

# The Paleo Solution

## Episode 44

- Andy Deas: Robb Wolf, Andy Deas back with Episode 44, The Paleolithic Solution. What's shaking?
- Robb Wolf: I just got back from Monterey doing a Paleo Brands meeting with John Welbourn and Paleo Joe and Nicki and myself. Gato was not into this time.
- Andy Deas: Why does the gato not get to attend this type of situations?
- Robb Wolf: He doesn't travel well. He doesn't like the car.
- Andy Deas: Oh, really?
- Robb Wolf: Yeah. It's kind of a bummer.
- Andy Deas: Man, that is kind of a bummer. You know, I wanted to mention before I forget, because some of us are slow about certain things and lose them, is that I finally got a chance this past weekend to watch Rad.
- Robb Wolf: Nice.
- Andy Deas: But that someone had sent you that took several months from you to me even though I see you frequently, and then it took me a month to watch it.
- Robb Wolf: Yeah, Rad went into a stack and then the stack got buried in the office, and then we just exhumed it the other day and I was like, "Oh, I'm not going to have time to watch this so I gave it to Andy." And now, I need to remember who sent it to us, which I have the email, but I feel like a complete idiot.
- But yeah, we're only about 7 months behind on that. That got handled only a little bit faster than my promise to Mark Sisson to read and review The Primal Blueprint. That is still hanging out there. So I'm actually going to read that on the plane as we go out to New York tomorrow.
- Andy Deas: Well, maybe if you're book sells well enough, your review will carry more weight now than it did originally. And see, it's like a win-win for him.

Robb Wolf: Hopefully. Hopefully, it has some weight that he's like, "Yeah, this is a year late. Thanks for that."

Andy Deas: I wanted to tell everyone that Rad was as hysterical as I remembered being, and I forget now of all these like little BMX companies that I don't think around anymore or like they've been engulfed by some conglomerates. So they have like Murray and I can't even remember the other ones. They're like, "Oh, yeah. I remember these bikes when I was a little kid, like all these names and they had the riders for them, the company riders." It was good. I enjoyed that movie and now they jump out of the little kicks bowl. It's got some good scenes, Robb.

Robb Wolf: Mm-hmm, mm-hmm. I'm surprised that we didn't have Scottie Hagnes popping up in that.

Andy Deas: That's actually a good point. And Lori Loughlin is much more attractive now than she was in 1984, which I'm not sure how that works but it could just be like the '80s haircut and clothes.

Robb Wolf: Yeah. There wasn't much flattering about any of that.

Andy Deas: No, no. But a movie with a lead character named Cru is something I can always put behind.

Robb Wolf: That's like The Longest Yard too, isn't it?

Andy Deas: Yeah, I guess it is.

Robb Wolf: Burt Reynolds.

Andy Deas: Yeah, not the remake with that. I'm saying like...

Robb Wolf: No, no, no, no. That doesn't even exist for me.

Andy Deas: Yeah. Burt Reynolds made a cameo, man. He's trying to keep it up with the kids.

Robb Wolf: Oh, I dig it.

Andy Deas: All right. Anything else we need to talk about, Robb? Where are you going this week?

Robb Wolf: By the time this podcast goes up, we will have just been back to Brooklyn, hanging out with the kids at South Brooklyn, across at South Brooklyn,

David Osorio and Margie and all those kids. And then we'll be back for a couple of days and then we head back out to Atlanta. And then we're on the East Coast for a pretty good stint. We're in Atlanta on September 11th. The Ramsey, New Jersey opening day book signing wingding will happen September 14th at 7 p.m. at the Ramsey, New Jersey borders, and then we have the John Durant rooftop book signing gig on September 18th I believe. And then we're looking at maybe fitting one or two other book signings on the East Coast between those dates.

Andy Deas: Has anyone got you on The Colbert Report yet?

Robb Wolf: Not yet but we have a potential for the Chelsea Lately show.

Andy Deas: All right, that's almost making it in my book.

Robb Wolf: It's almost there. It's almost there. Although I heard that she's really, really mean to her guests, although I always like it, but I've never been to one being made a fool of. So we'll see how that goes. We have a legit chance apparently for Chelsea Lately so we'll know.

Andy Deas: There are those that say that all publicity is good publicity, Robb.

Robb Wolf: But if I melt down and start crying on the show, we'll see.

Andy Deas: Or if you swear at her. That might be good for your marketing. It would give you like the Robb Wolf god podcast episode.

Robb Wolf: That's true. We'll give it a shot. There are many options there.

Andy Deas: Are you ready for some questions?

Robb Wolf: I'm ready to roll.

Andy Deas: Okay. So we got our first question from David. It is pretty long.

Robb Wolf: It is huge.

Andy Deas: So I am kind of going to jump around and the folks are going to read any more detailed stuff, but I think we can kind of cut to the chase.

So, "Hey Robb, hoping you can help me out. 7 weeks into this massive Pale lifestyle change and I'm feeling wrecked, not getting the changes I had hoped for. As background: 15 years of 10 to 20 hours of triathlon/XTERRA training and eating gluten and dairy meals three to six

times a day. Retired August 2009 (lost the love of competition). Diagnosed gluten and dairy allergies July 2010. Started diet change 5th of July 2010 with a 14-day Brett Elliot Ultimate Detox Diet. No dairy, meat, grains, starch, exercise, handful of laxatives." That's sounds horrible. "To pull the plaque off my intestines. I don't rate the detox at all -- very disappointed.

From July 20th, Paleo. During this transition, had a wicked cool experience of mental clarity and GI protests on a no grain diet. Also tidied up nasal congestion with no dairy. Dropped 3 kilograms in the first 15 days. Stayed same weight until now. Slight uptick in performance days 14 thru 21, then declined since.

5 1/2 weeks in, I am now 150 pounds, 5'6". I look gaunt to the point of being sick, was 158 pounds. Tired all the time, struggle through basic yoga routines and short 40-minute runs."

So I'm going to drop down a little bit. He wants to exercise a fair amount. He wants to live loud with full energy. "I can destroy a bag of cashews or almonds in a flash, always hankering for red meat and coconut milk. I'm guessing I'm not getting enough total calories through, but I'm at a loss how to ramp them up beyond one to two servings of sweet potato, half an avocado, two to three handfuls of nuts, coconut milk every other day, plus everything in veggies, eggs, and two 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.

P.S. If you get a chance, read up on meta-inflammation from Egger and Swinburn's book 'Planet Obesity' in line with your thinking. David from New Zealand."

Robb Wolf, New Zealand back. I feel like we're creeping up past six listeners just from Australia and New Zealand just so you know.

Robb Wolf: That's crazy talk. It's madness.

Andy Deas: All right, Robb. Where you at with this?

Robb Wolf: This is just a ton of stuff. I mean the fact, the main thing I'm kind of looking at is just going way back here, which is just the long history of triathlon and XTERRA training, which I'm guessing also when he says "short runs lasting 40 minutes," we probably have some potential like

longstanding overreaching, overtraining happening here. I mean this is some of that stuff that if folks just are lacking pop for training, you need to dial volume back, dial intensity back, and sometimes also a lot of what's involved with just simply finding something new to play with.

But he is describing kind of lethargy and fatigue just going through some yoga sequences and stuff like that. So I'm guessing that there's just some kind of longstanding burnout here. If folks remember, I think in the performance menu, Josh Everett had a nice piece where he talked about recovering from some overreaching/overtraining, and he took a full month off, like 100%.

I mean I think he shot some -- played a little bit of basketball, shot some baskets and stuff like that, and took the dog for a walk and did some swimming, but there was nothing structured at all. And he said the first couple of weeks, he felt kind of bad. The third week he felt so good he couldn't believe that anybody would ever want to work out at all. And then by the fourth week, he started feeling not so great and started having a little bit of a hankering for training again. And although this is a ton of information here that we got from David, it's still a little bit hard without seeing the person live.

And there are some other questions that I would want to ask David related to sleep quality and some different things like that, but my gut sense is that there's probably just some burnout here and certainly eating well would help with all this stuff. I would kind of lean towards the low-carb Paleo kind of side of this thing. I've just been talking to Scottie Hagnes about kind of a gut repair, a gut health protocol that he did. He and Rochelle, similar to myself, had some or have had some pretty severe gluten intolerance, and then they went through kind of a gut repair protocol, and both of them tolerates a little gluten exposure now and then. And at least if nothing else, what it does is if they get some collateral damage from gluten, then they feel a lot better.

And so I've just been looking a lot at some of these protocols, Poliquin protocols, some different things out of various camps with regards to healing the gut, and we might look at doing a video piece on that to kind of walk folks through when I feel like we have a solid chunk of options that people could play with.

But it looks like David has been playing around with some kind of GI healing, but I would still think that a little bit of time off and then really kind of low-carb Paleo, lots of probiotics to try to heal the gut, get a beat on sleep quality and all that, and just see if you start actually hankering

for some training and only do less than what you feel like you could do for a while. I think there's just some burnout here.

Andy Deas: What are your thoughts on -- it appears that our gentleman is consuming not very much protein based on what he is saying. Like, I feel like he's got three eggs a day and two servings of meat. I don't know what the servings are but that seems on the low end for me. What are your thoughts on that?

Robb Wolf: It could be. I mean it really depends on how aggressive you go with that. Like for me, if I'm doing some eggs that day for breakfast, I may have five or six eggs. It's like 30 to 35 grams of protein. And then later meals, I'll have 8 or 10 ounces of ground beef or other types of grass-fed meat which we're talking like probably 60 to 80 grams of protein at each one of those meals. And so in total, I'm usually finishing off about a gram of protein per pound of body weight, maybe a little bit lighter than that but pretty close, and so it really depends on how aggressively he is going after those meals.

Andy Deas: Yup.

Robb Wolf: But he may need to bump up some protein in those meals for sure. That's actually a good thought.

Andy Deas: And Robb, I want to tell you once again, someone else has monetized the elimination diet because of the Brett Elliot Ultimate Detox Diet. You don't name a diet unless you can sell it, buddy.

Robb Wolf: I missed it again. Andy just likes to rub my nose in my failings.

Andy Deas: It's all in good fun, Robb. It's all in good fun.

All right, moving on. Next we got a question from Melissa. "Hi! Love the podcasts. I'm 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, was feeling pretty good, 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 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."

Robb Wolf: Raynaud's is very heavily insulin influenced and you see it more in females than you do males, but it's mainly kind of a sign of hyperinsulinism. It's a vascular bed response where like if you go from hot to cold or even cold to hot, you can have some problems also. But it's particularly problematic if folks go from a warmer environment to a cooler environment and their hands or feet, the blood vessels will constrict so hard that the extremity will actually turn white. Like it's amazing how severe this can happen and it just gets cleaned up with better food - better food, better sleep.

There's a little bit of an autoimmune piece to it as well. Both Nicki and her dad had Raynaud's pretty severely before I met them, and then they're totally symptom-free with it just by changing their food around, just standard drill of low-ish carb Paleo, better sleep. Magnesium, like something like a natural calm, is really, really good for helping to reestablish.

Did we forget to pay our bill?

Andy Deas: I don't know man. We got dropped. One of us dropped the other.

Robb Wolf: I didn't hear anything on my side. I've heard of Robb Wolf and that was it. Where did I drop out?

Andy Deas: You were talking about Nicki and...

Robb Wolf: And her dad?

Andy Deas: Yeah.

Robb Wolf: Yeah. Both Nicki and her dad had some Raynaud's, her dad much more severe than Nicki; and just cleaning up food, standard low-carb Paleo, some fish oil, magnesium citrate like natural calm, some alphasalicylic acid like 1000 milligrams a day would help all of that stuff dramatically.

Andy Deas: Check.

Robb Wolf: So Melissa has just got to clean up her food. It gets tough. You get injured and you don't want to cook. You just kind of feel sorry for yourself and everything. But man, if there's ever a time when you want to tighten up your chow, that's it.

Aileen, I believe you pronounce her last name Shyber, who works out at CrossFit Flagstaff, she just went through a knee surgery and was really concerned about gaining weight while being more sedentary than what she was. But she was really tight on her challenge. She hung in there and did what exercise she could, but that's definitely the time to tighten everything up, and it's not surprising that you would see some Raynaud's in this situation because it sounds like Melissa went from being active to being both inactive and not eating well, and the Raynaud's is definitely caused by some autoimmune and mainly hyperinsulinism.

Andy Deas: Yeah.

Robb Wolf: So it definitely makes sense.

Andy Deas: All right, good. Next we got a question from Michelle. "Hi, Rob. I was a vegetarian for almost 15 years before changing to the Zone and then Paleo over the last 3 months. While 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 thankful for your 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 two questions are: (1) Can you do Paleo on just white meat or do I need to learn to like these again for the variety in my diet? (2) Do I need to take digestive enzymes when I just eat eggs for breakfast?

Robb Wolf: The answer to one, you can pull this off on just chicken, the stuff that she has listed here. I would get as much variety if you could. Slice some turkey, some fish if that's what works, pork if that works, whatever works within this thing. I mean the more variety you have the better, but that's certainly what she is doing is fine.

And then on the digestive enzyme, I would just kind of play with this stuff like the NOW Food Super Enzyme. It's a nice kind of feedback mechanism. When you start getting that heat from the betaine



hydrochloride then you know that you're pretty good on the dosage or at least on the stomach acid production.

Andy Deas: Yup. I'll never give up my red meat. I'm just saying.

Robb Wolf: That's fine. Nobody is going to come looking for it to take it away from you, Andy.

Andy Deas: That's probably true. Cool. Next we got a question from Sydney. "Hey Rob and Andy, I love, love, love the podcast and I'm in my second iteration of listening to all of them even though I have no interest in CrossFit anything." That would be a cool CrossFit name right there.

Robb Wolf: CrossFit Anything.

Andy Deas: Or CrossFit Nothing actually would be funny. I think I'd get that approved.

"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 cannot eat meat and egg 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!"

Robb Wolf: I think this is the thing again where you just play with this and you find what level of more dense protein sources that you can get in that you're comfortable with, and if that level is zero, then I guess that's just kind of the way it is.

Frequently though, I noticed that folks who really don't like eating meat, fish, eggs, they tend to be a little bit hypochloritic, low stomach acid. So it's that same old recommendation of trying something like the NOW Food Super Enzymes. Try one or two capsules with a particular size tank of protein. See how you do. If you don't get any heat from it up the amount. But fundamentally, just see if some digestive support helps you like the protein a little bit more, and we see that frequently. That's a very common easy solution to the lack of chutzpa for dense protein sources.

So I would play with that first and see if you can kind of ramp that up. And then from there, just kind of play with these other protein sources and just know that they're not optimum, but if you legitimately like whether psychological or physiological or whatever and it's just like a total deal breaker, if you're eating tons of veggies, lots of good fat sources, and you're getting protein from whey, hemp, pea, and whatever protein powders, is that the worst thing in the world? No, absolutely not. Like, I think that that overall is a far superior way to eat than a carboteerian kind of gig who is getting plenty of phytonutrients out of plants. We're probably not going too wild on the insulin and fructose load because of the food choices here.

And then I would just consider doing digestive support to see if you can improve the ability to eat these other protein sources like chicken, fish, and eggs and all that. And if Sydney plays with that, it would be really good to hear back from her.

Andy Deas: And if I had a preference, it would obviously be the whatever protein powder. That's my preferred.

Robb Wolf: Yeah. It almost falls under the category of mystery meat, so yeah.

Andy Deas: Some kind of protein that's flavored.

Robb Wolf: Andy is sassy today.

Andy Deas: I am sassy today. I don't know. I think it's because I'm drinking chamomile tea. It is calming me or making me more excited. I'm having an inverse response.

Robb Wolf: Paradoxical response to chamomile tea.

Andy Deas: Check.

Robb Wolf: Nice.

Andy Deas: Or it's good because it's too hot and I'm ready for the winter. And football starts tomorrow, Robb, so be ready. I know you're really excited.

Robb Wolf: Wow! That's just a lot.

Andy Deas: All right. So next we have a question from I think a contender for the top three handles. This is from the Barefoot Avenger.

Robb Wolf: That's pretty good. It's bad ass.

Andy Deas: It's pretty good.

Robb Wolf: It's bad ass.

Andy Deas: I like it. "Hey Robb, big fan of your work. I attended your Paleolithic Solution seminar in Seattle. I 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 this info out there."

Pause for a second, Robb. I heard a rumor that you actually finally got a copy of your own book. Is that true?

Robb Wolf: Yes! I actually have one copy of my book. Yeah.

Andy Deas: Nice.

Robb Wolf: Yeah.

Andy Deas: Did you frame it?

Robb Wolf: I did not frame it. I actually gave it to Joe Cappuccio to give it to Eva La Rue.

Andy Deas: Oh, all right.

Robb Wolf: So I no longer have a copy of my book.

Andy Deas: You had a copy of your book. Yeah, that's awesome. Maybe the next one, you'll get more than one copy.

Robb Wolf: I'm hoping so. Yeah. That would be cool. But it was super cool to see it. I mean it's been a lot of work and then even though I knew that they were being printed or at least theoretically they were being printed, it was really tricky to see it. So it's pretty cool. Yeah.

Andy Deas: Cool. Congrats! All right.

Robb Wolf: Thank you.

Andy Deas: So going on to the question.

“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 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 non-fructose source of carbs is preferable. Thanks for the help.”

Robb Wolf:

This is kind of a challenge. One thing to keep in mind, you can really shift gears on the fueling when you're doing an event like this. So like there was some anxiety that he mentioned about not getting in enough protein. I think in an event like this, you could definitely drop your protein down around like 15%, 20%. You can really drop it down a lot and still be fine. You're not going to get massive muscle wasting during this time. You'll get a little bit but it's okay. It's not that big a deal. It's just considered an off season training cycle and you get back in and do it. I mean it's fun and you want to fuel in such a way that you can really get the most out of your experience out of all this stuff.

And then from there, the dense carb sources that are non-kind of fruit-containing, it gets really hard unless you're dealing with some sort of like maltodextrin powder or something like that. Paleo brands, we made a cookie that is honey sweetened and the honey is still kind of compositionally probably about 50% fructose-glucose. It tastes really good though and they are low moisture so you could go with something like that or look around for some similar items like Larabars are a pretty good option. It just gets tough when you're on the trail. If you're taking something whole like a sweet potato or yam or something like that, then

you're trucking around a bunch of water, which you know your pack weight goes up dramatically and your calories load is pretty low. And so that's kind of a challenge.

Warmer weather is really hard because you can't do things like pemmican. The dried fruit is just kind of the go-to item, and then as much you can, sticking more with the berries, bananas, papaya kind of scene. Those are higher glycemic index and so you're going to have less of that fructose overload potential versus things like apples, dried citrus and that sort of stuff. So you just kind of play with the composition.

And also just make sure that you're training leading up to this. Some of your fueling kind of reflects some of this type of eating because there's absolutely no doubt that if you dramatically shift your fueling it takes a little while for your body to adjust to that. And so by life day 4, day 5, your body may be ramping up and getting used to a little bit of a shift in your fueling. Maybe practicing what you're going to eat for 3, 4, 5 days before you go so that the body starts getting acclimated to that type of fuel.

I did a blog post of The Zone and athletic performance, and so you can kind of see from that that if you allow the body ample time to adjust, you can run really well on essentially just ketones, like essentially fat fueled, so long as none of your effort or very little of your effort is going to be glycolytic demanding, like an intense effort that's lasting under say like 3 minutes, something like a frantic type deal. If you can get yourself more fat adapted and you're not at altitude that's super severe, then you should be okay with the higher fat intake, but you've got to adapt to that. So I think that that could be a chunk of all this too. It's just planning ahead to make sure that your body is adapted for the type of fueling you're going to be throwing at it on the trail.

Andy Deas: Yup.

Robb Wolf: But just to throw in one more piece to that, the greater the altitude you are training at and backpacking, the less efficient your body becomes at using fat as an energy source, and the more it's going to want carbohydrate as an energy source. So it's just something to keep in mind with that. You need to play with it.

Andy Deas: All right, good. Good question.

Robb Wolf: Yeah. Good. Great question.

Andy Deas: All right, Robb. Next we got a question from Skyler. He says, "Can I start calling you guys 'Chewbacca and C3PO?' 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 his gato turds and grains for 45 minutes. I look forward to my royalties when you sell this idea to the celebrities in Chico."

Robb Wolf: So I just have to throw in here, John Welbourn remembered the name of the little moppet critter that ate C3PO's eye.

Andy Deas: What was it?

Robb Wolf: Nicki, do you remember that?

Andy Deas: You tell a story and then you don't know what the guy's...

Robb Wolf: We'll pull it up later. But Welbourn remembered it, like just rolled it right into plumbing conversation.

Andy Deas: That's fine.

Robb Wolf: So just as an aside.

Andy Deas: He's a man of many talents apparently.

Robb Wolf: Indeed he is. Yes.

Andy Deas: I saw him doing back flips on Kelly Starrett's blog. So you know. I don't know what else he can do.

Robb Wolf: The dude can do it all. Yeah.

Andy Deas: Yeah.

"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 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", 175, anywhere between 6 and 9% body fat. 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." Thank you for clarifying. "Two to four 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 and a lot of workout carries, pushes, and sprints. Blood work is beyond rock solid, indicating that, much like Oasis, I'm going to live forever. Any light that you could shine on this would be greatly appreciated."

Robb Wolf: Wow!

Andy Deas: Skyler is like the new Taine.

Robb Wolf: Totally, yeah, yeah. We should get Skyler and Taine on the show. Actually they should do the show. It would be much better.

Andy Deas: There you go.

Robb Wolf: You know, I mean I'm just kind of stabbing, swinging at this thing. This is a consistent theme. So on training days or on kind of a high-stress day, you don't really deal much of an appetite, and then on your more sedentary days, you do.

I remember Art DeVany talking about kind of a feeding pin syndrome or something like that. Not that this is exactly it, but that to some degree, maybe on the lower activity days, you're just kind of tapping into your body; and like Keith apparently is alluding to, you're just simply desiring those things and the amounts of those things that you need for recovery. And on those days when you know that you're probably more active, you're probably geared up for it emotionally, like you're thinking about it, and so you may just kind of instinctively not get as hungry.

I mean it seems like kind of a cop out, but I've seen people bounce all over on this. They would be really, really hungry on training days, not so much on days off. Like the appetite seems to map the day off energy expenditures. Other people seems like they seem to lag a day behind so

they'll be really hungry after spending a day doing rock climbing or snowboarding or something, whereas the day that they were doing it they had virtually no appetite at all.

And I think both routes work probably fine so long as we're seeing good performance overall, if we see those metrics going in the right direction. I don't really see a problem with any of this, particularly with what we understand about intermittent fasting and whatnot. We get super focused on the micromanagement of our eating and our training particularly if you're in kind of a bodybuilder-esque kind of framework and we're looking at some of the muscle biopsy works and how do we optimize recovery post workout and all that sort of jive. But we also understand now that really hammering nutrients right into the body, particularly glycogen or high-dose antioxidants, seems to stymie some of the adaptation that we could get from training.

And so I see all of this is probably being pretty good. I don't see any problem with it at all. If you started really pushing the performance side of things, Skyler might need to do some preemptive post workout nutrition or force himself to eat a little bit faster and you could certainly tinker with that. But I just don't see any problem with it so long as the numbers are looking good.

Andy Deas: Good question though.

Robb Wolf: Yeah, yeah.

Andy Deas: You will certainly live forever, Skyler.

Robb Wolf: At least on this podcast.

Andy Deas: Yes, for sure. All right, good. Next we got a question from Michael. "Long time reader and listener. 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. I'm 33, work full time, work part time as a trainer, and train myself 4 to 5 days a week. I'm looking to recover quickly, mainly because I hate to be down and out for long, also because I'm attending the CrossFit Football Cert in Early October.

I am going to keep eating the same, Paleo plus 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: 400 milligrams every 4 hours. I understand they want to get the swelling down but I've 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 100-milligram tablets six 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 with recovery from surgery would have unintended consequences with regards to my training and health. 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. I'll ask the doctor the same question, but I think I know what he'll say."

Robb Wolf:

You know, Kelly Starrett had a great piece on ibuprofen and it would probably be worthwhile to dig that up and stick it in the show notes. Ibuprofen is a great directed kind of hammer with inflammation, but unless the individual had some really, really severe swelling from the wisdom teeth extraction, I don't think you would really need it. I doubt if you would need 1200 milligrams a day, 1600 milligrams a day. That's a pretty big whack for just dealing with the inflammation from the wisdom teeth extraction.

I think probably fish oil would be fine. I would certainly bounce all that stuff off your doc. But that's actually kind of an interesting thing. Like you'll get some swelling and certainly keeping that low is good in that we get more blood flow to the area, decrease the likelihood of infection and all that good stuff. But fish oil, a little bit of light exercise can go a long way towards that.

And something I've noticed too is that folks that are generally pretty healthy, they just don't have the type of really crazy inflammatory responses to surgeries like this. So, you know, it seems like an awful lot for not that much. I mean wisdom teeth extraction sucks, but I think you could probably get by with a lot less intervention than what they're recommending here.

Andy Deas:

Yes. All right, cool. Next we got a question from Geoff. "Senior! Thank you for answering my question about HIT/Mike Mentzer/Arthur Jones. In response to another question on the same podcast, you said that before someone tries to go on a gaining program, try to get checked out by a BioSig expert to make sure 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 than 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 about my 16th birthday I was diagnosed with systemic..."

Robb Wolf: Scleroderma.

Andy Deas: Thank you, Robb. "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 50 pounds of lean mass on me, I could compete in bodybuilding competitions, but as someone who's 6'2" 135, 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 eat, without improving adrenal function I will not be able to put on muscle mass. Recommended for my adrenal fatigue, I should take ADB5+."

Robb Wolf: Pregnenolone.

Andy Deas: "Pregnenolone, DHEA and Isocort. Is this a good regimen? Should I be doing something more/less/different? Hope to hear back from you."

Robb Wolf: This looks pretty solid. And I mean the scleroderma is an autoimmune disease and frequently can be fatal. It sounds like you got a handle on this early, but obviously not without some collateral damage and all this. I think in this situation, if there's some diagnosed stage 3 adrenal fatigue, there's obviously some problems putting on muscle mass here. I would do a very abbreviated training program, the HIT-esque infrequent training like two days a week. A full body gig each time could be a really good option for someone like this. And any type of adrenal support that you could do would be fantastic.

The Pregnenolone, DHEA, Isocort, all that stuff is legit. It just needs to be monitored. You need to make sure that the DHEA is not cascading and the estrogen. So you potentially need to do some work of making sure that we're not getting some DHEA turning into testosterone, the testosterone getting aromatized and the estrogen would like to keep that mainly in the testosterone and possibly dihydrotestosterone realm. So you just want to monitor that stuff.

Non-exhaustive training, really thinking like a bodybuilder, lift heavy weights, rest, lift some more heavy weight, rest a bunch more seems like a really smart way to go on the training side, and then eating well but not stressing the body too much because of either hyper or hypoconsumption of food. Over or undereating calories can register as a pretty potent stressor as well. So you don't want to go too wild with that at least until the adrenal fatigue is legitimately cleared up, and then monitoring all the lifestyle issues, you know. Sleep, whatever stress you can control, you want to mitigate that stuff as much as you can.

Andy Deas:

Yup. All right. Next we got a question Annette a.k.a. Rex. "Okay. Two kind of update. (1) Maca. Here is the kind that I originally found." She provided the link. "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 very well in that direction now. My body is like an experiment." Yes, N equals one. "So I don't know the one definitive change that makes everything work. There are really so many variables. I went Whole30 with my eating." We have Wendler-esque, John Christy, Mentzer. We have Whole30 eating. It's like a, ah, I need to come up with the label. It's like an Andy Deas eating style. "I went Whole30 with my eating -- squeaky clean, no gum -- hard one, and I am staying off the coffee.

My N.D. defiantly thinks cortisol is a thing and does want to test it, but I currently can't fork the money over. She really wanted me to stay off the coffee and so I have complied. Now I am leaning out, recovering better, et cetera.

But again, there are a lot of changes. I eat a lot of chicken, kale, broccoli, cucumber, eggs, zucchini, blueberries, Brussels 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 one sweet potato and one apple and not the full can, which will last me two to three days." I'd never consider a sweet potato.

"I try not to eat very many nuts. I love cashews though, 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 especially think I'm processing fat better.

That is all. Just thought you'd appreciate the update. And if you try Macafe, I'd be interested on your thoughts."

Robb Wolf: I definitely have to give that a shot. This all sounds good. It all sounds good. If leaning out was really the huge primary goal, I would just really limit the nut intake just to induce a little bit more of a calorie deficit. But otherwise, it looks fantastic.

Andy Deas: And it's I think a tough thing but the reality is that like all this stuff helps support leaning out, feeling better, et cetera.

Robb Wolf: Yeah. And it's just that shotgun approach works and sometimes we're not 100% sure which exact variable we need to deal with, but that's part of the thing of just really get in, tackle it all aggressively, and then hopefully we get some really remarkable results, and then we can start tinkering from there. But let's get folks some really great transformations quickly so that we feel sense of success, sense of accomplishment. Then usually folks stick with it longer.

Andy Deas: Yup. All right. Next we got a 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 struggle with hamstring activation. I kind of get it right naturally during squats, but I think that is just the natural elastic response from a full squat. With bicycling or climbing, et cetera, I just don't feel it. Do you have any advice for getting in touch with my hamstrings?"

Robb Wolf: Well, it's almost impossible to feel it on bicycling unless you're clipped in and you're really consciously pulling through the back cycle of each stroke, like bicycling is just a wickedly quad-dominant movement. With climbing like rock climbing it would be tough in my mind to really feel hamstring activation.

Sprinting, hip bridges are mainly a glute deal, but you definitely get some glute and hamstring tie in. Partner-assisted glute/ham raises, prowlers are -- and interestingly, I find that if people are doing the low handle on the prowlers, it's easier to start getting quad activation whereas if they're standing up a little taller. I find it's easier to keep it just in the glutes and hamstrings. But what do you think on that, Andy?

Andy Deas: Yeah. I always honestly do the taller handles 'cause I get a lot more hamstring and glute and I feel like I get a ton of quad on the lower

hamstring on the lower handles. And the other thing I think we talked about before is for some of our folks that we know are super quad dominant. No matter what handle we put them on, they always revert to filling in their quads.

Robb Wolf: Right.

Andy Deas: Some of our lifter folks is what I'm thinking of.

Robb Wolf: Yeah. And some of that is just -- you know, the cuing can be pretty huge but you just have to really get in there and focus some effort and tinker with some of the movements. Some people get super geeked on the reverse hyper, or not the reverse hyper but the glute/ham raise. Like I've always been able to do glute/ham raises. I can feel them, but it's not like a huge deal for me, whereas like the Romanian dead lift will absolutely fillet my hamstrings. The single leg Romanian dead lift, I don't feel it quite as much the day of, but I actually feel it a bunch in kind of the lateral stability, like the spinal erectors and stuff like that. So it's kind of a good movement. And then Andy is super geeked on unilateral work and so I do it just so kind of make him happy and buy myself a moment's peace in the gym.

But, you know, you just really have to kind of fish around and look at -- the action of the hamstrings are to flex the knee and also to extend the femur of the hip. The knee flexion typically is under like really light load in sprinting, and so usually we're looking for movements that are more of a hip extension type of movement to get the flavor of hamstring activation that I would want.

But God, who knows if somebody is super dead in those areas? God forbid, but maybe you go and do some standing hamstring curls or something like that even with an ankle weight just to get some initial firing or getting some partner-assisted work just so that you can get some sense of like, "Okay, those are my hamstrings." And depending on knee placements, either internal or external rotation, you'll get a little bit adductor kind of firing so you can play around with some of that stuff.

But you have to figure out what the kind of kinesiology of the movement or the muscles, what the muscles would normally be moving and then play around within that. Like for me, Romanian dead lift variants, straight leg dead lift variants are super effective, and then sprinting. Like if I get in and do a legit sprint workout like my hamstrings are ridiculously sore, it's actually hard for me to get my quad sore with movements. Even like

thrusters and wall balls and stuff like that, I tend to just be way more glute and hamstring dominant.

But if you're a quad-dominant athlete, like bicycling and wrestling interestingly is kind of a quad-dominant movement because of all the kind of up-down. Despite the lunging, it just tends to be more of a quad-dominant sport. So I mean it just depends on how much time you're spending in a particular activity.

Andy Deas: Robb, is the hip bridge a universal motor recruitment pattern?

Robb Wolf: Well, it sired a lot of children.

Andy Deas: I want to note that I threw that phrase into Google and 10 of the first 11 responses are across their websites.

Robb Wolf: Shocker, shocker. You know, it's a great concept, but we were talking about this the other day in the gym. You know, hip bridges, not really a universal motor recruitment pattern. But damn nifty, really, really important, really valuable, could almost make an argument that it's kind of a critical developmental stage for many, many people, possibly everybody. I don't know.

But things like hollow rocks and super mans, not really a universal motor recruitment pattern, certainly not a large load, moved long distances nor quickly, but it can tighten up any gain that you are doing, whether it's Olympic lifting or golf or whatever. Like, it's stunning what it does, so there's a whole other world of things out there that aren't moving big loads, aren't making you feel knackered that are really, really important. And the hip bridge and various types of muscle cuing are pretty cool things.

I forgot who I first read this concept from but they were making the point that we got all geeked on functionality and functional movements and movements not muscles and all that sort of stuff. And that now you see two pieces to this. One, you see clients that are still not firing glutes when they should, not firing hamstrings when they should; and then you also have strength coaches that don't know how to fix the problem because all that they know are movements and they don't know how to activate muscles.

And this is where some of these guys that come out of the Poliquin derivation, even the check derivation where there are some bodybuilding that has gone on in their past, they're good at both. They can prescribe

movements. They can prescribe protocols for activating muscles, whether it's glute activation, adductor, abduction, and do it in a way that is prescriptive to try to deal with the shortcoming in postural issues or gait while walking or whatnot. So definitely, I think we've kind of painted ourselves into a corner with the functional scene and we need to broaden back out again, maybe draw a little bit out of bodybuilding and whatnot.

Andy Deas: I'm going to credit Bret Contreras for saying that, Robb.

Robb Wolf: That sounds right.

Andy Deas: Yeah, 'cause I think Welbourn posted I remember on his site the first article that Bret a.k.a. The Glute Guy did for T Nation like a year ago.

Robb Wolf: Okay.

Andy Deas: I remember him.

Robb Wolf: Yeah, I think it's about two years ago that I read that thing.

Andy Deas: Yeah.

Robb Wolf: Yes.

Andy Deas: I just remembered that paragraph which I think was a very valid point.

Robb Wolf: Mm-hmm.

Andy Deas: So anyway, I've taken you off topic as per usual. But for those that enjoy me making fun of Robb, and are asking him, just imagine me walking by him at the gym, being like, "Hollow rock, is that even a universal motor recruitment pattern? Glute bridge, is that a universal motor recruitment pattern?" It's probably kind of annoying.

Robb Wolf: No, no. We would like it. I'm still glad that you moved here from Arizona.

Andy Deas: It's not over yet. We'll see how it ends up, right? You may be like, "Oh, that was worst idea I ever had."

Robb Wolf: Well, maybe I will move to Arizona.

Andy Deas: And you can hang out with The Glute Guy.

Robb Wolf: There we go.

Andy Deas: There you go, in Scottsdale.

Robb Wolf: I think that's cool. And then Josh Henkin is there too.

Andy Deas: Exactly.

Robb Wolf: And Coach Summer. What am I doing in Chico? This is madness!

Andy Deas: It is crazy. You may be in the wrong city.

Robb Wolf: Yeah.

Andy Deas: All right, man. Go. Get ready for your trip. We will talk to you next week. Good luck!

Robb Wolf: Cool! Thanks a lot. Thank care, Andy.

Andy Deas: All right. See you, Robb.

Robb Wolf: Okay. Bye-bye.