm pretty lean as well. Do you see any reason I should be taking fish oil? I try to keep my diet/lifestyle where I get everything from food without having to supplement at all.

6. Question from Kari:

Robb –

you've mentioned that your MMA athlete does really well on Paleo – do you have him up the Carbs at all? especially post workout? or is he actually down around 50g or less? do you have him follow any specific water-cut protocol that last week? Just curious, as we have a lot of MMA athletes in our gym who would love to know how it's working for that sport.

7. Question from Greg:

Hey Robb,
I have a bit of a strange question for you.

Do you have any idea on how to eliminate borborygmi/intestinal noises?

They are caused by the displacement of gas in the intestines, so I guess excessive gas (swallowed air/bacteria fermentation in SIBO/or maybe candida), hyperperistalsis (no idea what might cause this) or obstruction are the causes.

I do experience some cramping and bloating along with the borborygmi so I am leaning towards bacterial fermentation. Dietary interventions haven't really been effective, lower carbohydrate levels help but even a small cheat meal can leave me pretty embarrassed.

The noises started when I was about 17, 3 years ago. I think it was as a result of using antibiotics everyday for 2 years to help with some mild acne.

I tried to get my doctor to prescribe Rifixamin, but doctors in Ireland seem to be about 10 years behind and are stilling clinging to the IBS is psychosomatic myth.

I have been pounding back live yogurt and probiotics. Have managed to stay gluten free apart from a few intermittent slips. I don't consume any fructose. My diet at the moment is meat, poultry, eggs, E.V.O.O, coconut oil, some vegetables, cream, butter, yogurt and some potatoes.

I supplement with Vit D and fish oil.

I would really appreciate your thoughts on the matter, whilst probably not life or death, it is important to me.

Robb's Response -

Greg-

I'd tinker with some kind of elimination approach. What things cause the most gas? Remove those. Otherwise you sound on track. Let me know if you tinker with that.

Follow-Up from Greg:

Thanks for your response Robb.

Whilst I have been able to reduce the borborygmi on pretty restrictive diets, a lot more restrictive than the one I listed, I have never been able to eliminate the noises completely.

I have given up dairy, I have gone very low carbohydrate. Heck, I lived on olive oil and canned tuna fish for a couple of days and things still weren't great.

With regards to what foods cause gas, I have very little flatulence on my current diet. I certainly pass a lot less gas than I would on a SAD. There were a few times that I thought I found a food trigger but I ended up being wrong. The same meal might not cause me any problems one day but problems the next.

That I don't pass gas a lot doesn't quite rule out fermentation, I guess that gas could be absorbed, which kind of rules out gluten issues as a cause. A breath test would be useful but again they are difficult to come by in Ireland.

Maybe it isn't a symptom of SIBO/IBS but rather a symptom of magnesium deficiency. It isn't possible to fully eliminate gas in the intestines so maybe the smooth muscle of the intestinal walls are cramping or otherwise not functioning properly, and when there is excessive gas the problem is worse but it still exists with low levels of gas.

I think the lack of pain pretty much rules out an obstruction issue, especially when bowel movements are fine.

What are your thoughts on treatment for IBS?

Are there any other deficiencies that could manifest in less than optimal gut function or any supplements that may be worthwhile investigating?

Thanks for your help, as you can see I am incredibly confused about all of this. The more I think about it, the more confused I become.

8. Question from Dan:

I know I'm late but I'm really hoping someone can help me,

I'm 18, 190lb 14% bodyfat and looking to add strength through full paleo. Mass/strength gain through Starting Strength and paleo + GOMAD worked but I gained a lot of bodyfat. I most likely did the program wrong. I'm sick of feeling horrible and I'm trying for a cyclic-keto Anabolic Diet deal, just to see where it goes.

I want to do a ketogenic paleo + whey for pure strength and body comp BUT...I also have acne.

My (highly respected) dermatologist, who prescribes more Accutane than anyone else in the United States, thinks that dairy MIGHT be an acne causer but in the end he thinks it's all

about oil secretion no matter what, and that it can't be avoided in young people. I happen to disagree thanks to the podcasts, but I'm a layman. I'm sick of getting stabbed at with needles to remove pimples, which they want to do to me once a month or more.

I desperately want to prove to them that my acne can be cured with diet, and part of me would thoroughly enjoy laughing in their faces with clear skin. (I had to say that.) Is my best shot to eat tons and tons of meat until I hit 1g/lb of protein and supplement with ZMA and fish oil? Is beef protein isolate possible? All that meat seems overwhelming and I'm getting hungry a lot.

(Final side note; I'm on Minocycline which I'd love to chuck back through their window.)

Thank you so much for your time,
Dan

(PS, to Rob if he answers this: I apologize for consuming this much of your vacation. I've been to Belize and it's a kickass place to visit)

9. Question from Bob:

Fish oil calories. How can they not count? I am working at leaning out currently 247 want to get down to 200. My coach has me on 2200 cal, 1 gm protien per # bw, 75 gms carbs and 110gms fat. The whole 9 calculator has me taking 20 tsp of fish oil or 800 cal. How is it that these cal don't count when you are trying to lean out. I know many similar questions have been asked before so sorry for being thick. Lack of EPA/DHA I guess.

10. Question from Unknown:

Guys i'm really needing help.

I'm trying to gain mass but i'm really struggling.

I'm in the high cortisol camp and i'm unsure as to how to structure pwo nutrition to help me achieve my goals without the fat gains that might come from doing it the wrong way.

At the moment I consume a small handful of nuts and some lean protein before a larger meat based meal a couple of hours later with loads of veggies. In the evening I usually have a smaller meat based meal, again with veggies.

I still worry a little with consuming fat, the majority comes from nuts and i'm slowly introducing a wider variety of cuts of meat to get some fats from them; that took a while to adopt, but if i had your assurance/guidance as to what to eat i'd feel happier embracing it.

(For instance i know you say about coconut milk but everytime i look at the nutrition on the tin i put it back in shock and walk on)

Are carbs post workout a no-no? What about after short met-cons e.g 3 x 8 20 on 10 off intervals? I'm so lost! On top of this i'm severely underweight (my BMI is frightening) and I dont know if this should influence my pwo nutrtn further?

My strength has taken a plunge, performance decreasing - i want to be strong! Help me!

falls on floor sobbing/begging