

The Paleolithic Solution - Episode 46

1. Question from Jay:

I am 48 and a life-long exercise enthusiast. I have recently been exposed to the benefits of a paleo diet and to crossfit. I will embrace both (I pre-ordered Robb's book). I also play other sports, as Robb suggests - football and softball catch with my kids (a lot), basketball and snow-skiing. I am 5 feet 9 and 195 pounds, and about 16% body fat (all in midsection).

QUESTION: What type of work-out offers the most results for time expended, if results are considered maintaining muscle mass?? (note: I assume fat won't be an issue once I go "full paleo") Robb's recent comments about Art DeVany piqued my interest in this.

Final note: I just want to look good and stay fit; I couldn't care less if I get schooled at a Crosfit Class by old men and women :)

2. Question from Gary:

Hey Robb and Andy,

First of all, I just wanted to say that it was awesome having my question on the ELISA method of food allergy testing answered a few podcasts back. I am trying to get my gut health back in order: eating strictly low carb paleo, avoiding foods i am sensitive to, and rotating the foods I do eat. On to my question. I have heard some hype about H.S.O. (homeostatic soil organisms) probiotics. I have not found any real good sources of information pro or con on these soil based probiotics, like Primal Defense (although Primal Defense seems to be from fermented vegetables). From a paleo perspective it appears to make sense that soil derived probiotics would have been a natural part of ancestral diets because of the amount dirt ingested when eating raw vegetables. However, there are a couple of pages on the interwebs that state H.S.O.s are harmful. Any light you can shed on this topic would be greatly appreciated.

here are the links

<http://www.listen2yourgut.com/blog/bacterial-soil-organisms-hsos-sos-sbos-etc/>

<http://quackfiles.blogspot.com/2005/05/primal-defense-hso-probiotics-warning.html>

3. Question from Russ:

Hi Robb, I was just wondering what types of modern veggies actually occur in the wild. This may be a dumb question but I can't say I've ever really noticed anything but a few edible things in my trail running. I live in Ohio and I know dandelions have some edible parts, there are apple trees, tree nuts, and wild berry bushes but I can't say I've ever been running a trail and come across things like wild carrots, lettuce or squash. I was just wondering what Paleolithic man may have actually gathered in his day. Thanks a lot, love the show and I can't wait for your book. And Andy, I have a pretty massive beard so don't let Robb give you too much crap!

4. Question from Ann

Dear Robb and Andy,

My Heroes. Just finished main lining the first 44 podcasts. Can anyone say Crack? Would you please add at least two podcasts per week. I'm already experiencing the DT's when I

look at my iPod - knowing you are not there until next week. (I know how pitiful this sounds/is) Have pre-ordered THE BOOK.

I am so grateful for the inspiration and encouragement I receive from the podcasts and blog. I love your blend of science (pseudo or not), humor (?), dedication and enthusiasm. Have been eating nutrient dense for years and recently low carb with no gluten and very few grains. Tho I gotta love the 32% fat, heavy whipping cream in my occasional decaf and Kerry Gold butter on everything/anything. I would live in my kitchen making bone broth soups and other nutrient dense foods if I could. No place I'd rather be. Can you imagine an entire world of truly well nourished - healthy people? I guess that would qualify as heaven.

My question is - What do you know about Dr. Natasha Campbell-McBride's "Specific Carbohydrate Diet" book and Elaine Gottschall's "Breaking the Vicious Cycle"? Your thoughts on the whole mono-saccharides/di-saccharides thing... Thanks.

Love you guys! Can barely wait for the book.

Ann - Listener from a really small town in the Midwest.

5. Question from Tim:

Hey Robb & Andy, cant wait for my copy of the book to arrive, and i'm eagerly awaiting any news on when you'll be coming to the UK so that I can shimmy on down to one of your book signings.

So, my question - i'm trying pack on the muscle to transform myself from skeletal to strongman, so i began introducing fruit back into my diet, to get in some extra carbs, because I had avoided it. I've noticed that after eating, say a small bowl of berries with cinnamon, I get a 'stress headache' - the pain beginning at the bridge of my nose and focused on my forehead. This happens whatever piece of fruit I choose, although bananas PWO arent a problem. Is this a stress response to the fruit/fructose? Any advice or ideas on this? And, as my bodyfat level is extremely low is there a better way of gaining weight whilst maintaining this low bodyfat percentage?

My second question is about my post workout starchy carbs. Usually I have yams and sweet potatoes but I just wondered how cassava and plantains compared in their suitability and whether they were sources that I could include or whether they could be problematic?

6. Question from Matt:

I know you're a busy guy so I understand if you don't respond/ get to my question. I've actually listened, fully, to all of your podcasts and pre-ordered your book. Maybe I forgot or you haven't covered it, but I was wondering about the insulin spike of goat's milk versus cows/ grassfed cow's milk. I've been doing no dairy but have found goat's milk works well, in limited quantities for me. Just wondering if you have found any good studies comparing the two or if you had any info. Thanks again for all your info.

7. Question from Skobie Won:

Dear Robb,

let me start by saying you, Andy and Mark Sisson have changed my life your fantastic ppl. Now that bread is buttered haha, let me get to the questions

First off I was a very athletic teenager and skateboarding, competitive barefoot waterskiing,

And wrestling was my life until I was 21 when I blew out my ankles and never really recovered.

Since then I've gotten a desk job in two years I gained almost 70lbs. both of my parents are diabetic and I was on a crash course for it myself. Until recently when I discovered paleo. I had a stent of being a vegetarian and lost a considerable amount of weight went from 260-55 to 230-25 until I went paleo and I lost another 22 cutting sodas and everything imaginable was hard but I've done it and Now I'm stuck at 208 and can't budge. I haven't gotten back into exercising yet and would like to know where to start back up.

After going paleo I now have a tremendous amount of energy morning to night, and I've got the itch again to go get ripped. I can look at a dumbbell and gain muscle. Also I only cheat on the diet/life style with light beer and my GF/wife's weekly dinner outing and I seem to handle it well. I've gotten a way with flax seed pizza for dinner for her a few times but she thinks I'm crazy for not eating bread or rice.

2. I work in a cubical and have to decide between
The peanuts in the vending machine or the salad from subway. Which is better?

3. I perform music at bars almost every weekend and want to know what's best to order and trying to keep it low carb. Most places don't have red bridge or ever heard of sorghum. I read that bourbon is low carb when it's on the rocks if This is true I wouldn't be opposed.

4. Where should I go to school to become a nutritionalist because being a draftsman isn't working out. I live in south eastern Connecticut if that helps.

Do you think a doctor will falsely diagnose me with celiac so my family will leave me alone...
ok just kidding!!

Also I want a gluten is death coffee is life Tshirt where can I order one. I looked on the nor cal website but didn't see one..??

Thanks again your awesome and tell Andy if my music gets me to Cali drinks on me!!

Skobie Won (pronounced like Obie Won with a SK)

And do you mind if I sample your pod cast for a song or two in the future. It would be awesome

8. Question from Chad:

First thank you so much for taking the time to allow us to pick your brain.

That being said, I am currently a PE teacher for grades k-4, in my 2nd grade class I have a young girl with brittle bone disease, I am not sure which type, but she is able to walk/ run even with the metal rods in her legs. I found a lot of information on the subject but some of these sites involve a lot of politics especially when it comes to nutritional recommendations. What is your take on this disease? Is there any recommendations I can help talk to her family about?(whether it be nutrition or exercises.)

9. Question from Jackie:

Hi Robb and Andy,

I'm a listener from Singapore!!! Aka the little red dot, because our country is small it is marked by a little red dot on the world map. Anyway, love your podcast, love your so-call ramblings ? keep rambling. Haha. 2 questions.

1. Living in Asia, it's very difficult to convince my mum to give up the daily staples like rice and noodles. Her waistline is expanding as she ages and I'm getting worried. One of her arguments for the increasing number of metabolic diseases around the world is that as we are living longer than our ancestors, hence allowing such diseases to surface, unlike in the past when people would have died without having to go through such diseases. I understand that her argument is flawed to a certain extent, but then again there is some truth to her argument. So my question is, what is your response to her argument, and how can I convince her to go cut down on starches such as rice, noodles and grains?

2. You keep mentioning grass-fed beef, and seldom mention other protein sources like pork or chicken. Is there a reason to this? Are pork and chicken any inferior than beef? Also, have you heard that it's better to eat meat coming from animals with 4 legs (eg pork and beef) than animals with 2 (eg chicken)?

Thanks guys. Keep up the good work. I'm trying my best to spread the word about the paleo lifestyle over here ?

10.Question from Scott:

Robb and Andy,

Great stuff, I've submitted questions before and then found the answers in my daily trips back through podcasts or comments, so hoping the same will happen with this question. I've read (and reread) your post on PWO nutrition, the how and why of carbs and fat in the pwo meal. So I've been doing protein powder with 1/3 can coconut milk and water about 20-30 minutes pwo. Time frame because I shower and drive back to work. I read on Urban Gets Diesel (Scientists are Hot post) that Lalonde suggests no fat in the pwo and not eating until an hour after working out. I am doing a fat loss phase right now to get down to the 10% mark to begin the mass gain. I am 29 years old and hover around 20% bodyfat according to various scales, and weighed about 245 at last check. (although my home scale shows 237 in the morning, but haven't had bf checked) So my question is do I need fat in the PWO until I am lean? And should I put the pwo protein source to about an hour after working out. I also do about 25g protein 30 mins prior to working out, and the pwo is about 75 g protein. Protein powder is ON 100% Whey.

Question 2. I discovered Paleo and CrossFit about a year and a half ago, then graduated to Paleo and SS in December of last year. I've only been seriously squatting and dl'ing for about a year, prior to that was sporadic BB style sessions on and off again over the last 3-5 years with no emphasis on squatting deep or correctly. Have hit PRs in all lifts since then. I didn't play teams sports growing up, just neighborhood stuff. I have about 196 lbs of lbm at any given time, a cousin who just graduated high school weighs about 220 with about 20% bf and played football since elementary school and is putting up 400s on the squat. He is 6'2"ish I am 6'5". I am wondering if studies have been done to show the time of muscle memory to growth, or to explain how I have more muscle than he, but can't lift as much. I have worked up to 200 lbs on squat, 230 dl, pathetic press numbers. I am not skinny and have held fat around my waist since college, also have discovered the Mobility WOD to workout some tightness and issues from cubicle life for the last 5 years. I guess there is a question in there somewhere, maybe to put it bluntly, when will my numbers improve to

match what appears to be good lbm numbers and do I just take SS approach slower until down to the 10% range to keep insulin resistance under control. Pseudo-answers are acceptable.

11. Question from Anonymous:

I began eating paleo in April...started out doing really well, losing some bodyfat and staying strong. However, the last month or so I've really been struggling with eating right...constantly eating non-paleo food and cheat meals and my appetite is HUGE..I think I've gained about 10 lbs since then. I've been doing some higher volume endurance training lately as well to get ready for a half ironman in October...I think that may have something to do with my increased appetite, but I have also been taking lexapro since January....I've just been reading about it's side effects and weight gain/hunger is one... Do you think the lexapro could be a factor in my cravings/weight gain? Or do you think the increased endurance workouts? Any help would be appreciated!