

The Paleo Solution - Episode 57

1. Blog Comment from Jon:

I think a discussion on what the re-introduction of foods and the subsequent reactions to them means and why would be very interesting as a podcast topic. The paleo concept has expanded a lot from the original 'cavemen did this so you should to' logic of guys like cordain (another thing mentioned recently on the show, how robb has become more science orientated because of matt lalonde), but I still think at times robb reverts back to the 're-introduce it and see how you feel' logical fallacy too often, because I bet almost any food completely eliminated for 30 days and then re-introduced would have negative effects and may take a few months to re-sensitize yourself to, so a talk on why this matters (scientifically preferable rather than anecdotally) would be important. It needs to be more than just 'gluten makes my joints achy'. I'm very surprised that some of your clients eat gluten, robb seems to think 100% of people should avoid it 100% of the time. Another thing is the constant reference to autoimmunity. I get that anecdotally people with these problems see benefits from paleo, but what relevance is this to people without autoimmune conditions? If dairy aggravates autoimmune stuff, what does this mean? Sometimes it seems like robb is implying that because people with (chrohns, rheumatoid arthritis, coeliac, hashimoto etc) get messed up eating a certain food that the food is bad for everyone, but they are a special population, and that's like comparing the carb needs of a type 2 diabetic to that of an athlete. Again, i recognise this is a problem of the very broad audience of the podcast, but I think some more clarity on the real underlying WHYs need to be answered. For example the 'these foods have only been around for 10000 years' line, this is assuming a linear evolution, which many experts suggest is not the case, so maybe robb could discuss why we did or did not evolve more quickly after the invention of agriculture (<http://the10000yearexplosion.com/>).

2. Question from James:

Dudes: Paleo + Pregnancy + Weight loss + Risk. Go!

3. Question from Cody:

Thanks for all the hard work and dedication to spreading the good word. I recently read an article about Mike Swick (the fighter) having a problem with esophageal spasms. Additionally, I have recently had a friend encounter some of the same problems. My intuition would lead me to believe this may be an auto-immune issue that could be solved by avoiding any gluten or other irritants. Any thoughts or input would be much appreciated.

4. Question from Josh:

Hey robb,
Haven't listened to this ep yet, I'll probably listen to it on the way to work tomorrow. I saw this article linked to from martin b, written by lyle: <http://www.bodyrecomposition.com/nutrition/carbohydrate-intake-and-depression-qa.html>, saying how low carb can make depression symptoms worse. I know you have mentioned low carbs helping depression, and lyle's article is quite sciencey, above my layman comprehension, does the science of what he's saying make sense? Do you agree with his conclusions?
I think martin mentioned people struggling more with low carbs in winter, and I know you mention higher carb intake over winter like in lights out, but what would you say about people prone to depression, should they eat a higher carb and lower protein diet?

Comment from Robb:

Josh-

Lights out recommends low barb in the winter. This has been a lifesaver for me. Lyle acknowledges in that piece that there are many moving parts to this. I'd tinker and see what works for you as there are studies and anecdotes on both sides of this that (to me) point to some individual variances.

5. Comment from Adam:

hey guys,

you said something i found very interesting about mixing up your workouts with a combination of lifting/movnat, o-lifting, sprinting/conditioning, and possibly gymnastics (could be movnat as well). that sounds great to me, and intuitively makes a lot of sense, but for one thing... time.

i've been doing 5/3/1 for a couple of months (3 weeks on, 1 week deloaded), which includes some sprinting/swimming in my case, and 4 days of core lifts and 2 assistance lifts (it's similar to the leangains stuff in that sense, as well, i'd say). i was coming off of doing 3on1off mainsite WODs, which predictably was killing me at the time, and now i'm in much more of a minimum input maximum output mindset, and i try to keep my workouts short (sub 45 minutes, ~20 minutes for the sprinting), even though they spread across 5 days per week, and generally i like what i'm doing, though on occasion i miss the metcon beatdown feeling of accomplishment.

so i guess, how could i fit everything in without overtraining? would a weekly o-lift session, 2 weekly weightlifting sessions (combining say deads/shoulder press & chin-up/squat), a weekly sprint and some kind of something else be sufficient (i have yet to figure out how to do movnat stuff at home or my school gym)? i hate to say it but is that sorta... paleo? i don't have specific goals like you were mentioning, but i actually just really like feeling strong, fast, and capable in our squishy, lazy, modern world.

anyways, i'm really interested in your thoughts on this. the eating thing has been pretty easy for me to accomplish, sleep is good, stress is ridiculous (grad school... unsurprising, at least), but this idea of optimal training is really starting to pique my interest.

thanks for all your consideration dudes,

6. Question from Paleo Pete:

Hi Robb,

How much does food allergies and Leaky Gut effect hormones? I have very low testosterone level of 105 pg/ml (range is 95-650). I also have found that after I eat eggs, soy, gluten, dairy or nightshades I feel very tired, achy and ill tempered afterwards. Ive felt this way since around 14 yrs old so it was always subscribed to anxiety and depression but as I pull these foods out my anxiety and depression level has dropped significantly. However, my testosterone is still low. I am a 30 year old male and I follow a 4x5 version of Starting Strength, get 9 hrs of sleep a night, and supplement with Natural Calm, vitamin D3, and fish oil. The past month Ive added in Now Foods Super Enzymes (at 5 caps), L-glutamine, quercetin, tumeric, ginger and probiotics (had to go low dose, the acidophilus made me friends with the porcelain thrown).

Estrogen and cortisol level are fine. FSH and LH levels are low.

Thanks Robb, your podcast has been a life saver.