

The Paleo Solution - Episode 55

1. Question from Rob:

I just finished reading your book and I must say you did a good job making some of the dry stuff palatable. I have a question though. I think you do a fine job of dismantling wheat in your book, but when it comes to oatmeal, you say ""Yep, I love oatmeal too, but it contains similar proteins to gluten. Cereal grains tend to have proteins that are high in the amino acid proline. The prolamines (proline rich proteins) are tough to digest, and thus remain intact despite the best efforts of the digestive process to break them down. The result is gut irritation, increased systemic inflammation, and the potential for autoimmune disease."

When I did a simple google search on proline in foods, I found that oatmeal has 800 mg of proline per 100 g. Pork loin has 910 mg per 100 g.
So WHY can't I eat oatmeal again? Curious for your answer!

I am a personal trainer/fellow geek and would love if you could answer this and also share some of your NERDIER resources with me.

2. Question from Helen:

I have been eating a low carb diet for most of my adult life (I'm 53) and in the last few years have made a further refinement by eating mostly paleo. I read everything I can on the subject and in my own quiet way, have become a bit of a zealot!. Hard not to spread the word....One thing I notice is that for most people - the feeling is that it's not our diet (SAD) but environmental contamination that is responsible for all the disease etc. What are your feelings on this. How much of the western disease capacity in our culture is diet related and how much is caused by environmental contaminants? I would love to hear your response. cheers, Helen

3. Question from David:

Robb,

Thanks for doing these podcasts. The book is sweet.

I was wondering if you had any advice for someone who is overtrained.

All of the info I can find is about how not to overtrain. Yes, yes, good, good but what if I think I already am overtrained.

My eating is almost strictly paleo with a few days here and there where i mess up. IF for 12-16 hours per day most days. I think i get enough calories now with a big post workout meal of 30-50g protein and two sweet potatos but I wasn't eating post workout for a while and i think it messed me all up.

For the last year I haven't gotten much stronger (actually weaker in some key lifts) and I don't sleep that well anymore

My caffine intake varies. I try to keep it to one big cup of coffee in the morning but some weeks i do more than that.

Sleep between 5 and 10 hours per night usually closer to 5 but that is the result of poor sleep not lack of time spent in bed.

I train between 4 and 6 days per week usually strength/metcon/rest/strength/metcon/sprint/rest.

Any help is appreciated. Do i need to take a month off?? I might go crazy. Thank you.

4. Question from Adam:

You can only do four (main) lifts for the rest of your days on earth. What do you do?

Hopefully I'll hear the words "triple" and "point" here.

Thanks dudes.

5. Comment from Yolanda:

After 1-2 weeks eating Paleo, I've noticed that I don't feel like a champ. I've felt nausea, minor headaches, chills and general unease. I assume this is some type of withdrawal and body adjustment. Is this normal and how long does this period last?

Many thanks.

6. Question from Future David:

This will be short and sweet...what do you think it will take to make paleo dieting mainstream?

Is it supporting evidence? Is it refuting evidence of current clinical beacons? Is it the need of a public ambassador (ie, Oprah)? A politician to get the corn industry out of their pocket?

What say you?

Keep up the great work, fellas! Future David (the future version of me) thanks you dearly.

7. Question from Evander's Sixth Fry:

Love the podcast, loved the book, sending copies to parents, friends, other loved ones, etc.

I wrote in a few weeks ago with a question about IF before/after cheat meals, and I've dropped 5-8 pounds since then, not because of your answer regarding IF, but because you LAUGHED/scoffed at the fact that I was regularly eating pizza. I realized how ridiculous I was being in that regard (if you're eating pizza once a week, you're doing it wrong). I genuinely thank you. Why wouldn't i just go the extra mile (not that hard) to get the full benefits of Paleo!?

I was thinking you could create a Robb Wolf automatic response system for questions like mine, that just picks up the word "Except for" and crafts a Wolfism & answer for you:

Q: I eat full paleo, except for pizza once a week. How can I better lose weight?
AutoAnswer: Holy Cats, Stop pizza once a week.

Q: I live full Paleo, except for not sleeping in the dark, how can I feel better?
AutoAnswer: Six listeners, Stop not sleeping in the dark.

The grammar may be weak, but let me know what you're going to do with all of your free time!

Info: Maybe irrelevant, but just FYI.

Male

Age: 35

Weight 195:

6 Feet

body fat, just north of 10% gaining on sub-10%. Body Comp is primary focus, I figure Health/Longevity with generally come along with that.

The questions is whether a glutathione supplement is a crazy idea, and if it is not a crazy idea, is the company selling this stuff full of bologna about their phase I & other clinical trials?

Details:

I read Art Devany's site, and he's long used Ultrathione branded glutathione supplement, and I think Art generally researches his stuff pretty well, so I went to <http://www.glutathionescience.com/> and have poked around a bit. There do seem to be studies on their site supporting absorption of their product, and studies showing the ability of their supplement to address health problems (AIDS, Cancer, Alzheimer's, others). Still, my BS sensors still seem to be flashing red, and I was wondering if your trained eye could figure if the product is:

- A) Total BS, Maybe Dangerous
- B) Not BS, but not worth the money for a healthy individual.
- C) Unknown, better to stay away
- D) expensive, but may be beneficial
- E) Other

some sites that I got bounced to from their main site:

<http://www.globalcellsignaling.com/linked/3.%20the%20sage%20study.pdf>

this site was down, but here is another study:

http://www.cellredox.com/the%20gain%20studies%20parkinson_s.pdf

thanks guys

8. Question from Troglodyte in Training:

Hi Robb and Andy! Insert the usual "you've changed my life" testimonial blah-blah-blah here, many thanks for everything, you guys rock! Given how my body comp and energy levels have changed with just a short stint of going Paleo, I get a lot of questions from my friends, and there's one friend in particular who has some fairly tough questions that are way past my extremely limited ability to answer. Hence this little symbolic trip to the see the guru...

My friend has a three-year-old son who has Prader-Willi Syndrome. For those listeners who may not know what the heck Prader-Willi is, it's a genetic disorder related to chromosome 15 that affects a few things with the hypothalamus, not the least of which is appetite regulation - allegedly, someone with Prader-Willi will always feel hungry, and never feel sated. There's also other effects, such as delayed puberty, muscle weakness, sleeping disorders, learning disabilities - the list goes on.

This friend has been keeping her son relatively quiet between meals by giving him completely carb-licious snacks: animal crackers, rice cakes (these can't hurt, they're just air, right?), saltines, you name it. Needless to say, he's getting to be obese and, according to the extremely scientific diagnostic tools I carry around called my eyeballs, well on his way to a short lifetime of diabetes.

In the past, Google has been as much help to me as your handy "hunt and gather" search box, turning up not very much info. I did find a link to Dr. Cordain's website, discussing a testimonial from someone with Prader-Willi, but there's literally just a paragraph there.

So, basically, I'm clueless on what advice could possibly be given for someone with this condition. How effective would the Paleo approach be for someone with Prader-Willi? How many of the associated symptoms could be mitigated, at least in part, by eliminating glutens, lectins, and the ubiquitous sugar overload from the diet? Is it possible to give them some semblance of a satiety signal using Paleo-only foods? If not, would you recommend their between-meal snacks be limited to protein, fat, veggies, or a combination?

Any help would be greatly appreciated. Thanks again for everything you do!

9. Question from Andy:

Robb, I work as a Nurse in Houston, TX (come here for on the book tour)! Part of the job is patient education. I have been paleo/primal for some time now (80% compliant). I dropped from 220 lbs to 172 lbs, so i know first hand the effects and results the paleo life gives. I, however, have a hard time relaying this to patients. I cannot bring myself to telling them "go low fat, whole grain" or I'd feel like I'd need to add "see you again soon". I heard the WHOLE9 "elevator pithch" but unfortunately our elevator does'nt go 153 floors. ha. Do you or Andy know an effective way to tell a CVA/TIA pt that low carb, good meat, good veggies is the way to go?

10. Question from Bethany:

Hi Robb and Andy,

2 Questions:

1. How long does it typically take for one's gut to heal after you stop eating grains/legumes?
2. Detailed n:6/n:3 ratio question (see below)

I am writing my thesis on O:3s and I came across the USDA nutrient database. (<http://www.nal.usda.gov/fnic/foodcomp/search/index.html>). Here you can look up the detailed nutrient compositions of any food.

According to this database, the ratio of omega:3s to omega:6 in grain fed vs grass fed beef seems is confusing to me. They list lots of long & short chain omegas as "undifferentiated". (I am guessing this means they are conjugated?) But the grass fed search results show some of the same fats (18:2 for example) to be differentiated as n:6 whereas on the grain fed they apparently just don't know. The problem is that all these undifferentiated fats make up the bulk of the fat present. O:6 and O:3 in particular are barely even there at all (<20mg per 3 oz serving). So how much actual n:6 and n:3 is really in this stuff?

Furthermore, if we are dealing with CLA here, I can't tell if that is a good thing or a bad thing?

According to the db:

Beef, grass-fed, ground, raw: (total amount per 100 grams)

Total O:3= .017g (.016DPA, .001EPA, .000DHA)

Total O:6= .182g (.001 20:2, .000 18:3, .181 18:2)

Beef, ground, 70% lean meat / 30% fat, raw: (total amount per 100 grams)

Total O:3= .000g (.000 DPA, EPA and DHA)

Total O:6= .626g or .019g (.000 20:2, .019 18:3, .577 18:2 (unclear to me whether this is trans (CLA?) or O:6)

These findings confirm that grass fed beef is a better choice, but not necessarily providing much O:3, though you are avoiding some n:6 by ponying up for the good stuff. I hate taking fish oil (taste, swallowing pills in general, burping, etc) but I know I need it as I am still not terribly insulin-sensitive (holding 10-12 lbs of fat in my abdominal area). I'm lucky in that almost all of my protein intake is from very healthy animals.

What am I missing? Please explain these breakdowns or if you think the USDA is so bass-ackwards that this database can't be trusted in the first place.

I'm just a long-winded, geeky paleo person trying to figure out exactly what I am getting or avoiding if always sticking to grass fed. And how much supplemented oil I need to suffer through every day.

Thank you so much,

Bethany

Note: I couldn't link to my actual search findings, but just search ground beef in order to come up with a list of options.

11. Question from Jenna:

Wanted to start by saying that I just finished your book and I was so inspired. My pantry and refrigerator are now officially paleo and I have started my 30 day journey! One question: about how much water should I be drinking? I usually am able to get in the recommended 64 oz, but should I be trying to drink more? Just wondering what the recommended daily intake of water was from a paleo perspective. Thanks!

12. Question from John:

G'Day Rob and Andy,

Firstly, thanks just does not cut it in terms of how much I appreciate you alerting me to the Paleo diet. No more lifelong sinus problems, goodbye gut problems and seasonal hay fever and hello increased energy, vitality and exuberance. A sixpack of kick arse Ozzie beer (gluten free) awaits your arrival in Oz.

Question: Some topics in episode 42 really resonated with me. That being training for health and longevity and pursuing a sport/ activity to enrich ones training and in the process enrich involvement and enjoyment of life. I have been following the 'health and longevity' gravy train like a friggin zealot and have for a while now started to feel stale.

Whilst listening to your podcast I suddenly realised how much I was missing out on and

how much I missed 'getting my teeth' into something, how much I missed the excitement and camaraderie of pursuing and been challenged by an activity. My pursuit of 'health and longevity' had, I realised, become a burden and anchor. I am a fit 41 year old, 5'7, 65kg, weight training about four days a week with a biosig level two trainer (which is giving good results). Podcast 42 has lit a fire under my arse and I now wish to indulge in life and its physical bounty more. I live in beautiful sunny Sydney so I am spoilt for choice and seem to be suffering a little paralysis by analysis, and what maybe an unhealthy aversion to any activity that even gives a whiff of being 'cardio'. I have some friends trying to get me into ocean ski paddling which I am attracted to because of my love for Sydney's beaches and harbours. Their training sessions go for an hour and are an intense mix of LSD and more interval type burst / rest sessions. Quite a few of them enter monthly races of 10km or more. I would love to get your view on the pay offs etc health wise of pursuing an activity like the above which is more strength/ endurance based compared with other activities I find attractive and that I think would be just as rewarding such as surfing or some type of martial art (more stochastic in nature). As the esteemed Keith Norris from T to P said "we all have to choose our loves, and our poisons", but the less poison the better for me as I get enough of that from my hereditary, culturally influenced, genetically enhanced addiction to beer.

Apologies for the lengthy question and cant wait for the multiple copies of the book and my Dads reaction when he starts to read his copy. He is a pig headed grumpy old bastard but I still love him so hopefully some of the info secretly infuses into his 74 year old cranium.

Cheers for all you do, it has been a life changer.