

Andy Deas: Robb Wolf, Andy Deas back with episode 54, the Paleo Solution. What's going on today, brother?

Robb Wolf: You know, the sun is out in Chico and I'm happy. The sun was not out yesterday and I wanted to do a Kurt Cobain.

Andy Deas: Well, just so people know, this is day three of Andy kicking the caffeine habit again. I'm feeling much better today. Yesterday I felt like I was walking under water, but if I appear a bit loopy or off that is why no clients have asked me this time if I'm drunk while coaching because I'm so out of it but there's always this evening to see where we are with this.

Robb Wolf: You see when the energy system really fails...

Andy Deas: Stop moving paper.

Robb Wolf: Okay, okay. When I did my caffeine withdrawal the very first time, I was having auditory and kind of multi-sensory hallucinations so that was good stuff.

Andy Deas: Well, you know, I'm going to blame this last one on you, Robb, because you know we had a long weekend of work. We have the strength challenge in Orville at level 10 CrossFit which was excellent, and then we had the Almond Bowl in Chico at 10K and 5K and the weather was horrible so we didn't go and have our booth. So I had to go to the Robb Wolf's book signing and I had two double cappuccinos with steamed heavy cream, and the addition of heavy cream pretty much put me over the edge.

Robb Wolf: Yeah. I suspect that the heavy cream doubles the caffeine uptake so yeah, I believe it.

Andy Deas: So right there at about 2:00 p.m. I was like I'm so tired and I've had so much caffeine and I'm like tomorrow I'm just going to stop for a while again and start over.

Robb Wolf: Yes. And Andy looks happy, but we'll keep you on this straight and narrow.

Andy Deas: All right. Well, we have some juicy set of questions today and first we're going to start with Matt from Centerville CrossFit for two reasons. One, because I'm from Centerville where this CrossFit is and actually CrossFit is not in Centerville. It's in Washington too but they just say it's Centerville, and it's about the Twinkie stunt which I'm so tired of hearing about, Robb, so I'm going to read this little spit to you and then we'll hear your take on the Twinkie diet because if you're on board I'm going to start tomorrow.

Robb Wolf: Sure, sure. We'll get a ream of Twinkies from Costco for the gym.

Andy Deas: All right. Matt says, "Robb, I would love to hear a take from you and your squad on Professor Haub's Twinkie stunt. I'm getting a ton of questions from some of my 'think they're too smart, don't want to change and like to throw stones' clients. I had what I thought was a great explanation until I was sent his Facebook log. From what I saw in the CNN article, I expected his small, dense LDL would have up-ticked which he never got a NMR Lipid test, and his TAG/HDL ratio to go a big south which it seemed to improve. His body fat to drop a bit, but for him to lose mostly H2O weight, which his body fat is supposedly made up 20+ pounds on his drop according to a sophisticated body fat measurement, and him to have ravenous hunger which he subjectively said he didn't have." Robb, what are your thoughts on the Twinkie Diet?

Robb Wolf: Can I just shoot myself? You know, there have been some really good write-ups on this like I've been trying to get myself fired up to write something on this, but Whole Health Source had a really, really good write-up on this. A couple other folks had some nice assessments, and these guys ended up picking this thing apart in a sufficient way that I

feel like I don't have a ton to contribute to the discussion in that they pointed out some really key features of this thing. One was that this professor of nutrition started off with an over 30% body fat level and they were applauding his high carb, low fat diet that got them there in the beginning. The professor commentates that he just couldn't control himself from overeating while eating a standard chow, but then when he started eating this kind of wheat-measured Twinkie diet where he was on a very regimented schedule and a hypo-caloric schedule to boot or most importantly then he was able to stick with this thing and there are just so many interesting features with this. One is just that whenever we stick people on a hypo-caloric scenario, it almost, I won't say it doesn't matter but in some ways the food quality becomes significantly less important with regards to like beneficial metabolic changes like if somebody is sick and overweight and metabolically deranged which this doctor obviously was, if he was 31%, 33% body fat, then sticking him on a calorie restricted diet is going to benefit him. There's absolutely no doubt about that. The big problem that we face is that we can't seem to get people to do this in a free living scenario. People do not stick to programs like this whether it's Twinkies or whether it's otherwise good food, and even like with what he said in the beginning of his write up on his own study was that his supposedly good food he was overeating on it and it really begs the question why, what's going on there? What's broken? And again, Stephen at Whole Health Source, he broke this thing down really well which is that we have some really complex neural-physiological regulations of appetite and if we're reading the wrong types of foods and anything that starts causing problems with liver function, Omega 3 and Omega 6 imbalances, inflammatory issues with lectins and what-not, we start getting derailment in the right neural regulation of appetite. When we just can't regulate appetite, it really doesn't matter what food we're eating. We're going to overeat on them. But the interesting thing with that is that if we're generally feeding people protein and fat as kind of a basis, this kind of low-ish carb Paleo approach, it is damn hard to overeat on this. You know, the thing is kind of a stunt. I guess it's kind of interesting. The professor, he commented on this other guy's website "Thank you for discussing this. This was the point of my whole thing to get people talking," and I don't know that it really was to get people talking. I mean, it is kind of an interesting finding but it just obscures the facts a lot. When people aren't well steep in this stuff, then it's just another layer of my new shit to try to explain. You know, if we can get people generally eating a low-ish carb Paleo kind of deal, protein, veggies, some good fat, we can usually get some sort of 80/20 buying on this and they have great appetite control, they have good body composition, they have good blood lipids and it's something that appears to be sustainable over the long haul, whereas, this professor's standard nutritional approach was unsustainable. The guy was heading towards obesity and so I don't know. What do you think about this, Andy? I just think that this thing ends up making it incredibly frustrating to try to explain the new instance of this stuff to people. Maybe it's good, maybe we can get in and start talking the neural-physiology of appetite and all of this stuff. But then it's kind of like, okay, now we need another comparison and another person needs to eat a different type of diet and we kind of look at this type of stuff and like the question here where you've got the clients that want their excuse to eat whatever they want to eat, I mean, in some ways it's kind of like, okay, go for it but it's going to limit your result. What do you think about this whole thing?

Andy Deas: I'm tired of talking about this, Robb, but the only thing I will say that kind of frustrates me is it's like the short term experiment but I think what we lose focus on for me and some of the clients I talk to about it is that I think most people would agree generally long term that the quality of the food you eat has some type of impact on your health. I think some people will debate what that quality is, whether it's grain or whatever, but so like in your gut you look at this and you know like this is a freaking stupid idea and no one could live off Twinkies and not have any long term health problems in my opinion. I don't even know if we need to study that, Robb.

Robb Wolf: Yeah. I mean, if they're on a calorie restricted plan, then it buys you some headroom. It buys you some headroom, but the thing is people don't live that way in free living scenarios. He made some commentary in the preamble to his study talking about like food deserts where people live in this urban environments where there's no fruit or vegetable stands or the quality of meat is really suspect because it's really more like a slim gym, and so his thing was there's the potentiality that people living in food deserts could have better health by eating super low quality food like he did taking vitamin supplements and just making sure that they do caloric restrictions. But the thing is is that doesn't fucking work, you know, and so one of this thing is like okay, I guess interesting data point and we have now cause a massive amount of confusion and driven both down it's kind of like okay, yes, this can work. We can make this work, maybe even we can make it quasi healthy because we have a massive amount of calorie restriction. So what? Is this going to benefit anybody on a broader scale? Do we get general buying on this too? The interesting thing is even with the calorie restriction, we're not going to see improvements in any type of autoimmune function with this and we just know that from people tinkering with the zone in CrossFit land and not seeing improvements in autoimmune function, not significant, not reversing it like what we're seeing with the food quality approach. So it's just damn annoying. I mean, on the one hand like somebody said, you know, props to this guy for just uncovering the stone I guess. But I think it's cause way more damage than good. It just confused the hell out of people.

Andy Deas: When we're done with the podcast, I think I will go and have my five fries.

Robb Wolf: Hot fries. You can have five fries.

Andy Deas: Matt from Centerville CrossFit, hopefully that was helpful. We kind of got out of control on that one.

Robb Wolf: Yeah. Hopefully that answers it for folks. I'll try to do a really quick just commentary on that and link to a couple of really good write-ups on that whole thing. I don't really feel like I have anything unique to add to the discussion at this point other than this doctor is just completely disregarding the neural-physiology of appetite and what are the best strategies for affecting change in people, in free living humans, you know, when they're out actually living and they're not subjecting themselves to the discipline of doing a study that's being followed by the media and what-not.

Andy Deas: All right, Robb, moving on. This one could be the question of the day. Hopefully it won't take you 30 minutes to answer. A question from Jay. "Hey Robb, just wondering what you believe the best program for being prepared for the unknown and unknowable as they say would be? Obviously there's CrossFit in its current incarnation. I know you're a fan of CrossFit Football over that. I've also wondered about Christopher Sommer's Gymnastic WODs. Is there anything else that would be better than those listed that I don't know of? My fitness goals have changed a little and I'm just trying to figure out the best program to get me as prepared as one can be for anything and everything. Thanks, Robb."

Robb Wolf: Wow.

Andy Deas: I'm going to blame Greg Glassman for even coming up with the idea to be prepared for anything and everything, Robb, right now. I'm just going to say that for popularizing the idea.

Robb Wolf: Popularizing the concept. Well, here's the thing. You popularized that concept but then you steer the whole boat down the path of being a sport and then you actually kind of turn your back on those basic concepts. You and I, Andy and I were talking about some stuff before we let the podcast roll that the early incarnation of CrossFit which was this real

basic template built around gymnastics or lifting, sprinting, and some smart couple of triplet oriented metabolic conditioning, there was real power there particularly if you put in some MEBB type strength progression into that background. Having some thoughts towards both maximum strength progression and then also skills progression, you know, 10 years down the road here we should have some people able to muscle-up press to handstand swing to support and some really complex stuff. We have some increasing work capacities because of some monsters entering the game. But we really don't see a massively developed skill set, not like what we could. But that's a whole other thing, probably an appropriate deal for different topic. But this whole unknown and unknowable gig, the one caveat that I'll throw in with this is that the time indexing starts becoming really critical at some point. When the unknowable starts pushing out to like 6 hours, and 8 hours, and 20 hours and stuff like that, then the preparation necessary for that starts dwindling off the short end stuff so massively that it becomes some very different game that we're talking about. But other than that, I would say some stuff that is dealt around gymnastics or lifting and sprinting as basic power development, as basic skill development, mobility, kinesthetic awareness, and I would do something akin to like a say one day a week you do some O-lifts, another day a week you do some sprints, and then third day you do some MovNat kind of inspired type stuff. MovNat lifts and carries and throws and climbs and does all these different stuff, but from my MovNat perspective -- and maybe we'll get Erwan on here at some point, he can kind of articulate his thoughts on it. But this is fully like my take on this gig, it's that we start doing some context-oriented training because like when I went to the MovNat gig for three days it was raining sideways and we were trying to clean and jerk logs in mud barefoot in the rain with like newts running out from under our feet and stuff like that while we're stomping around in this muddy bogs and it just changes everything. It completely changes everything. Your grip starts failing when you start trying to work bar muscle ups on a log that has six or eight-inch diameter. That's challenging when you do bar muscle ups on a six or eight-inch diameter log. When you're covered with mud and it's pouring rain, then it becomes virtually impossible until you figure out some of the tricks in this stuff. So I think in general like if you want to build this broad general inclusive capacity and then you want to work context, work in the cold, work in the rain, when you're doing this stuff though it's with the idea or the fore knowledge that you're doing this to prepare yourself for working in austere environment and then you may see some declination or some decrease in your basic numbers, your metabolic conditioning, your basic strengths and all that stuff, but you're trying to subject yourself to some austere environments and really I think that some of the most powerful value of anything like this type of training, in CrossFit in particular, is that you're able to subject people to an amount of suck that is just virtually impossible to find anywhere else. Like in wrestling and fighting, you can experience that type of metabolic demands and the challenges and everything. But when you put people in a competitive environment and then nobody likes to lose, everybody wants to put their best foot forward and all that sort of jibes, so when the competition deal is on and then you add to that workouts that are designed not to train but to destroy, you know, basically like how much work can we induce or subject an organism to before they get rubbed over or Cushing's disease from overtraining syndrome. Then you have this environment in which you're going to find out what person is made of really quickly and you can take people to a place of misery that they can really figure out that right brain/left brain type integration like okay, rationally I know I'm just in a workout but emotionally I think I'm going to die, how do I rectify these things? And so I think that some amount of psychological preparation such that you've gone through absolutely horrible places and then talk yourself through it and they are able to go forward, I think there's some huge value on that and probably the mental toughness is as big a deal as anything else. You know, you see these stories about like the dude that got his arm pinned under a rock and you're like cut his arm off at the elbow with like a dull knife and everything, like that dude is probably just way tougher than I am like I would probably have ended up being coyote chow out there under that rock instead of cutting my arm off. I don't know, but I think that general physical preparedness that you can get from sprinting, gymnastics derivative

stuff, O-lifting and power lifting is fantastic. You know, the metcon I think is most valuable not so much in the physical preparation but more on the mental and emotional preparation that you've talked yourself into the idea that you can do anything.

Andy Deas: That was an impressively long answer, Robb.

Robb Wolf: Thank you, thank you very much. Hoping that I can forestall some of the later questions.

Andy Deas: Robb, I agree with all your ideas and really the dimension I would consider then is I think that idea that templates work really well and then you kind of think who you are as an athlete. So we've got to focus it like former power lifters and I'm like hey, if we're talking about well rounded fitness, I can like that word better than unknowing and unknowable, then I'm like you probably need to do less heavy lifting. We just need to maintain that. We need to spend some time, body awareness, gymnastics, MovNat, teach you the O-lifts and vice versa. But I think that idea that you layout works perfectly.

Robb Wolf: Yeah. It's an interesting thought experiment and I think probably more people than not would benefit from a generalist program, but then this was another thing that Andy and I were talking about before we let it roll, it's if folks who have been in a generalist program for a while you reach a point where you start asking some questions like, well, what next and where do I go? If you don't have something guiding what you're up to, then it becomes tough and this is where like I would kind of even lump sum the endurance type efforts in this. But I mean if somebody really is geeked out on a particular sport or event and they just want to stay competitive throughout their lives, then that's probably enough. But if you aren't chasing some sort of technicality, if there's not something that is new and technical or just the skill set that you're playing around, what needs to be deepened and improved, then all that we're talking about then is typically some sort of work capacity whether it's maximum strength or whatever and it just gets so hard to make progress and like the return on investment gets laboriously slow and it's not to say don't do that but I think when you've got some technical elements that you can hone and get excited about the technical elements, then it's much more rewarding and also much more forgiving on you in the long term orthopedically and metabolically and all that.

Andy Deas: Skill-based training is so much more fun, Robb.

Robb Wolf: Yeah, it is easy. You know what? I'm excited to see more of Erwan's stuff with MovNat. It kind of hit the scene. It's just interesting, like he has always adopted this very skill-based building capacity via skills versus just simply a DOM capacity and it will be interesting to see how all this stuff grows and develops.

Andy Deas: Are you ready to move on? That was 11 minutes.

Robb Wolf: I'm ready to roll and I'll make the other... I promise.

Andy Deas: No, no. These are the most popular questions, Robb, so they'll probably never go away.

Robb Wolf: God help us, yes.

Andy Deas: Cool. We've got a question from Ben. He said, "So I had been doing super low carb for about five weeks where my cheat day would consist of a couple pieces of fruit maybe twice a week, working out three to four days a week, pretty much meat, veggies, and eggs in my diet and coffee with a little cream. So I was at a location where they had Halloween candy and I thought to myself, F it, I'm going for it. So I had probably 10 pieces of your standard garbage of the world Halloween size, small candy bars and roughly 1/3 of Coca-Cola, then I almost died I think. I went pale, I couldn't even handle sitting down. I had to go outside where it was raining and lay down for about 10 minutes.

Vision was going away, breathing was hard. Calling 911 entered my thoughts, then was able to get up and throw up, went and ate some meat and felt better. Could you talk a bit about what was going on metabolically and perhaps the dangers of going super low carb and then eating a deadly amount of sugar? Thanks. I have listened to all 52 of your episodes." Then we've got a follow-up from Morgan who says, "Ben, we must be twins or something. I've lived this experience too many times now. Super strict, low fruit, low carb, the whole 30 style Paleo for three to four weeks and then a little refined sugar throws me off the rails and I experience all of the mental/physical trauma you mention. It feels like an anxiety attack. Worse, it gets worse. I recover for a few hours or overnight, and then I binge on an even higher volume of the sugary stuff. Sometimes it takes two to three days of bender-like behavior before it finally breaks like a fever. Funny I'm pretty much a non-drinker, and a few drinks never prompt the overwhelming need to have more. But with sugar, I'm like Nick Cage in 'Leaving Las Vegas.' Robb, we would love to hear your thoughts."

Robb Wolf: My thought is don't do that stuff.

Andy Deas: Robb, that is not the question.

Robb Wolf: Oh, man. I just, gee whiz.

Andy Deas: Well, I mean maybe you could start -- we actually had this talk the other day because some folks that I think were coming up on like a holiday and they knew they're going to have a drastic increase in their carbohydrate intake and you were recommending, well, maybe they slowly kind of climb that up at least for a few days before they kind of prepare the body, I mean maybe we can kind of start there. Obviously, yes Robb, don't go out and have 75 candy bars and four cokes because it will not turn out well for you.

Robb Wolf: Yeah. I mean, jeez, it's a stomper in some place. It's just like, dude, if we change the saltiness like dude, it was hookers and cracking and like I almost died and it was like yeah...

Andy Deas: And it's so much better.

Richard Campbell: Yeah, and it would be so much more understandable. I mean, you get wired up in this low carb scenario. I think we talked about this a time or two or maybe it was in a nightmare, I'm not really getting this together at this point. But when we wire our system up to run more efficiently on fat, part of our tissues can and do convert over running on fat and ketone bodies including, you know, our brain can run on it, other tissues can run on it. But what happens is that on a -- I wouldn't even say a transient level, but on an adoptive level, less of our body is running on glucose so that means by default that we are insulin or glucose intolerant in certain tissues. So now the high carborers they will start freaking out and they're like "See, see, low carb messes up your metabolism." I was like "No." We have an adaptation here. It's really not that much different than if we have somebody who is generally eating high carb and then we have them dramatically cut their carbohydrate intake, they're lethargic and tired and sleepy and everything. Interestingly, they don't have the type of severity like what these folks did where they're typically like almost vomiting or you almost have something like a diabetic coma type deal. Because what we have in this scenario is that a huge on-rush of glucose and fructose into the system just spikes blood sugar levels that just keep going up and up and up because the body is insulin resistant because it's been running on fat and so the blood sugar levels get sky high and then we get a massive over release of insulin out of the pancreas because the body is in a panic mode now because the glucose level could be getting high enough that you could cause some significant brain damage or something like that or something like a diabetic coma and then you end up crashing the blood sugar levels and you get this rebound hypoglycemia where the blood sugar levels are even lower than

what we started off with. So this is where natural hormone enhancement, the metabolic diet, anabolic diet, like cyclical carb approaches, part of what they're trying to do, and this is kind of what Barry Sears is trying to do also, is you try to offer something for everybody. Hey guys, eat a low carb diet during the week and then you can go hog freaking wild on the weekend and eat donuts and pancakes and whatever so you can live a decade of indulgent life on both ends of the spectrum. High fat in the weeks and then high carb on the weekends. The reality is that it doesn't end up working all that well and the usual downside is that people feel like absolute crap when they go on this carb benders. Mat Lalonde and I were talking about this and the carb re-feed that most people need, depending on where you're at with your training, it either needs to happen immediately post-workout or it needs to be of moderate volume and intensity of carbohydrate intake or you're going to experience problems like this and it is probably not all that healthy to do. Like Andy said when he reeled me back from just completely going feed along this question, if you know you're going to say like hit the family holiday event, you're going to be doing some pies and some treats and your carbohydrate is generally going to be higher, then for maybe a week before you go to the family event increasing your carbohydrate intake incrementally say like 20 grams of carb, more for a couple of days, basically a piece of fruit and like two pieces of fruits a couple of days later, such that by the end of the whole thing you've increased the amount of carbohydrate you're taking in from say like 50 grams a day up to 150 grams a day or 200 grams a day then you'll probably be utilizing glucose as a primary fuel source more so and so you shouldn't experience this problem so badly. This is where like it just gets a little bit maddening trying to, especially as we have an influx of new people coming in, you throw this information out there and then you end up with folks who are new that need to just be towing the line, just eat, just eat meat and veggies and fat and be good and then you throw this chunk of information out there that's like, well, before you do a carb bender start increasing your carbs so you can adapt to it. And then we end up with people spun out and they don't get any traction on this stuff, this is where like it almost starts necessitating like a close forum kind of gig for super geeky type questions because we have a massive number of people who are coming to the site listening to podcast that need like basic help. They're still trying to figure out what a protein and carb fat is, and then we have questions like this which are just going to the dark side of the moon and it's super confusing for folks. So guys, just eat what you're supposed to eat and don't screw around with other stuff and make it easy on all of us. Okay? Please.

Andy Deas: Robb, I feel like you're angrier than I am today and you had coffee. Wow.

Robb Wolf: I'm cranky today.

Andy Deas: I know.

Robb Wolf: For what it is, I'm cranky today. Part of what it is, you know, I've been trying to figure out how to get a message out to folks that works and like I feel the book is doing great like we're getting some really good buying on that and all that stuff, but then it still comes back around to are you catering to the elite? Are you catering to the masses? Who needs more help? The masses do. But then when you deal with that, then it's basically like eat meat, vegetables and some fat, go to sleep, exercise a little of minutes, it's kind of done. So you want to look at some of this other interesting stuff, but then it's totally Pandora's box. You let a little information out. This is like I feel like two years down the road now, or maybe a solid year down the road, I feel like we kind of sort of have a little bit of anchorage with the concept of like post-workout nutrition. People are like if I want to get lean, do this protocol. If I want to optimize performance, do this protocol. But it's taking so much work to get people there and to some degree I'm just waiting for the next wave of folks to come in and who haven't taken the time to dig through the podcast and everything and get to that stuff. But just trying to figure out how to get this information out

there in such that it addresses everybody's needs, but everybody is different and so I don't know. It's interesting.

Andy Deas: I'm in a unique power up, you must help me.

Robb Wolf: You are on your big one to-do.

Andy Deas: All right, moving on. A question from Cat Alberts. I like that handout, it's good. He says, "Congrats on your anniversary, boys. I finished reading the book and listened to almost half the podcasts in about two weeks. I'm very happy with all the info and have changed my diet completely from almost vegan to full Paleo. Still going strong on my quest to save my gallbladder and dissolve the gallstone. Aside from that, I read some stuff online about the research by Professor Cynthia Kenyon, her roundworms doubled their lifespan if they never ate carbohydrates. Well, 20 days to 40 days, but still impressive. And lots more research with genes, cancer and IGF, all in the worms. As far as I can see, her research on worms parallels yours in scientific literature. Very interested to hear what you make of her work. Kind regards and I look forward to the next podcast."

Robb Wolf: Really interesting stuff. A couple of years ago, for the performance menu I was kind of geeking on this whole thing: intermittent fasting, ketoses, performance, health, longevity, how do we find a nice inflection point on the stuff. But I'm still not super sure if generally low carb diet in humans is going to make us live longer. Like I think that there are some biomarkers that were modifying including insulin expression and/or glycolytic damage, certain one gene expression. There are really some interesting things that seem to get flipped on in a low carb environment. So we see less oxidative damage when we are pumping nutrients through the phase two mitochondrial oxidation which is basically beta fatty acid oxidation versus glycolysis and then pumping carbohydrates through the phase one mitochondrial pathways. So we see a lot of different things converge on this low or low-ish carb side of things, but it's still largely conjectures to whether or not we're going to see some legitimate light extension out of this stuff. I think low-ish carb Paleo, minimum amount of poly and saturated fat to make your engines work the way that we want don't supplement with Omega 6 really at all. Avoid gut irritating foods, get more of your fats from polysaturated fats, I'm leaning more and more and more in that direction because of the oxidative stress that they impose. All those stuff totally make sense. Whether or not it's actually going to bear any fruit at the end, I don't know, but it totally makes sense and we get more and more data that kind of support this stuff. So this realm of experiment is really interesting. You know, my thought is that what we'll see is probably a mild, if at all, increase in total lifespan out of a protocol like this but I think that what we'll see is a doubling or more of a affective lifespan like instead of people seeing significant physiological decline in their 50s, 60s, we see that stuff pushed off to like 80s, 90s before we see the wheels really start falling off the wagon. In regards to any of this pretty good examples of something along that line, Clarence Basil, so although Clarence is always eating much higher carb deal, but he's aging good so we'll see how that stuff goes. But there's no doubt that some smart training that's not exhaustive, good lifestyle practices, good stress management and all that are all going to add up together in a very favorable way.

Andy Deas: It's all bunk, Robb. You know it. Good question, Cat Alberts. We'll give you handle number eight, my eight favorite angle.

Robb Wolf: Yeah, it's a goodie. That's one a goodie.

Andy Deas: All right, next we have a comment from Charlotte. "Met you in South Brooklyn last year. Thanks so much for these podcasts. They're so informative. I think you run the question about the removed thyroid episode in 48 already, but the repeat prompted me to write with my question. I was diagnosed with Hashimoto's 15 years ago as a senior in college.

I've been on Synthroid, generic version, since then with my levels being adjusted every 6 to 12 months as my TSH levels have changed. Here's the thing. I've never had a symptom of low thyroid. Ever. No weight gain, no sluggishness, no dry skin, no hair falling out, nada. So this spring, in conjunction with the 30-day Paleo challenge I stop the Synthroid. Nothing changed. Still no symptoms. Sometime this summer I got my TSH levels checked. There were through the roof like in the 20s so I'm back on the drugs, but again zero symptoms. What's up? I'm 37, female, breastfeeding once a day, eat Paleo plus some dairy, almost always grass-fed. I don't avoid nightshades but I do put down a dozen eggs a week at least and I'm not shy with the nuts. I'm pretty good about sleep, always have been. It was tough for a while with the little one, but he's pretty good now, and trains CrossFit three to four times a week, Capoeira two to three times a week. Sorry for such a long question. I realize I probably just need to suck it up and get myself to an endocrinologist but I wonder if you have some brilliant insight that I could bring to the table."

Robb Wolf: So I mean the basic question is why is she not suffering symptoms despite low thyroid production, right?

Andy Deas: Yes.

Robb Wolf: I don't know.

Andy Deas: It's a good think I'm here to help you, Robb.

Robb Wolf: I don't know. So folks understand, like if you have low conversion of T4, T3 or just generally low T4, T3 levels, then TSH thyroid stimulating hormone is going to increase trying to push the production of T4 and T3. I don't know. I mean, I just don't know why you wouldn't manifest symptoms. It's interesting. Either being on Synthroid or off Synthroid doesn't really seem to do all that much one way or the other. She might have either a super high density of thyroid receptor sites in her cells that she's able to function on super low level or there's something else that's kind of going on here because there doesn't seem to have been any change in how she was looking and feeling performing whether she was on Synthroid or not. The only thing that change was that TSH levels went out. So I don't know what's going on with this other than to some degree you're just kind of lucky in that it seems like you get along pretty good whether you're on Synthroid or not. It sounds like probably being on Synthroid would be smart so that we're not just cranking up TSH levels which can have some other feedback problems, but I don't know what's going on there. I thought about this and I don't even know where else to go for diagnostic measures other than looking at like some gene expressions stuff to see what type of thyroid receptor site density is going on. I'm not even super sure what that would answer.

Andy Deas: Yup. All right, Robb, moving on. A question from John. "Robb, I have a friend whose 8-year-old son has been diagnosed with ulcer. As he was telling me, my first thought was Paleo diet, almost like a Pavlovian response. They said in his stomach so I'm assuming it's a peptic ulcer. No other remarkable history other than he was six to seven weeks premature. My Google foo came up empty of meaningful results searching for things like ulcer + gluten and ulcer + celiac, but I thought I may have missed something. Any insights would be appreciated. Continue your great job on the show. FYI, it's November 3 and I don't see the show on iTunes, not sure if there's an issue but it usually shows up right away." First of all, I and the iTunes issue, when we switched to Lipsin I got a little confused but I think we're set now, Robb. iTunes will deliver the programs as expected and no one needs to get worried about it.

Robb Wolf: We didn't have a massive number of complaints this morning, yesterday morning, so I think we're good now.

Andy Deas: Progress, progress.

Robb Wolf: We ended up having way more downloaders. Like we always joke that we have six listeners when in fact it's nearly 18 listeners and so we had to go to a different host and so it took us a little while to get the bugs work out on that.

Andy Deas: Eighteen listeners, thank you.

Robb Wolf: Three times more than what we thought.

Andy Deas: 300% buddy, 300% growth.

Robb Wolf: And actually it was still the same six listeners. They were just downloading it three times.

Andy Deas: Answer the question, Robb. Answer the question.

Robb Wolf: Okay, okay. So the celiac and the ulcer stuff like grain intolerance in ulcer, there's definitely some stuff there but folks also usually, if you do some digging around hyper insulinism in ulcers then you can find some stuff with that. The fact with the young kid though I suspect that he probably either have like the classic grain intolerance or dairy intolerance or something which started to create some irritation in the gut and probably has like H. pylori infection going on, a Helicobacter pylori infection which is kind of at the heart of right at the heart of a lot of what's going on with the GI ulcers. I mean, standard grain-free, dairy-free Paleo diet I would be shocked if it didn't help with the whole situation. One thing, this kid should probably get some sort of a culture performed to see if he does have some H. pylori and then if he does then some specific antibiotics could help address that, but that will not address why he got it to start off with and this is where Paleo-type diet could prevent this recurring. It might even be able to change the environment such that its own immune system and the environment of the gut could be changed such that the H. pylori or if it's a different bacteria that's really at fault here could be displaced and you get a normal flora set up. You should be able to see some improvements with this with some standard dietary tinkering.

Andy Deas: It's amazing.

Robb Wolf: Shocker I know.

Andy Deas: Sorry, no caffeine. Blame it on the no caffeine, Robb. I'm not salty today. Next I have a question from Victoria. So Robb, I think I dug this out of the comments for you to know what's going on here because I know there are some who are confused.

Robb Wolf: Vaguely.

Andy Deas: Vaguely. She says, "Hey Robb. Just a thought on the first question. How useful is a sugar-free electrolyte solution? My understanding is that the major mechanism of sodium uptake from the gut is via the sodium/glucose co-transporter. Don't get me wrong. I don't think that a sugar laden electrolyte concoction is the way to go, but if you need to uptake some sodium you need to eat some carb, at least from my understanding." Robb says, "It really just depends on the need. Do you need that glucose? If not, you will absorb an isotonic solution just fine." Victoria follows up, "I thought it was the other way around. How badly do you need the sodium? My understanding was that you need glucose to utilize the major sodium uptake mechanism in your gut. It was one of those fun facts they taught us in physiology that actually stuck with me." Robb says he will check into that. Robb, what are your thoughts on this.

Robb Wolf: Victoria has remembered exactly the opposite. It's the glucose-sodium co-transport mechanism and so what this is is because glucose is a large organic molecule and we're generally moving against a concentration gradient in our blood depending on what you have going on, unless you wanted the jokers who are trying to kill themselves with the Halloween candy, most people are roaming around with typically more of the glucose concentration in their blood than they are on the gut and obviously this can vary based on what type of intake we have from the old meals and what-not. But the basic mechanism here, because we have a larger organic molecule and we're generally working against that concentration gradient is that we will co-transport a sodium molecule out of our system and then to bring a glucose molecule into the system. So basically what she's describing here, Victoria remembered the mechanism, she just remembered it 180 degrees off. Then if we're really talking about just general sodium uptake, that can work the passive diffusion. There are some active transport mechanisms that work with that too, but it's not an issue at all. The issue is whether or not you need glucose which is what I was saying originally. I didn't fully grasp that first question that she had simply like remembered this thing in reverse.

Andy Deas: Well said, Robb. That was the shortest answer yet today.

Robb Wolf: And the most complex question in.

Andy Deas: It's the simple ones that are hard, my friend.

Robb Wolf: Yes.

Andy Deas: Next I have a question from Kevin. "I've got a lot of autoimmune stuff going on so I adhere to a very strict Robb Wolf Paleo diet..." Note Robb, you now have your own Paleo diet, I like that.

Robb Wolf: Oh, God. We have the shark, man.

Andy Deas: "Including ridiculous quantities of fish oil per Robb Wolf calculator. I just got a side of grass-fed beef, so this winter I plan on eating just wild caught fish and beef, roughly 50-50. Come spring I'd like to add in some other pastured meat sources for variety with a mix over the course of the year of roughly 1/3 fish, 1/3 beef, and 1/3 others, mostly pork and poultry but also lamb, venison, and buffalo." I love buffalo. "Ordering grass-fed beef is pretty straightforward but I'm less confident re the optimal diet and environment for pastured pork and poultry. I've been researching, but unlike beef there seems to be less consensus on what our pigs and chickens should be eating. Apparently even pigs and chickens that are pasture-raised, free-ranging foragers are still always supplemented with a fair amount of grain in their diet. For instance, Joel Salatin of Omnivores Dilemma fame says his foraging broilers get only 20% from grass, bugs, worms, grubs, and the rest from corn, toasted soybean and kelp which is scooped into long troughs. And pastured pigs seem to be fed just about anything. Two questions: 1) Obviously any pastured pork and poultry is going to be better than the industrial version, but how much better? The nutritional difference between grass-fed and industrial beef is significant but does this nutritional advantage hold with these other pastured animals especially given how much grain and other PUFAs they consume?" Robb Wolf, what are your thoughts?

Robb Wolf: Oh, man. The breakdown on this stuff I haven't seen a ton. It hasn't been as well researched as the grass-fed beef type things. It's some better like you usually get better carotenoid and stuff like that, but as soon as you start feeding critters CLA and -- I'm sorry. When you start feeding them grains and stuff like that, and I'm not sure what the inflexion point is whether it's like 5% of calories, 10 or 20 or whatever, but you start seeing some decrease in things like CLA, you start seeing some significant displacement in the Omega 3 and Omega 6 profile. I think it's still much better quality and it certainly

taste a lot better. Like we had Nikki's dad came over last night and we're out of grass-fed meat so I went to Raleigh and I got what look like some pretty good pork spareribs and they tasted okay but they didn't taste great to me, they smelled okay but not great, and I'm just kind of realizing that I'm so used to eating really high quality food that when I go with standard conventional stuff it's not very good by comparison like the taste and the quality and all that stuff. So I think that you're still -- money is well placed trying to go for an option like this but it's definitely a different deal.

Andy Deas: "2) How does pork and poultry compare to beef, lamb and bison? Should we, as a general rule, be limiting pork and poultry, even pastured, favoring grass-fed beef and wild caught fish and wild caught fish? I think this is what Dr. Kurt Harris suggests. Is eating 1/3 of my meat from pork and poultry too much? Would someone with a history of autoimmune issues be better off avoiding or limiting the pork and poultry? Would all that pork and poultry tend to offset some of the beneficial effects of the beef and fish?"

Robb Wolf: You know, since this is actually kind of a nice like controlled experimental kind of gig which is can we get this person to a point where we're essentially like symptom-free from autoimmune disease, you know, essentially put it in remission and that's where I would go like the grass-fed meat, wild caught fish and stick really exclusive to that and then I would just tinker with this and introduce the pastured stuff and see how you do with it. It would be really helpful to get feedback from you about how it went. In an ideal world, I would probably stick more with the grass-fed meat, wild caught fish and make even the pastured poultry and pork maybe a little bit more randomized. When you want a little bit of something different or a treat or something like that, maybe go with that but it depends on how you're feeling from it. That's kind of the spot that I would really drive most of your conclusions from. In as far as like whether 1/3 versus 2/3's are going to be the issue, I just don't know on that. That's just stuff that you would have to tinker with.

Andy Deas: Yes. Good pork is good.

Robb Wolf: Indeed. And we get some big stuff like Katy's mom's pork. They feed them a lot of apples and oranges and almonds and I know they get some grain but they get much more kind of forage like that and it is insanely good like it is just the most amazing pork I've ever had. It's phenomenal.

Andy Deas: Yes. I can't wait. The poor little pig, it needs to be slaughtered again.

Robb Wolf: Indeed.

Andy Deas: Next we have a question from Dan. "Hey Robb. My sister went to an endocrinologist who seem to be okay with Paleo, but had some issues after getting back from some conference. 'Saturated fat is no more than 7% and should not be eaten late at night because it can cause fatty acid syndrome which will destroy fundamental nutrients in the body.' Also folate deficiency sounds like a potential issue. Could you explain why this woman is wrong?" That one is for you, Robb.

Robb Wolf: Oh, man. This whole fundamental nutrients in the body, if anybody out there is a Dr. Strangelove fan and like the dude that went crazy and ended up an army general or air force major, whatever he was, he went crazy and his whole deal was that they're trying to steal our vital bodily fluids, this just smacks of that so badly. It just totally reminds me of that, but I have no idea what the hell this person is talking about. One thing, Cordain wrote a really great paper. Even when people are hammering on him about him not being excited about higher saturated fat intakes, he was kind of blasting the AMA and some other folks saying that making recommendations of below 10% saturated fat intake was nuts because there's just no scientific or kind of evolutionary basis for it, like there's no ancestral diet that we can put together that had less than 10% or 15% saturated fat in it.

Now we know much better than that. Anyway, in this whole like fatty acid syndrome, I have no idea what that is. I cannot find anything on it. And then destroy fundamental nutrients in the body, that's like biggest bunch of boogeyman scariness that means absolutely nothing. It's just absolutely ridiculous. If you check out Loren Cordain's cotemporary diet based on, Paleo diet based on cotemporary food, folate ends up getting like 1200% of the RDA on folate by eating these wacky things called meat and vegetables. Egad, man.

Andy Deas: Holy cats, Robb.

Robb Wolf: Holy cats. This is one of those of things. Andy sends me the notes here like a day or two in advance so I can read them and do any research I need to do on it and I will sometimes have problems going to bed at night. I'm so either angry or like out of sorts reading some of the stuff and this is one of them where I just want to scream at this person. It's like what are you talking about? You're a doctor, you need to do better than this. But alas, that's not going to happen. So yeah, this person is completely out in the field and if they want to come out on the show and talk about it we would love to have her and I'll be super nice, I promise.

Andy Deas: Yes. Moving on, Robb. I'll try to get you out of this. A question from Ian. "Hey Robb, have you heard anything about a low carb diet triggering cortisol production? I've read this but I'm assuming it is the low cal and not low carb that is triggering the stress response. I have also read that cortisol gets raised along with glucagon. What are your thoughts?" I'm going to read your thoughts first, Robb, then you can comment. "Many people yammer about this, but the science is just not there. Where are the extremely high cortisol levels in ketogenic diet controlled epileptics? If someone is trying to eat low carb and train at a very high intensity, I could see a problem. But that is where cyclical carb and other protocols solve this potentiality." Your thoughts, Robb Wolf.

Robb Wolf: And then was there another...?

Andy Deas: Oh, yeah. You want me to read this one? The other one is a little bit different and you can address that one separate, it's fine. Just go.

Robb Wolf: There are a couple of folks out there like I think Anthony Colpo just had a recent paper and there's always somebody it seems like of late yammering about this stuff and what they're doing is they're looking at protocols in which people are already on high carb, low fat diet and then they get put on a low carb diet and it's stressful. The reason why it's stressful is because these people are used to running on a bunch of carbohydrate. When you restrict that carbohydrate, they're insulin resistant, they can't access body fat for energy and so their body goes into a stress mode trying to find some glucose, and the place that they find the glucose is by releasing cortisol to liberate glucose out of the liver. Now if you were to eat significant amount of protein and fat, you would blunt that response because you could get gluconeogenesis that would then release a little bit of glucose from the protein and you wouldn't have the cortisol response. This is actually part of how you can take somebody who is kind of Type 2 diabetic who is suffering elevated cortisol from blood sugar crashes and from the fact that the liver could no longer sense the elevated blood glucose levels and blood insulin levels and it's actually sending a panic response to the adrenals to release cortisol to raise blood sugar levels. You can fix all this stuff by feeding people a high protein, high fat diet. Because we're able to start fixing the neural regulation of appetite, we provide enough protein that could be converted into glucose to maintain blood glucose levels, circulating blood fats will minimize the glucagons release and cortisol released. Everything is cool. It works great.

But what these guys are doing is cherry-picking studies in which people are not fat-adapted. To run a stress adaptation response, typically hydro-caloric being shifted from a high carb

scenario do a low carb and not only low carb but also typically hypo-caloric and the body goes into panic and there's just no surprise that this is what the situation is. But they have the cart so backwards it's kind of insane because again this is how we can fundamentally reverse Type 2 diabetes, it's by removing that over production of insulin by removing the excessive sub-strait of excessive carbohydrate particularly fructose and start changing that deranged liver function. So these folks are just out to lunch, and again like to wrap this, so this is our generalist thing and then as usual we have a subsection of people who may be a elite level athletes for whom very low carbohydrate diet is probably not appropriate for them particularly MMA, CrossFit, something like that, very glycolytically demanding activities who need to refill their glycogen storage both liver and muscular to some degrees otherwise we're going to have some problems. But that's not rocket science. That's just called post-workout nutrition and the people who need that are typically lean, fit, strong athletes. So nothing new here, but it's certainly exciting to try to whip this stuff up and get people all spun up about it.

Andy Deas: Five fries and a Twinkie diet, Rob.

Robb Wolf: Oh, God.

Andy Deas: All right, so then we've got a follow-up comment from DG just I thought to read. It's kind of interesting. So he says or she, I'm sorry, "I actually have eaten a ketogenic/Paleo diet for five plus years, all grass-fed, organic, no fruit, no grain, legume, etc. trains two times a week, 20 minutes high intensity workouts, get good dark sleep, sleep like a baby. My cortisol levels are off the ASI chart all day long. My A1c levels are 5.1 and I have a stubborn fat around the middle. I've been at my wits' end trying to figure this out. I got a glucometer to see what was going on and it confounds me even more. Sometimes after a grass-fed beef and broccoli/green/peppers mix of veggies my blood sugar goes up between 118 and 125. The only way I can keep it below 100 in between meals is eat something like only eggs. My fasting blood sugar is typically 95 to 106. All this happens when I keep my carb intake well under 50 grams, usually under 30. Do you have any thoughts on the direction to go? I'd appreciate it very much. Oh, in case it matters I'm a 56-year-old female, very strong and healthy, 5'7", weighing 135."

Robb Wolf: I'm guessing potentially like a food allergy with this just because she's sees this elevated blood glucose level with some things but not with others. So that would be my first place that I would look at. You know, we have some foods that aren't on the list giving this problem and I would start looking at that as a potential place to look. Also here again like if we're talking about this whole thing, if she's training pretty hard maybe we do need some post workout carbs in here to prevent the potential cortisol spike from low blood sugar levels.

Andy Deas: Yeah. I would actually be curious as to what her two 20 minutes high intensive workouts are a week. I'll also just be curious on that.

Robb Wolf: Yeah.

Andy Deas: We've seen some folks I know with some pretty stiff cortisol stuff where in their workouts certainly do some basic weight training and walking to see if we can get some movement on their ASI first before we did anything that would look like any type of high intensive training.

Robb Wolf: Yeah. You know what? I started reading some of Richard's stuff over Free the Animal and he's been playing around with some of Martin's material playing around with the lean gains approach and like Martin just has this great orientation on minimize cortisol levels, do some low level cardio like walking, get your diet dialed in and lift some heavyweight a couple of times a week if the main focus is leaning out and I think people have sprite too

much benefit to interval training as a means of leaning out and not enough to cortisol management and stuff like that and so if we have an established pattern here of elevated cortisol levels, definitely even though it's only two 20 minutes high intensity workout a week, that maybe too much and maybe too much paste across a background of some other issue. So I would definitely start playing with some variables like when you're reading, when you're going to bed, food quality like I mention before, potentially some sort of a food intolerance deal that's causing some elevated cortisol levels and then really reevaluating the need for the high intensity exercise if the main focus is leaning out and reducing cortisol levels.

Andy Deas: Yes. Good. Next I have a question from Matt. "Dear Robb and Andy. I totally love the podcast even though my girlfriend hates me for listening to it in the car with her." Yeah, you might want to stop that. "Although helping me with this question might help her to love you as much as I love you, and that's a lot of love. One of our good friends has cystic fibrosis which is compounded by Type 1 diabetes. She's a good student and a brilliant artist, but when it comes to taking care of herself I'm concern that she could do more. She doesn't exercise often due to frequent stints in the hospital, and she's a carbaholic. Muffins, pastries, cereal and frappuccinos make up the bulk of her diet. That said, she has an army of doctors around her and I'm less than confident going at her with a full-frontal Paleo attack. I have read a few studies that suggest that carb-limited diets are helpful with cystic fibrosis and I'm sure it would help with the Type 1 diabetes, but I hope you can help me point her in the right direction with some scientific/empirical data to back it up. It is her life I would be messing with. Thank you."

Robb Wolf: You totally spot on with this like there's some good literature floating around out there that carbohydrate-restricted diet improves cystic fibrosis outcomes. The deal with cystic fibrosis is you have a sodium chloride pump in the lungs which isn't functioning properly and so we get an accumulation of fluid in the lungs and part of that gets addressed and gets improved when we're not dealing with the elevated insulin levels that typify a high carb diet and then it would also address a lot of the issues of controlling Type 1 diabetic swings. So I mean if this gal wants to see some improvement, not just an improvement but much better outcomes in her long term health and life, she should definitely consider doing some tinkering with this. We could try to dig around. I mean, basically it's look in low carb diet cystic fibrosis and going from there. There's definitely some stuff floating around out there on it.

Andy Deas: Yeah. That's true, and google also on Paleo diets in cystic fibrosis and there's a ton of stuff out there. I think the trick is going to be convincing her. For some folks honestly, scientific papers don't make such a difference honestly because we deal with this all the time in our little lab that we deal with.

Robb Wolf: Yeah, and it's funny even within that. When people, so often they come to the website looking for some scientific papers, it really begs the question do you have enough of a background to understand what it's saying and like by all means give it a shot, see what the abstract is and stuff like that, but then from there you're still just kind of having faith that people crunch the numbers properly, that they didn't cook the numbers, that they didn't have a research and all the rest and this is true even on the low carb side of the stuff. This Jeff Volek has a research bias and he's trained to cook that up. I don't think so. I don't think anything of the sort. I think he spot on, but this is where when people want a bunch of like scientific validation for this stuff. It's kind of like, okay, do you even have enough understanding to get in and out of it. If you don't, then just give it a shot. Make it easy on everybody. Just give it a shot, here are the parameters, grab the quick start guide, do it for a month, see how you look, feel, and perform, check your lipid, biomarkers health and disease before and afterwards and then we're good to go.

Andy Deas: Yes. And finally, Robb, question #12, last question of the episode, from Saturated Phat.

Robb Wolf: Awesome.

Andy Deas: "I'm an endurance athlete looking to Paleo to help break some plateaus and improve performance. I've gone mostly gluten and legume-free, and dairy is next. But I feel like there's always something more to cut out. I'm not sure I understand it aside from the theoretical which I don't fully buy: cavemen never ate this so you shouldn't. Vinegar, for instance, is not Paleo but has a lot of health benefits. Unless you disagree, that's question one about vinegar." Let's just start there, Robb.

Robb Wolf: Oh, man.

Andy Deas: I know. That's why I put it last, Robb.

Robb Wolf: Now we get to play the is it Paleo reductionist game and so we can just like wander through a shopping center and like is that Paleo? Is that Paleo? How about that ad? Is that Paleo? And yeah, I like vinegar. It taste great on salad and I'm not output by the acid-based balance. It makes me want to cry.

Andy Deas: And I think for Saturated Phat, I don't know, like we've talked about this a hundred times in podcasts like we don't actually sell the argument cavemen never ate this so you shouldn't.

Robb Wolf: You know, to some degree I have formed the basis on my arguments in the past about that because of some goading on the part of Matt Lalonde that really refined my approach to that and relied less on the evolutionary discordance deal and more on the this is just a problematic food. Just simply because it's evolutionary novel does not necessarily mean that it's bad. So that's something that I've been more careful to modify my stance on and refine what message I'm putting out there so it's a little more scientifically accurate and credible and all that. So hopefully that helps on that regard.

Andy Deas: Yes. So Saturated Phat goes on to say "So you cut grains, legumes, dairy, and then no white potatoes which are nightshades and you should probably cut bell peppers, tomatoes and eggplants too although I don't really understand why those are better than potatoes, question two. Then eggs aren't really great either and fruit isn't good because of the fructose load and now it's getting pretty restrictive." Why don't you handle question two, why are things like bell peppers, tomatoes, and eggplants better than potatoes if they are.

Robb Wolf: Well, here again it's like who are we talking about and what's the level of refinement that we're dealing with here. What the problem is potentially is that the tomatoes, potatoes, eggplants potentially have some gut irritating lectins in them that maybe linked with some autoimmune problems and a lot of people who have autoimmunity seem to benefit significantly from reducing the consumption of these items. Potatoes seem to be much less problematic so long as you avoid the, interestingly enough, the skins. It seem to be the main repository of some of the more gut irritating alkaloids in some of the lectins, and the eggplants, tomatoes and everything, just the fruiting body itself has some of the problematic items in it. But this is again, this is for somebody who generally has some autoimmune condition. So Saturated Phat is jumping in on this. It's such a level that, you know, trying to have it all figured out before even getting in and doing it, yeah, that it sounds like.

Andy Deas: And I don't think we actually have really a problem with some nice pastured eggs assuming you don't have autoimmune problems. I love eggs. I eat six everyday.

Robb Wolf: Yeah, and this again, eggs have some lysozyme which is a gut irritant and again if you're particularly with like multiple sclerosis and rheumatoid arthritis, we see the removal of eggs to be additionally beneficial for folks. So this is a situational thing and so instead of calling it Paleo or cavemen because everybody gets all spun out about that, then we'll say for some people with autoimmune conditions or other inflammatory conditions, foods including potatoes, tomatoes, eggplants and eggs maybe problematic. You should experiment with this and see what the heck is going on so that you know what issues you have. If that still bunches somebody's pennies, I just don't know what to tell them.

Andy Deas: Don't be angry about your messaging, Robb. Don't be angry today. We're almost done.

Robb Wolf: Andy is like keep it together, baby.

Andy Deas: The tracks are shaking. We're about to go off. Saturated Phat goes on to say "Why are nuts still in the mix after we're talking about cutting on eggs? They're obscenely high in Omega 6, full of anti-nutrients, and for those who want to lose weight are calorically dense and taste way too good. A lot of people, myself included, can put away a jar of almond butter or cashews and not think twice until they feel awful afterwards. My question is what makes nuts better than legumes or nightshades? What's worse about white potatoes or hummus? It might be basic but I really still don't get it. Thanks a lot. Got the book on the way and looking forward to checking it out."

Robb Wolf: Yeah. All of these things can be problematic for the reasons listed and so we need to figure out who you are, what your needs are, and then make a decision about where these foods fit into your goals. So it sounds like the main deal, we've gotten endurance athletes here, what I'll say is that in general what we have you eating is essentially a, if we say Paleo diet and that pricks a person out there, then we'll say a protein centric higher fat largely carbohydrate consumption from a non-gut irritating items and we're trying to balance Omega 3 and Omega 6 intake while optimizing micronutrient intake, then we end up with what is, also on the other side what is generally referred to as kind of a Paleo type approach and there are some caveats to it that you can tweak or refine based on what your needs are and what you individually have going on.

Andy Deas: Yeah. I think for most of us who are starting, once they have some of those existing conditions you're talking about, things like nightshades and eggs and even nuts we don't really get too freaked out about.

Robb Wolf: Right, right. You know, the nuts we tend to steer our clients away from because they are easily over consumed and because we're seeing that the Omega 3 and Omega 6 imbalance is problematic, and frankly I was seeing a lot of digestive problems with that and I don't know if it's just from the fat load or from the lectin, the anti-nutrient load or what, but over the course of time we've refined our message to kind of minimize those things. Here again I delineate all the stuff actually in the book so possibly after reading the book most of these questions would have become moot.

Andy Deas: Right.

Robb Wolf: Oddly enough.

Andy Deas: Robb Wolf, that is ridiculous and you know by the fact that writing a book you're just actually asking for more questions.

Robb Wolf: It's true.

Andy Deas: If you've never told anybody your opinion, you wouldn't get questions.

Robb Wolf: You know, the funny thing is this is a massively consistent theme. When we were in Houston, a very sweet woman came up to me. We stopped by Erwan's MovNat clinic he had going on and she said, "Hey, I have some questions." And she started laying all these questions on me and "I have some concerns about how I implement this and how do you do it," and I just look at her and I said, "You haven't read the book yet, have you?" She was just like "No." I said, "So why are you getting all workout about what your family is going to do and your concerns about implementation and the whole thing if you haven't even read it, like why are you heading into this with a bunch of questions and concerns instead of just reading the book and see what comes out of that experience." She was a little flabbergasted I think at the end of it, but there's a remarkable number of people who are right on the edge of picking up the book, opening it and reading it and I feel like I do a decent job of covering a bunch of this stuff like laying out do this for autoimmunity, do this for general stuff and kind of delineating all that. But right before the person picks up the book to read it, then they start rattling off this litany of questions about it. I was like "Dude, just give the book a shot first and then we'll talk turkey after that and see if we didn't answer a few of those questions and put some stuff into context."

Andy Deas: And with that, Robb Wolf, that is the end of episode 54, my friend, an hour and 11 minutes.

Robb Wolf: Cool.

Andy Deas: Cool. So we will see you next week and you're in town for like a whole month so no concerns.

Robb Wolf: Yeah, and we're doing a Tim Ferriss podcast here pretty soon. I'm not sure exactly what date that will run, but like early December will be hitting that. So keep your eyes open for that.

Andy Deas: Tim Ferris, what's his new book called, Robb? Do you know?

Robb Wolf: The Four-Hour Body.

Andy Deas: Nice. The Four-Hour Body. How conveniently titled to The Four-Hour Work Week. Shocking.

Robb Wolf: There's some branding going on there.

Andy Deas: I'm shocked coming from Tim.

Robb Wolf: Yeah.

Andy Deas: So anyway, man, enjoy the rest of your day and we'll talk to you next week.

Robb Wolf: Thanks Andy.

Andy Deas: See you, Robb.

Robb Wolf: Bye.