

## **The Paleo Solution - Episode 49**

### **1. Question from Alex:**

Eating insects - go!

### **2. Question from Jeff - The Paleo Playboy:**

Robb and Andy,

Long time listener first time caller desperately in need of your help. I'm concerned about my mom's health and am not having much luck in getting her to make a change. She is nearing 60, has knee pain daily, and is quite overweight (5'9" and ~245). While she has made the switch to only paleo foods she has not fully embraced the lifestyle. She skips breakfast daily, eats a very small lunch, and then has her largest meal at about 8pm. I know that quality over quantity is the focus of your work, but in this case I fear she is not getting enough food on a daily basis. Running a typical day of eating through fitday she's consuming roughly 1400 calories, with 900-1000 of those coming at her 8pm meal. This also doesn't include the 2-3 glasses of wine per night. She is also quite stressed from work, and her daily knee pain. I'm working on trying to get her to walk for at least a half hour daily to help build strength and improve her joints. Sorry for the long intro, but here is what I'm hoping you touch on:

1. The role of adipose tissue as a gland in the body, and how dietary and lifestyle choices affect how it acts.
2. Negative effects of only eating 1 large meal at the end of the day.
3. How low level movements like walking are helpful on the road to health.

I really hope you can help me out, as hearing all this from me doesn't seem to have any affect on her. PLEASE HELP ME GET MY MOM BETTER!!!

P.S. Are you accepting applications for interns at Norcal? I'll work for nothing and would just need a spot in the parking lot to live out of my car (Cave)

Thanks a bunch, you guys are awesome and are helping a lot of people get back to normal.

### **3. Question from Rocco:**

Hey Robb,

I'm really enjoying the podcasts. Thank you for all the great info you put out there!

I recently switched my nutrition to strict paleo in an attempt to lean out a bit, increase performance, and simply for long-term health. Beforehand I was paleo but with much more fruit per meal and was consuming 5-6 smaller meals/day (averaging 17-18 blocks p/c/f@2x). I now eat 3 larger meals/day spread about 5 hours apart with each one consisting of 6-8oz meat, 2c broccoli or spinach, and a whole medium avocado or 2.5tbs nut butter. I have 2 blocks worth of berries in the morning instead of veggies and I also have a PWO shake of WPI and creatine (which I was doing before too). I notice that I experience a flushing/tingly feeling in my face and arms after meals and actually feel my body temp go up. It's not bothersome at all and I'm feeling great overall. I'm just curious if you have any experience regarding this with yourself or clients. I've actually experienced this before when dieting a few years ago when my carbs were under 100g/day and was attempting to lean out. I'd like to think it is a sign of my metabolism revving up!! Haha.

Thanks for the help, Robb!

#### **4. Question from Jon:**

Robb,

I have been in the army for the last 16 yrs. My mother's side of the family has a history of heart disease, high blood pressure, and high cholesterol. Doing my annual health exams, over the last 7 yrs it's shown a trend that my total cholesterol count stays between 250-304. They put me on statins, which had horrible side effects (body aches, etc.) and little results. I do Army Physical training daily I have been Cross Fitting for a over a yr now( 2-3 times a week avg) and switched to paleo somewhere around 8 months ago. I haven't been super strict but I do have my one day a week cheat day, and the only tweak I added to my diet is I eat some cheese and use breyers all-natural chocolate ice cream in place of whole milk (1 cup) a night post workout. My last blood panel results were: Triglycerides- 130; Total Cholesterol- 304; HDL- 56; LDL; 222; Liver functions excellent, blood pressure- excellent. The doctor has put me on niacin (500mg once a day) in place of statins due to my inability to tolerate them. I truly can use your help to get this under control.

#### **5. Question from Hava:**

You said on one of your podcasts that bananas are overrated with regards to their potassium content. Can you expand on this?  
Thanks!!!

#### **6. Question from Olivia:**

Hi Robb,

I just finished reading your book the Paleo Solution and I am already hooked! I cleaned out my kitchen and went grocery shopping today, so I am ready to start the paleo lifestyle from tomorrow on! :-)

I am training for a figure/fitness model competition (currently in the building phase, before I start leaning down) and was wondering what you think about whey protein powder (all natural, contains stevia though). Can it be considered as "paleo food"? What are your thoughts about it as a post-workout meal, or what would you recommend post-workout? I usually have fruits and a shake but would definitely exchange the shake if it is not considered a paleo food. I would really appreciate your thoughts on that!  
You also mention a few supplements in your book. What do you think about a multi-vitamin?

Thanks Robb!...by the way, did I mention how GREAT your book is??? AWESOME!!! I LOVE IT!!!

#### **7. Question from Fred:**

I'm a national-level powerlifter who until recently has been competing in the 242 class. I've always felt that I was too fat at 242, so prior to my most recent competition, I took several months to cut down to the 220 class. I followed a mostly Paleo approach for most of this diet, and for the 6 weeks of the diet, it was 100% Paleo. However, losing the weight required meticulous calorie counting because it just wouldn't come off eating freely.

I maintain a high level of activity, usually 4 weight training workouts per week, plus 2

metcon and 2 active recovery. I have a low-stress job, take plenty of fish oil, and get plenty of quality sleep. I'm 5'11" tall.

Here's my problem: It's been 3 weeks since competing at 220, and my weight is already up to 235. I have not eaten a single piece of non-Paleo or junk food this entire time. I'm extremely frustrated, because counting calories always makes me really hungry and unsatisfied. I want to be able to maintain my weight at or near 220 without having to weigh and measure for the rest of my life. I've even started removing all fruit and starchy vegetables from my diet this past week, but my weight keeps climbing. What should I do?

Do I keep to the unmeasured approach with the hopes that my weight will eventually start coming down again, or am I doomed to weigh and measure my food forever?

### **8. Question from Justin:**

Hello Rob,

The new site is looking awesome man. I am extremely grateful for all of the information you provide to us.

Now to my question... Doing research I have found a couple of forums with your opinions on creatine. I am curious to know whether you still feel positively about creatine, specifically in regards to its use by paleo athletes. Also if you recommend taking creatine, how would you recommend cycling it? I was thinking about cycling it 2 weeks on, 1 week off, with 5g in a 300g container. Once the 300g is gone, I would wait a month or so and start all over on the next 300g container.

Thanks a tone, keep up the great work,

### **9. Question from Reformed White Buffalo in the Sky:**

Hello Solutioners! (Gotta keep it going),

First off I gotta thank you both for all you're doing/have done. Robb the information and service you're providing is priceless. I've been listening religiously since podcast #1 and since then I've cleaned up my diet (no more excuses), changed my training, (not a ton of "white buffalo in the sky"), and focused on getting more sleep. I've seen amazing gains... though I'm sure not surprising to you or the frequent listener.

I'm an amateur boxer, training to be a Krav Maga instructor and I've coached amateur boxers in my past. I push all of my clients and athletes to a paleo diet, and follow a "crossfit football" methodology for weights and conditioning. My question is on getting a personal trainers certification. I'm torn between doing a Crossfit Level 1 Cert or a more traditional personal trainer certification (ACE, etc...)? I don't agree with everything either one is preaching/teaching, but still find that you just don't get as much buy-in without a piece of paper saying "certified".

I just got my copy of the book today, so my goal is to get through it by the next podcast (I'm writing this as I'm listening to Episode 46... 51:05 to be exact).

Thanks again for all that you do,

### **10. Question from Wayne:**

Hi Robb and Andy,

Just finished reading your book Robb and had a supplement question concerning magnesium. You and Andy are fans of Natural Calm, which is made from magnesium citrate, but I see other formulations out there that are magnesium oxide, magnesium citrate, magnesium aspartate, and magnesium glycinate/lysinate. Now my question to you is does it really matter or does one form of magnesium tend to be used better by the body than another form? I've seen some information that indicates it does, but too often this information is from one of the manufacturers of a supplement so not an unbiased source.

Thanks and keep up the good work.

Wayne

Mo jokes about listener #x, giving Andy a break.