

The Paleo Solution

Episode 65

Andy Deas: Robb Wolf, Andy Deas, back with episode 65, The Paleo Solution. And today we are joined by John Welbourn. What's up, Johnny?

John Welbourn: Hey, what's happening? How are you doing?

Andy Deas: I'm good, you know. It's sunny in Chico. That means Robb is in a good mood. That means I'm in a good mood.

Robb Wolf: And the gato. Most importantly, the gato is in a good mood.

Andy Deas: So sad.

Robb Wolf: Dude, I'm just intimidated that I've got almost 600 pounds of dude facing me on the other side of the phone here between the two of you guys.

Andy Deas: Although the greater percentage of that is John, to be fair.

Robb Wolf: Yeah.

Andy Deas: I mean you're just not very big of a person, Robb. That's the bottom line.

Robb Wolf: What are you trying to say, man? I'm 5'9".

Andy Deas: I say I saw that recent gym picture of me standing by all the trainers, and I look like I'm 7'4". I look like Andre The Giant basically.

Robb Wolf: You definitely look like the original Star Wars cast with you being Chubaka, and me being like either Yoda or Luke Skywalker. I'm not sure which.

John Welbourn: Well, I was a little worried. I saw that picture on Facebook of you and -- with Art DeVany out in New York and --

Andy Deas: Yes.

John Welbourn: -- just was amazed at how big your head looks and how big your neck is. It's almost like an apple on like a pencil.

Robb Wolf: Well, you know, that's the look that they like these day, Johnny. It's skinny jeans, skinny neck.

John Welbourn: Well, the thing is I commonly refer to that look as the zone body when people would like do strict zone a couple of years ago, and all of a sudden their bodies got really skinny, and their heads got really big. They were like, "Their heads are growing." I'm like, "No, their bodies are growing or deteriorating at such a rapid proportion that it's just merely giving that look and a.k.a. zone body entails.

Robb Wolf: Somebody's got to like it though. There's got to be some website somewhere where people dig that stuff.

John Welbourn: I'm sure. Dude there is a fetish for everything I mean.

Robb Wolf: That's true. That's true.

Andy Deas: Yeah. Robb, I was taken aback by how small you look next to Art DeVany, and I was like, "Man, Art DeVany is like 75 years old."

Robb Wolf: He's a big jacked dude.

John Welbourn: You kind of -- I mean, yeah, he's like a jacked Skeletor. "I have the power."

Andy Deas: Wow!

Robb Wolf: And our listenership has dropped down to two people from six.

Andy Deas: Dude we're up to 10 on this episode. There's no doubt about it.

Robb Wolf: Yeah, a couple of people accidentally found the podcast, but they navigated away quickly.

Andy Deas: So John, why are you on today, man? What do you want to talk about?

John Welbourn: I just thought we were going to make fun of Robb for a while.

Andy Deas: Well, we are. I got a lot. I can go for like an hour on that probably at least.

John Welbourn: I mean do we have anything legitimate to talk about?

Andy Deas: Well, I think we're going to talk about the 13 or so Iowa football players hospitalized after the workout last week.

John Welbourn: Then we should talk about that.

Andy Deas: All right.

Robb Wolf: You know, when I first saw this, I just launched in on stupid volume, bad training. Football players are power athletes. Why would you do something like this? And then John actually phoned me and emailed me, and he's like, "No, no, no, there's more to the picture than that." So Johnny, what's your shtick on this?

John Welbourn: Well, I think unless you played college football, you kind of have this idea like, "Oh, my God! Why would these guys do this?" And you have to look at what time of year it is; second, third week of January puts them in probably the first week of winter conditioning, and every football team in America has winter conditioning. You get back from winter break, and you get about a week to start school, and then you into winter conditioning. And usually, the first week or two of winter conditioning, at least when I was at Cal, we did something that was called "metabolic conditioning".

I know that's a crazy word, and it was invented in 1999. But in '94, we started doing metabolic conditioning and we -- our first block of training and winter conditioning was called metabolic conditioning. And there were trash cans next to the squat racks, and we did 10 squats on the minute for 10 minutes, and we ran stadium stairs; we did Indian runs, and people were sore. They puked. They didn't die, and that was kind of the volume of training we did. And it was kind of a weeding out process. It was done as a test to see (1) who trained during the break when they went home, and also to see who wanted to play next, and who was willing to be part of that team.

In '95 or '96, we had some character issues on our team and the winter conditioning was even worse because the coaches were trying to get people especially the turds, to quit. So they knew if they turned up the heat, and they made it really, really unbearable that the guys who were just kind of there collected and checked or just wanted to be cool and wear Cal shit, would quit. And I kind of looked at this thing. I looked at the time of year. They all did -- the first training was on a Thursday, and anybody know that went to college is it usually -- if the winter conditioning thing is on Wednesday, Thursday or Friday, there's a good chance that there was a two-for-one the night before, and the players went out and had a couple of drinks, the first week back from school. You've been gone for a couple bunch of weeks.

I mean you want to go out and meet some girls. You want to go out and have a few drinks. They show up to winter conditioning, and what's the first day? 100 squats in a hundred yard sled pole. I mean the guys were probably hung over or let's say they went out that night after and had a couple of beers. And then I got shot an email by a guy who told me that they had I think 20+ players test positive for street drugs at the bowl game. They lost their thousand yard receiver to a drug charge. They lost their best player or their running back to another drug-related charge.

So they had some real, real character issues, and I guarantee these coaches brought these players back, and they're like, "Let's get nasty on these guys" and threw them kind of an ugly workout. And the guys that -- I don't know the condition of the guys that got hurt or got messed up, but these are definite tools that are used by football coaches to not only build toughness and mentality and all these old school teams. I mean while not maybe the smartest thing to do, and we definitely need a smooth ramping up a volume, and we can talk about all this stuff.

At some point, football is one of those games that just punches you in the face, and these guys got sick from it. So the funny thing that made me laugh is I had never even heard the term rhabdo until I got involved in CrossFit. And then somebody explained to me it's like a lot of soreness; your body really hurts, and your pee is real dark. Dude, that's basically every day after winter conditioning for years and after every NFL game. So I just thought that meant you had to drink more water and rehydrate.

Robb Wolf: Which for you that may be all it is because you're kind of like Wolverine. We could drop you from low-Earth orbit, and you would create a massive crater and then crawl out and just dust yourself off and then go get like some ribs.

John Welbourn: Dude, I'm totally of the belief that strong people are hard to kill, and I know this because we tried to off ourselves numerous times with consuming large amounts of alcohol. For some reason, I'm still here. I have no idea how, but I just go back to the strong people are hard to kill. But I think everybody is so down on the coaches and how irresponsible and this and that, and I'm like, "Well, these guys are actually paid to be there." They're scholarships athletes that are expected to show up in shape. And if this workout had been the -- 8th, 9th, 10th week of winter conditioning, we wouldn't even be talking about this. But because it was the first one out the gate and guys were out of shape, they got crushed.

Robb Wolf: So you weren't so - there are still -- and you and I talked about this a little bit. There's still some sort of a systemic issue here though, some sort of a breakdown somewhere.

John Welbourn: And we talked about that, the systemic issues. I mean whether or not it was dehydration or alcohol consumption. I mean we know college students have shitty diets. We know that a pro-inflammatory diet can be linked to rhabdomyolysis. I mean there are all these problems. I mean where was the massive disconnect?. I mean I hate to say it. When we were college, we lived below the poverty line. I mean eating a anti-inflammatory solid diet like we would prescribe is very, very difficult when your scholarship check is \$740 a month.

Robb Wolf: Right.

John Welbourn; You know what? I mean these are 18 are 22-year-old guys that -- are you going to tell me that they didn't go out and have a beer; that somebody there might been hung over at winter conditioning? I know we should up hung over to winter conditioning constantly. We just went out and suffered through it. So I think what Robb was talking about is like what is the systemic issue? Was it diet? Was it alcohol? Was it a poor ramping up a volume? We know it was because that was the first day out of the gate. That was their first workout.

And even though every coach in the world gives their players a workout system to go home, and they say to them, "When you get back, we are going to test you. Be ready." And every coach gives that same speech that "This year we got to get serious. You got to use this time to go home and train." How many of those guys actually trained? How many of those guys were really ready for this?

Robb Wolf: Right. I guess this is just one of those things that we know -- there's a ton of things that will increase the likelihood of rhabdo ranging from pharmaceuticals to dehydration. Obviously, conditioning levels is a biggie, but then I think one of the biggest features of rhabdo is a significant eccentric loading component to a movement. So we've a concentric which is the elevating part of the movement, and then eccentric is the lowering part. And when you've got something like 100 back squats for time, you're getting a massive eccentric loading component to that.

And so even if there needed to be some discipline, if there needed to be some character or gut check type stuff; bear crawls, grass drills, there's a ton of things that you can really light people up with that impose a

significantly lower eccentric loading component. You know, you can have them vomiting all day long. And I think that's where these guys --

John Welbourn: Like 100%. I mean they could have gone out and run stadium stairs and done other ways to torture these guys. It just becomes that when you start lifting weights and doing a shit ton of volume, I mean it -- 100 at 240 on the back squat is what -- geez, what's that? 24,000 -- yeah, 24,000 pounds.

Robb Wolf: Yeah.

John Welbourn: I mean that's a pretty significant amount of volume.

Robb Wolf: From the Westside Barbell perspective, all those guys should be like 2,000 pound squatters.

John Welbourn: Yeah. I mean I have Louie's projections on here about what's the volume -- what's the appropriate volume for one week for a 1200 pound squatter, and it's right around 13, 14, 15 maybe -- yeah, 15,000 pounds, and that's over the course of like a week.

Robb Wolf: Right.

John Welbourn: So these guys were technically -- what is that? So these guys were doing enough volume for like a 2,000 pound squatter.

Robb Wolf: Right.

John Welbourn: I guarantee these kids weren't prepped for this stuff, and they brought them in and cranked up the music, and they were going to find out who was ready to go and who was ready to be part of the team. And we had character issues, and we're not going to make these problems again, and 13 kids unfortunately paid the price for it. So yeah, it's a sad thing, man. It makes me sick, and I get sat whenever somebody gets hurt just because I've been hurt so many times, and I don't wish that on anybody.

Robb Wolf: So what would you -- football coaches out there are checking this stuff out. How do you institute the gut check without making national headlines and potentially bringing yourself into liability and loss of a job and all the rest of that? How do you make these kids hardcore? How do you institute the gut check and the mental toughness and everything and do it a little more smart? I mean my gut sense is just having these guys understand a little bit better eccentric versus concentric loading just as a

basic deal, and how you can really light people up while decreasing the likelihood of some massive tissue breakdown and problems like rhabdo?

John Welbourn: My biggest thing would be to probably cut one rep. I'd probably do 99 squats and maybe 99 sprints. That would be the smartest way to do it.

Robb Wolf: It's much more quantifiable. That's a good idea.

John Welbourn: No. actually, what I would have done is I would have probably just had a pure body weight kind of physical conditioning kind of deal for the first probably week and a half. I would have brought them in, and we would have run and it would have been probably the worst version of mat drills you've ever seen. For those either listening that don't know what mat drills are, they happen in winter conditioning where they put you into different groups, and it's kind of a circuit type deal of all body weight stuff. It might be pushups. It might be air squats. It's going to be sprinting. It's going to be running stairs.

I mean we used to have 8 or 9 circuits, and we had 5, 6, 7 minutes per station with a couch in the middle of the field with a six pack of beer and a teddy bear, and they would try to get guys to quit and go sit on the couch. And the coaches would purposely pick on one guy, maybe like, "Hey, he's the guy we're going to get to try to quit today," and they would have that guy -- keep telling him he messed up and send him back and you would have to bear crawl move. It was horrendous, and it lasts about an hour, and guys would throw up, and it was terrible, but it was mainly done with body weight stuff.

And then after we did that type of stuff, we would move into more of the weight room, and we would start working on that. For me, I'm never a fan of gut checks the first day. Let me get into the system; let me see what you want. Show me what's expected of me, and then allow me to kind of do it, and then let's test it. So for me I wouldn't have thrown the gut check on them the first day. I would have kind of been a little more sneaky, and I would have lulled them into false sense of security and brought them in and worked everybody out, and got them ready. And then probably about two weeks in, I probably would have come up with something that was pretty horrible and seen who the guys were there and just kind of ramped up the volume a little more intelligently.

I think there's a great way to definitely get the best out of your team, but it's -- hindsight is 20/20. I'm sure when they theorized this whole thing, and they put it together, and they were talking about it like we're going to have them do it, they were like, "Awesome! I hope it kills them."

They're like, "Oh, we're going to crush their world. We're going to end..." These coaches were so jacked because this was going to be the catalyst. This was going to be their initial impression. This was going to be the measure by their first day. And shit, they ended up hurting some kids from it. Yeah, it's just no good.

Robb Wolf: Cool, man. What else, Johnny? What else is cooking?

John Welbourn: Oh, geez. Nothing. For some reason, I'm packing a little fluid on my knees, so that's kind of a bummer. I was going to try to squat between 600 and 650 this week. So I was a little bummed that messed that up. I don't know what happened in that -- when I'm sitting on the airplane coming back from Columbus, the guy in front of me put his seat back and banged me pretty hard in the knee, and my knee swelled up. And I can't seem to get the swelling out of it. So I'm a little bummed on that, but I did pretty well. I benched -- what was it, like 485 on the fat bar the other day. So I'm pretty good for over 500, and I pulled in the 7's when I was at the Westside Barbell. So I'm pretty good to hit my 1,800 pound raw total.

Robb Wolf: Nice, dude.

John Welbourn: Yeah. So those lifts have been pretty good, and the guys have been training real hard. And we've been trying to take and really kind of understand the importance of volume and really controlling it and understanding that it's not necessarily how much work you do; it's the quality of reps and the quality of work. And I think that was something when I was at a Westside for, geez, 9-10 days, that I really realized with those guys that -- not only are those guys very strong, very explosive; the quality of work that they is extremely high.

Every rep is perfect, and those guys take great pride in doing everything perfect. And realizing that they only get so many reps and so much -- the volume is very controlled, so they can't waste reps. And that was good, and I also was impressed with their training environment and how dedicated those guys are to each other and that was very, very cool.

So it was very good for myself and my own programming and just my own point of view to go out there and train with those guys. And also really see how strong they are because for me it's like I never lifted in gear for powerlifting. We always lifted raw, I mean, knee reps when I was in college and belts, but here a guy squats 1000 and 1100, 1200 pounds; you're thinking how much stronger are these guys when they bench 800 pounds? Are they 500 pound benchers and how much does the gear give

them? So going out there and seeing how strong those guys were was extremely rewarding.

Robb Wolf: Nice. You know what though? I hate to tell you this, but you can't get big and strong on Paleo. You just can't eat enough. I just wanted to let you know that.

John Welbourn: No, that's not true. Actually, I weighed on Louie's scale, which I believe to be heavily broken; I weighed 327 on Louie's scale.

Robb Wolf: This is like you're rolling for legit numbers.

John Welbourn: Yeah. So on my scale at home, I was 311, and my body fat was 11.5%. So that's on a Paleo diet. And what was pretty cool was when we were out there, we, of course, made a bunch of friends with a lot of the lifters, and when I got back I started working with A.J. Roberts to work on his diet stuff. And he was very interested in a lot of the stuff we do for performance and our diets and wanted to know if we could work with him. So I sat down and started putting some diet stuff together for him and helping him make some better choices.

Robb Wolf: Nice.

John Welbourn: I'm really excited to see -- you take a guy who is already 1100 pound squatter and got a 2600 pound total. If that guy can total 2800 and really improve what we're doing, I'd be very, very excited. I mean it works -- it just blows my mind when guys were like, "Oh, there's no way I lose too much weight on the Paleo diet." And I'm like, "Really?" I mean it seems easier for me to stay big and strong as -- it seems easy to get the calories. And I can eat more because I don't feel bloated from all the grains and processed foods.

Robb Wolf: Yeah, it's kind of a funny disconnect, but if we get a couple more guys tinkering with this and just get some good results with it, then I think it's going to be kind of a shocking transition. I was just interviewed maybe a month ago from MuscleMag International, and then I think you were contacted by Muscle & Fitness to do a piece?

John Welbourn: Yeah, Muscle & Fitness yesterday.

Robb Wolf: So it will be interesting. It's definitely getting on the radar, and it's that deal if you reestablish gut health, and you can digest your food better, then it's a win all the way around. I mean you just have to be like blindingly dumb to not get this. If your digestion is better, the rest of your

health is going to be better. You're going to absorb nutrients better, and that's true whether you're a clean athlete, a supplemented athlete or whatever type of athlete you are.

John Welbourn: Well, the thing too -- and this is something that people naturally assume the Paleo diet is a low carbohydrate ketogenic diet. And we saw like, geez, I was eating less than 100 grams of carbohydrates for four or five months, and then we went to actually zero carbohydrates after Joe's wedding. And my strength was decent. I got pretty damn lean. I mean I would think I was weighing in the 290s, high 280s, 290s. And then I went up to hang out with Robb and Nicki, and they were forcing me to eat some sweet potatoes, and I ate about nine sweet potatoes in about two hours.

I actually started packing on eating some carbs, and it was crazy. I ate it. My face got flushed. I got warm. I got actually a much more positive happy outlook. My entire demeanor changed because usually Nicki and I get together, and we spin each other out and turned into misanthropes; but I stayed right under Robb Wolf positive side of the fence, and I came home and started supplementing sweet potatoes into my before and after training. And geez, I mean I packed on 10-11 pounds of lean body mass. My muscles filled up, and I didn't look nearly as flat. So it was interesting to deplete myself so much with this kind of keto -- kind of Paleo diet and by adding in the starchy vegetables it has really made a huge difference.

Robb Wolf: Cool.

Andy Deas: Hey, John, real quick. The Westside stuff, how has that kind of impacted how you do your own programming now? What is your -- how has that changed what you're doing now, say maybe than two years ago?

John Welbourn: What's kind of crazy -- and like it's funny I had an opportunity to, geez, eat breakfast, lunch and dinner with Louie Simmons for nine days. I mean every morning we were at Bob Evan's at 6:30 in the morning, and then we went to lunch after we trained, came back and trained, and then we went to dinner. And I actually spoke to Louie Simmons in '96. I called him on the phone because I was trying to bench 500 pounds, and I wanted some tips and my buddy had some Westside Barbell bench videos. And I had done a ton of his stuff, and I really liked the idea of speed work and max efforts, and we kind of played with it and doing a close grips. And I'd actually used a bunch of his stuff for a long time and got pretty strong on it.

And then when -- I ended up doing a lot of training with Rafael and a lot of the speed and performance stuff, and I realized that my game didn't necessarily improve with the 600-pound bench but if -- at a 450-500 pound bench, but if I can move faster and it kind of changed up and the focus kind of changed. We're always big upon speed of movement. So when I went back to work with Louie when I met him a year ago, I had been kind of fascinated a little bit with some of the resistance stuff they were doing with the bands and the chains, more specifically the bands with the accommodating resistance.

And I didn't really understand -- I knew or I had always been taught that the bands were very, very good for geared lifters because you're always going to be stronger at the bottom of the squat and the reps and full energy and the bottom of the bench, so that the bands were kind of more -- trying to make up for that kind of messed up strength curve because on a raw lifter the strength curve is usually at the bottom whereas at the -- for a geared lifter, you're the most powerful at the bottom.

But the thing that I realized when I saw the application of sport when we went out there was when we started doing the band resisted box squats and a lot of the bench stuff, I guess you would say the power curve which is most idea for football is kind of very similar to the use of the bands. So when I was sitting at the bottom of that box squat with 330 on the bar and 200 pounds of band tension, and I had to relax kind of load myself in a static position and then try to jump off the box against this band resistance, I just imagined myself down in my stance, hips pushed back and kind of statically in position to explode out.

It was very similar when we were doing the bench stuff. The ability to actually accelerate that bar off my chest and right where band started to pick up and it started to get hard, was actually the place that I used to punch from because you never punch from your chest. The punch is only about a 4-inch punch as an offense alignment. So going out there and doing the training, it kind of helped me kind of understand a little bit more how to kind of use accommodating resistance for sport specific. And then it was also great to talk to Louie about what they do for their conditioning. And he made a great point to me that flushing the system with massive amounts of lactic acid makes it very difficult to generate maximal contraction.

So as an athlete who makes his living and lives and dies upon being able to generate maximal contractions, 40-70 times a game, that I got to be very, very conscious of how much lactic acid I stripped through my

muscles. So he said, "Too much and you won't be able to generate maximal contractions." And so there was just a lot of stuff. I mean that guy has been doing it for the last five decades, and he's so smart about who he's trained. He's trained so many different people that it was truly very fun to go out there and work with him. And he was very complimentary to me, and it was nice. He even invited me to stay out there and train, but oddly enough it's hard to trade Newport Beach for Columbus, Ohio.

Robb Wolf: Shocker especially in the winter.

John Welbourn: Yeah. It was like 22 degrees and snowing, and I'm like, yeah, it's like 65 and beautiful back at home. But no, I was -- what I really learned and what I was going out there for was to really just kind of see how I could blend my program and their understanding of volume, and how they kind of play with that was very important for me because I come from just a little bit different of a background. I mean the old powerlifter that trained me and a lot of the stuff we used to do was similar, but it was very cool to listen to Louie who has trained these guys and trained so many different people and see them be very successful. To sit there and ask every question I could ever imagine, and then take it home and play with it and then start working for my own training.

And what's nice with the CrossFit Football is we get about 10,000 hits a day in 225 countries. And so we give this program away for free, and we get to test it, and I get a ton of feedback. And I got a lot of guys trying things, and it's been very, very valuable for helping me kind of ferret out and flush out and really understand how I need to program and what's making people better.

Andy Deas: Sure. Very cool.

Robb Wolf: Cool, man. Hey, Johnny, do you want to hang out while we go through a couple of questions or do you need to go lift some weights?

John Welbourn: I got to go lift some weights. I just got a text from my training partners basically saying, "Where are you?" So I'm going to go beat up on those kids and geez, man, hey, I'm happy to come back anytime. I know -- oddly enough I talk to Robbie most days so this just seems like just like another brick in the wall.

Robb Wolf: Perfect, man.

John Welbourn: Cool. All right, guys. Thank you.

Andy Deas: Thank you, Johnny.

Robb Wolf: Talk to you soon.

John Welbourn: See you.

Robb Wolf: Bye, man.

Andy Deas: There you go. John Welbourn and Robb Wolf.

Robb Wolf: Welbourn has left the building, and the building tilted as he left.

Andy Deas: Shockingly because, you know, he was only bench pressing a zillion pounds.

Robb Wolf: Yeah, yeah. It's so scary. He and I have messed around. He actually has a pretty good boxing background and stuff. And so he and I have messed around a little bit, and you would think that because I'm smaller I'm like, "Oh, at least I'm going to be faster and more mobile and more agile than he is." No, no.

Andy Deas: No.

Robb Wolf: He's just bigger than a house and moves like a gazelle. It's pretty scary. It's funny.

Andy Deas: That's why I feel like when you see some of the sports on TV, you kind of lose appreciation for that because you can't really see how big some of them are and how fast they're moving relative to like an average size person.

Robb Wolf: Yeah, yeah. Yeah, they are super heavyweight, but they move like a welterweight, and that's just -- it's mind-boggling how much power these guys have. It's just incredible.

Andy Deas: Cool. And be careful on eccentric loading, Robb.

Robb Wolf: No.

Andy Deas: Are you ready for some questions?

Robb Wolf: Let's get to it. Let's balance this thing out.

Andy Deas:

All right, man. Yeah. First question, from Brandie, "Hi, Robb. We are a CrossFit Family, I do it and my three sons do CrossFit Kids. My oldest son, who is 10 years old, has alopecia and I am trying to find out if there is anything dietary that we can do to curb the onset. I know it is a autoimmune disease similar to Crones, but that's about all the information we can get from the doctors since it is not a serious illness. But it does affect his energy level and behavior when it comes up. This is his second major outbreak he's had, but has had more frequent lighter episodes. Any direction you could give us would be greatly appreciated. Thank you, Brandie."

Robb Wolf:

Yeah. Alopecia, if folks don't know what that is, it's a type of hair loss and you can have different factors in this. It can be cortisol-related, you can have an autoimmune element in which the immune system is attacking the hair follicle and so kind of displacing or damaging the growth of hair. There are a couple other causes with this, but we've seen really, really remarkable improvement with alopecia with the standard Paleo diet. And then some people may need to tighten the game up and do that autoimmune element also which -- we've got that listed on the website on the Frequently Asked Question, and then obviously we also cover that in the book.

An interesting just real quick back story, the whole reason that Paleo brands exist is that John Welbourn's neighbor, Joe, he went with John to a Paleo talk that John did. I was supposed to do one down at CrossFit L.A. for Randy Petranek and due to some scheduling stuff I couldn't show up. So John gave the talk for me, and he took Joe with him. Joe is Italian and like his mom is really Italian from Italy, Italian, but after Joe heard about all this stuff, he told his mom, "Hey, mom, I want you to not eat pasta and bread, and I want you to eat meat and fruit and vegetables and all this stuff." And Joe's mother is in her 60s. She had had alopecia since she was in her early 40s and like her hair had just fallen out, and she had to wear a wig.

And then Joe didn't see his mom for about two months, and the next time he saw her her hair was growing back in, and the guy collapsed on the ground crying when he saw his mom. And then he was like, "We've got to get this idea out to everybody." So it's really remarkable how beneficial the autoimmune intervention is -- Paleo flavor of autoimmune intervention for things like alopecia, vitiligo and a number of skin and hair related issues, psoriasis, eczema, and on and on and on. It's definitely worth a shot.

Andy Deas: Cool. So would there be any differences in your prescription for someone with alopecia as opposed to me, for example?

Robb Wolf: If there is just this underlying autoimmune thing going on, that catch all, pea seems to work. Grain, legume, dairy-free, probably also really limiting nuts and seeds other than maybe coconut, making sure vitamin D levels are checked, take in a probiotic supplement to make sure the gut flora is good, removing the tomatoes, potatoes, eggplants. There's a new -- I think we talked about it last week, the CRX labs -- CSRX labs, I forget the exact thing, but they are claiming some dairy sophisticated broad spectrum gluten sensitivity testing.

And so I'm hoping that this stuff is legit. I'm also hoping that this is kind of opening the door to getting some much more sophisticated testing about potential sensitivities and gut inflammation and other types of inflammatory issues with these different types of problematic foods because if we can get kind of a broad spectrum picture on gluten and gliadin and all the sub-fractions that we find in wheat and similar grains, then maybe we can look at the same thing with corn and rice and tomatoes and all these foods that we suspect or are pretty sure are problematic.

Maybe two, three years down the road or five or something like that, we'll be able to do a little bit of blood work or a saliva test or something and say, "Okay. For you the autoimmune intervention needs to be no tomatoes, corn every once in a while is okay, but absolutely no gluten, et cetera, et cetera." So these shotgun approaches are easy as right now, get the person healthy, and then kind of reintroduce foods and see what type of latitude you have from there.

Andy Deas: Cool. Good question.

Robb Wolf: Yeah, definitely.

Andy Deas: Robb, here's a question about your vacation habits.

Robb Wolf: I'm surprised you let this one through.

Andy Deas: I thought it was actually an interesting question because, you know. I'm not going to be vacationing in Nicaragua anytime soon. Maybe you can tell some good stories but, you know, to each their own.

Robb Wolf: Right.

Andy Deas: So Joel says, "This isn't a Paleo question, but I've noticed that you have mentioned spending time in Nicaragua on several occasions in the podcast. I am an experienced world traveler, fluent in Spanish, and I have the opportunity to travel to Nicaragua this summer but I would be taking my six-year-old son with me. I've spent quite a lot of time in high-crime areas such as Rio De Janeiro, and though I never had any problems, I probably wouldn't risk bringing my son there at this time. My wife is very worried about the level of crime and infection in Nicaragua. Is her fear of the unknown justified? What attracts you to Nicaragua? Is it kid-friendly?"

Robb Wolf: We have friends who own property down there. They spend part-time in San Juan Del Sur which is pretty far to the south. It's almost in Costa Rica. Just like anywhere, you have areas that could be really, really dodgy and you have areas that are pretty safe. We ended up spending a significant chunk of time over on the eastern side, on the Caribbean side, Little Corn Island. And we've actually had some other people that have gone there since we've kind of blogged on it a little bit. There are some areas that would be dodgy and some other areas that are pretty safe. I would say that it's definitely safer in general than probably traveling through Rio or something like that. It just kind of depends on where you want to go.

In general, I would say that it's kid-safe, but I'm pretty adventurous with my traveling too. But I would be comfortable with that. But there's also the caveat with that. We were staying in a good area, and I wouldn't go outside of kind of a main strip after night. I wouldn't get out on the trans-American highway at night unless you absolutely had to do it because I mean it's kind of the Wild West out there. But there are areas of the United States that I kind of have similar feelings about.

So I wouldn't consider it to be unduly dangerous or anything like that. I just like Nicaragua. It's a cool country. It's been through a hell of a history, but the people have always been like really, really friendly when I've been there, super cool, beautiful both on the east coast and the west coast. So I would recommend checking it out.

Andy Deas: Is that where you had to take the boat? Oh, that was -- that was Little Corn Island, right?

Robb Wolf: That was Little Corn, yeah, yeah. And we did think that we were going to die on that one, but that aside, it was okay.

Andy Deas: Would you take Keystone on the boat to Little Corn Island?

Robb Wolf: I would take Keystone; although, he would probably claw me to death. He would not enjoy the ride. I can guarantee you that. He's not a -- Keystone is many things, but a hardy traveler he is not.

Andy Deas: No.

Robb Wolf: Yeah.

Andy Deas: Poor little guy.

Robb Wolf: Truly.

Andy Deas: One we get you one of those fancy hybrid cats that I'm selling your wife on, maybe he'll toughen up.

Robb Wolf: Oh, just like the big cat, it's like 30 pounds?

Andy Deas: Yup.

Robb Wolf: I'm in. I'm in.

Andy Deas: I'm always sending her links of funny -- I have a client that has had a series of unusual cats over her lifetime. She's always telling me about these various cats, and they're some type of hybrid between a wild and domestic cat. Some of them behave much more like dogs, and you can walk them on leashes, and it's very interesting. They run to the door when you open it. It's like your dog would and stuff. It's pretty interesting. I think it would be fun to have one of those.

Robb Wolf: For sure. And since people usually consider me to be the lunatic fringe anyway, it would just cement that whole feeling.

Andy Deas: Exactly.

Robb Wolf: Yeah.

Andy Deas: Next, we got a questions from -- I'm going to say Gittit.

Robb Wolf: Gittit.

Andy Deas: Gittit. There you go, Robb.

Robb Wolf: Yeah.

Andy Deas:

I'm from Ohio. Happy belated birthday and thanks for all the information you so generously put out there. In your 'My Training at 39' post, you mentioned something about melatonin, worsening sleep issues when they are GABA related. I was wondering if you could elaborate on that a bit. Here's my story in a nutshell and why this comment of yours struck a chord: I'm a born night owl and I always have had trouble keeping in sync with day and night. I've tried taking melatonin to help fix sleep, 3-5 milligrams, but about half the time I take it the result is horribly fragmented sleep. I wake every two hours or wake up after five hours and can't fall asleep again.

Without melatonin, my problem is falling asleep, but once I'm out I sleep deeply for nine hours. I do keep basic sleep hygiene, sleep in a dark room, and drink my last coffee no later than 4:00 p.m. Interestingly, my 19-year-old brother independently has the same reaction to melatonin, and our doctor has never heard of this phenomenon in anyone else. Thank you for any input you may have, and again thanks for all the information peppered with good old tough love. Always looking forward to more. Take care." And he is an old student of Ido's. "Really looking forward to your new project together! Feel free not to broadcast the parentheses." Ah, too late.

Robb Wolf:

And Gattit is actually a she.

Andy Deas:

Ah.

Robb Wolf:

So one of Ido's female students. I made the same mistake too when we first started corresponding like four or five years ago. The deal with the melatonin versus GABA -- GABA is an inhibitory neurotransmitter, and there are just some folks that entry into sleep requires a number of different neurochemical changes to occur. Some of them can be serotonin- melatonin related. Some of them can be GABA related. And so if your issue is more of a GABA kind of problem and we load up that serotonin, melatonin pathway, it can actually exacerbate your problem. It can make the sleep even more fragmented.

That's why when you look around at some of the more natural sleep aids, you have some things that typically are kind of in that serotonin pathway or you have some things that are hitting GABA receptors like the valerian extracts or just a GABA, gamma-aminobutyric acid, specifically. And so it just kind of depends on how you're wired up. But it's very rare that you see a formula that will contain both GABA and melatonin. There are a couple of them out there, but you usually see people benefit from kind of

one or the other based on how they're wired up or even what they have going on.

I've seen with a lot of people that if they have any type of overtraining going on, then the fact that the overtraining may be elevating cortisol. Cortisol is potentially antagonistic towards serotonin maintenance in the neurotransmitter clefts. And so you are effectively burning through the serotonin faster than what you should and therefore getting less serotonin signaling. And so that's where the melatonin is helpful in some sort of a cortisol-dependent overtraining, overreaching scenario, but very different mechanisms from the GABA-related issues.

Andy Deas: Yup. I apologize for the flub on the names.

Robb Wolf: Well, we'll have to start getting some sort of a form to fill out. Are you male or female?

Andy Deas: With phonetic pronunciations.

Robb Wolf: Yeah, yeah, with phonetic.

Andy Deas: For Andy.

Robb Wolf: Yeah. You are from the Midwest so....

Andy Deas: That's right. That's true, from -- near glorious Columbus where Welbourn was visiting. I get cold easily, you know. My brain is not working this time of year. Next, we got a question from Courtney, "Hello, Robb and Andy. I know your paths have diverged with our old friend Barry and all his weigh and measure nonsense. However, I still like to loosely structure my Paleo meals around the 'blocks' system in order to have an understanding of how much of everything I'm eating. I like the idea of knowing what to tweak based on how I look, perform and feel.

My question is about measuring protein. My husband and I have been debating for years whether meat should be weighed before or after cooking. I think that if you measure it before cooking you are measuring water weight because when you cook it, it weighs a lot less. My husband thinks that that is wishful thinking. As much as I realize the relative insignificance of this issue, I would love to settle this debate once and for all. What do you think -- measure before cooking, measure after cooking, or throw the scale out the window?"

Robb Wolf: I would definitely be of the final option there which is pitch the scale. I would ask -- we'll answer the question. One thing is you could go either way as far as right before or after. If you weigh the meat before, then you do need to weigh -- you need to add more because it's going to lose some water weight. So I think in zone land, it was like 2 ounces of lean meat per block if you weighed it raw versus 1 ounce of cooked meat if it was chicken breast or something like that.

This is approximate stuff. I just found it hard as hell to do that unless I was cooking a single meal for myself. Then you don't really know -- you're going to have to dish that stuff out at the end anyway. And so it seemed more convenient to weigh it at the end. But even beyond that, I just -- I mean unless you're a fitness competitor or something, I just really question what the utility is of weighing and measuring your food.

If you're generally healthy and happy and feel good about eating to satiety, I mean if you want to do it, by all means go for it. But I just fail to see the real benefit on that stuff. Beyond that, I would generally probably side on weighing it after cooking just because it kind of makes more sense from being able to cook a given amount of food and then portion it out to multiple people. So like mama bear, papa bear, baby bear kind of gig. But even then it seems like a huge pain in the patootie. I don't know how helpful that is.

Andy Deas: Well, I think based on experience though you would say, for most of the world like their return just really isn't worth the investment.

Robb Wolf: Yeah, it's just not. And again, even the fitness competitor folks that we've worked with, most of the year they're able to remain quite lean, and then when they start getting right near contest prep time, then we may need to tighten things up and weigh and measure the food just to really make sure that we're keeping carbohydrate levels at a minimum level, protein levels at the right level that we want, and stuff like that. But that's when we're really getting people down the remarkably low body fat levels. But before that, I mean they're lean and jacked and look good and feel good but don't have the onerous proposition of weighing their food which just seems really not fun to me. But again, to each their own. If you like doing it and you feel like it provides some control or some accuracy and precision on what you're up to, by all means go for it. But I'm not really a fan.

Andy Deas: Accuracy and precision may be overrated in this context. That's what I'm going to say.

Robb Wolf: Yeah, yeah. You can get a long way down the road without getting super geeked on the weighing and measuring element for sure.

Andy Deas: Yup. Next, we got a question from Jaison, "Robb and Andy, I am super confused by trying to program my strength training and workouts. There are just so many different programs to choose from. I would like to rotate in a new program in once a month; so one month I'd focus on mass gain, then strength gain, fat loss, and athletic performance. It's not that I can't find a thousand different programs, but I know that you will be able to point me in the right direction to the most useful and well researched programming that fits in with eating Paleo.

I am 5'9", 160 pounds, have been 100% Paleo for one year and I've dropped from 224 pounds (64 pounds lost this year), from 36% body fat to 13% with embarrassingly little exercise, although I have been doing P90x for about three months. I've been doing Leangains IF for about two months now with good results. But it's time to step things up and be specific. My main goal right now is to gain muscle mass, and then get under 8% body fat. I'm just confused as to, well pretty much everything to do with programming for these goals. Love the podcast. I have read the book twice. You have really changed my life." Holy cats! So I picked it, Robb. It's a doozy.

Robb Wolf: It is a doozy. This basic muscle masking is a desire, and then there's also just kind of some squirrelness as to sticking to a path. I've been tracking something down that looks a lot like a Westside Barbell template, like DeFranco has that Westside for Skinny Bastards. There are a couple of different templates floating around with that. But the nice thing about it is that there is absolutely a ton of variety with it, but you've got a generalized plan that you're following.

You've got some max effort days. You've got some repetition days. You've got some dynamic effort days. You can train some athletic type stuff like sprinting and sled pushing and everything amidst that whole scene, while generally still keeping the boat moving forward on kind of strength and athleticism, but there's enough variety in there that you're not hopping all over the place because you're always training strength and hypertrophy and speed all the time.

Those are the things that are kind of woven into the mix. That would be kind of the direction I would go. Maybe even like Rutherford's Max Effort Black Box and just kind of up the volume a little bit with that type of thing and keep an eye on the type of metabolic conditioning that he is doing and make it a little bit more just kind of volume more body building-

esque type stuff, multiple joint movements but complementary to what you're doing on the Max Effort strength work.

But I think something like that is going to work great and will provide enough variability to keep you interested, but then enough continuity to keep you moving forward because the idea of changing things once a month, unless you are at an elite level of development in a strength sport or something like that, you don't need mesocycles that are that sporadic. You don't need to change things up that often in order to keep moving forward. If you're getting some benefit from that Leangains stuff, also Martin has got a couple of cool templates like two or three-day a week templates that are a very bargain basement level of volume, high-intensity hit-esque type stuff with a little bit more volume on the back side of that.

I played around with some of that stuff and just simply added in like a third strip set relative to what Martin usually does, which is about 2. And I kind of liked it. It was quick and easy. You're in and out of the gym fairly quickly, and I think the results are pretty good. But I would gravitate towards something like a Max Effort Westside Barbell kind of gig to play around with that, have a little variety, get all the different features of strength hit. And then really focus on getting as big as you can, as strong as you can, and then down the road worry about that lower body fat level.

Andy Deas: Yes. You can actually achieve all goals at once no matter what anyone tells you.

Robb Wolf: Unless you're a beginner, and then it's all smooth sailing for a while.

Andy Deas: Yeah. All right. Good question. Let us know how it goes.

Robb Wolf: Yeah, totally.

Andy Deas: Don't do P90x if your goal is to be strong. Just throwing it out there. Next, we got a question from Kyle. He says, "Hi, guys. I am a new follower to the podcast, never knew it existed until a recent Hawaii visit. The title is what was said to me by a naturopath recently." So basically a background, the title of this guy's email was something about his naturopath just told him to go vegetarian.

"It was my first bout of gout (NEVER want to experience again!)." The naturopath basically said, "You eat way too much high-purine foods, with the red meat. I suggest a vegetarian diet or eating meat at least one

or two days per week to make it a moderate consumption.' I went to the naturopath in order to get some herbal anti-inflammatory medication as opposed to taking your usual NSAIDs. After looking up what causes gout, I was fearful that my Paleo diet was a contributing factor. I do eat lamb, beef, kangaroo, not in massive quantities and mixed up throughout the week with wild salmon and deep sea fish. But I definitely eat it more than one or two days per week when you consider the amount of meals one has throughout a day.

This has all happened within two weeks. In the week before going to Hawaii, I was eating food which according to 'the blood group diet' are foods to avoid for me e.g. prawns and chicken, plus I had some sweetbread in Hawaii. So in a two-week period I had eaten food that cause it and managed to get it. Also, in that week in Hawaii, if you don't mind the oversharing, my kidneys were acting strange. The amount of times I had to urgently pee was ridiculous and way too frequent.

So please tell me I can continue eating Paleo, that I don't have to go vegetarian. Also is it true that I should listen to what the blood group diet suggests because with the elimination of chicken, pork, trout, seeds, pumpkin, I'm kind of left with only the meats that I should only have one or two days a week. Oh, I am sending this before I have my blood tests and I want to know I can eat still as normal Paleo style. Thanks guys, looking forward to hearing the response."

Robb Wolf:

Loren Cordain has a really nice piece on the Paleo diet and gout. Gout, part of it is purines do get played into gout formation and purines are part of DNA. And so high-protein containing foods like meat and fish and stuff like that contain high amounts of purines. But the problem isn't with the input of purines. The problem is metabolism of purines in the liver. And interestingly, metabolic derangement and gluten intolerance seem to be the big features that cause derangement in the liver with regards to purine metabolism.

So this recommendation to eat a low-purine input diet ends up hammering you full of insulin spiking carbs and gut irritating grains that are actually causing the problem. So you get a little bit of improvement initially, and then you're always going to be have this kind of gouty feature that keeps getting worse and worse over the course of time. So what you need to do is be very fastidious on kind of a low-carb Paleo type diet, and to whatever degree you get some carbs in, like the sweetbreads could have been a problem. If there was any type of beer consumption, that can be a major trigger.

So it sounds like what happened is that you actually got to Hawaii probably loosened your food to a significant degree and then started getting some problems. So the problem isn't the Paleo diet. The problem is the loosened up foods mixed in with the Paleo diet. And that's really the place to look. If you dig around, if you Google Paleo and gout, then you'll track down the Paleo diet newsletter that Professor Cordain generated; very, very good piece of information on that. So I would check that stuff out. And as to the blood type diet, just assume that everybody is an O blood type, and then we're fine. Just ignore all the other AB, A, B blood types. They don't exist. Just forget them.

Andy Deas: It's only true if you're an O.

Robb Wolf: It's only true if you're an O. So if you apply the old blood type to everybody, then we're fine.

Andy Deas: Yup. All right. Next, we got a question from Joshua, "Hey, Robb and Andy. I love the podcast. I'm currently attending Palmer College of Chiropractic where time to do anything but study is a luxury as we take an average of 30 credit hours a trimester. CrossFit is becoming an extremely popular thing here at school, which is in no way a bad thing. I, however, hate being in the gym and am a big proponent of MovNat, and being out in nature. I know Robb and Erwan have done lectures and such together which is how I found the website, podcast, et cetera.

A lot of my friends who are CrossFitters are very hesitant to leave the gym and just go outside to play every once in a while. I was wondering if you had any advice so I can convince these 'CrossFit cult-ers' as I call them outside and back to nature. I have nothing against CrossFit. I think it's great. I just think getting outside has some definite benefits as well. Oh, and Robb, I just listened to the podcast where you talked about feeling more 'Randy' and well to each their own but did you at least ask his permission first? Thanks a ton!"

Robb Wolf: Dong ding. Well, I just like to mention that NorCal is a don't ask, don't tell gym. And so we just don't worry too much about what goes on. All right. This thing is kind of an interesting piece. I know for myself lately -- like I still like to lift weights. I totally dig doing a ton of the MovNat type of stuff doing more open-ended type training, but I also just like getting in and back squatting and kind of being a meat head and doing some of that stuff.

And so I guess I would just try to get these folks out and have them give it a shot. But I also know that whenever folks do something new, say, when

you're trying to get people to go from bodybuilding and try CrossFit, they're really freaked out because they're afraid they're going to lose muscle mass. They are just used to doing what they're doing. They've kind of got a groove down and all that. And so I don't know that I would be all that fired up about trying to change their perspective on it.

I mean encourage them to come out and do some stuff. Maybe initially put together some combos that look more CrossFit-esque, some sort of like a sprint up a hill, do a couple of muscle ups on a tree limb, pick up a rock and carry it for distance, do some rounds conga line style, one person goes, another person goes, another person goes. So if you're going to try to get some buy-in on this more open-ended stuff, I would make it look a little more CrossFit-esk initially so that it is just feels a little -- it's kind of like giving people a binky. They feel a little more comfortable. It looks like a known entity.

And then you can kind of go from there because these folks -- also, particularly when you're in that situation like medical school, chiropractic school, you're really time crunched. And I'll say this, CrossFit is really, really nice for that. You have been studying all day. You don't want to think about your training. You log in to dotcom or you show up to an affiliate, and they tell you do x, y, z and you do it. And it's kind of nice in a way. There's just not a lot of thought. There is not a lot of analysis.

I know for myself one nice thing about that like I think I've mentioned on my training update blog post last week, I've been doing a bunch of strength work and gymnastics work, and it's cool, but it's also tedious because I have to time all this stuff or otherwise I'll be in the gym all day because I need to rest long enough to recover between doing one arm chin and another one arm chin, but I end up being in the gym forever and not really getting all that much done other than some strength work which is cool. But then when I'm super busy trying to rewrite my blog posts and do all that other stuff, there's not a lot of time in the day.

And that's where something that's CrossFit-esque or like some MovNat combos where you got a little bit of strength work, you've got a little bit of metabolic conditioning, and you just hammer it. And you're able to tackle it similar to a game, it's just like "This is my task, I need to work my way through it in the most time expedient way possible. It's just easy. You don't have to think about it. It's just kind of fun, kind of easy. So that stuff is all cool, and I would just be hesitant to take away that time expedient element.

So when you're trying to sell folks on it, it's like, "Hey, you're going to get a lot of worked on. You're going to get a good workout. You're going to feel good. You're going to feel kind of knackered by the end of it," because that's what these folks I think are looking for. You're being very, very cerebral while in school, and you just want to get out and blow some steam off. And I think being outside would be good. So I think it is a good thought, but you're going to have to wrap it and package in a way that's going to be appealing to them initially.

Andy Deas: Yeah. And I think for some folks, if you can challenge them a little bit -- so Robb and I we've talked about like trying a muscle up on a tree branch versus on a set of rings. I think there is some thought by some CrossFitters run into that some of the moves in that stuff isn't that hard and shockingly in some cases it's much freaking harder.

Robb Wolf: Yeah. The interesting thing is because it is very skill based and very context base, you may end up having 4, 5, 10 muscle ups on a set of rings, but you cannot scamper up -- you cannot get yourself onto and over a tree branch that's 8 1/2 to 10 feet in the air; whereas a Juan or Ito would be up and over that thing like a jackrabbit. But interestingly, if you stick them on the rings, they end up having 12, 15 good, solid, technical muscle ups. So that technical base is really legit, and it's shocking what a little bit of context change, not doing it on gymnastics rings, not doing it at a gym with barbells and dumbbells and all that sort of stuff; it really complexifies things a lot.

Way back in the day, CrossFit used to be more oriented in that way. It used to be a little bit more context-oriented. But in the process of kind of formalizing this sport of fitness kind of gig, everything is about quantification now, and so you need barbells and dumbbells and medicine balls and all that. And that's all fine, but the context can really change the game a lot.

Andy Deas: Yup. Makes a big difference.

Robb Wolf: Yeah.

Andy Deas: Also, I think you'd prefer to be farm strong and not weight room strong.

Robb Wolf: I'm liking farm strong more and more, yeah, yeah.

Andy Deas: The LSU track and field coach said that.

Robb Wolf: Yes. Yeah.

Andy Deas:

Boo. That's right. I always like that. All right. next, we got a question from Emma, " Hi, Robb and Andy. I guess everyone begins these things with a spiel about how they've been listening to you from the very beginning, so I might as well follow suit: I've been listening to you from the very beginning. My mom was diagnosed with Non-Hodgkin's Lymphoma in October, and is currently undergoing chemo. I understand you believe this type of cancer to be in the family of auto-immune diseases that can really benefit from a diligent no-gluten, low-carb policy.

Where I'm not clear about is how she should handle the issue of red meat. Many sources say to avoid the stuff as much as possible, but those are the same people that are also recommending vegetarianism and 'healthy' whole grains. My family tries to eat mainly locally raised, grass-fed meat, and my gut feeling is that this should not be problematic to her recovery. However, I'd like to have something a little more solid than my intuition to make such a judgment in this case.

How do you feel about people eating grass-fed red meat, or for that matter any sort of red meat during cancer treatment? Should they limit their intake, or is it not much of a concern? If you could also please cite some sources I would appreciate it. I've tried searching PubMed and Google, but to no avail. I mostly come across studies linking red meat consumption to increased risk of cancer, which I already know to be a shady manipulation of variables that doesn't properly represent the entire picture. Thank you so much for your help and insight!"

Robb Wolf:

This one is kind of a -- the thing I actually default back to this, it may give Matt Lalonde an aneurism because it's kind of anthropological and observational. But if red meat was giving people cancer, then we would have seen just meat or animal products in general like the Inuit, the Ache Indians of Peru. Both these groups of people eat upwards of 80% to 90% of their calories from animal products, but they have no cancer, diabetes, or heart -- specifically cancer. We don't see cancer in these populations until they start eating westernized foods. And so that's an element to this.

And then every one of these studies that is linking cancer and red meat is inevitably an epidemiological study; we never see a mechanism-based study in which we are seeing some sort of an in vivo living critter scenario in which you feed the individual meat, and we get some sort of a carcinogenic effect out of that. We get this with elements of berry and increase in insulin-like growth factors and growth factors. We get this

with wheat because we know it's an irritant. Any type of an irritant, like fiberglass or asbestos, we know can be a potential carcinogen.

So we're just not seeing any of these things with regards to red. But red meat and unsaturated fat is just kind of a whipping boy. It's almost woven into our cultural mythology that it's a cancer causer. It doesn't mean -- matter how much information you have that are contrary than -- people are still going to believe that it is, pretty much regardless of what you say. So that's just the piece to all this stuff.

The difficulty -- it's interesting. I was talking with Matt Lalonde about a bunch of this stuff. And it's interesting, early T. Colin Campbell Research, the guy that wrote The China Study, a lot of his early research indicated that a high-protein diet was protective against cancer. It was protective against the development of cancer. However, once you get cancer of various types, you're probably best served by eating a lower protein diet. And Matt and I hopefully at some point we'll put together a paper on this or a blog post or maybe even a small book. But what I would recommend is a low-carb ketogenic diet.

I would recommend relatively low protein intakes, probably about 10% to 15% of calories at the maximum. And what we're going to try and look at is finding protein sources that are low in gluconeogenic amino acids. There are certain amino acids that can be converted into glucose. We know for a fact that the primary fuel source for cancers is glucose. Some cancers can also convert gluconeogenic amino acids into glucose to be used as a fuel source.

And so what we would like to do is to limit the amounts of both glucose and gluconeogenic amino acids to an individual, and then in that way we can really starve the cancer as best we can from getting any type of a glucose source. And then from there I would recommend really rounding up diet with a significant amount of antiangiogenic plant matter. So there's stuff like lavender and onions and all kinds of different plant material that actually have some antiangiogenic properties. And darn near any type of fibrous green or multi-colored plant material ends up very beneficial in this regard.

So that's the direction I would steer the boat under a cancer treatment scenario. The really interesting thing and hopefully we get some information back from an individual, but she contacted me about a week ago to let me know that her father unfortunately had been diagnosed with cancer, and I forget what variety of cancer it was. But at the cancer

treatment center that her father went to, they put him on a Paleo diet. And they actually recommended my book.

So that's a really interesting piece that there are people out there that are getting that this stuff works, and it is very, very beneficial as an adjunctive element to the standard chemotherapeutic treatments. And so I'm hoping that we'll get some information back from her. I asked her to get the name of the clinic and to get a write-up from the doctor about why they're using the Paleo diet, and why they were using kind of my spin on the Paleo Solution specifically for the patients in their cancer treatment center. So hopefully, we'll get some information on back, then I can show that with folks.

Andy Deas: Nice.

Robb Wolf: Yeah, pretty cool.

Andy Deas: All right, Robb, we're going to jump down to number 12 because we're running out of time. And we want to talk about 8 reasons carbs help you lose weight.

Robb Wolf: No.

Andy Deas: A question from Colby. He says, "Robb, saw this on the Yahoo front page this morning. I'm sure you've heard about it or will soon, but I just had to comment. Is this article a joke? It seems to make all kinds of wonderful claims, but then does nothing to back them up. How is it that studies and/or articles keep coming out that contradict Paleo, but they cite little to no research? I fear that the ease in which someone can post groundbreaking new diet research, all for a buck, is the biggest opponent that Paleo faces especially because once these diet fads are disproved, people lump every other diet/lifestyle together and label them a fraud, fad, scam, et cetera. Just my 2 cents."

Robb Wolf: What do you make of this, Andy? I mean I -- this was just another one of those like head slappers for me. What's your take on this gig?

Andy Deas: I love this because my favorite part is when you go to the end and you have this wonderful person who is the registered dietician from the American Diabetic Association and always reminds -- Dietetic Association. "Dieters feel so empowered once they lose weight on carbs. For the first time, they are able to lose weight by eating in a balanced manner, without cutting out entire food groups." This is about the dumbest thing I've ever read probably.

Robb Wolf: Yeah, the dieticians are hell bent on -- don't exclude any food group. It's the multiculturalism of food or something like that. Whereas with people, there's probably a very strong argument for that and with food there's absolutely no damn reasoning for it. And I think a couple of podcasts back I mentioned the whole deal about the recommendation that dieticians make; calorie restriction, foods that are known to cause problems with regards to the neuroregulation of appetite, they're pro-inflammatory, it guarantees failure. Dieticians are selling a guaranteed to fail program. And this is amazing for keeping people on the merry-go-round. It is just stunningly effective.

And so you throw this stuff out here and the commentary about like -- the thing is it's reasonable to have a Yahoo piece where somebody does some little newsy piece or something. They're not going to link a ton of scientific studies to something like that. I don't really care. That's not that big a deal. People don't read the studies anyway, and then half the time, if they do, they don't have the background to really be able to navigate at that effectively on that count too.

So I mean I'm not really all that offput by that, but folks need -- I hate turning this into the conspiracy theory deal, but if you eat grass-fed meat, wild cod fish or even just standard conventional stuff, fruits, vegetables, nuts and seeds, blah, blah, blah, you're pretty much going to be free of participating in the big biomedical pharmaceutical scene. You're probably going to be healthy. You're probably not going to cost anybody any money from a healthcare perspective, but then conversely nobody is going to make any money off of you because you're not going to be taking any pharmaceuticals or require any surgery or anything like that.

So it's just a head slapper. I don't even know what to make of this. When this came out on my Facebook page, there were like 50 people that posted it and like, "Have you seen this?" I'm like, "Yes, I did, it makes me want to go back to bed."

Andy Deas: Robb, researchers concluded that your odds of getting and staying slim are best when carbs make up 64% of your daily caloric intake or approximately 361 grams.

Robb Wolf: Probably because you're dying from that. I don't know.

Andy Deas: Oh, man. I should write for Yahoo. I think that was the question of the week right there for sure.

Robb Wolf: Your intelligence is about 8 pay grades above the Yahoo news pieces. So you are dangerously overqualified to write for them.

Andy Deas: Yup. That's really funny. I'm also going to post, Robb, in the show notes the focus on function why athletes should avoid barbell lifts by Steve Myrland just for a thought piece for folks.

Robb Wolf: Oh, cool. Cool.

Andy Deas: Yeah.

Robb Wolf: And then also the photo, the birthday photo that was sent to me.

Andy Deas: Oh, it's coming. It's coming.

Robb Wolf: Cool.

Andy Deas: We got it all, Robb. The birthday photo is genius.

Robb Wolf: Sweet, yeah. That one folks are going to get a chuckle out of that.

Andy Deas: All right. And with that, Robb, that is the end of episode 65, and we will have Johnny Welbourn on again soon. So we'll get post up with some Q&A requests for Johnny.

Robb Wolf: Nice, man. Cool.

Andy Deas: All right. We will talk to you next week.

Robb Wolf: Awesome, Andy. Thanks, man.

Andy Deas: I'll see you, Robb.

Robb Wolf: Okay. Bye.

Andy Deas: Bye.