

The Paleolithic Solution - Episode 39

1. Question from Nick:

I'm about a month into changing to a paleo diet and I'm seeing some good result so far. I've been slowly working my way through your older podcasts, and I heard you mention that you're opposed to liquid drinks due to the spike in insulin associated with them.

I was wondering if you could expand on that specifically in regard to green smoothies. I've been preparing these myself as a way to get in more vegetables with a meal, as well as spiking them with fish oil, since taking straight shots of oil doesn't work for me-- even in small quantities I gag it back up.

A typical smoothie recipe for me would be:

10oz of some form of frozen berry (strawberry, blueberry, etc.)
16oz of veggies (usually half a cucumber, 2 ribs of celery, and leafy greens to make up the rest of the weight like kale or baby spinach)
1 avocado for smoother texture
1 tablespoon of cinnamon
1/4 teaspoon vanilla bean
water to thin it out if it's too thick

Typically I'll drink a glass of this with my meal and add a tablespoon of Carlson's fish oil since that's pretty much the only way I've figured out how to get it down.

Does liquifying the food in a blender end up making it more insulin spiking, or was that said more in regards to juicing?

Thanks!

2. Question from Dan:

Robb,

I have listened to your recent recommendations regarding Now Super Enzymes and how to determine dosing. I have recently started taking them, increasing one tablet each meal.

I have gotten to seven tablets with no warm (or fuzzy) feeling. According to Poliquin (<http://www.charlespoliquin.com/ArticlesMultimedia/Articles/Article.aspx?ID=27>), if you get to seven with no warm feeling, "stop the test - you are achloridic!" I have searched far and wide, however, and can find no recommendation as to what I should do now. Is Poliquin right and, if so, where do I go from here, i.e. what is the treatment for achloridria?

BTW, I am 43, 5'10", 180, do scaled Crossfit WODs (very scaled) and am looking for GPP and general good health and longevity. I have a few signs of hypochlorhydria as described in Poliquin's article, including having always been a "hard gainer", poor sleep, etc.

Thanks again for all you do and keep up the great work!

3. Question from Gary:

Robb,

Do you have any information on the validity of ELISA method of food allergy testing. I recently had a food allergy panel done (the E95 and A95 combined IgG4 & IgE by Meridian Valley to be exact) and in addition to telling me that I should avoid eggs, it also says I

should avoid beef, which has plays a major part in my current diet.

Love the show and am looking forward to you book,

4. Question from Reto:

Hi Robb,

Long time follower, crossfitter, & cave man. Love your stuff, pre-ordered the book, keep up the good work!

Wondering if you've seen this study & news article... I'm guessing your main criticism will be the whole protein quality/n6-n3 ratio/inuit paradox thing, but still interested in what your thoughts are.

cheers!

<http://www.ajcn.org/cgi/content/abstract/92/2/398>

<http://www.bbc.co.uk/news/health-10726414>

5. Question from Omid:

Robb,

From reading about the Jujube fruit, it seems to be a pretty amazing fruit and it's very low in sugar...it seems to be the definition of the superfruit...this description is ridiculous

"jujube fruit contains some invaluable minerals and vitamins. Amount of vitamin C, which is present in the jujube fruit is 20 times higher than it is in any other citrus fruits. Along with vitamin C, jujube fruit also contains many important vitamins from vitamin B complex family, like vitamin B1, vitamin B2 and vitamin B6. Jujube fruit benefits are more significant because of the presence of the important minerals in the jujube fruit. These minerals include - manganese, potassium, iron, calcium and phosphorous. Along with the above mentioned nutritions, jujube fruits are also loaded with 18 out of the 24 important amino acids."

it's used in the far-east and middle-east, as medicine and food...

is it just that we haven't caught on yet in the states?

is it really all that great?

also, will you review this bazi drink, which is the only other way to get jujube, other than the fruit itself (which is in season for very little time) to see if it's at all worth the money they're charging for it?

<http://www.drinkbazi.com/>

really curious to know if the benefits are as amazing as they seem...

oh, the fruit itself, is relatively tasteless, but it's definitely not bad...

if you have not had any, let me know and I'll send you some...

thank you...

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 possiblity 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 Chris:

Robb,

I have a client who just started our 4 week Boot Camp program. She's late 20s, not in shape, 30-40 pounds overweight, but no other health issues that I know of. Non-smoker, doesn't drink regularly, no meds that I know of. She suffers from insomnia and I am wondering if there is anything outside of the traditional Paleo diet that you can recommend for her? The first thing that popped into my head was perhaps supplementing with some melatonin, but I hardly feel qualified to be doling out advice on a condition like this. So what do you think? Thanks.

8. Question from Eric:

I went to the Red Cross to donate blood yesterday & was almost denied. My iron count was at the low end of the scale (mine was 12.6 & I needed to be at least 12.5 to donate--I think I have those numbers correc...).

My stats--46/175# y.o. male. Crossfit 4-5 times a week w/strength bias & mainly 15 minute or less metcons. Paleo strict since June 1st (with 3 or so cheat meals in that time & all were a big mistake!). Lots of red meat, pork & chicken, but still working in grass fed. Not a ton of fish in my meals, but I take 2K fish oil supplement each day--sometimes more. Nuts consist of cashews & almonds & not every day. Veggies revolve around carrots, broccoli, cauliflower, colored peppers, tomatoes, onions & asparagus. Not good with veggie cooking & variety, but am working on it. Lots of coconut--I drink a large can of coconut water every 2 days (1/2 a can a day).

Sister had low iron also, mom was kind o low, but not an issue, & dad was fine (we all donated blood at the same time). Is there a genetic component to iron? Should I be overly concerned & if so, suggestions for fixing it?

I've listened to all your podcasts, but I don't remember this being addressed. Tried to look back at the older podcasts but didn't find it.

Thanks for all your help & advice. I listen to your podcasts every week as I mow the lawn (I

have a large lawn & can get in one full podcast plus some of a second--no rider mower for me, I walk!!).

9. Comment from Justin:

Hello Rob,

I am a recent college graduate preparing for the Police Academy. I am still living at home so nutrition is not always awesome. I try to eat as paleo as possible, but generally grass fed and organic don't happen and until I get picked up for the academy, costs are a concern. In the future I plan on being fairly strict paleo but right now it is tough. So this brings me to my question.

Should I take ZMA? Since I am probably not receiving the zinc and magnesium levels I should, I thought it would be a good idea. However, I wanted to ask you if it would be worth while.

10. Question from Matthew:

Hi Robb and Andy! Thanks again for the awesome podcast. This resource, more than any other, is what turned me on to Paleo. Since starting the diet 4 months ago, I've never felt better. Keep up the good work.

My question is on a part of recovery that I don't think has been covered in any of the podcasts. You are often asked about what is the best PWO nutrition, but I don't think anyone has asked about "PO" nutrition: post-operation. Just wondering if there are specific foods that are better to eat after having minor to major surgery, or even if just recovering from an injury on your own if it limits your ability to exercise. I believe that some people have reported increased recovery when in a state of ketosis, so should someone recovering from injury/operation try to lower their carb load enough to induce this state, or would the adaptation cause undue stress on the body if one weren't already in ketosis? I know most people after an operation just want to eat a bucket of ice cream, but I'm not so sure that is the best method here. Also, when should one stop taking fish oil if you were going to have surgery (because of its blood thinning properties) and when would it be good to start that up again? Any ideas on how to adjust diet during these periods would be greatly appreciated.

By the way, in case it helps, I'm 23, 5'10", about 167 lbs and under 10% body fat, and I usually take 9g of dha/epa a day. I am living in Japan, and just had toe surgery to remove some ingrown toenails and am hoping to speed up the recovery process as much as possible.

11. Question from Flavio:

Hey Robb.

Quick question!

I know coconut milk is an awesome fat source but usually one of the ingredients is Xanthan Gum. I read on wikipedia that "residual wheat gluten has been detected on xanthan gum made using wheat."

Should i avoid consuming coconut milk that contains this ingredient? What is your take on this?

Thanks and keep up the good work.

Cheers from the portuguese dude!