

## The Paleolithic Solution - Episode 42

### **1. Question from Tane:**

Robb & Andy- another infotaining podcast from Chico a.k.a. the Paleo-Mecca. Brace yourselves for a long post- this is one of my few weekly opportunities to write for fun and in English.

In terms of the mention of the difference between "elite" performance vs health & longevity, I read a great quote in a book last week ("By The Sword"- thoroughly recommended) but I'm kicking myself that I left it in Riyadh so can't quote verbatim: it was a comment by a senior East German Olympic/Athletics official along the lines of "Elite sport begins where healthy sport ends". Thrashing yourself into a paste every day is probably not the best in the long run.

In the service we used to say "There are old soldiers and bold soldiers but no old and bold soldiers". It's a common observation in combat units that take themselves seriously that once guys have finished their 20ish years, they aren't leaving in better shape than when they joined, despite doing lots of hard exercise over a long period.

Perhaps a more accessible example is professional sports: cf John Welbourn- judging by his blog posts, he has sustained and played through some gnarly injuries. Aside from talent and determination, the prime difference between him and the everyday "athlete" crushing themselves 3 on/1 off is that he was well compensated for his pains in money, fame and cheerleaders (allegedly). => Cost/Benefit, Risk/Reward.

As far as the pregnancy topic is concerned, it sounds like you and Andy offer a "full service" to clients. I have a mental image of your gym resembling the lab that produces Arnold Schwarzenegger in the film "Twins". Perhaps you should rebrand to "Norcal Stud and Conditioning" and really get the clients rolling in.

Death To Gluten,

Tane

### **2. Question from James:**

Hey Robb,

Thanks for the podcast. Really learning a lot since recently becoming a convert in the last 2 months or so. I've got some questions about applying the paleo diet to my possibly abnormal case. I'm not looking to lose weight, and not coming from a CrossFit background. I recently graduated from university where I was a lightweight rower (so basically a power-endurance athlete). My goal now is to try to make my national team in the coming years so I'm continuing my training and I'm sold that improving my diet and eating paleo could play an important part. I'm a light guy, definitely not the naturally jacked type unfortunately (though a good thing for my sport), so I'm always trying to put on muscle as well. 6'2, 72kg, probably 8% body fat, about 9-10 workouts a week including lift 3x/week, a lot of long slow distance. Here's my problem: I literally don't know what to eat to get enough calories to build muscle (and recover fully). I can make a lot of great paleo type dinners, steak and veg or something, and I love it, but I really need to eat all day. I basically graze throughout the rest of the day on eggs & any leftover meat, but mainly it's tuna/salmon, salads, vegetables, berries, that kind of thing, which just don't provide enough calories. I haven't gone super strict paleo in that I keep the whey, still eat some cheese and maybe some peanut butter (occasional pb binge). Have cut out grains for the vast majority. Basically, I'm just trying to figure out how I can eat paleo throughout the day to keep my protein and calories up. I can absolutely destroy a tub of nuts or almond/cashew butter-which I end up doing fairly regularly-but I really do think that hurts more than it helps. I often feel pretty terrible on workouts when I overeat on nuts, possibly from the anti-nutrients, and I know it absolutely destroys the n-6:n-3 ratio. The sheer amount of n-6s in a cup or so of almonds, walnuts, cashews, pecans, etc is obscene. Unfortunately, I think I run on too little calories a lot of the time and then end up overeating on nuts for a

calorie-dense (and delicious) food source. I like eating, so that's not the issue. Not one of those hardgainers who complains about having to eat too much. I just can't \*cook\* enough to eat steak 3x a day or I'd have no life aside from cooking and eating. I love sweet potatoes but am not sure I still would if I was eating 5 a day. I could eat nuts all the time, or I could start eating bananas all the time, but I think neither of those are going to be very good, right? I feel like the answer is that I absolutely must start chugging coconut milk or doing shots of olive oil, but I'm not a big fan of just consuming calories to get calories, and not into weighing food and counting calories. Any recommendations? Thanks a million, keep up the great work. Looking forward to getting multiple copies of the book for family.

### **3. Question from Robert:**

Robb,

In the podcast you talked about how "defining your goals" should dictate how you approach and design your workouts ie max performance vs health and longevity. I'm curious as to what your workouts look like, what do you do in the gym? Do you follow a template in the fashion of something like MEBB?

### **4. Question from Tony:**

Robb. You always contrast elite vs. longevity/health in diets and most questions focus on the latter. What is the macro and pwo diet suggestions for elites  
Thanks

### **5. Question from Rehif:**

I have an unusual question concerning fasting from the hours of sun-up to sun-set for a period of 30 days. For religious reasons, I have to take a complete fast (no food or drink of any kind) from sunrise until sunset. I am an avid crossfitter and currently working my increasing my crossfit total and my olympic total. A little background is I am a male, 28 years old, 6'4", 205lbs (muscular but lanky build), and I crossfit not less than 6 times a week and work on strength 3 times a week. Also, I eat mostly Paleo aside from very little dairy and some black beans to get in some carbs, (I get extremely dizzy if I only get carbs from veggies) I try to eat at least 1gram of protein per pound of body weight mostly from meat sources and salmon. My questions are basically, how/what should I eat considering that I can only eat and drink at night, what kind of training volume would you recomend, and do you think i should focus primarily on strength workouts of short but heavy sets, and if so add a short met-con after or just met-con on different days? This is a question that I've had for years and now that I've found your blog and podcast I'm sure that I'll get a some light shed on the subject. Thanks again for sharing your wealth of knowledge with us! Can't wait for the book to come out. Keep up the great work!

### **6. Follow-up from Kevin:**

A quick follow up question to the gluten avoidance question. What is your take on the difference between gliadens found in wheat and those found in other grains such as barley? Do you believe people who have issues with gluten should be equally strict on both of them? I ask because although I would know all about it if I had some bread I have little problems on the likes of guinness.

However I have recently been mulling over cutting out a monthly Guinness binge after listening to the interview on underground wellness with Dr Tom O Bryan which scared the crap out of me. So my question really is that do you think your "see how you feel, look and perform" is still upto the task of guiding optimum food choice given the damage gliaden containg food stuffs could be causing under the surface without any noticable physical

effects? Really what im hoping you might tell me is that i can keep getting trolled on Guinness every once in a while but my gut feeling tells me otherwise!  
Thanks for all your hard work man, Ive got the book on advance order!

### **7. Question from David:**

Robb,

Recently I have been getting into mountaineering which is pretty awesome but seems to be a sport that is difficult to do while being completely paleo. I climbed cotopaxi, a 19,000 ft. volcano in ecuador, last winter and i tried to stay away from most of the candy bars and straight pasta meals that the rest of my group was eating but it was difficult. I am going on a 6 day mountaineering course in the cascades in August and I have to pack my own food. The school recommends large amounts of complex carbs as they provide extra calories and are easily digested. Fats and proteins, they say, are not as easily digested and not as good to bring on the trip. Do you have any suggestions? What subs for breakfast when everyone is eating oatmeal? I'm worried about what i can carry in terms of keeping things fresh as well as how it will affect me and how heavy it all is. Any thoughts are appreciated.

### **8. Comment from Conner:**

Hey Robb, I was wondering what your take on Tyrosine supplementation for optimizing mental alertness and offsetting fatigue, and what dosage would be necessary to get the benefits.

### **9. Question from Lauren:**

Hey Rob,

Thanks to you, I feel like I really "get" metabolism as it applies to macronutrients and systemic health. What I am dying to know more about is specifically how to approach training for optimal health and longevity. I am 27 and I have been doing Crossfit for 1.5 years, Paleo for 9 months. I've experienced the initial massive improvements starting as a Crossfit beginner and have also experienced overtraining and likely adrenal fatigue several times. At this point, I'm interested in continued strength gain without complete loss of met-con abilities, and I don't want to keep beating myself into the ground. Several times you have mentioned linear strength progression and periodization but I don't know how to implement it. Do you have to commit to one program such as 5-3-1, Black box, or Starting Strength and only later add in more met-con? Are these programs meant to be short term or can you continue them long term? After gaining all my strength goals, is Crossfit alone sustainable long term? What if you hit every WOD at 80%, not 100%? I feel like I'm wandering around in the dark with this because I just don't know where I am going with all of this. What does a year or two down the road look like for health and longevity?

Thanks for sharing your brain with all of us. We appreciate it more than you could know... 😊

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I guess I should add I don't have any health problems – no autoimmune disease or metabolic derangement issues. I am at an acceptable weight and fitness level at present. I also sleep great. I basically want to reach at or near my potential while maintaining health and longevity.

### **10. Question from Big Daddy:**

Robb-

Just finished reading Lights Out and was wondering about the idea of eating plenty of carbs via fruits and veggies in the summer and greatly reducing or eliminating carbs in winter. If I read correctly, Wiley said we should put on weight during summer months when fruits and veggy are plentiful and cut back when the season is cold and less carbs are available naturally. Im 97.64% paleo with cheats being 90% dark choc bar once a week, and heavy cream in my decaf coffee. Charleston SC. Male, 6'05, 230, 35 yo, crossfit 3-4 week but increase rx weight and work at 60-70% max effort, 5000mg vit D, tons of fish oil, and magn. Im not concerned with body comp but rather focused on great health, energy levels, and disease free life..