

## **The Paleo Solution - Episode 50**

### **1. Question from Theresa:**

Hi Robb,

I'm reading your book and love it! My husband and I are going to start the 30 day Paleo trial period. However we have some concerns because my husband is in the Army and there are times when he is in the field when he has no choice but, to eat the processed crap the Army feeds him. He will be deploying in March to go to Afghanistan. We are wondering if it might not be a good idea for him to go full Paleo given the risk that he might become more intolerant to a regular diet. We don't want his job performance to be compromised because of the side effects of eating MREs.

What do you recommend for him?

Thanks a lot!

### **2. Question from Spanky McMcMc:**

Hi Robb and Andy,

Great work, love the podcast, have my copy of the Paleo Solution so . . . fight the power, er uh, gluten, er uh sugar!

I have changed many things in my diet and especially taken the advice about upping my n-3 intake. This has included supplementation with fish oil and an increase in my consumption of fish like Jack Mackerel and Sardines (On a side note, have you ever had Smoked Sprats? They look like you just fished them out of some rotten leaves in the gutter but are quite delicious. Not even the cat will eat them) So I think I am doing well, then I look at the contents of the Sardine can - oh horrors - they are packed in soybean oil? WTF?

Does that not defeat the level of n-3 if they are packed in an n-6 rich oil? I do drain them well, but there is still a fair bit of the packing oil on them.

Should I be concerned?

Thanks for all you guys do!!

Spanky McMcMc, one of your at least dozens of Ontario, Canada fans

### **3. Question from James:**

Just received your book this morning. I haven't put it down. Got to the chapter about gall bladder functions which gave me cause for concern. I had my gall bladder removed several years back. Are there any special concerns I need to take into consideration before I try this plan? Any feed back would be great.

### **4. Question from Floris:**

Hi folks,

I'm 55, male, lean, BMI=19.5 and in good shape. Since three years I live a very low carb (about 20 grams) life. I don't consume grains, nightshades, legumes and dairy. I've noticed now that when I eat blueberries, raspberries, citrus fruits, prunes and curcuma and I go in the sun, I get a sort of photo allergic psoriasis kind of reaction around my nose. I live in the south of france. When I stop eating these foods the rash goes away within two days. Any thoughts? Lectins? Could it be that you get more sensitive when you eat like I do?

Would be very interested in your thoughts.

Very best regards

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Dear Robb, I think yesterday I submitted a question regarding lectins and gluten. What I forgot to say is, that I have the feeling that the allergic reactions occur after eating foods high in anti-oxidants. So another thought is that my body does not know what to do with these anti-oxidants because it does not need them (since I eat only 20 grams of carbs). My body easily makes enough anti-oxidants by itself.

Also I kept on thinking about my diet and came on the thought to make a omega 6 / omega 3 calculation. Due to almonds and Brazil nuts this quotient is almost 7. When I leave the nuts, it goes back to 2. Quite a drastic change. So I'll leave the nuts from now on and see what it does.

### **5. Question from Melissa:**

Hi Robb (and Andy),  
Great work on the podcast as always, you guys make the subway tolerable.

I have really bad female cramps usually on the first day of menstruation. I have cramps for a few days, but on one day I have TERRIBLE cramps for usually about 4 hours. Nothing really seems to help the cramps, I take midol, Tylenol, aspirin, ibuprofen, everything (not all at once). When I have discussed the issue with my doctor all they suggest is getting on the pill, which I would like to avoid as I don't see it's worth the health risks. The pill has eased the cramps in the past, but I would like to find a non pharmaceutical solution.

My question is, are there any foods I could eat or shouldn't eat to help alleviate the cramps? I've tried adjusting both physical activity and diet, but have yet to find something that works. Is this something that can even be addressed in diet?

Thank you!

P.S. The website changes are amazing! It's hard to imagine what you had just a few weeks ago, welcome to the 21st century.

### **6. Question from David:**

Hey, Robb.

I'm a type-1 diabetic who wants to gain some strength and mass. I am 6' 2" and about 170-175 lbs. I try to eat a relatively clean lacto-paleo diet because it's the easiest way to control my blood glucose, but it's hard to gain a lot of mass this way. I have been doing the Starting Strength protocol and have definitely gotten stronger (squat: 205 lbs; deadlift 250; bench: 150), but am still not anywhere near where I want to be. Can you think of a reason why I shouldn't emulate skinny nondiabetics who want to gain mass? That is, I'm thinking of just eating a lot more, not always clean, and dosing my insulin accordingly. I don't need to be huge, just closer to 185-190 lbs so I can throw my weight and strength around a little more on the basketball court and increase my lifts. Thanks so much.

### **7. Question from Xi Xia:**

Hi Robb,

Congrats on the book!!! I love it and want to give it to every new member in On Ramp. Will there be a paperback copy coming out?

My question is about the sleeping in pitch black. I haven't read Lights out! yet but have done some searching on the internet but can't find the answer to my question.

My question is in what conditions do/did hunter gathers sleep? I imagine they slept outdoors in moonlight/ starlight, and not just in caves. If so, how did the exposure to this light affect them?

I'm not an outdoor person by any means but the few times I've slept outdoors, the sky is just lit up with starlight! However, I can't see my hand in front of my face and it is just pitch black around me. However, moonlight is much brighter and it is not pitch black on nights when the moon is out.

Thanks for taking my question!

### **8. Question from Mia:**

Hello-

I am very new to the paleo process. I have been gluten-free for years; not out of diagnosis but I feel better without wheat in my life. However, being gluten-free has never made me feel 100%...Mexican Food was on my menu list weekly (or even more frequently) and I think I've actually gained a little too much weight eating gluten free (rice, potatoes, corn tortillas, you get the idea!)

Now that I am in research mode with this newly adopted lifestyle; I am curious about the information I see widespread with different websites about "fasting". Now maybe it's because I've been eating a lot of the wrong things in my lifetime so far. But the thought of being without food for 24 hours makes me feel shaky just thinking about it. It seems that if I don't eat regularly I get hypoglycemic conditions so this worries me to experiment with. Do you recommend this endeavor after getting more involved with the process or will I get over the hurdle as I am in the moment of fasting. I know this really depends on the individual, but I wanted to seek your advice and if there is already archived material you can surely direct me there.

I will be buying the book soon!

### **9. Question from Russell:**

I'm just wondering if you've heard about anyone having a big increase in vivid or lucid dreaming while in a ketogenic state. I ask because I would have one or two normally a month but recently I've been lucid dreaming every night for very long periods. It's not a problem by any stretch but it's certainly out of the norm for me. It does make me think about how some of our ancestors put a lot of thought behind their lucid dreams and took them to be omens. But if that's the case... well, let's just say the morality of the world would have to change A LOT to accommodate my dream world. Anyway, just wondering if you've heard anyone else discuss this.

Thanks Robb and Andy!

### **10. Question from Gary:**

In your book on page 211, you mention the Food Matrix. I'm not sure if I missed it or overlooking it but I can't seem to locate any information on this in the book. Where can I

get more information on this?

Also, where can I get more information on tubers. Thanks.

**11. Question from Whitney:**

Is there going to be an Kindle ebook or an Audiobook for the Paleo Solution?

Thanks!

**12. Question from Diane:**

In your book you say no dairy and then there is a gray boxed section for butter. There you say it is okay for "occasional" use. Now pretend I am a moron and tell me what your definition of "occasional" butter use is! thanks!

**13. Question from Barry:**

I travel internationally quite a bit for work and am wondering if you have any suggestions for "paleo" bars I can take on the rode with me. I have used Paleo Kits but many countries do not allow transporting meat products into their countries. I actually had 10 Paleo Kits confiscated from my suitcase recently in Singapore.

Thanks in advance for your advice.

**14. Question from Adam:**

Hi Robb,

I'm really trying to focus in on this sleep quality issue (I just finished Lights Out and it's made me way more paranoid about sleep than you had) and I'm wondering what, beyond avoiding caffeine (never after noon) and sleeping in a totally dark room (installing blackout curtains tomorrow night, finally), if any, evolutionary anthropology angles I can work to get more and better sleep. I'm sleeping around 8-10 hours most nights a week, with no alarm. I've put (yellow) legal pad paper around my reading lamp as a bootleg filter for blue light and switched to a Kindle from my iPhone to avoid that stimulus as well (whilst still enjoying the fruits of tech dweebiness). I'm a paradoxical responder to magnesium, so that angle is unavailable to me (I do have it with lunch).

Beyond any simple things I may be missing or unaware of (or have forgotten, I originally listened to the first 37 podcasts in ~2 weeks and I don't know how much was lost as runoff), I'm also curious about HG sleeping conditions. I imagine they didn't have mattresses, though from watching Man vs. Wild I'm sure they could've come up with some decent stuff if they had an inclination to. Mark's Daily Apple did a series about this a while ago but I didn't glean anything useful from it. I have a cheapo IKEA foam mattress that's about 4 years old, currently on the floor, but I may be in the market to make a (affordable) change. Any advice?

Many thanks,

**15. Question from Michael:**

First off, a big Thank You to you and Andy! I've listened to all your podcasts and read your book. One topic I keep hoping to hear re-addressed is from episode #36 about a member

being able to tolerate dairy post-workout with no probs but it destroyed him any other time. I've also noticed this same exact thing. So, you got anything? I ask because I've been considering using whole milk and/or whey post-workout... I'm 31, 5'4, 135lbs, I'd guess 8-10% BF (have veins at my boxers - Yeah, TMI!) have been doing Paleo for almost 4 years now and do CF/starting-strength/ring-work/intervals/etc, but recently made quite a few tweaks (Less CF! More sleep! More coconut!) thanks to things I've learned from you. Thanks again!

#### **16. Question from Meredith:**

I started following the Paleo diet about 5 months ago. I love it and have seen great results. However, I have noticed that recently I have started to bruise much more easily. I was wondering if this could be linked to my diet and if so, how to correct it. Thanks!

#### **17. Question from Jared:**

Love the podcast, was wondering about autolyzed yeast extract and also marmite/vegemite. I see products with autolyzed yeast extract labeled as gluten-free. Are gluten and glutamate the same thing at the end of the day?

#### **18. Question from Savage Canuck:**

Guys, I love the podcast keep up the good work. I've been working on my diet for the last few months and I'm not going to say that I'm 90% paleo or any crap like that - I'm working on it, thats all.

I'm in the military and I get sent away periodically. When I'm away its usually pretty easy to find good choices for lunch and supper - salads, meats and veg, but breakfast is a problem for me. I find that the choices on offer are usually carb heavy with eggs, bacon and sausages being the only non-bread, pastry, cereal or pancake type items. The other choice is fruit or yogurt. I recently spent a few weeks away from home eating scrambled eggs every day, usually with tomato or grapefruit, dosed with olive oil and Tabasco. I'm concerned that there is a limit to the amount of eggs I should be eating - I'm sure I was eating up to 15 eggs a week, this can't be good, can it? What should I do in the future? I could probably beg for some scrambled egg whites every other day - is this a possible solution?

Thanks guys, congrats on your book Robb!