

The Paleo Solution - Episode 59

1. Question from Tom:

Hey Robb and Andy,

first off, epic intro to the podcast!

Question (pronounce this as Dwight does in The Office US):

Been Paleo for close to a year. Was lonely at first here in Amsterdam, but there seems to be a surge in intelligent, young, healthy caveman here so the work I'm putting in to build a community here starts to pay off!

I'm 6ft3, 175lbs (which is kind of pathetic) and around 6% bodyfat.

I work out 2 times a week lifting heavy weights, doing compound exercises.

I've tried to build mass several times (I'd like to get around 190lbs) but have been unsuccessful.

What I think is the problem is this:

I used to IF before working out, and I used to not take any starch/carbs PWO. If I'm right, when glycogen levels in the body are depleted after a workout (especially after an IF), and not replenished quickly the body starts to cannibalize muscle mass (especially if you have high-metabolism like me). So all the muscle I could be gaining is leveled by the muscle I'm losing due to insufficient PWO carb intake.

My gym is pretty far from home (\pm 30min travel), so I was wondering if a post-workout shake with honey (for the carb intake) would do the trick? And if not, what does?

Hope this gets answered, you guys are my favorite source of hour-long humor induced ramblings about evolutionary biology. Take care!

2. Question from Dan:

A few quick questions... I'm sorry if they've been addressed in here already and I couldn't find them:

1 - You mentioned artificial sweeteners briefly and said you'd get back to that subject, but if you addressed them again I missed it. Is it in the book somewhere, or on here somewhere that I could read more?

2 - I live in Colorado, so really nothing but evergreens are "in season" here. Are most fruits & veggies (berries, apples, broccoli, spinach, etc) still ok even though they obviously don't come from anywhere around here?

3 - What are your thoughts on ketosis/ketogenic diets? I was thinking about doing keto before a friend recommended your book.

3. Question from Phil:

Dear Andy "President of The Beard Club For Men" Dees,

I'm addressing this message to you since we all know you're the puppet master in this operation.

First the usual: Love the podcast, been listening since there were only 5 listeners. Great

stuff week in and week out. I particularly like the training related info.

Two questions for you:

1. How much time will my body need to transition to Paleo and be able to perform at reasonably high level? For example, I've got my first half marathon coming up. From listening to the podcast I know that switching to Paleo two weeks before the event would probably be a bad idea.
2. Any thoughts on the CrossFit Endurance training? Particularly, wondering if all the two a day workouts fall into the "beating the tar out of yourself" category...

Thanks in advance!

Phil "VP of The Beard Club For Men" Steffek

www.funthat.com

@FuncThat

p.s. Don't think it's required for these questions but here are my stats: Male, 5'7", 125lbs (skinny, but decent strength, 300lb dead, 200 FS, 140 OHS). CrossFit three days per week.

p.p.s. My sister-in-law and her fam are moving to Paradise, CA. I'll drop in and say if we make it up for a visit.

4. Question from Handle This:

I understand that carbs are most appropriate post workout. That's the 'when', but how do we gauge the 'as appropriate' in terms of amount?

Also for very extended events (low-level hiking, maybe several days in a row with pack) what then is the peri and post effort quantity calculation.

Also, for how long does 'when' last. Is it the hours post, or could it last for a day or more if effort was significant. Just looking for some rules of thumb ala the 1g of protein per lb...i.e. grams of CHO per hour.

THANKS AS ALWAYS

5. Question from Jennifer:

Has a properly executed Paleo solution ever failed? i.e. no improvement in blood readings of cholesterol/triglycerides, no increase in energy, or no change in insulin response?

Secondly, what is the lesser of two evils according to The Paleo Solution – white bread/pasta or whole grain bread/pasta?

I am a 48 year old mom of two boys. I am 5'9" and weigh 125. I am fit, toned and trim and keep myself that way by my lifestyle of activity. I play golf and/or tennis up to 4-5 times a week, walk frequently, do yoga and generally use life as my exercise (i.e. carry my groceries, take stairs vs elevator, etc.) but I do no "work out". I watch little TV and prefer books or puzzles instead. You could say it is my genes, but perhaps it is because I grew always with a garden and eating plenty of fresh vegetables, (but few potatoes), fruit and little soda/sweets, except dark chocolate. I quit eating dairy about 10 years ago and never have liked the effect of corn or beans on my digestive system, so I generally avoid them.

My blood work is excellent according to my doctors and I have no (known) health related issues. I have read "Nutrition and Physical Degeneration" by Weston Price, "Protein Power", "Milk the Deadly Poison", "Lights Out" and "The Paleo Solution". I have a son who has

been on the ketogenic diet for 8 years for Glut1ds (if you are interested in more, please visit www.glut1ds.org) and feel I am very knowledgeable about the makeup of food. I have "gone Paleo" for about two weeks and generally feel awful and am continually hungry or dissatisfied. I'll stick it out for a few more weeks to make my assessment.

My objective is not for myself, but my husband. He has all the bio-markers for overall inflammation. His age 46, 5'9" tall, constantly battles with his weight, though with working out he is able to stay around 200lbs. His cholesterol without medication is around 240, triglycerides are around 220. His HDL is below 35 and LDL around 170. He has bouts with heartburn and has at least one large gallstone. Nine months ago he had an angiogram that resulted in a stent to a 90% blocked artery. The other arteries were said to be approximately 20% blocked. Since then, he has been on Plavix, aspirin, statins and I make him take Omega 3 and Vitamin D. He comes from an Italian background – lots of pasta, bread, pizza, and cakes/cookies – won't eat nuts or seeds, few vegetables and no fruit. He prefers high-carb sugary snacks, candy and soda, though he doesn't indulge as often as he would like. He watches TV most evenings for several hours. He won't read "Light's Out" or "The Paleo Solution" and though I have tried to share the information with him, keeping my marriage together always stops the conversation.

Therefore, has the Paleo Solution ever failed? And which is worse, white or whole grain?

6. Question from Bobby:

Robb and Andy,
Can't thank you two enough for what you do. The book was awesome Robb, and these podcasts get me through my long drive home from work. For me and the rest of the listeners, can you tell the story of Evander's five fries again?

7. Question from Dan:

What is your perspective on club soda as a majority of H2O intake? I was never a soda pop drinker prior to paleo, but when I kicked out much of what I lived off of for 35 years, I grabbed onto some pleasures from the neolithic era. Club soda seems pretty innocuous so I indulge. Can you explain if this is a bad thing to enjoy and what could be harmful for taking in just simple old bubbles in water.

8. Question from Jeremy:

Hello Robb,
Had something like the sugar binge last Friday (4 really good macarons and 5-6 chocolate truffles) and something quite amazing happened I thought – I had NO sugar crash for about 18 hours and in fact, elevated energy. Going to have the 2-3 hours of gym on Saturday made me thought going for it might be alright.
I had so much energy that I exercised when I reached home for about 20 minutes just to burn some off because maybe I wouldn't be able to sleep with all that energy, and I thought it might not be good to let so much excess energy stay in the system.
...and then I went to sleep (it was 3am though, not common). But I woke up 5 hours later possibly due to the biological clock since I woke up at around the time I woke up at for the past days or weeks.

When I woke up, I did not really feel sleepy, and in fact still had all that energy.

At the gym, even though there was a lack of sleep, I lifted 160 instead of the 140 I usually lift and have been lifting for the past weeks. It was way beyond what I've been lifting for weeks. At the almost-treadmill (ski thing not sure what it's called), I felt like I could not stop and just went on and on – double of what I usually do at 22:48 instead of the 10-minute warm-up. And I was at speed 248 pedals per minute instead of the usual 190-200. Crazy!

I felt kind of superhuman, and thought that would be great for marathons.

But I think I shrank after that, even though I lifted weights beyond what I've lifted for that day.

Then I went back to look at the effects of excess glucose/energy in your book and saw how it ends up having Glucoseneogenesis. Thought it might be that.

No crash, amazing energy levels that ended maybe 2 hours into gym (about 18 hours after the sugar).

Maybe the paleo-ish diet I've been on improved my insulin sensitivity, etc...but what do you think Robb?

Wondering if carb-loading before gym has the same effect without the possible after-effect of Glucoseneogenesis (if it happened) but instead of sugar, have sweet potatoes, yams, etc... (will be trying that)

Also wondering if my body has switched to "carb-mode" from the more ketogenic mode from the weeks of lowish-carb diet, just from one night? Would also like to hear about this aspect of the body if you have things to say about it!

By Paleo-ish I mean no grains for 5-6 weeks – since I went for the 30 days and then more.

Also, have you seen anyone with possibly at least some gluten tolerance and can take maybe one croissant a week without any effects or significant effects? I guess maybe you can't tell that yet; without anyone on it long enough that you know of.

Thanks Robb!

9. Question from Eric D::

Great Podcast!

I have two items I would like to hear your opinion on. The first one is Martin's Berkhan Leangains. Not really his training protocol but moreso on his nutrition aspect, also assuming his program is followed to Paleo standards with higher carbs coming from yams, squashes, etc...Is this something that is healthy in the longterm? (I know your crazy busy so a yes/no would be great!)

Also, and this may hit closer to home for you. My BJJ S&C is based around Wendlers amazing 5,3,1 program. Next month my Deadlift is going to go over 400 pounds, Back Squat over 370, Press 185, and Weighted Pull Up at 125...I weight 180-185. I like lifting alot but when is it enough? I am one of the, if not the, strongest guys on the mats and BJJ is not really a "strength" sport. I am into mat performance, longevity of training, and staying lean. I believe it was Ripp who said something along the lines that strength training beyond intermediate levels is pointless if your not in a strength sport because of programming and recovery involved in more advanced strength levels? So, in your opinion when is enough strength enough strength, and when does it begin to not be worth the effort to progress and just maintain? Also, I dont have the time or recovery ability to roll every single day...4 times a week rolling and two days strength training is a great balance for me and keeps me from overtraining, so more "mat time" instead of lifting would shoot cortisol out my ears, funk my sleep cause class goes till 8, and throw me close to overtraining!

Thanks for the input, hope your Jits is going well and keep rolling!

10. Question from Ben:

Robb

Three question.

1. What supplements are YOU currently taking?
2. What supplements would you add to your diet if all your meat was grain fed.
3. Are twinkies Paleo?

Thanks brother!

p.s. the new website is pretty rad, but going to be honest and say I'm a little bummed with no forum

regarding #2...basically looking at CLA, K2 etc..Not more fish oil.

11. Question from Tane:

Gents,

Only listening to the podcast now, as I've been away. I did hear about the Twinkie Debate during my travels, however.

Reference Professor Twinkie: Is it fair to boil his hypocaloric Twinkie diet study to-
"Consuming less poison is better for you than consuming more poison"?

While I'm on a roll, the unknown and unknowable/Utrisque Paratus issue:

If no summation of leg extensions, leg press, hamstring curls and calf raises will equal a squat, can we posit that 60 kipping pullups doesn't equal being able to climb a cliff?

Comment from Robb:

Uh, yea. This is what Erwan has seen in some ELITE crossfit folks. Great capacity, and a complete inability to climb real-world objects.

At soem point you have to work technique and expand skill-set. Not just sweat.