

The Paleo Solution - Episode 56

1. Question from Mike:

Rob, bought the book day it was released, ate your paleo 60 days, blood lipids barely budged. Total Cholesterol 200. Triglycerides-same, HDL up a couple points, LDL down a couple points. No dramatic results like promoted in your book. Is this supposed to work for everyone? Other factors to consider: take 10mg/day prednisone for Churg Strauss syndrome (autoimmune blood disorder), had a beer with dinner 5 nights/week. Ate a little 85% dark chocolate for desert. Muscle milk light 2x day for added protein/calories. Otherwise, no dairy, no bread/pasta/beans. Just meat, veggies, fruit, good fats. Workout 6 days/wk. 8+ hrs sleep/night. 1gm fish oil/day, Vit D 1500, Magnesium 325, multi-vit. What now? I had been doing loose Zone prior to this and dont see any difference. When will I see results if I continue with paleo

Reply from Robb:

Mike! First, thanks for buying the book, really appreciate the support. As to results...we have some differences in interpretation going on! In my book you have not yet started paleo. So I see a few things here:

1-You mentioned an autoimmune disease which in the book I recommend no: Grains, legumes, dairy, tomatoes, potatoes, eggs and a few other goodies including alcohol as these items are known gut irritants.

In your email we have beer (contains gluten and alcohol) and the Muscle Milk (dairy).

2-Blood panels- if we have any type of hyperinsulinism the protocol in the book is: Grain, legume, dairy free. Again, we have problems with the aforementioned "foods" nearly every day, and sometimes twice per day in the case of the Muscle Milk.

So, I have a 30 day meal plan, I'd recommend following THAT and then we can actually evaluate a legit attempt at this! I included Andy on this so we can use this in the podcast. We get many, many emails from folks who appear to not make progress but they are in fact not really complying with the prescribed program.

Let me know how things are going after you have completed 30-60 days of the autoimmune version of the eating plan.

2. Question from Seamus:

Robb,

Two parts:

1. Wondering if you've seen this article on high fat diets keeping epilepsy seizures at bay and what your thoughts are?

<http://www.nytimes.com/2010/11/21/magazine/21Epilepsy-t.html?src=me&ref=general>

2. Congratulations on the book. I didn't need to be sold on anything you wrote as I'm already a big believer. It is a great reference tool and source of inspiration. It's going to make good holiday presents for the family.

Cheers

3. Question from Mark:

Our son Jack (now 5 months) poops only once a week (usually on Tuesday). He is breastfed and my wife eats paleo and I was wondering if any other paleo eating mothers have reported the same sort of thing. I am not concerned that anything is wrong with him and I know that infrequent pooping can occur with breastfed babies in general, but I am wondering if it is common with moms who eat paleo.

4. Question from Adam:

Hey Robb and Andy,

Thanks for weighing in on the decaff coffee topic. I can see dosing yourself pretty hard/frequently with caffeine being somewhat bad. Not sure if I'm willing to stop though.

I suppose the brevity of my "question" took away from its original intent. So this is my second attempt at a "decaf coffee" question.

How do you feel about the preparation methods to make decaf coffee? From what I've heard/read (with only a brief google search), they might be a little shady?

<http://en.wikipedia.org/wiki/Decaffeination>

Thanks for continuously dropping knowledge bombs, you make my morning commute much more bearable.

5. Comment from Johnathon:

robb,

love the book. quick q. paleo 4 months now, have lost a lot of weight and feel great. blood test soon will show if other improvements made as well. have been working on strength and conditioning too. using sliced meat and sweet potato post work out as per dallas and melissa.

i find that on some longer metcon workouts i feel like i need some gatorade or something. especially when combo like thrusters and burpees.

would it be helpful if i drank some coconut water during the workout? what about a banana 30 min or so before i start to prevent potassium depletion (is that a real thing)?

thank you!!!

Robb's Reply:

What is your GOAL? Fat loss, or performance?

Johnathon's Reply:

i want to lean out (5'10 268 when starting S&C training in august. now 245 and a lot stronger) while building strength and stamina.

6. Question from Five Fries:

Hey Robb. I am trying to understand the balance between leaning out, training capacity, recovery and fueling. Can you train enough to fuel your body with sweet potatoes and still lean out? Lets say Roy Nelson came to his senses and decided to drop down to 205 or even 185. What would you have his training look like, assuming he still rolled and sparred. What would you feed and water him with? How long to drop that belly. Thanks for all the help, it is much appreciated.

7. Question from Roger:

I have purchased and read your book and I love your podcast. Thanks for the great work!

I eat a small square of dark chocolate almost everyday, so I have several questions about dark chocolate:

- 1) Is it good for you in small quantities or is it junk? If so, how small?
- 2) I eat 85% dark chocolate. Is there a minimum percentage I should look for?
- 3) Are there certain ingredients that I should avoid?
- 4) Who makes the best dark chocolate?

8. Question from Bobby:

Hi Robb,

Since going paleo about two and a half months ago, I have developed issues with my throat. Now, having phlegm issues, which I always assumed was allergy-related, is nothing new, but now whenever my heart gets pumping a bit, I feel the need to spit. My friend who has been on the diet for a few more months than I have also has this issue.

Additionally, certain foods seem to now give me throat discomfort. Even a sip of alcohol makes it feel swollen and even coffee sometimes. I assume these two things are related if only because they occur in the same place.

Is this a common symptom amongst paleo dieters? No one in the message board world seems to have an issue with it. do you have any idea what might be causing it? The health benefits have been great enough for me that I can deal with this, but if there is something simple that I can do to get rid of the throat discomfort, I would love to hear it.

9. Question from Adam:

Hi Robb and Andy,

Great job on the podcast always full of great info. Just a quick question- What do you think of Lactose free milk? I like a small amount of milk from time to time in Coffee and making Scrambled eggs etc.I have been using raw goats milk and just happened to see the lactose free stuff in the shop the other day. Thanks guys.

10.Question from Ben:

Hi Robb,

I am trying to convert my mom to eating paleo and taking high doses of fish oil. She has MS and I feel this would help with flare ups and other stress related issues that are detrimental to MS. I am lost and need help directing my mother. If you have any info on why it would benefit her and maybe some studies that back it up I would be grateful. Thanks

11. Question from Carrie:

Robb and Andy,

First and foremost - great job on the podcast. And Robb, great job on the book. I am plugging along...and did not skip all the geek-speak in the beginning! I do have a couple questions.

1. I am definitely not your normal podcast listener (all six of us). I am NOT a cross-fitter, I have no clue what a "block" of food or CrossFit Filthy Fifty is! I am a chubby gal...being honest, I am, according to the BMI charts, an obese gal - 5'6", 220 pounds. I know, WOW!!

So to my first question - obviously, I need to lose a considerable amount of weight and really have to change a lot of bad eating habits. I have been primal/paleo for three weeks and have only lost 2 pounds :-(. Would you suggest getting RMR tested and keeping a food/calorie log or just get even tighter on eating - eliminating fruit (I will occasionally have berries for breakfast), cutting out nuts, etc.? For exercise I have no problem - LOVE to exercise. I take long walks, sprint occasionally, and lift heavy weights/"throw around" kettlebells.

2. I listened to the Podcast with Whole 9 where frozen food was discussed. It seemed like the good/better/best did not include any frozen foods, but instead to eat local, organic, in season, etc. However, as Andy will tell you, living in Ohio doesn't offer a whole lot of time for in-season produce! Should I not eat fruit and veggies at all when they are "out of season" in Northeast Ohio (pretty much 6-8 months out of the year), go with frozen, or would you suggest I move to a warmer climate?

Thanks for any suggestions you can provide!

One quick question for Andy - I heard in one of the podcasts that you are from Ohio...I also noticed that you pronounce the acronym asap as the letter a and then sap (as in the stuff that comes out of a tree). My husband has never heard anyone but me pronounce it that way. He says the correct pronunciation is a.s.a.p. (saying each letter on its own). What say you? Is it an Ohio thing? Did you ever serve in the military? Maybe it is a military thing?

12. Question from Ben:

I have a question: I am 31 yrs old male, 6', 158 pounds, slim and lead an active but not overly athletic life. I eat very clean, 100% paleo. No dairy, no grain, no legume. All meat and veg. Two weeks ago i started Rippetoe's Starting Strength program with a personal trainer (who is from the oly lifting and crossfit world). I have never lifted weights seriously before. My goal is squarely to put on weight. I would like to see what it feels like to walk around at more like 180 or 190 pounds. At least for a while. It is a self experiment, but a serious one. I like the fact that at this point in my life i can control my body/hormones/metabolism to this extent. Obviously lean muscle weight is the real goal but i have heard a LOT that fat gain will proly accompany me in this journey and im more or less reconciled to that (in a minimal way;). Anyway, I keep hearing from people that with a strict paleo approach to living/eating i will not be able to get in the calories needed to succeed with the weight gain on the starting strength program. Im wondering your take on this.

I really want to keep all dairy and grains out of my life completely. Right now im still on just good meat, fat, and salad-y veg. So, im not taking in any starch (even though i have no problem per se with sweet potatoes, i just feel that up until this point in my time with this style of living i have not had a need for them). I can manage to get around 3500, maybe 4000 cals per day in right now with it all coming from meat, fat, and green veg. But im hearing from people, and reading, that ill need more in the 6000 cals/day range to make good progress. So, i guess im just not sure how much more my digestion/stomach can

handle with only meat, fat, and veg, to get to the 6k range. I feel like i might have to spend all day near a toilet or something. Is starch truly the key in sneaking those extra cal's in?
OK, thanks so much for your time. Be well