

## **The Paleolithic Solution - Episode 47**

### **1. Question from Marc:**

Hi Robb,

I'm still waiting to hear if you see any warranted fear of excessive fish-oil oxidation. But more importantly; how about Pittsburgh getting some love . You have LOTS of fans here. I understand that the East coast gets most of the love, but, Philly notwithstanding, PA gets mostly left-out of Paleo, Crossfit and many other great seminars. Even Ohio gets more....WTF. If interested, I know my box owner Jen at CrossfitAtheletics in Pittsburgh would love to bring most of her members. Thank you for all your work.

### **2. Question from Daniel:**

Dear Andy and Robb,

If this question makes the podcast, I can cross off one of the lifetime goals on my bucket list. Recently started listening to podcast 4 months ago. Im a type 1 diabetic. Im currently 5'7 158 lbs. Still in the process of leaning out. still carrying some belly fat. average athletic performance. Slow at short metcons. Was 185 lbs 4 months ago. been XFitting for almost 2 years. Ive listened to all podcasts related to type 1, PWO, and insulin. I was wondering if your PWO recommendations of sweet potatoes are recommended to type 1's. What recommendations do you make for type 1 PWO? What recommendations for weekly workout? You can look at [www.crossfitexcel.com](http://www.crossfitexcel.com) for current program. I workout at 5:30 am MWF AND 8 am Sat. Occasional CF Endurance on sunday. Im experiencing Blood sugar spike post workout. Probably liver dumping. Doctor is recommending insulin pre workout. Should reducing insulin intake be a goal? Eating about 20 blocks or less. Sleep 6 to 8 hours. Probably in the book or just one of those emails that can take up a whole podcast.

### **3. Question from Jenny:**

I was diagnosed hypothyroid 15 years ago. First endocrinologist but me on the wrong medications and ran wrong blood tests to boot. Found a Dr. that actually knew what was going on, but by that point (14 years later) my body was SO messed up. I eat Paleo now, CrossFitter, firefighter. My Dr. has been testing my nutrition markers - short term & long term. My C3 serum is coming up SLOWLY (111 now - up from 20) but my long term is going DOWN (started out at 50, came up to 98 now heading back down - currently at 80) She is not totally convinced about paleo - although is impressed with how quickly my body has rebounded once I started paleo. She is thinking about putting me on a T3 supplement because she thinks that my T4 isn't being converted to T3. What can I do nutritionally to avoid taking a supplement. I am currently keeping a food journal to make sure I eat enough and consistantly. Thoughts?

### **4. Question from Joe:**

I was looking at T Nation's site and one of the heavily marketed supplements include "PowerDrive", a focus, attention, and mood supplement. What is the Chemist's take on this formulation? And what are possible Paleo alternatives??

One a similar note, what is the paleo take on supplements that boost Testosterone? ie Biotest's Alpha Male.

I'm not trying to get you to endorse or slam any particular company, I am just aware of

these and the links were close at hand.

Awesome show, thanks for the info.

Links:

Alpha Male:

<http://www.t-nation.com/readArticle.do?id=1054351>

PowerDrive:

<http://www.t-nation.com/productInfo.do?id=459249>

### **5. Question from David:**

Rob,

I'm currently in my 4th year working towards Bach Sci (hopefully with Honors) in Physics and having gone through a graduate program yourself you understand the mental demands of the hard sciences.

From my understanding the CNS runs on glucose. How does one insure that my brain is running on optimal energy levels (as well as energy for training later in the day) but not spiking my insulin levels from eating too much fruit? Can the glucose come from vegs or complex carbs or just fruit? Keep in mind my training is focused on hypertrophy and am aiming to get as low bf% as I can.

On a side note, I really appreciate your lengthy blog answers and your more science based approach to nutrition in contrast to the more anecdotal sounding diets that are common in mens magazines.

### **6. Question from Jason:**

Hello Robb,

My eight year old step-son has been diagnosed with Oppositional Defiant Disorder (ODD), which basically means that he's a pain in the ass. The result is massive quantities of stress induced cortisol levels 26 weeks a year for every other member of my family.

I have this theory that nearly all childhood behavioral issues are really auto-immune disorders in disguise, likely related to transglutaminase (as you've alluded to a number of times with other "diseases"). A literature search however; does not reveal anything.

I was hoping you could add something to (or destroy) my theory as my step-son's step-mother is a "steeped in conventional wisdom" nurse, who feels the only possible "cure" is experimental-level drug use. Obviously I need some sort of medical "proof" to get them on board with his adopting a Paleo diet as he currently gets lots 'o whole grains at their house.

### **7. Question from Mike:**

Hey Guys, love the podcast!

I am a 29 year old, crossfitting, zone eating healthy male moving towards paleo lifestyle. I have been

really restricting my grain and gluten intake the past couple of weeks. I continue to eat dairy and nuts.

My father and I (and his father before him) have suffered from "sticture of the esophagus" and dysphagia. For me it started around puberty, and occurs especially when eating meat. The bollus of food gets stuck in my esophagus and I either have to regurgitate the food back up manually (barf) or hopefully drink enough water fast enough to force it down (ouch).

Three years ago I was diagnosed with "eosinophilic esophagitis" via an endoscopy with biopsy. I was given Flovent to swallow, not inhale, for two months which stopped a lot of symptoms for a long time.

Since then occurances has been few and far between, but still happens. My dad has to have his esophagus ballooned every 4 months and I don't want to get to this point. Do you know of any specific food that would cause this, or would a paleo/ elimination diet be the only way to go?

Thanks again! Keep up the great work, I look forward to getting the book.

### **8. Question from Lori:**

Hi Andy and Robb,  
First I want to say my husband thinks you are GODS!!

That said I would love for you to answer a quick question. We get sides of grass fed beef every year and have just started to render the fat. This year I have also ordered a pig from a great farmer off the "Eat Wild" site and want to also render the fat from the pig. My husband is worried that there is too much Omega-6 in the pork fat. He is working hard to keep his Omega-3 up.

So, Is rendered pork fat good or bad?? Is rendered beef better or best?? Sadly I am only the wife and have no valid input he will listen too.

By the way, been doing paleo for almost a year now and the entire family loves it.  
Thanks for everything! We have been listening to the pod cast since the beginning and you are doing a great job!  
Thanks..

PS. My husband said I am not giving you enough info on the Pigs diet.. They mainly forage, followed by Spent grain, brewing byproduct. Juice and wine making byproducts apples and wine pomace (leftovers from brewing wine and making apple cider), Expired produce and dairy from a variety of sources, and last some commercial hog feed. (info directly from the farmers web site)

### **9. Question from Brian:**

Hey guys, long time listener, first time asker,

Male,  
Age 35  
Focus is body composition, follow original art devany workout style  
6ft. 200lbs.  
mid-teens body fat due to recently corrected poor habits, headed in right direction, down from 205 and stronger in recent weeks.

1) If I find myself sitting down for a cheat meal (e.g., pizza), am i better off trying to add a salad, or grilled chicken, etc. to the meal (assuming it won't reduce pizza consumption based upon my experience), or am

i better off just enjoying the pizza then trying to get back on track ASAP afterwards because the insulin shock will stuff most good nutrients and protein into body fat anyway.

2) Related clarification requested on IF. I have seen people utilize IF after a cheat meal (Brad Pilon & John Barban tend to utilize IF to manage overall caloric load, they're less concerned with Paleo, etc.). I suspect people would be better off getting their ducks/cats/hormones in a row with a paleo day or two or three if they are going to utilize IF, but the other side of the argument might be that IF may be an opportunity to the body to regroup, insulin free. Again, focus is body comp.

Couple personal notes, which you don't need to address, just to stuff in the files:

-Really appreciated your advice on IF, regarding only utilizing it if everything else is in place. I've since stopped IF when work picks up, my food is off, or if my 5 month old is conspiring against my sleep, and that has helped greatly. I now mainly use IF to avoid bad meal options, which shortened the fasts to 16 hours or so, and my body seems feel less stressed from IF as a result. Plus, I found that 16 hours makes it easier to control the fast-breaking meal.

-I have come to realize that my planned cheat meals (even if I shoot for 90/95% Paleo) completely unravel my efforts, probably because unplanned cheat meals tend to pop up in addition to the planned ones. I spent 2 weeks weighing/measuring/tracking nutrients, to see what was going on, and my eyes popped at what i was really doing to myself. Sometimes it is hard to argue against math.

Sorry to miss you in NYC on the 18th, hopefully you'll have a seminar in Boston or NYC some time soon that I can attend.

### **10.Question from Tim:**

Hi Robb,

Im 6'7" 225 lbs Im looking to start "bulking" and get back up to around 235-240lbs. I just started the paleo diet and I literally jumped into it, lost about five pounds due to the diet and adding in more cardio but now that summer is over I'm ready to get my weight back up. How do I do this with the paleo diet the safest and most effective way? A little background:

About four years ago I went to the doctor for a standard physical for baseball. While checking vitals they found that my BP was high and had a history of being high the past few times I went in. Considering I played college baseball, ran 2-3 miles a day (at that time), and worked out 5 days a week it didnt add up that my BP would be so high. They did an extensive amount of testing and found out that I had a blocked ureter and that my kidney had shut down to working at only 5-8%. Later that year my kidney was removed and I feel great besides being left with a scar in the shape of an "S" on my back. Now that I only have one kidney I need to monitor the amount of protien along with sodium and other compounds I put into my body. How much lean protien can I get away with eating, and are there any other products that I should look at to improving kidney function. I know last podcast you talked briefly about adrenal fatigue and a few products to help with that, is that something I should consider looking at?

Thanks a lot for your help, love the podcasts