

The Paleolithic Solution - Episode 40

1. Question from Michele:

Robb -

Forgive me if I've missed it, but so far I haven't come across anything on paleo eating and diverticulitis.

My mother, 63 years old, has a terrible recurring case. The lack of dietary guidance she receives around her outbreaks is absolutely astounding to me, and the amount of suffering she endures is pitiful to watch.

So far I have not developed diverticulitis myself, but I experienced relief from lots of milder GI problems when I went paleo.

Is there any research or even anecdotal evidence on paleo+diverticulitis you can share with me?

2. Question from Matt:

Rob,

I have heard you briefly talk about the effects of birth control on the ability to lean out. Actually, I think you may have just made some references about it, but I did not gather enough information for a clear decision on it.

I have a 23 year old client, strict paleo, limited to no fruit, some post training yam/whey slop, some caloric restriction/IF. She follows a MEBB program, and is sleeping 7 or 8 hours most days per week. There are some days that she has poor sleep, it's probably a once a week thing. In my opinion, minus the one day where here sleep might be a little sloppy, she should be leaning out on this diet/program. However, she is on birth control. Could this be the reason that she is not leaning out. In the how do you look, feel perform department, she feels good, she is getting stronger, and her metcon is good. I would greatly appreciate any advice on this topic.

Sorry for any spelling errors, I typed this on my phone.

3. Question from Preston:

Hey Robb- another good podcast thanks! Do you or Mat have any papers on moderate fructose intake (i.e. not a fructose rich diet) in isocaloric conditions upregulating liver glucose uptake as you mentioned? This would be news to me and sounds really interesting. I did several pubmed searches and found no papers with this kind of conclusion.

All of the studies on fructose affecting liver glycogen and insulin sensitivity that I've found, seem to be in rats fed a fructose rich diet (FRD) even if it is isocaloric. But the FRD always throws off the macronutrient ratio in comparison to the control group and ends up resulting in a much higher percentage of carbohydrates in the diet. Therefore, the sugar load of the entire diet is skewed and the results cannot be strictly tied to fructose.

It's certainly easy to overeat fruit and so minimizing it is a good diet strategy for people trying to lean out. But if one is able to eat it in moderation, I'm curious to find any evidence showing that eating an equivalent amount of carbohydrate and calories from fruit instead of sweet potatoes in isocaloric conditions causes the liver changes you mentioned.

Thanks in advance for any links you guys have! Really interesting stuff.

Blog comment from Robb:

Preston-

short answer is "yes" it still does affect things, but obviously Isocaloric conditions are

different from hypercaloric. therein lies the problem as fructose tends to alter satiety via several mechanisms including decreased Leptin and increased Ghrelin. this paper both discusses and references many of your questions:

<http://www.ajcn.org/cgi/content/full/88/5/1189>

Chronic exposure is quite different from acute (even under isocaloric conditions) overweight people are very different from non-obese (which calls into question the whole "isocaloric" notion in free living people. how the HELL do they pull that off when their appetite controls are malfunctioning? Rodents respond to fructose differently (more resistant to it's effects) and thus require different dosages to mimic similar metabolic changes...it gets a scoche complex!

4. Question from Stephan:

Hey Robb, what is the mechanism that causes fish oil to go rancid and what effects and symptoms would be seen in someone that has taken fish oil that has gone south?

Not going to mention why I might be asking this...

Thanks for all that you do.

5. Question from Geoff:

Hey Rob,

I keep hearing you mention that people should be eating lean meats, but from both my own experience with the diet as well as what I've read, it seems to me that we should really be sticking to the fattier cuts, as long as everything has good fats (i.e. grassfed). Is this statement about lean meats made with the presumption that people will not have access to good quality meats or are there some information that I'm missing? If the latter, why do you guys always talk about coconut milk and heavy cream, which is almost entirely fat?

6. Question from Scott L:

Hey Robb and Andy,

Just wondering if you guys have heard much about transdermal magnesium. I see that Natural Calm has magnesium gel. Do you know if the absorption is better that way rather than ingestion.

<http://www.naturalcalm.ca/product/13/>

7. Follow-up from Ben:

Hey Robb,

I am loving the longer podcasts and all of the extremely useful info that they convey.

I have a couple of questions:

1. (This one is actually for Andy) In the most recent episode and in previous episodes you have discussed your coconut milk and apple pudding thing that you make as a paleo friendly cheat meal. Do you have a recipe for that? I would like to try it out.

2. (Back to questions for Robb) I am eating totally paleo 24/7 and I find that I run best when the majority of my calories come from protein sources (almost only meat with the occasion scrambled egg meal mixed in). I eat a small amount of leafy greens at most non-post-workout meals and I eat between 20-40 grams of carbs in the form of yam/squash with my post-workout meal, which should really be called my post-workout "meat" (I eat 16-30 ounces of meat in my post-workout re-feeds). Is this okay? Basically I am wondering if there is any validity to the ammonia concerns in episode 34. I eat 220+ grams of protein

per day and I am probably causing a considerable amount of gluconeogenesis. Is there any downside to this?

Background: I am 20 years old, 6'2", and 180lbs. I train 4 days per-week with a pseudo Wendler 5-3-1 (I subbed weighted dips and pull-ups for the shoulder press and bench because I work at CrossFit/gymnastics gym and I am one of the only employees who isn't a former gymnast i.e. trying to build upon my strength to body weight ratio and impress my boss). I do plyometric training and a moderate amount of Gymnastics Bodies exercises for supplementary work. I also began intermittent fasting a month ago and I love it. I eat 2-3 meals a day within a 6-8 hour feeding window. I am pretty lean (about 8%) and getting leaner on IF while still improving my strength and jump (plyo) numbers. Numbers: 340lb Back Squat, 406lb Deadlift, 90kg Snatch, 114kg Clean and Jerk, 108lb weighted dip, 73lb weighted pull-up, 36 inch vertical, 54inch box jump.

8. Question from Ravi:

Robb and Andy,

Love the podcast and blog! You guys are awesome. I look forward to the podcast every week. Thanks for putting all this information out on the internet.

Question about IF and Calorie Restriction. My question: Is there a problem with doing IF alongside a period of severe calorie restriction.

I have been playing around with IF for about 2 months now. Per your recommendations, I'm eating strict gluten-free, dairy-free Paleo diet and supplementing with Natural Calm and Fish Oil. Training is 3x a week linear-progression strength, some HIIT and scaled CF WODS (1-2x a week) and some LSD on the weekend. Life is stress-free for me, graduated college in May and I don't start work until late July. Sleep is 9-10 hours a night. Going from a unweighed, unmeasured Paleo approach (generally less than 15 cal * lb bw) to a Zone with deleted carb blocks (ala 42 Ways to Skin the Zone). I want to make leaning out a priority.

Should I drop the IF (16 hour fasts per recommendations from Lean Gains) when doing the Zone? Everything I read highlights IF as an alternative to CR. So not sure if doing them together is a problem. Loved IF when I was unweighed and unmeasured and eating closer to 15 cal per lb of bw, but not sure if I should keep it in the mix.

Thanks,

9. Comment from Gerry:

Hey Robb, thanks for answering my question about gum bleeding. I'm still working through what might be the cause of my glucose/insulin weirdness, and I've been pretty strict, low-carb, no dairy paleo for about 4 months.

I recently went on tour with my band (I waved at Chico when we drove past) and I managed to stay paleo, save for a couple tacos here and there (can't do the West Coast without eating tacos). I went so far as to eat canned wild salmon with avocado and onions in the van when I couldn't make a real meal or find anything appropriate in a restaurant. I kept my drinking to one or two glasses of whiskey or wine at each show, even though PBRs were doled out like bottled water. My strictness with my diet by default entailed some fasting and a lower caloric intake, and I felt like a caveman moving heavy equipment every night. I felt great, I leaned out without losing muscle, I felt stronger, no brain fog even after a long drive, and I even noticed that my feet didn't get stinky despite not changing my

socks for a few days at a time (I swear this is true, maybe the result of the not drinking beer).

Anyway, I'm totally sold on the paleo thing particularly the gluten issue, but the past few days I've been tracking my blood sugar with my dad's glucose meter (he's a Type 2), and my blood glucose has been hovering around the mid-90s and low-100s. Immediately after a fruit-heavy meal, it even spiked up to 130. Should I be worried? How accurate are home glucose meters? I generally eat very low carb, but I've been eating some fruit since they're starting to be in season, and it's retarded hot in Baltimore. Could too much protein be an issue, or perhaps an uptick in caloric intake since coming home? Could coffee (I drink about two cups a day)? I've cut way down on booze since starting paleo, but I still have about a glass or two of wine or bourbon every day. Could that be an issue, even if theoretically that much booze should lower blood sugar? Is it weird that I would see all the other benefits from paleo but still have blood glucose in the high-normal range? I also take spoonfuls apple cider vinegar after every meal, and I use a lot of cinnamon, turmeric, and cumin in my cooking.

Sorry for the really long comment, just want to cover all bases and let you know that there are metalheads amongst your 6 listeners.

10. Question from Justin:

Hey Robb,

Different Justin here than has written questions in the past. I've been following the site and podcast for about a year now, and sincerely wanted to thank you for all that you guys do. Many more people than are vocal are seeing benefit from your work.

A while back I remember reading your 42 Ways to Skin the Zone article, and coming across the phrase "Mitochondrial Redox". I take this to mean Reductive Oxidation.. but was wondering if you could expand on what this phenomenon is, and why it matters for someone that would be a "hard gainer". All of the references I could find to it in searches online were opaque at best, and definitely not in the context of training, mostly dealing with geriatrics or medical patients.

Thanks again,

Justin

P.S. if it is important, here are some stats: 31yo Male, 6'2", very lean 195lb, Paleo for the last 10 months save for a couple months of GOMAD and some cheese here and there. My goal is to put on weight (maybe not "Wendler big" though) as I performed better post-GOMAD when I was 205 with more body fat. I would just do GOMAD or half-GOMAD again, but the negatives quickly outweigh the positives at this point. And for the record, "performed better" means did better on FireFighter-type agility testing.