

## **The Paleolithic Solution - Episode 43**

### **1. Question from Liz:**

#### **Subject: If You Can't Help I'm Calling Bruce Wayne**

Hi Mr. Deas! I recently went to the PS Seminar in Arlington (via Kansas City & Rut's program) and have been a Paleo/Lights Out convert for some time. I'm sure I'm the first person to send you a question via facebook hoping to have you or Rob, in your infinite wisdom, answer it. Due to the fact that I suffer from Narcissistic Personality Disorder, I'm also sure that this is the most important question you've ever received and that I am the most important out of your "x" number of listeners. If you or Robb can answer, whether podcast or personally, I'd be grateful. A dear friend has been on Ambien for 2 years, can't sleep without it, is perpetually stressed and working 12 hour days (8AM-8PM) at a fast-paced job. She suffered through a bout of shingles last year and is now dealing with calcium oxalate kidney stones for the third time and in extreme pain. At the ripe old age of 26 she's now on painkillers, bladder meds, ambien, and birth control to top it all off. She's not overweight but doesn't have much time to work out, and when she does it's in long spin classes or hourlong PT sessions at the Globo Gym. I'm so fearful that she'll drive herself over the edge because she's so sick and stressed and despairing of her docs. She's come to me for advice, but I don't know where to start the triage, or what kind of things may be going on under the hood due to her medications and physical condition. I truly fear for her life if this continues...how do we get her off the ambien, back to sleep, regulate cortisol, mitigate the kidney stones, ... and what comes FIRST? I don't want to make recommendations to her (like Fish Oil, Vitamin D, Magnesium, Diet) because the internet is so full of conflicting advice for kidney stone management, protein intake, and certain Paleo staples like spinach and broccoli. Please help if you can.

### **2. Question from Dallas:**

Dudes,

Robb, you probably already know a ton about this topic already, but the concept that antioxidant supplementation (such as 1g of vitamin C daily) could stymie training-induced adaptation was all-new to me. So that made me wonder... at what point or to what degree does antioxidant supplementation (versus the broad range of hormetic phytochemicals with "antioxidant effects" in real food) ameliorate some of the effects of exercise in terms of insulin sensitivity and mitohormesis? We've recently published two posts on the Whole9 site addressing questions that we've received about various supplements and recovery drinks, and we've taken a bit of a hard line with our responses, essentially stating that you're always best to eat real, fresh food, and that it is very likely that the potential benefits of ANY fancy-schmancy supplement (as quoted by the salesperson) are dramatically overstated, oversimplified, or simply inaccurate. I was wondering if you had a thought on using alpha lipoic acid (the only "antioxidant" we currently use) and whether the benefits for healthy, exercising, non-metabolically-deranged, clean-eating folks like you and I still outweigh the potential blunting of beneficial training-induced adaptations. I get that it's a situational pro-vs-con, but would you recommend continuing to use the ALA in the light of articles like these? Thanks again for everything you do, dude. Looking forward to inhaling the advance copy of the book (soon!). Best,

Dallas

### **3. Question from Rob:**

I was wondering if you had some good resources for diabetics and how the paleo diet can help. I have two friends at work who have diabetes but are following the "recommended" AMA dietary plan. I am trying to tell them to take a look at Paleo but they went to the classes and that is what "they" recommend. It is frustrating to see people still using "conventional wisdom" and still believing what the nutritionist/dieticians tell them. Can you help? I am frustrated but want to help them since Paleo has made a big difference in the way I perform and feel about myself besides losing weight and really trimming up.

THanks

#### **4. Question from Michelle:**

Hi Robb,

Only up to Episode 22 so hope this is not answered later.

My son's diet has included soy as well as meat since he was very young as I was a vegetarian for 15 years. I have recently changed from the zone to Paleo and seeing many benefits. No longer vegetarian.

My son who is 8 now, had a parasite when he was 5 for about a year that made him unable to eat fatty food without waking in the night and throwing up. Sorry can't remember the name of the parasite. We also thought dairy was a problem.

He was given antibiotic for 2 months and has since had no problems.

He has had slightly raised bumps on his upper arms and cheeks from about the age of two which the doctors said he would grow out of. He loves food and is slightly overweight compared with his friends. He is not obese. I now make mostly Paleo meals in the morning and night however he still has bread for lunch. He still has soy milk however not that often and hardly any dairy.

Questions

1. Could the years of soy have had an effect on him as he was growing?
2. Do parasites only attack an already weak immune system?
3. Do you think the spots and extra weight are because of the soy, grains or dairy or all of them?

I know the easy thing would be to take them out however it's not so easy in an 8 year old. Would like to feel like I had a good reason.

Can't wait for the book.

Many thanks

Michelle (one of you 5 Australian fans. Also have to thank you for my ability to now breathe in the morning after giving up the oats and all the other health benefits of giving up grains.):

#### **5. Question from Bryan T:**

Hey Robb,

Holy Cats! One of your seven listeners asked about antihistamine's effect on quality of sleep and you said you would get to it. I'm guessing from your response you have something to say about it, so here's my attempt to shake you down for the information. My sister is staying with me for ten months and she has two large cats with massive fur coats which they shed during the summer. So lately I have been taking Claritin daily, I was trying to fight it but my quality of sleep was decreasing due to my allergies. I train Olympic lifting

four days a week so my quality of sleep is extremely important to me. What do you think?

#### **6. Question from Matt:**

Robb,

Matt from CrossFit Champions here. Got a question for you. We are constantly promoting the paleo diet to our athletes with varying degrees of success (can't wait for your book, by the way). We are not real big on supplements other than fish oil and a post workout protein shake. But clients are always asking us about supplements and as much as I hate it, I even have some saying, what about such and such affiliate that promotes Advocare. Personally, I think Advocare is nicely marketed shit, but thats me.

I just wanted to ask what all supplements you use and you recommend.

Thanks for your time.

Hope all is well.

#### **7. Question from Bryan:**

Hi Robb!

My wife and I just discovered that we are going to be having a baby next year (she's about 4 weeks along). Being the paleo couple (for about a year now) that we are, we don't really like to buy into much conventional wisdom. If it happens to be right, great, but I like to research things and not just blindly follow. I love your podcast and think what you do just amazing. We have learned a lot. More than you'd probably expect =) I have been one of your 6 listeners since your 1st podcast.

I wanted to get your take on eating seafood while pregnant. It seems like the general suggestion is to avoid fish that are higher in mercury and limit it to just a few times per week. Then I got to wondering what people who live on islands and coastal villages did. I'm sure the bulk of their protein came from sea fare and their kids were probably fine. She get's a lot of her protein from different kinds of fish as well as canned wild salmon. I am working on researching this further, but wanted to get your take.

Thanks!

#### **8. Question from Bethany:**

Hi Robb! I am 12 weeks into doing Crossfit. I started at 253 pounds, 37 year old, 5'5" female. I have been eating Paleo/Primal about 80% of the time - working to get those ratios up and Crossfitting about 4 times a week and walking 1-2 times a week. As of today, I have lost 17 pounds. Best of all, I feel great (well, I'm sore all the time) but I feel great about myself and my energy is phenomenal.

I had my body fat tested at week 4. I had it retested at week 12 (8 week span in between). In those 8 weeks, I lost 10 pounds of body fat (9% of my total body fat but only 1.8% overall) but stayed exactly the same on my muscle.

I'm ok with the fat loss but am concerned about not gaining muscle. The tester said that people with a lot of fat to lose usually lost muscle too until they got closer to their goal weight. He said it was great I maintained my muscle. However, I feel my muscle growing (or maybe I have lost fat so I can feel muscle now..ha!). Regardless, I don't resonate with that answer. Is it true that only average weight people can gain muscle? How would that work scientifically?

I suspect I'm not taking in enough protein. I am doing the nutrition component and we are going to review it again but I want to know from your view if there is any legitimate reason why I would not be gaining muscle based on the amount of weight I have to lose.

As I wrote this, I just thought, "Maybe as I carry less fat, I am losing muscle because I don't need as much to carry all the fat..." ..but I'm not sure that's right either...so, I want an informed opinion so I don't drive myself crazy with false information.

Thanks!! I hope to see you in Atlanta!

Bethany

Right now, I have 134 pounds of lean muscle and 104 pounds of body fat.

### **9. Question from Chuck:**

Robb,

I haven't been able to keep up with the site as much as in the past. Regardless, I just came across the Dec 09 U of M study on "Energy deficit after exercise augments lipid mobilization but does not contribute to the exercise-induced increase in insulin sensitivity ". If I understand correctly, this seems to just further support increased CHO consumption PWO versus energy deficient PWO meals. Did I get it correct?

Thanks, always love the work. Looking forward to the next time you are on the east coast and in the Fayetteville, NC area.

### **10. Question from LuckyListener13:**

Robb, Thanks so much for what you do! I have a supplement question, and if it has to wait for your supplement pod cast I will wait but until then I believe I am lucky listener 13! (Sorry Andy, it's funny still!) While speaking with a Naturopathic MD about stress and preventing adrenal burnout he suggested to use the supplement Eleuthero. He claims that it would improve athletic performance (The crazy Russians used it prior to the olympics to gain an advantage), decrease adrenal burnout, and help with the stress my body is under from working nights in the emergency department. From the research I have done it seems that there are few side effects and the only precaution is to get it from a reputable source to ensure quality. Have you had any experience with this type of supplement or know anything that I might be missing from my research? Thanks!