

The Paleo Solution – Episode 58

1-What motivated you to write the Four Hour Body?

2-You cover a remarkable amount of material the TFHB, fat loss, muscle gain, hormonal optimization, strategies for life extension and orgasmic bliss! What was the most counter-intuitive or impressive protocol you experimented with?

3-You have tinkered with loads of variable in your eating, including macronutrient cycling, have you played with a Paleo approach to eating? Did the grains chapter from the Paleo Solution you posted to your blog inspire any experimentation?

4-Our listeners have a variety of backgrounds, some folks have chronic disease they are dealing with, some are high level athletes. Give our listeners an idea how you go about hacking problems like autoimmune disease or optimizing performance for MMA. What is your process for tackling a given problem?

5-What are your current athletic goals? How are you training, eating and living to support the achievement of those goals?

6-What are some goals or interests OUTSIDE of diet, exercise etc? New language? Musical instrument?

7-We have this idea of an interplay of performance, health and longevity. Performance is being able to do whatever it is you want to do, health is a moment to moment inventory of your hormones, immune function and other indicators of wellness, longevity is health over the long haul. Do you see the technology in your book mapping this idea to some degree?

8-How do you think intermittent fasting and protein fasting might affect this idea of optimizing performance, health and longevity?

9-Can you talk to the listeners about the rehab concepts you cover, particularly those concerning old injuries?

10- You originally started to dedicate a whole chapter to the FMS, but switched to focusing on four corrective moves (TGU, C&L, 2SDL, and 1SDL) - Why?

11- Can you talk about your actual experience with these exercises - likes/dislikes? Which one did you feel you got the most out of? Are you still doing any of them?

12- How useful a predictor for NFL success do you think the NFL combine tests are based on your experience hacking them?

13- In a few portions of the book you discuss glute activation and hip thrusts/reverse hyper movements - these types of exercises are all the rage right now and wonder what your opinion them is now after finishing the book?