

## **The Paleolithic Solution - Episode 44**

### **1. Question David:**

Hey Robb, hoping you can help me out. 7 weeks into this massive paleo-lifestyle change and I'm feeling wrecked, not getting the changes I had hoped for. As background: 15 years of 10-20 hours of triathlon/Xterra training (international age group level) + eating gluten and dairy meals 3-6x a day. "Retired" August 2009 (lost the love of competition). Diagnosed gluten + dairy allergies (July 2010)

Started diet change 5th July 2010 with a 14 day Brett Elliot Ultimate Detox Diet (no dairy, meat, grains, starch, exercise, handful of laxatives a day) to pull the 'plaque' off my intestines (I don't rate the detox at all - very disappointed).

From 20th July, Paleo with yoghurt containing lactobacillus acidophilus (as advised ok by natropt).

During this transition, had a wicked cool experience of mental clarity (no brain fog) and GI protests on a no grain diet. Also tidied up some nasal congestion with no dairy. Dropped 3kg in those first 15 days, stayed same weight until now. Slight uptick in performance days 14-21, then declined since.

5.5 weeks in, I am now 150 pounds (68kg) 5.6" (173cm), I look gaunt to the point of being sick (was 158 pounds). Tired all the time, struggle through basic yoga routines and short 40min runs.

I supplement daily with Usana Antioxidant and Multi Mineral (containing 150mg Magnesium, 10 mg Zinc, 400 IU Vitamin D3 plus heaps of other stuff). Sleep is 8-8.5 hours a night (pitch black soundproof), stress levels manageable, bit of SAD, really low mojo. Winter in the southern hemisphere (New Zealand).

Wanting to get to a point where I can do a 40-60 min cardio each day, and something else each evening (Weekly: 1 Japanese Ju Jitsu (technique mainly), 2-3 x yoga, 2 strength training (squats, good mornings, push up, pull up, shoulder press). Basically want to live loud and full of energy.

I can destroy a bag of cashews or almonds in a flash, always hankering for red meat and coconut milk.

I'm guessing that I'm not getting enough total calories through, but am at a loss in how to ramp them up beyond 1-2 servings of kumara (sweet potato), half an avocado, two-three handfuls of nuts, coconut milk every other day, plus everything in the veggies, eggs (x3) and 2 servings of meat a day.

Planning to see a doctor to look for underlying flu/sickness (no real signs).

Rate the podcast and the theory - looking forward to mastering the practice. PS, if you get a chance, read up on Metaflammation from Egger + Swinburns book; "Planet Obesity" - in line with your thinking.

Chur, David. New Zealand.

### **2. Question from Melissa:**

Hi-

Love the podcasts and am looking forward to the book. Female, 31 years old. I'm having a tough year. Quick background: was doing paleo for a while in April-May, and was feeling pretty good, but then I broke my leg and ankle in a climbing fall in early June. Also fell off the paleo wagon, as cereal was the easiest thing to prepare and eat. Started taking low dose birth control for the first time this year to control wildly fluctuating cycles. I've always been prone to being cold, especially in the wrists and hands, but this summer has been ridiculous - 85 degrees and I feel like I need to put gloves on. Doctor says I may have Raynaud's syndrome. I think the hormonal changes and now lack of exercise due to injury are taking a toll. Do you have any advice? I have been taking fish oil, and obviously, I need to give paleo the honest effort again, but I was wondering if there was anything

additional that might help?  
Thanks so much

Dallas

### **3. Question from Michelle:**

Hi Rob

I was a vegetarian for almost 15 years before changing to zone and then paleo over the last 3 months.

Whilst vegetarian I had colds and the flu almost continuously over winter. This winter is the first that I can EVER remember without any cold. So very thankful for you podcasts.

I eat only paleo now, with maybe a little too many nuts and coconut products.

My question is about meat. I just can't come around to eating meat other than white meats (chicken, turkey and fish).

I know you guys love your grass feed beef and bacon however I just don't feel like eating these at this stage.

I take a digestive enzyme when I eat meat.

So my 2 questions are:

Can you do Paleo on just white meat or do I need to learn to like these again for the variety in my diet?

Do I need to take the digestive enzyme when I just eat eggs for breakfast?

I am 40, do crossfit 4 times a week (not too hard on myself), and yoga most days.

I have PCOS although almost no symptoms now.

119 pounds height 5'3. I would like to improve my strength however still keep lean.

Still working through the podcasts, so no need to answer if there is an answer in them.

thanks

### **4. Question from Sydney:**

Hey Rob and Andy,

I love, love, love the podcast and am in my second iteration of listening to all of them even though I have no interest in crossfit anything. Having had blood sugar problems, low iron and subsequent Reverse T3 dominance and adrenal fatigue, I've become a convert to staying pretty low carb. Still, try as I might, I just can't find a way to love meat and eggs.

I've really made an effort (even bought Dr. Eades' Sous Vide), but I just find the stuff unappetizing at best and often repulsive. Is there any way I can \*not\* eat meat and eggs without further damaging my health? If I eat a lot of fat and veggies, supplement with Carnitine, and get enough protein from whey/hemp/pea/whatever protein powders, how bad will it be for me?

Please tell me I don't have to eat this stuff every day.

Thanks again for the great podcast!

### **5. Question from Barefoot Avenger:**

Hi Robb,

Big fan of your work, I attended your paleolithic solution seminar in Seattle and can't wait

to get my hands on a copy of your book. Keep up the good work, and thanks for putting the time in to put this info out there.

My Question is regarding eating for extended backpacking trips. I just got back from hiking around the back country of Mount Rainier National Park for three days, and I didn't plan my fueling very well. I brought sardines and tuna for protein, sun butter and coconut butter for fat, and dried fruit trail mix with some sugary energy bars for carbs. I was so afraid of muscle wasting from the duration of work that I ended up bringing an excess of protein and ran out of carbs by the third day. It felt like I was barely able to make it off of the mountain, I stopped by the nearest gas station on my way back into town and inhaled two candy bars. Probably a bit excessive, but very satisfying after 5 hours of work with no carbs.

I was planning a longer trip, 5 days and 93 miles, and was wondering if you had any suggestions for dense carb sources. Sweet potatoes and yams are usually my go to for post workout carb loading, but they won't keep very well in 90 degree weather for days in my pack. I don't like the way my body feels running on sugar bars, anything you can suggest that is dried, won't spoil, and is relatively paleo would be helpful. Dried fruit is nice but while I'm on the trail I feel like the energy doesn't make it to my muscles very fast, so a none fructose source of carbs is preferable. Thanks for the help.

#### **6. Question from Skyler:**

Can I start calling you guys "Chewbacca and C3P0?" One has a lot of hair and the other is always busted. You could even make it a WOD: Andy straps Robb to his back, avoids laser fire, while Robb babbles on about gato turds and grains for 45 minutes. I look forward to my royalties when you sell this idea to the celebrities in Chico.

Anyway, I have a question regarding cravings, or perhaps "feeding the body what it needs." After a workout, my appetite is stunted, which is to say a workout is the ultimate appetite suppressant for me. In spite of the fact that I work out fasted, I eat after a workout purely out of a rational understanding of research, not because my stomach is growling like a grizzly. It's no trouble for me not to eat for 2+hours post workout. However, the 2 days post workout, I have to fight not to put down everything in my path. Primarily I crave nuts and seeds; given the option I would attempt to decimate a trail mix container of walnuts, almonds, and cranberries.

Also of note is that I don't really want a big, tasty steak on my high appetite days, only on my low appetite non-workout days. I can't fathom why this would be or, as Keith Norris suggested, if it might be giving my body what it "needs."

I am 6'3", 175lbs, anywhere between 6 and 9% bodyfat (depending on which measure you choose). I fast daily ala Leangains, eat lacto-paleo (dairy in the form of cottage cheese and heavy cream). My training is on the HIT-ish side of the equation (John Christy more than Mike Mentzer), 2 to 4 days a week depending on the season and class schedule. My training is geared toward making my bouldering stronger, so Metcon work is Jim Wendler-esque end of workout carries/pushes/sprints. Blood work is beyond rock solid, indicating that, much like Oasis, I'm going to live forever. Any light you can shed on this be greatly appreciated.

#### **7. Question from Michael:**

Robb,  
Long time reader (and listener) and I had a question for you regarding recovery from

surgery. I go under the knife on Monday to have my wisdom teeth removed. I'm doing this late (Im 33), work full time, work part time as a trainer, and train myself 4-5 days a week.

I'm looking to recover quickly, mainly because I hate to be down and out for long, but also I'm attending the CF Football Cert in Early October. I am going to keep eating the same (Paleo + milk) post-op, just blended for the first day or so, but my question is in regard to all the Ibuprofen they are prescribing for me: 400mg every 4 hours. I understand they want to get the swelling down but I have had nothing but trouble with ibuprofen over the years. I once had a team trainer tell me (for a torn Achilles tendon I was playing on) to take six (6) 100mg tablets 6 times a day, and to stop taking them if my ears started to ring! I ended up tearing the other one Achilles in the process. My worry is that while it may (or may not) help me recover from the surgery, will it have unintended consequences with regards to my training and health (ie tendon brittleness etc). I was thinking of taking a lower dose and supplementing with Fish Oil to minimize the impact, but I was interested in your thoughts on this, I know you aren't a doctor but value your opinion. Ill ask the doctor the same question, but I think I know what he'll say...

### **8. Question from Geoff:**

Senior!

Thanks for answering my question about HIT/Mike Mentzer/Arthur Jones. In response to another question on the same podcast, you had said that before someone tries to go on a gaining program, you probably should get checked out by a Biosignature expert to make sure that you won't be spinning your wheels.

You've answered a ton of questions on Adrenal Fatigue, but mine may be a little different, if for no other reason then the fact that it's not as a result of overtraining, it's likely as a result of chronic disease.

A little background on me, right around my 16th birthday I was diagnosed with systemic scleroderma. Tight skin everywhere, elevated muscle enzymes, really not fun stuff. Over the next few years, my scleroderma essentially completely waned, but it left some permanent damage to my heart, resulting in a heart transplant when I was 21. It is now 3 years later.

I went to a BioSig guy, and here's what he told me:

-First, I'm at 2.7% body fat. If I had another 50lbs of lean mass on me, I could compete in body building competitions, but as someone who's 6'2" and 135lbs, the best I can say is that I'm ripped like Jesus.

-Second, I have a bunch of issues, but the most prominent of them is Stage 3 Adrenal Fatigue.

-Regardless of how I work out and what I eat, without improving adrenal function I will not be able to put on muscle mass.

-Recommended for my Adrenal Fatigue, I should take ADB5+, Pregnenolone, DHEA and Isocort.

Is this a good regimen? Should I be doing something more/less/different? Hope to hear back from you.

### **9. Question from Annette aka Rex:**

Okay. Two, kinda, updates.

1. Maca. Here is the kind that I originally found: <http://www.herbdealer.com/macamart/products.php?cat=11> it is actually very drinkable. I also, now, have the raw powdered kind

that you posted... not so drinkable. But still good.

2. My last question. A very unstructured question. But, I think I was looking for tips on leaning. Update is - things are going well in that direction - now. My body is like an experiment. So, I don't know the ONE definitive change that makes everything work - there really ARE so many variables.

I went Whole30 with my eating - squeaky clean (no gum - hard one).

And I am staying off the coffee.

My ND defiantly thinks cortisol is a thing and does want to test it - but currently I can't fork the money over. She really wanted me to stay off coffee and so I have complied.

Now I am leaning out. Recovering better. etc...

But again. There are a lot of changes. I eat a lot of chicken, kale, broccoli, cucumber, eggs, zucchini, blueberries, brussel sprouts, cauliflower, grass-fed beef when I can get to it, and avocados. I cook in coconut oil. I like to make Andy's coconut pudding thing, but I do 1 sweet potato and 1 apple and not the full can - which will last me 2-3 days.

I try not to eat very many nuts. I LOVE CASHEWS though - and though I know they are not the best. They sometimes get in there (sometimes too much). No nut butters. I avoid fruit mostly.

I think I am finally at the point where my body is repairing - and the damage in the gut is healing. Now I am processing better. I esp. think I am processing fat better.

That is all :) just thought you'd appreciate the update. And if you try Macafe - I'd be interested on thoughts.

#### **10.Question from Chris:**

In episode 42 of your podcast you made a comment that most people don't understand hamstring/glute activation and as a result tend to injure their quads.

I am one of those people who struggles with hamstring activation. I kinda get it right naturally during squats, but I think that is just the natural elastic response from a full squat. With bicycling, or climbing, etc. I just don't feel it.

Do you have any advice for getting in touch with my hamstrings?