

## **The Paleo Solution - Episode 51**

### **1. Question from Nathan:**

Hi Andy and Robb,

Wanted to ask a question for the paleo solution about leaning out. I am currently returning from my 2 week honeymoon in New Orleans and Little Corn Islands and a 2 week business trip to Oahu. My diet went to hell in a hand basket and I might be a borderline alcoholic from the copious amount of booze I drank in all 3 locations. Needless to say my sleeping habits have been trashed as well. I consider myself a insomniac, where sometimes I force myself upstairs only to lay awake with my thoughts bouncing around my skull and eventually falling asleep a few hours later.

Alright here's the Meat and (Sweet) Potatoes. Im 28 6'2" 210# male. Not sure what my BF is but its not Brad Pitt-esque for sure. I get between 4-8 hours of sleep a night depending on my (undiagnosed) insomnia.

My goal is this: Sweet freaking abs! Vain, I know, but I could give 2 shits about elite level performance and especially ever winning or srtiving to be in the CF Games. I just want to LOOK badass! I think most people are lying if they say they dont care about looking rad naked. I am not fat by any means but no one is confusing my mid-section for Mr. Pitt's either.

Here is what I think you will recommend. Get at least 8 hours of sleep, Paleo eating ala 1g Pro/1# BW with minimal or no fruit, no Alcohol (oh god, please dont take away my tequila), natural calm to get me sleepy, Vit D and Fish Oil Supp. Am I right so far?

Training: ???? Wendler 531 program with Sprints and Tabata Work? Pure Crossfit Main Site? CF FootBall? The Marine in me tells me more cardio is better but my inner Robb Wolf says "Holy Cats! Limit that fracking shite!" What training, assuming all my nutritional and sleeping habit ducks are in a row, will get me to Abs-Ville.

Thank you for your time and consideration. BTW Thanks Robb for the Little Corn Island recommendation. The wife and I loved Nicaragua. Also, Andy your facebook profile picture kinda reminds me of Chris Pontius aka Party Boy from Jackass. You should be is stunt double. Thanks again and I look forward to your thoughts.

### **2. Question from Crossfit Northwest:**

Long time listener, first time questioner. I'm full paleo but only supplement with bcaas now. Would you recommend taking a pre workout supplement like nitric oxide or the like? I'm not a coffee drinker but maybe even that could give me a kick. Thoughts? I am 100% paleo apart from the bcaa

### **3. Question from Jim:**

Hey Andy,

Got a question for you guys. My wife is going back to work after a year off raising our first child. Our son has been breast fed and eats a 90% paleo diet. (We admittedly give in on occassion with crackers or bread when he simply won't eat anything else.)

We've looked into daycares but the affordable (and even expensive) ones have terrible food

choices, mostly based on DCFS requirements here in Illinois. One brilliant menu example we were given was a veggie burger with tater tots AND french fries. I shit you not. The kitchen we toured at another daycare was a hodge podge of frozen chicken fingers and canned veggies and fruit.

Any suggestions on how to navigate this stuff without spending thousands on "special" daycare venues or expensive in-house nannies? All we want is what's best for our son, but today's institutions simply haven't caught up.

Thanks!  
Jim

#### **4. Question from Melane:**

Far be it for me to question you Robb Wolf. I'm all in on everything you advocate. However, could you please take one more look at coconut sap? In particular Coconut Secret raw Coconut Nectar. The label says it is only 0.5% glucose, 1.5% fructose, 16% sucrose, and 82% inulin. I know in a past podcast you said you thought it was primarily fructose. The link to the stuff is [coconutsecret.com](http://coconutsecret.com). Thank you for your enlightenment on all things Paleo-I'm recovering and getting well!

#### **5. Question from The Edible Justincredible:**

Much like the other 12 listeners, I like booze. So I was hoping you could give your thoughts on drinking, and how to best get silly. I'm not going to pretend that the anti-oxidants in wine make fermented grape juice the ideal paleo beverage of choice, as much as I'd like it to be. Sadly, I know better. So... What are your thoughts on wine, tequila, clear liquors(gin & vodka), rum and whiskey?

I can thrive on meats and veggies all the live long day, but a caveman-in-training needs to get his drink on every now and again. So how do I best get silly while minimizing gut-health damage?

(This is being asked by someone that eats damn near nothing other than locally grown veggies, grassfed meat and wild caught fish, cooked in delicious fats, fwiw.)

#### **6. Question from Tom:**

What is your take on krill oil versus regular fish oil?

#### **7. Question from Meri:**

Ciao Robb and Andy,

I know this topic has been covered several times in the podcast but since it's something currently bothering me I'm still asking, despite having listened to every single one of your shows. What are, in your opinion, thee most important things to consider lifestyle, diet, supplement, exercise and otherwise regarding excess cortisol production? I had a saliva test (four samples throughout the day) taken and it revealed a wicked high cortisol (and too low DHEA).

I'm a client to a clinic of restorative endocrinology in the States (I live in Finland but luckily there's Skype) and I've got some specific instructions to take some minerals I'm lacking (magnesium, zinc, calcium) and some other stuff, I'm eating 100% paleo (since Jan 2010)

and I sleep in pitch black and usually at least 8 hours. I do workout quite a lot but I've always done that. Work (as an occupational therapist) is stressful but motivating and fun.

Just liked to hear your take on things. This cortisol issue got probably started over a year ago when I was in a bike crash.

Anyway, thanks again, hope to see you in Helsinki some day!

### **8. Question from Lauren:**

I have been following the Paleo diet for quite some time now and am in the midst of my first pregnancy (20 weeks currently). While I believe that Paleo is ideal, I just wanted to know if you had any specific recommendations. Any advice would be greatly appreciated!

I will be buying the book soon!

### **9. Question from Laura:**

Robb and Andy - Love the podcast thanks for doing it and answering lots of tough questions! I just finished reading Lights Out: Sleep, Sugar, and Survival by T.S. Wiley and Bent Formby and have a question about a statement they made related to barbecued meats.

On page 176 it says: "The average serving of barbecued or burned meat imparts to you an amount of cancer-causing particles equivalent to what you would get from smoking 250 cigarettes."

I understand the burned meat part but what do they mean by barbecued? I'm asking because I grill most of my meats/seafood for dinner - fish, steak, chicken, pork, turkey - it all tastes better on the grill. Does grilling your meats - as long as you don't burn them or cook them to death - create the same carcinogenic compounds that they state in the book? Since reading this I've been more cognizant of not eating any part that's burned but do I need to stop grilling too?

### **10. Question from Eric:**

Any Paleo solutions for seasonal allergies - Looking for relief from Pollen allergies w/o medication.

### **11. Question from Catherine:**

Hi Robb,

I'm a type 1 diabetic and have been on an insulin pump for about 3 years. I am now 5 months pregnant with my first baby and my endocrinologist cannot figure me out. He told me at the beginning of my pregnancy that my insulin usage would steadily increase as my pregnancy progressed. He also said that if I had any "morning sickness" it could be very dangerous and cause some lows. When I got pregnant I was on a basal rate of .55 units per hour and my A1C was 7.5. I go to the endocrinologist every other week to get an A1C done and this week it was the lowest I can ever remember at 5.7.

What shocked my doctor was that I told him my basal rate was down to .25 units per hour. Also my carb ratio started at 1 unit per 10 carbs and I'm now at either 12 or 13 depending on the time of day. Apparently this is completely contrary to what normally happens to

type 1 diabetics during pregnancy. I never did get any of that nausea or sickness either, that is also typical during pregnancy. Any thoughts on the insulin use and why it dropped?

## **12. Question from Big Chris:**

Hey Robb! Thanks for the Podcasts, I listen to them every week and I cannot wait to read the book. A little background info: 32, 6 foot, 300 pounds and just started eating paleo.

Been an athlete all my life in numerous sports and currently training/competing in BJJ.

During college football/semi-pro rugby/powerlifting I have juiced in the past, but it has been a few years. After a back injury, I gained at least fifty pounds and had no energy; I was diagnosed with secondary hypogonadism and given a test script. Definitely felt better when I was on the test, wanted to work out more. Knowing I want to have kids one day I no longer take the test. My lowest blood test score was in the 150s about a year ago and now after my script is totally out of my system I am in the 250s, just below my Doc says.

So there has been some improvement when I train in Jits and lift. Here is the question, do I go back on test to help me lose the weight and then try recovering again? Or do I suffer through and try to drop the gut naturally? My hip measurement is 46 inches and waist is 52, ergo most of my fat in my abdominal area. I know I must seem like a complete fat ass, but I assure you I can squat/dead 400 any time I want, do round offs, do over ten kipping pullups, and I win most NAGAs and Grapplers Quests I compete in. The weight loss is truly difficult now (unlike when I was a wrestler back in the day) and don't know what to do.

Doctors have given me opinions to do either. If I do cardio in the morning, I have no energy to lift. If I lift, I don't want to go to practice. I still have a decent amount of muscle, it seems that energy loss is my biggest issue. Mornings are best due to higher levels of natural test in the morning I assume. Sorry about the length of this question.

Thanks man, any help would be appreciated.