

The Paleo Solution - Episode 48

1. Question from Beth:

Robb,

I attended your seminar some time ago at one world. Juliet Starrett was my team mate for years on the US Women's Whitewater TEam, and I own Wine Country CrossFit. Since doing your seminar we have implemented the Paleo Challenges in our gym every quarter, and of course have amazing results.

A new client is pre type II and also has crones disease. Her doctors tell her not to eat many vegetables cuz of the Crohn's. Can you please weigh in on that?

2. Question from Ultimate Russell:

Hey Robb & Andy. I've been doing the Paleo thing pretty short term but have been getting great results. I'm 5' 10", between 170-175, body fat between 8-9%, sleep is great at 8-9 hours a night, very few midnight wake ups, and my body comp is looking great! I've NEVER had a six pack before and now I can see it forming... just effing amazing. Anyway, my wife and I work basically a commission based job so sometimes we have a whole bunch of money to spend on food, and sometimes not so much. Usually if we're going to drop some big bucks we use it to buy local grass fed, no hormone, free range beef, chickens and eggs but sometimes there's not much money left over for good produce. So if we're having a bad month for fruits and veggies how much of those should I eat to maintain healthy levels of vitamins and minerals. I do some Crossfit Endurance every week as well as my own bodyweight strength training program a few times a week and mostly follow Mark Sisson's The Primal Blueprint when it comes to activity levels. Gonna pick your book up this weekend, thanks for everything you guys do!

3. Question from Cindy:

I am a faithful listener to the podcast and just received my copy of the book. Thank you for all you do!

Some background...I am 49 female, crossfit 2-3 times per week, cyclist, paleo lifestyle. Had thyroid cancer 7 years ago, thyroid removed. when they sent the organ to pathology they found I also had hashimoto's disease. I had been treated for years for hypo thyroid.

My question is this...you often talk about not eating eggs and night shades if you have autoimmune issues. If my diseased organ was removed 7 years ago would this still apply to me?

Again, thanks to you and Andy for the great work!

4. Question from Tony:

Hey Robb and Andy,

My girlfriend loves to eat popcorn with salsa... gross right? She loves it so much that she eats it practically every day; it doesn't help that she works at a movie theatre. Salsa is generally nutritious, besides the possibility of her having issues with nightshades. But I know popcorn and other corn products are essentially undigestible, it just passes on through without any nutritional benefit besides calories. Lately she has been complaining

about stomach pains. She does NOT eat Paleo; she had an "Eg-gel" (Egg + Bagel = Eggel) for breakfast just today. I do make meals for her that are very nutritious and entirely Paleo. However, she tends eat the meat, push the vegetables to the side, and supplement with popcorn and salsa. I have to imagine that the bulk of her stomach pains are from the persistent consumption of the popcorn. Is this probably true? What are the effects of popcorn on the system? Does it serve any nutritional benefit? Also, what would be some tasty substitutes to eat with salsa since chips and "popcorn" aren't exactly ideal? I would really like to get some feedback on this subject. I believe she is causing some damage to her system that she doesn't realize. Also, I LOVE salsa and do indulge in "chips and salsa" from time to time and would love a Paleo alternate for the chips. Thanks again guys. Love your work.

5. Question from Donna:

Sorry if you've already talked about this subject but what do you know about fibromyalgia (my husband suffers from this- mostly flu like aching all over his body) and does the paleo eating help at all? His sleep is difficult due to the pain- THANKS !!!!

6. Question from Kim:

Hi Rob and Andy,

I love the podcasts and greatly look forward to reading the book. I've been making the transition to full Paleo for a couple of months. I have a 9 month old son and I am nursing him. He also eats solids at this point, but the bulk of his nutrition comes from breast milk.

I was wondering if it would be possible to do some intermittent fasting without affecting my milk supply. I assume that my Paleo ancestors were able to do so, but I didn't want to try I.F. without a little (scientific) reassurance.

Thanks for the great work you do.

7. Question from Paleo Space Monkey:

Robb, I was going on and on about what all the Paleo diet can fix health wise and a co-worker asked me to see if there was anything you can suggest that would help him and his inherited Polycystic kidney disease. He was diagnosed in his 20's and discharged from the Army. He is now in his late 30's/early 40's. He has no diet plan to speak of and his doctor at the VA hospital told him that other than walking, exercise would be a bad idea.

He is on all sorts of heavy duty pain meds just to function. What advice do you have for him? Great job on the Podcasts and Book, you are THE MAN!

8. Question from Ste:

Hey guys,

First of all, a big thanks from the UK to you and Andy for the podcast. I have been a listener since episode one! It really is a great source of information and makes for entertaining listening!

I have been Paleo now for close to a year and have had great success with it. At first my parents thought I was crazy but very recently I managed to start getting some information through to my mother. So to the question. . .

She is 44 years old, 5 foot 4. She has been overweight for quite some years now.

Currently sitting at a BW of 231 lbs. She has experimented with garbage/fad diets such as weight watchers and conventional low fat high carb diets over the years and as you would of guessed, she has had limited success. Rebounding terribly when she came off these diets, often ending up back where she started or worse.

Currently she has started to eat more paleo (with much persuasion from myself). She has removed processed food and grains and started to follow a low carb, paleo diet. she still includes small amounts of dairy in her tea (British people and their god damn tea!!! ha) and has a cheat meal (indian food) once a week, accompanied with Vodka and diet coke.

The problem with my mum is that she has it instilled in her that the best way to lose weight is through starvation. It seems crazy to her that she can eat to satiety and still lose weight if her food choices are good. I see it time and time again where she will not have breakfast and then skip on lunch and then eat a infant sized portion for dinner. In some way she believes this will help her to shift the fat.

Her new paleolithic eating regimen is leading her to often revert back to this skipping meals mentality. Especially consuming foods that are keeping her satiety up for prolonged periods. She claims she isn't hungry enough to eat half the time and therefore doesn't.

while I wouldn't usually be concerned about skipping the occasional meals when the body doesn't want/need fuel, This is far from intermittent fasting. I feel that this may be some kind of mental block that is being exaggerated with the high satiety levels associated with paleolithic eating.

I have ensured her that this is not the case. I really think that she is chronically underfed and has been for many years. I also feel that she would see much greater results if she upped her food intake. I would hazard a guess if I plugged her food intake into Fitday she would probably be consuming around 1,000-1,200 cal a day. I believe that this has slowed her weight loss dramatically and would like your views and opinion into this underfeeding matter. I believe if she can hear it from someone else, who's just a little more awesome than her son :-)) she may just listen.

other useful information:

- -she has a hysterectomy 18 months ago.
- I have got my mother taking 4g of fish oil per day (more/less?)
- 5000iu's Vitamin D3
- and slowly weening her of milk onto better choices such as coconut milk, or sometimes heavy whipping cream.

Keep up the good work guys!

Thanks, Ste

PS Still waiting for the God damn book. . .Hurry up Amazon UK! :-)

9. Question from Allison:

Hey Robb,

I'm a physician in the military and recently started my fellowship in pulmonary/critical care. 3-4 months out of the year I cover the ICU, which means I'm on call 24/7 for 30 days straight (minus a few days off). During that time I can get anywhere from 8 hours of sleep a

night if its quiet, to no sleep if patients are crashing left and right. My question is this: during these times when I know my sleep isn't optimal and I'm sure my cortisol is whacky, how would you recommend I tweak my work outs? I normally do CF or CFE WODS 2-4 days a week. I don't want to add extra stress to an already stressed system, so do you think I should cut down on # of days I workout, switch to strength-bias WODS vs more met-con type WODS, not work-out at all if I didn't sleep well the night before, etc? I already eat a paleo diet, although during these months, it's certainly much harder when the only thing thats available at 2am is the vending machine. I bring my own food to work most of the time, but its hard to remember to grab something for lunch when you're running out the door at 2am to see an unstable patient. For what it's worth, I do increase my fish oil intake during these months. Any other suggestions on how to not completely undo myself during these relatively short periods of life-style chaos are welcome.

On a side note, I'm in the middle of your book and all I can say is I think it should be required reading for all medical schools, nevermind the general population. Thanks for all your hard work; you've certainly made a believer out of me, and hopefully I can pass along some of your wisdom to my patients, family and friends.

10.Question from Roberto:

Roberto,

Couple quick questions that I am sure you will answer on your next podcast since you most always have the answers before I can ask.

First, I Heard Diane Kress of the Metabolism Miracle interviewed and she made a claim that everyone that goes five hours without eating secretes glucagon and in turn raises blood sugar and therefore has an insulin response. She argues that this happens at night and that you should eat just before you go to sleep and even get up and eat if you wake. I I.F. quite a bit, not because I plan it or anything, it just fits easier into my life. I feel good with it and seem to run pretty lean. Am I an outlier? :)

Second, what is your take on body temp.? Does a low body temp. mean my metabolism is not performing optimally? Mine averages about 96.3 when I wake and seems to get low when ever I go for extended periods without eating. Again, I feel, look, and perform as well as I ever have. I just want to make sure I am not in some honeymoon period. But then again, I have eaten whole foods- paleoish for a couple years and pretty strict paleo for at least a year. Any thoughts are appreciated.

PS, I did send in another question with an attempt at a handle. It sucked and I regretted it as soon as I hit send!