

The Paleo Solution - Episode 53

1. Question from Dan:

Great Episode. Question about Nathan's question about leaning out. I too have probably been dealing with cortisol release/issues. My head keeps telling me to workout 6 days a week for 20-30min each time doing tabata type movements, even with kettlebells and burpees. This may be too much for a person like myself, when you say take it easier, can you lead me to a direction of the type of training I would need to follow to lean up a bit? Book has been ordered. Thanks.

2. Question from Adam:

Decaf Coffee. Go.

3. Question from Shane:

Hi Robb and Andy,
Love the podcasts, love the book. I really like the info regarding seasonal allergies. I've been a long time allergy sufferer (since I was 10/11 and received weekly allergy shots) and normally take anti-histamines April through August every year. I'm looking forward to this spring to see how eating paleo affects my seasonal allergies.
My question is regarding weight loss. I've read many sources saying anything more than 1-2 lbs per week of weight loss is unhealthy. What do you say regarding that when considering a sudden change from SAD to strict Paleo?

Some background:

I started strict Paleo following the 30 day meal plan and supplement recommendations in your book 9 days ago. I'm 41, 128kg (before starting Paleo), been in good to athletic condition for most of my life (various team sports, taekwondo, competitive biking, running and a few triathlons and adventure races) before the last 3-4 years. I work in software development so I'm stuck in a desk 8-12 hours per day. I get 7-8.5 hours of sleep per night (still working on that) and I haven't started the exercise plan. Somehow though I managed to lose 8kg in the first week of this plan.

After reading the book I'm sure that I have an undiagnosed gluten intolerance. I had mystery stomach aches as a child and teenager, tonsils removed when I was 6, allergies starting when I was 10/11, gall bladder issues in my 20's and 30's leading to removal when I was 33 and testicular cancer when I was 29.

Thanks again for the book, I feel like I've taken the first steps on the road back to good health.

Shane

4. Question from John Michael:

Hey Robb,

Not sure if you've talked about this study yet, but supposedly fish oil ain't as good as it used to be. Curious to what you think about the study covered here:

http://thehealthskeptic.org/when-it-comes-to-fish-oil-more-is-not-better?utm_source=rss&utm_medium=rss&utm_campaign=when-it-comes-to-fish-oil-more-is-not-better

5. Comment from Matt L:

I just want to clarify Robb's comment on advanced glycation end products. For one, I do not boil any of my meat. I slow cook everything at low temperatures in a crock pot or the oven. Boiling meat does not appeal to me in any way.

Now onto the AGEs. The medical and nutrition community have the bad habit of always looking toward exogenous sources when they identify something bad. In this case, it has been shown that AGEs within the body, as a result of insulin resistance and hyperglycemia, increases the rate of aging and the risk of diseases such as heart disease. The medical community then identifies food sources of AGEs and recommends that we do not consume them. Interestingly the consumption of foods containing AGEs has not been shown to be all that problematic (maybe a little bit of arterial dysfunction but even that study is questionable). The real problem is often endogenous production, as opposed to exogenous sources.

AGEs result when blood sugars are elevated. AGE formation is rampant when blood sugar levels reach 180 mg/dL or higher. But high blood sugar levels are the result of insulin resistance, which is the result of excess carbohydrate, specifically fructose, consumption. AGEs are problematic when they result from excess blood sugar levels, not so much when they are consumed from food. That being said, it is wise to try to minimize AGE consumption and slow cooking at low temperatures is one way to do that.

Then comment from another Matt on blog:

Yeah, but what's more Paleo than burned rare meat? Seriously, we must have evolved some coping mechanisms for any nasty chemicals that result. Just read "Catching Fire". The whole cooking thing has been going on for a long time, it seems.

Follow-up answer by Matt L:

Matt,

Just because our ancestors may have burned meat doesn't mean it is optimal. Tolerated, probably. Optimal, no. Our ancestors also often slow cooked meat with hot stones. Observation=correlation, not causation. You then have to do some research to determine which technique is better. Slow cooking wins on this one. That being said, there are far worse things than grilled meat and, like I mentioned above, endogenous production of AGEs is far more problematic. It has been shown that only approximately 10% of ingested AGEs make their way into the bloodstream. Our digestive system does a good job of decomposing AGEs and I suspect that the number would be less than 10% for an individual with a healthy gut.

6. Question from Ivan:

Too much protein?

I didn't want to throw this question for the podcasts because this is just my second week of Paleo.

I am wondering why I didn't get any of the symptoms of ketosis. In fact how would I know I am in ketosis? I mostly eat lean meat and so I am wondering whether I eat too much protein. I do eat nuts, guac, shrimp, fish like salmon etc and so probably I am at 50:50 ratio of protein:fat or slightly better. I also have a bad case of cortisol, because I feel extremely drowsy during the day and fresh in the evening and I have accumulated a lot of fat all in the abdomen. I am wondering whether the protein is broken down by the cortisol. Initially I was extremely low on the carbs but I have lost quite a bit of muscle (and fat). So have started adding some carbs now. Any input on this rabbit malaise will be appreciated. Thanks!

7. Question from Danielle:

Hi Robb! I've been following a strict paleo diet for almost 3 weeks (after eating an "almost paleo" diet for a year+) but haven't seen any fat loss yet. Am I being silly to hope for some change so soon? Should I take a sledgehammer to my scale? 😊

I've been focusing on sleep (8+ hours in a pitch dark room, Natural Calm pre-bed), Omega-3s (getting 7800mg DHA/EPA total from 2 doses), and food quality and variety. I took a 2-week break from CrossFit and weightlifting to fine tune these habits and have brought them back in as of a few days ago (and feeling better for it). My husband and I decided to embark on a paleo lifestyle because we believe in being our best selves and wanted more energy although we had no *obvious* side effects from the bit of bread, cottage cheese or fake sugar we ate before.

On paleo I keep carbs very low on weekdays, having a 1/2 apple with my egg whites at breakfast and otherwise just from non-starchy veg and a tbsp of nut butter. Calories are about 1300-1400 INCLUDING fish oil. (I'm 45, 5'4", currently a love-handle-y 150lbs.) On weekends however I'll have one day of considerably higher carbs with more fruit at all meals – melon at breakfast, some fresh young coconut water post-workout, berries on paleo "pancakes". Does having a higher carb day seem like a good strategy? I certainly enjoy it.

I have about 15lbs fat to lose to get to 15% bf – I'm a former type 2 diabetic (self-cured) and apple shape with obvious lifelong cortisol issues. Am I being unreasonably impatient regarding fat loss? No chance I'll fall off the wagon but it does make me wonder if I might be doing something wrong. Thanks Robb! Love what you do so much. Come to Montreal!!!!

8. Question from Canadian Artic Paleo:

Hey Robb and Andy! I HAVE A QUESTION....I tried to phone into the radio show tonight but Canadian residents were restricted from using the number provided....YOU OWE ME! jj 😊
Since moving out of my parents home and getting my own place, dropping the carbs and the dairy has been the easy part.

Being a coffee bean aficionado, I am finding it SO SO hard to get the same `java` experience I used to when I was drinking it with milk. I know coffee is ok while eating Paleo but I'm wondering if there is any product out there that I can add to my coffee that mimics the consistency of a nice `Café Con Leche

Pleaseeeeeee – I need coffee to live ~_~

Additionally, I have been eating Paleo for 3 months now and my Asthma has improved exponentially – I'm fully off one of my puffers (I no longer take 2 puffs twice daily of Fluticasone Prop 125MCG `FloVent HFA`). Have you heard from any Paleo Outlaws having their Asthma improve?

9. Question from Brendan:

Hey guys, I've been a supporter of the Paleo diet for a while now, but I just started listening to your podcast a few weeks ago and I love it, keep up the great work. My question is about the Mediterranean Diet. I'm studying here in Florence, Italy for the fall semester, and I've been trying to pay attention to what the locals eat. I know the people in this region have some of the highest life expectancies of any people on the planet, but their diet is about as far from paleo as you can get. You were here recently so I'm sure you know what I'm talking about. I've eaten my fair share of bread and pasta since I've been here, but it just makes me feel bloated and tired. Also, the people don't look healthy. They typically don't work out, and definitely don't lift weights, and as a result many of them look "skinny-

fat". So, what's the deal? Why do these people live so long, and what are your thoughts on the diet here?

10. Question from Lillian:

My Dad is the the last stages of Alzheimers.. He is in a nursing home... Is it possible that the Paleo solution will be benifical to him? Can it help to reverse Alzheimers? Please respond ASAP...

11. Question from Paul:

Andy, thank you for all you do...I'm sure the podcasts are not as simple as you seem to make them.

Robb, love the book and your seminar down here in Houston. I attended Erwan Le Corre's MovNat clinic the day before your seminar and was wondering how you intend to incorporate his methods into your training program?

One more thing...I don't know if you are auditioning new catchphrases to replace "Holy Cats" (I seem to remember Andy mentioning that in a previous podcast), but let me nominate "Holy Scat". Sounds better than "Holy Shite" with the same meaning and is an anagram for "Holy Cats". What's even more sad than my suggestion is the fact that it came to me in a dream the night before your seminar. "Holy Scat", indeed.

12. Question from Mikkel:

Dear Robb and Andy,

Thanks for all the work you are doing! It has been awesome listening to the podcast :)

Enough questions about what goes in, so here is one about what comes out :)

I eat paleo for 10 months now, and when I occasionally do a carb binge then I notice that my urin changes smell. Just like it can change smell if you have been drinking a lot of coffee.

How come carbs change the smell and what does that mean?

Keep up the good work. Best regards from Denmark !!

13. Comment from Dallas:

I heard your commentary on breastfeeding options on Episode 52. I myself only recently learned of this, but there are "certified human milk banks" that, in my opinion, are much better options than going the raw sheep's/goat's milk route for moms that can't breastfeed. It sounds a little weird at first, but the idea of a "wet nurse" has been widely used and accepted in many cultures for a long time, and I'd say it makes more sense than feeding our babies "breast milk" from another species! It might be expensive or inconvenient, but given how significant of an impact breast milk has on an infant's short- and long-term health, I'd say it's worth the effort. Here are a couple links that you might want to share: <http://www.hmbana.org/> and <http://hubpages.com/hub/Supplement-Your-Breast-Milk-Supply-by-Using-a-Milk-Bank> Thanks for doing everything you guys do.

Best in health,

Dallas