

The Paleolithic Solution - Episode 37

1. Question from Squatchy:

Another excellent podcast.

BTW, do you know anything regarding paleo and/or low carb/keto and it's effects with OCD. I tried looking some stuff up, but only found one reference to keto and OCD (and it didn't really say much), and found a forum post with a few people talking about paleo curing OCD (removing wheat, MSG, etc.). My OCD is definitely better on lower carb, and seemed to get even better when I went paleo as well (it's mostly a non-issue now).

Thanks

2. Question from Joey:

Hey robb whats your take on coconut water for post workout recovery? maybe mixed with whey for a shake? Ive been reading how its good PWO, but it seems like just a lot of sugar, whats the deal with it?

3. Comment from Kevin:

Robb & Andy,

I made the apple cinnamon & coconut custard last night with a slight modification to make it set up better.

1 can of coconut milk (it contained 70g fat total)

70g of coconut oil (to match the replaced coconut milk)

2 large apples peeled and sliced

2 Tablespoons cinnamon

Put it all in a pot and cooked it medium heat about 10-12 minutes then pureed it in my blendtec. Poured it into a glass bowl and into the fridge overnight.

It set up nicely and has the consistency of pudding or thick yogurt. It made about 20oz and is oh so yummy, thanks for the idea.

Follow-up from Robb

Kevin-

Good stuff. I suspect 1/8 tsp of Xanthan gum would really help the consistency as well.

4. Question from SB:

Hi Robb. Again great podcast. I am currently working as a wellness facilitator at a corporation in Toronto. I conduct wellness appraisals and fitness testing for the employees and help each person make adjustments in their lifestyle to increase their health. I am currently working with an employee who in the past had a regular physical activity schedule but unfortunately became very light-headed and tired. she would be feeling fine then all of a sudden she says she would become so fatigued she was unable to drive herself home.

She had numerous tests done at the doctor but nothing was found. I asked about iron levels but she told me she has been taking iron supplements for the last 20 years. i also asked if she was eating regularly and she said she was (as always the question is how often really are you eating). She has been feeling better for about a year and now is trying to lose a little bit of weight. She says since I have been at the company encouraging physical activity she has lost 9 lbs. However, today she informed me that for the last two days within an hour of eating she begins to feel light-headed. she says this feeling last about 15 minutes and then goes away. I am not sure wha this could be about. She has told me that the only

change in her diet is that she has been avoiding or eliminating sugars. Since this feeling only occurs after she has finished eating I do not think that it is related to blood sugar. As for what she is eating... she told me that today she had a home made beef burger on a large garden salad. I do not see a problem with this either. Is there anything else that I could suggest or what do you think this is from? Sorry for the super long post but it would be great if you could direct me to some articles that I could read to find out more. Many thanks.

5. Question from T:

Great podcast! I am a faithful Tuesday night listener over dinner. As a reformed vegetarian I enjoy the carnivore tips. On my last local GF beef order, I felt cool asking for all the fat to be rendered into tallow and to make sure to include all the marrow bones. The butcher guy said no problem, nobody usually wants that stuff even through its part of the hanging weight price calculation.

Quick question: I recently read Natural Hormonal Enhancement (NHE) and I am trying to reconcile his recommendations for carb-loads only ever 4 days with your suggestion to sometimes include carbs post workout. I try to always schedule big low fat, moderate protein carb-load dinners 1/2x a week on a workout day with lots of yams, squash, tomato sauce, fruit, etc.

1) When is it appropriate to ditch the 3 or 4 day rule and throw in mega carbs after every workout? Long metcons to prevent cortisol? Only when short term recovery/performance is the objective over long term hormonal balance?

2) My understanding of the book is that by eating extremely low carb (<30g daily net) for all meals except carb-loads, I would be optimizing my long term hormonal balance towards burning fat for energy. Would this include optimizing Growth Hormone, Testosterone, Leptin, etc?

3) NHE also recommends 5 meals a day for optimal hormonal balance? I noticed the book was published in 2000. Have recent studies refuted this concept.

HISTORY: 36yo male, ~10%bf, Wendler 531, prioritize outdoor sports, uw um nd paleo, I usually eat 2 big meals/day, objectives are strength while maintaining reasonable strength to weight ratio (unwilling to GOMAD) for outdoor sport performance. Thanks again!

6. Question from Mark R:

Hey Robb,

I haven't listened to this podcast yet but seeing as a CF Games Athlete is one of the topics, I thought that this comment on a post at The Lean Saloon was appropriate to bring up. Like you say, define your goals and know what trade-offs are being taken. My favorite part of the comment: The irony is I feel way healthier, much better, and I look way better. Made me think about the recent podcast where someone referred to Tommy Hackenbruck or Mikko Salo looking glassy-eyed.

Roland says:

May 8, 2010 at 10:12 pm

I've done Crossfit for 4 years. I have scored close to 400 on Fight Gone Bad for the past 3 years (with standardized technique). During the same amount of time, I also ate the Zone/Paleo diet. Felt great. But I NEVER had anything more than a 4 pack. I was consistently above 12% body fat, just never quite managed the physique I always wished for.

Meanwhile I became dreading with always having to push myself to the limits with exercise. Even with excellent technique in most exercise, I had elbow tendonitis, shoulder pain, and hip pain.

5 months ago I stopped Crossfitting and just started doing a much more laid back workout routine with less frequency and intensity, and decided to add intermittent fasting to ACTUALLY create a true calorie deficit instead of relying on exercise. Since I started IF'ing, I am actually way leaner and for the first time I'm seeing a 6 pack!

But if you ask me to do Fight Gone Bad today, I don't think I can get even past 300. The irony is I feel way healthier, much better, and I look way better. I wish I knew this 4 years ago, rather than beat myself up senselessly and believing this was what it took to get lean. Wish I knew it was as easy as taking a break from eating here and there... like you say, "turn off the valve".

And like you Johnny, I'd much rather have a 6 pack and feel great. (BTW, 50 burpees took me 5:54. And I don't feel bad about it either. I'll get better at burpees, for sure, but now I know they don't determine my 6 pack abs!)

7. Question from Travis:

Robb and Andy,

Thank you so much for this podcast. I've been interested in the Paleo diet for years now; listening to your podcast helped me finally take the plunge and change my diet. I'm feeling better all around.

I have a good friend who has recently been diagnosed with ankylosing spondylitis. He's 29 now, and I know he has suffered with intense back and hip stiffness and pain since he was 20, maybe longer. For awhile in college, he was basically living off painkillers like Aleve. It's a relief that he finally knows what's causing his pain, but the diagnosis doesn't sound too good to me. I think he's just been given some medications to manage the symptoms, but it sounds like there's a good chance the disease might still worsen with age. My friend has always been prone to pretty extreme diets (of all sorts) followed by HUGE junk food binges (which can last for weeks or months). He's also always been somewhat active in various types of exercise routines (usually tending toward powerlifting, which he used to think caused his back pain).

I was wondering if you could explain what ankylosing spondylitis is, and whether or not the Paleo diet might help. If so, could you also lay out how strict he should be with his diet. I'm wondering about some the gray area items. For instance, should someone in his condition limit eggs and nuts, in addition to grains, legumes, and dairy? He's pretty good at sticking to regimens, as long as they are strict, with no wiggle room. Also, what exercise routine would you recommend for someone in this condition? His goals would be, first and foremost, to help manage the ankylosing spondylitis (and secondly, probably, to get 70s BIG) . Are there any sort of exercises he should avoid (e.g. heavy squatting, etc)? Thanks again for all your good work.

8. Question from Sarah:

I'm a 36 year old female looking for vitality, longevity, strength and leanness, mostly in that order. I was wondering if there were any programming, nutrition or supplement differences you've identified and might recommend between men and women? Or is everything I've learned from Robb applied equally to men and women?

Thanks so much!

9. Comment from Jessica:

Hey Robb,

Thanks for all the help on the podcasts. Listening to them was one of the biggest ways my husband got me to buy in to this whole Paleo thing. Two questions that are completely unrelated. Thanks for any help on either or both of them.

2) People seem to show little interest when I suggest Paleo as a solution to infertility. I've done some research on the internet but can't seem to find a nice, clean answer to what effects Paleo food changes have on infertility problems. I know you have touched on this topic in at least two other podcasts, but it would be awesome to have the definitive "here's why Paleo gets you knocked up" podcast.

Thanks for everything. Can't wait for the book.

10. Question from Chris:

Excellent podcast as usual.

I've got my mom eating healthier and healthier over the past while, she's eating mostly paleo the majority of the time (and has been losing weight, feeling and looking better). She told me this morning that she's noticed the past couple of times shes eaten bread shes had hot flashes (she's post menopausal and in her 50's). I thought that was pretty interesting and told her I'd ask you about it. From what I've read, it sounds like gluten can mess with your adrenals from the inflammation/stress it causes, which can throw your hormones out of whack (to put it simply). I'm curious how much of the symptoms women experience during menopause are natural and how much of them may be attributed to diet. What's your take on this stuff? Maybe a good podcast topic?

11. Question from Thalin:

Hey Robb!

Thanks for another great podcast! Just a quick question: your comment on gluten avoidance at restaurants put me off balance. I am doing my best to avoid gluten and I thought that for people who are not "clinically" celiac it is enough to pay attention to what you order. You seemed to suggest that we also should be requesting restaurants to take some additional precautions. Could you elaborate on that on a future podcast? What are the non obvious measures we should request? And then, how much gluten traces actually count as a "contamination"? Should we worry about this in order to avoid autoimmune diseases?

Thanks and CIAO!

12. Question from Johnny:

I'm sure a blog comment is not the best place to do this but can you expound a little more on building volume in layers, peaking phases and periodization? Especially periodization of mixed modal activities. Could this be as simple as hit it hard for x weeks, dial back volume, intensity and loading for x weeks and then hit it hard again? How does peaking and periodization work if you don't have a specific "event" you are training for?