

The Paleo Solution - Episode 52

1. Question from Allison:

hi rob-you rock! i am a 30 year old female- new to paleo and a couple of months in to cross fit. i do about 3-4 classes a week in the evenings. in the mornings - i am an avid bikram yoga devotee. yes- that is the hot yoga done in a heated room for 90 minutes. i usually pound water with one packet of ultima <http://www.ultimareplenisher.com/>

after class to replace my electrolytes- it has no sugar but it does contain stevia. i'm giving this 30-day paleo challenge a shot as i'm completely inspired by your story(i'm reading your new book). i'm trying to eat as clean as possible- will the stevia in the ultima do anything??

thanks for all your useful info to keep athletes strong!

like i said before- you rock!

live long and prosper,
allison

2. Question from Jennifer:

Ok, I'm SURE you've already covered this, but I just started the Paleo way, and I have a question about WHICH seeds are ok. I'm finding tons of info about nuts, but not much about seeds. If you've covered this in a podcast, just let me know which one, and I'll look it up. I've downloaded all of them, but have only gotten to #11 so far. Thanks so much!

3. Question from Angela:

Hi Rob,

Thanks for all of the great information, you have helped to change the way I eat and look at food in general. I won't bother you with the fluff and get straight to the question. My husband and I are in our 40's and will be adopting a baby. We don't have any other children as we met and married late in life. Unfortunately, with adoption breast feeding is not an option. I have done some research on alternatives to conventional baby formula as the stuff in the store has all kinds of crazy ingredients that I (and my husband) do not and would not consume ourselves and we certainly do not want to feed that crap to a baby. Most of the alternatives suggest raw cows milk (this is a bit scary) or goats milk(from what I understand the closet to human breast milk) with additional vitamins added. Needless to say I am super confused and a bit overwhelmed by all the information and could use a suggestion from a pseudo scientist.

Been eating paleo for a year and love it. The husband has been taken of all medication due to the life style change and we are fit and super happy and want to give our baby the best chance a being happy and healthy and one day fit.

Thanks so much, I am of to buy the book! Been a listener since episode 10
Angela and Mikel

4. Question from Cindy:

Robb,

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!

5. Question from Krista:

Feel free to ignore this question, but your previous podcast mentioned that hormonal birth control almost always limits the amount of fat loss women can achieve. I know there are plenty of other side effects that hormonal birth control can have, but what about a non-hormonal method like the copper IUD? Since there are no hormones, it seems like you would be metabolically unaffected. This sounds like the ideal option for paleo eating women, but are there any additional things to worry about?

Thanks! and don't stop the "holy cats" they're my favorite part of the podcast!

6. Question from Alex:

Hope this is an appropriate forum to send in a podcast question, since robbwolf.com is, I'm guessing, currently in process of receiving a much-needed face lift. I guess you have to look the part in order to spread the pseudo-science. Anyways here's my question. I have a tendency to burp frequently after I eat. It happens every time and no matter what I eat. I eat a pretty solid Paleo diet. Low to average stress level. Sometimes it is immediately after eating and sometimes it is hours later. It even starts sometimes when I wake up before eating or drinking anything. Here's what I've tried so far: drinking raw apple cider vinegar mixed into water before each meal, digestive enzymes, and chewing my food really, really, good. None of this seems to help. From my research it seems like it's possible I could have some kind of candida overgrowth, but I don't know for sure. Do you have any thoughts on this and what could be done to help or alleviate it? I have heard how critical gut health is so I'm a little concerned about this, and it's been going on for several years. Thank you.

7. Question from Jenn:

Hi Andy!

I am a faithful listener to the podcast and have learned TONS about nutrition and fitness from both you and Robb. I am completely at a loss for what to do and have decided to defer to the experts. Since my life has been changed already by adhering to your recommendations, I completely trust your opinion. I sent my question to Robb, as well, but I know he has loads of e-mails to go through, too, so I thought maybe a multi-directional assault might be the best way to see if you can offer any insight. I really appreciate anything you and/or Robb can offer.

A little history:

- 5'8, 185 lb female
- Dx 3 years ago with functioning micro prolactinoma, which has remained "stable", monitored by annual MRI's

- After a MEN1 & pancreatic cancer scare, was put on a 3 oz a day protein restriction & promptly gained about 25lbs.
- Moved to a new city, got a new doc, who promptly told me to "Stop doing that!", which I gladly did.
- Do Crossfit-like workouts 2x/week and dedicated strength days 4x/week. I also do a 60 minute "cardio" type class at least 2x/week in the form of spinning or kick-boxing. I did 11-13 block Zone for about 6 months and then switched to about 85% unweighed/unmeasured Paleo. Last time I tracked, I was approx 1500-1800 cal (which seems like a lot to me) with about 50% of cal from fats, 30% protein and 20% carbs. Went from 240 to about 185-190 over the course of 1.5 years & saw really great results in the way of performance and blood work, reversing lots of metabolic issues.

Problem:

- Am currently on 2 mg of cabergoline a week that I take ½ on Monday night, ½ on Friday night. Have been adjusting medication every three months, but have been unable to get my prolactin down to a normal level. Was 74 when first diagnosed and has been as low as 41, but is currently back up in the 50's. Still having symptoms of high prolactin but my cycle is relatively normal.

Question:

- I have been stalled out for about 5 months. I continue to make progress, performance wise, but this is not really my primary goal at this point. I have been unable to lose more than about 4 lbs in that time. I want to lose about another 35-40 lbs. Do you think this could be the result of the high prolactin? The medication? My endocrinologists are very unwilling to reduce or remove the medication. Or do you see a completely different problem all together? My trainer and I have explored everything to start moving forward again, but are completely stumped. Please help!

8. Question from Cybil:

I'm going to go back to episode 22, item 4 to recheck that this wasn't addressed, but since I listen to all the robcasts and do my best to remember them verbatim, I don't think I will find the answer.

My husband and I own Pikes Peak CrossFit and we are loud and proud about our Paleo ways (so much so that Dr. Cordain will be speaking at our gym), hoping to lead our clients (and anyone else who will listen) to a gluten-free life full of longevity, wellness, and happiness.

I think I've got a miracle brewing...

(Background) My aunt who is 37 years old found me on Facebook and saw that our 10 year old daughter has Type 1 Diabetes. She inquired how her blood sugars are because she too has Diabetes. I told her how well my daughter is doing and in large the success is due to the Paleo way of eating. She is asking me for help(!), with her multiple illnesses, by way of "this Paleo Diet. You keep posting pictures of delicious looking food." Once I heard her list of ailments, including Diabetes (insulin dependent but late on-set, maybe Type 1 1/2?), fibromyalgia, osteoporosis, arthritis, pretty bad neuropathy, and essential tremors (yikes) and spent 2.5 minutes on the computer I asked her if she has had her gall bladder removed. As I suspected...yes, last year, because the doctors thought it might be part of the problem. Bummer.

(Question) I have never advised anyone who has had their gall bladder removed. Is there issue with suggesting they eat a "Paleo-healthy" amount of fat (instead of low fat) when their gall bladder is gone? How to proceed, the much-respected Robb?

(Question 2) Total shift in topic...why are women told to eat grains due to their estrogen

striping nature? I've heard this 2 times; first from a friend of a friend recovering from breast cancer who she was trying to get to try paleo (and couldn't because she needs to eat lots of grains for their estrogen striping properties) and second from Jillian Michaels talking about "healthy, whole grains" and how all women need them for their estrogen striping properties. WTF?

I will be buying the book soon!

9. Question from Barry:

Hi Robb,

Just got your book in the mail this morning and cannot wait to start reading it. I was at your seminar at Potomac CF in July. I hope that you can answer the following questions I have. Just some background on me. I am an owner and head coach of a CF affiliate outside of Philadelphia. I teach over 20 classes a week and the strength and conditioning coach for a local high school football team. I have been CrossFitting for the past 4 years and this year I have really gotten burnt out from training. I have done a few Catalyst Athletic lifting cycles as well mixed in there. I am just burnt, beat up from CrossFitting, and have lost the desire to train. I don't feel like training in any aspect. I follow a 90/10 Paleo Diet and get 8-9 hours of sleep per night and take your recommended fish oil dosage. Here are my questions:

- 1) Is this common to lose desire to train because of coaching all the time and being beat up from training for a long time with that intensity?
- 2) Should I take some significant time off from training to let my body heal completely?
- 3) What can be recommended to be able to start enjoying training again?

I appreciate your time and best of luck with your book. I know it will be a success.

10. Question from Steve:

I've been doing Martin Berkhan (Leangains) style intermittent fasting for a month, and I really like it. On mornings where I workout fasted, he advises taking 10g of BCAA's pre-workout, another 10g after the workout, and another 10g 2 hours after that, followed by the normal feeding window starting at noon.

My question: are BCAA's Paleo? I'm currently using ON (Optimum Nutrition)"Instantized BCAA 5000 Powder." "OTHER INGREDIENTS: Malodextrin, Leithin." "ALLERGEN INFORMATION: Contains Soy (Lecithin) Ingredients."

If this product isn't paleo, do you know of another BCAA that is? If not, what would you suggest I replace the BCAA's with during this fast period?

Background: I'm 28 year old male, 157 pounds, 10.5% body fat, 6'1", trying to bulk but get down to 7% body fat too. Doing paleo dairy-free, nightshades-free, nut-free, egg-free due to inflammatory concerns.

11. Question from Brent:

Good day Robb and Andy (you can insert the usual preamble here about how much your info has helped and changed my life LOL) Seriously though it has solved a lot of my problems, I love your book by the way, very easy to read unlike a lot of others on the subject .

I am a Law Enforcement Officer specifically the Bomb Squad (no stress issues here) and I have preached your sermon to a lot of my friends at work and my gym. Several have now

started to buy into this and are making improvements.

The question I have concerns one of these guys. He is very fit, takes his nutrition seriously, doesn't drink, trains smart. Seems all good until a recent conversation we had regarding steroids. He says he has been using testosterone for almost 10 years. He claims there is a lot of misinformation about how safe the stuff is, how they prescribe it for patients etc. etc. He brings up points made in the movie Bigger, Faster, Stronger. Not sure if you have seen it.

I had no response to this because, well I am not Robb WOLF. I do remember that in your book you explained that cortisol and testosterone compete but he replied to that, "so what, do I look stressed or tired". Anyway I thought you would be the best source for some enlightenment on this issue as I am sure you must come across athletes with this issue.

Thanks for your good work

12. Question from Tony:

Hey Guys,

Thanks for the great work on the podcasts.

I'm one of those "geeks" who likes to know the "why" behind the "what." I'm interested in the hard science. Depending on who you ask or read (DeVany, Sisson, Cordain, Dr. Harris, etc.) you see a range of opinions on protein requirements for individuals. Of course, I understand there are always N=1 considerations, but with DeVany you get far less than say a Sisson in terms of a recommendation.

Okay....what's the science behind protein recommendations?

Thanks.

13. Question from Geoff:

Hey guys,
Robb,

Got the book, been listening to the podcast's and my life is great. Im a 35 yr old male who works in Law Enforcement. Since eating Paleo ive leaned out nice, and look and feel better then ever. So, I wanted to give you guys another Margarita as a gift.

Muddle: 1 slice of red and green bell pepper (slice about a 1/4 to 1/2 inch thick),
1 slice of cucumber (1/4 in thick),
1 nickel size slice of jalapeno

Add: 2-3 shots of your favorite Tequila
ice

Shake well and serve over ice, mmmm mmmmm

Enjoy my friends