

## **The Paleolithic Solution - Episode 38**

### **1. Question from Anonymous Ninja:**

Hey Robb,  
You mentioned you thought it could be a podcast topic, so here I go.

I've got a pretty narly fractured foot with multiple breaks, possibly going to need surgery. The doc says 6 weeks to recover if it's just broken, 4 months to recover if the tendons need surgery. What's a Crossfitting Ninja to do? Surely martini mixing for time from the comfort of my couch will improve my understanding of elite fitness, but what about my foot? I've done some research on GH therapy and fracture healing, and as expected GH injections speed recovery. However, in my research, I also found a bit of information about peptides. Specifically GHRP-6, GHRP-2, and CJC-1293 (GRF 1-29). It is my understanding that using a combination of peptides, one could trigger their body to release more GH thus avoiding the "shut down" that commonly accompanies hormone manipulation. Is there a safe way to use peptides? What would be an effective method of using them for bone healing? Is there an established dosage that would be safe and effective? How should they be used? Cycled? How much would it shorten my expected recovery? Will Bella change her mind and leave Edward? What is the proper method for mixing a gin and ProGenex martini? Thanks Robb!

### **2. Question from Marco:**

Robb,  
Love your work and the podcasts are kicking ass!  
I have 2 questions.

1.  
What's the deal with Organic Quinoa from TruRoots, purchased at Costco?  
Does Quinoa qualify for the paleo diet?  
And to clarify from today's (July 6) podcast... A paleo diet doesn't have to be a ketogenic diet?

2.  
What are your views for an optimal fitness program for someone in BJJ? CFFB O-lifting is crushing my BJJ performance. Would CF main or yoga or plyometrics and body weight be a better option????

Thanks Robb, keep it up. We are all learning and you ARE making a difference.

### **3. Question from Mark:**

Hey Robb and Andy, loving the podcast though have been feeling a little jealous of your reports of hot weather - morning temperatures have been bottoming out around 25F here in Western Australia. To inoculate ourselves against the cold weather my wife and I have been enjoying a cup of cocoa or cacao powder (with boiling water) after dinner - definitely works on warming up our bones! That said, we are wondering what sort of effect this 'medication' has on insulin release and insulin resistance. I have researched it online however the studies I have viewed seem to provide conflicting advice. Your advice will be greatly appreciated as we keen to avoid putting on a 'winter coat'.

### **4. Question from Carl:**

Love your mp3's. Learned a lot.; I'm on episode 8.

Do you think Krill oil can be used instead of Fish oil? I love Krill and it helps with my wife's PMS. lol

Are you at odds with Cordain regarding Sweet potatoes and Yams? What is your reason to include them if they weren't on the Paleolithic diet?

Thank You,

### **5. Question from Nick:**

Wonder if I am listener #9? have you hit double digits? Tell Andy I don't think the the joke will ever get old.

Two questions.

What is your take on this:

<http://www.helium.com/items/1684337-effects-of-ketosis-and-low-carb-diets>

Also, are the symptoms listed here a good "checklist" to use to know your body is kicking the carb fuel to the curb?

[http://diet.lovetoknow.com/wiki/Ketosis\\_Symptoms](http://diet.lovetoknow.com/wiki/Ketosis_Symptoms)

I started a paleo diet a few days ago. Have eaten lean meats and a few carbs (only from a few dark chocolate squares - have a sweet tooth). Goal is to lean out or more accurately drop some pounds. I am planning on working vegetables back in over the coming weeks with some fruit here and there. Any thoughts or suggestions. I would refer to Loren Cordain's 'The Paleo Diet' book which I read before starting paleo (after learning about it from your podcast) only my puppy thought it was a great chew toy and I haven't made it back to the bookstore to get another copy.

I do have to say that I am missing milk. If you haven't heard Lewis Black perform, he has an interesting term for milk in one of his comedy performances:

<http://www.youtube.com/watch?v=tXS5GBuk-GQ>

Many thanks to you and Andy (even though he will not be paying attention to the answer if you use this on the podcast).

### **6. Question from Steve:**

Hey Robb, Love the show. Quick question. I try and eat as paleo as possible, however like most I have an occasional, or more then occasional slip (90% paleo).. I have had allergy tests done and according to them I am not allergic to any foods, including wheat, or any nuts. I also seem to have no medical issues IE: cholesterol numbers and Triglycerides are all good, I have no ailments. I am lean, and perform well. I would be considered a very healthy person. (however I do have a fair amount of stress) I am concerned about long term health and if I have no allergy to any food, how dangerous can those cheat days be? Will wheat or gluten or peanut butter have the potential to cause damage down the road.. Is there a possibility of a silent auto immune condition that could rear its ugly head down the road etc.. I know it is impossible to predict what, if any ailments will come up, but didnt know if you have seen any research or have any thoughts on this

Thanks

## **7. Follow-up from Christina:**

Thank you for asking the question for Robb and you to discuss. I would have never even considered any thyroid issues with her. I forwarded the link to have her listen to it and here's her followup:

"wow thanks that was informative, I have to tell you that i have had all blood work done and levels checked, of course that was my first response to my first bike crash but including thyroid all was level and good, so then I began supplementing different minerals because that was my tho'ts too, sooo have been doing that and no change. I also need to tell you my whole body doesnt seize up at once, just legs or grip or whatever randomly depending on what I am doing. I still think it might be related to dehydration but not sure. I went to a lady who put me on a machine to see what was going on, its like a magnetic thing around the wrists, ankles and forehead and it reads all kinds of stuff in your system, sounds crazy but its legit, anywho, she said I have excess lactic acid in my muscles as well as androgens and she said I need to do a liver detox, she said my liver is overloaded also I had a large amount of saturated fats from former diet I guess and the brain was holding onto large amounts of metals in the fats in the brain especially copper so she wants to get all that out. soooo, i am on the liver detox now and will let you know how it all works out. i have low vit D so I upped it and added B complex and I was way over on my testosterone and low on estrogen so the hormones are not making it better and I am going to try to get that balanced, I am just a mess it seems. i have lost about 13 lbs and have not tried to lose more, just kinda in a hold pattern for now. still struggling to poo but trying glucomannan fiber and thats helped some. I can't think of anything else to tell you, I am going to listen to the show again and if I do I will write you then, thanks again for caring and helping me so much, your a sweet gal.  
Amy"

## **8. Question from Craig:**

I don't believe you have addressed this, but I was reading up on the alleged benefits of wheatgrass juice today, do you know anything about this? Have you heard of benefits from sources you trust? Would you ever attempt to ingest it (risking gluten contamination)?

## **9. Comment from Kyle:**

Hi Robb,

I've been doing paleo for 2 months now. I was lean to begin with. I didn't have any problems for the first month, but for this last month I've been going through bouts of stomach pain, usually after eating. It is quite unpredictable, but it is general discomfort in the stomach area, aggravated my moving, and kind of nauseated. It is usually at it worst at night, and seems to result from eating and gets worse throughout the day, but it is worse some days than other. Even if it isn't bad my stomach just isn't right.

I've been able to pinpoint nuts (especially cashews) and avocados as a problem, but cutting that out doesn't relieve my stomach problem.

I did not have stomach problems before going paleo, and as I said, I didn't have trouble for the first month. I cut out grains, legumes, processed food, sugars. I jumped into this 100%. I eat veggies at every meal, and a source of protein (usually 3 meals a day + a snack if needed). Free fats come from olive oil and coconut oil. I'm 6'1 180 pounds, active, trying to get about 150g of protein and 150g of carbs, with the rest of my calorie needs

from fat (which i find hard without going crazy with coconut oil and olive oil, especially since avocados and nuts became the enemy).

I'd really like to eat paleo, but my stomach was happier eating copious amounts of grains, low fat and low protein.

Do you have any insights as to why my body is rebelling?

Thanks.

#### **10. Question from Joe:**

Robb,

First off, you guys rock. Your podcast get me through the day!

First question: My girlfriends Sister in-law has Type 1 diabetes. She eats what she considers 'Healthy'; Organic, lots of veggies, fish; bison; chicken and turkey occasionally. But, she eats a ton of legumes..... What can I tell her or provide her to make her realize she need to eats more protein and cuts out the legumes? I need so ammo! BTW, she is currently eading Good Calories Bad Calories.

2nd ?: My girlfriend has scoliosis. She eats mostly paleo because of me. The other day, her mother told her to take calcium supplement for her scoliosis. I told her to do a fitday calculation to identify what she may be lacking. What kind of advice can I give her on supplements to take? What helps scoliosis?

Thanks in advance and can't wait for the book!

#### **11. Question from Anthony:**

Hi Robb and Andy,

I was wondering what your take was on a cyclical ketogenic diet. I was reading some of Lyle McDonald's stuff on it and wondering if I could incorporate in into my program. I tend to be fairly lean, but if I want to drop my bodyfat to below 10%, I have go the ketogenic route. This is great for me - I love how I feel on a ketogeic diet - energy, strength gains...but after a couple weeks, I barely have the energy to do a decent metcon. The only issue I see with incorporating a Paleo CKD is he recommends 100g liquid carbs for the first post-workout meal during the carb-load phase and an additional 400-500g of carbs the next 24-36 hours (this is for my weight/size). I know you like Cytomax, which would be ok for the liquid carb 'meal', but it seems damn hard to get 400g of Paleo carbs in 24 hours (that's a hell of a lot of sweet potatoes!).

Anyway, love the podcasts - thanks for making us healthier!