

Andy Deas: *Six listeners can't be wrong.*

Robb Wolf: *Yeah, six listeners cannot be wrong.*

Robb Wolf. *Andy Deas. The Paleo Solution. Holy cow!*

Andy Deas: Robb Wolf, Andy Deas back with episode 56, the Paleo Solution. It is sunny today, Robb. How's your mood? How are you feeling?

Robb Wolf: You know what? I'd put the guns away. I'm doing better. I was like should it be a shotgun or should I drive my car off of a cliff? So yeah. We had three straight days of overcast and rain and I was ready to do the whole Hemlock Society exit, the same kind of deal. So I'm very grateful for the sun. How are you doing?

Andy Deas: I am well. Every time we have days like these -- I had this roommate in college who was a very good football player and once as a freshman, he slipped on some precipitation and ever since then, we were in college for five years, he would never leave the dorm room on a day when it rained or snowed. So every time we have a day like that, I think of why do I have to leave the house? Of course, I have to go to work and do all these things, but in college when you're like 18 through 22, you could do that especially if you're a very good football player.

Robb Wolf: Truly, yup.

Andy Deas: So then I would just join him and we'd sit there and watch a lot of movies, Robb. It was a rough life.

Robb Wolf: That's when you got all of your RAD vernacular figured out.

Andy Deas: That's right, that's right. Well, that was when Jerry Maguire, not Jerry Maguire, Jerry Springer ruled the world and was the No. 1-rated television show.

Robb Wolf: Oh man, that was good times. I think some of my family members made it on that show, my mother's side of the family.

Andy Deas: It is very sad that Jerry Springer no longer rules the world in my opinion.

Robb Wolf: Well, we always have good times, so that's good.

Andy Deas: So we're recording this like two days before Thanksgiving. What are you doing for the holidays, man?

Robb Wolf: I think we're going to see Nikki's family in Reno.

Andy Deas: Cool. Snow or no snow?

Robb Wolf: It will probably snow just because I'll be smited by God and I have to drive in the snow. So yeah, that will be fun.

Andy Deas: Cool. So you guys, when do you start traveling? In a couple of weeks?

Robb Wolf: So we're in Woodinville for the December 4th weekend and that gig is completely like over the top sold out. We've been getting a lot of pings for folks wanting to get in there but we just can't do it like we're literally dangling people from the ceiling and so if they want to meet us Hawaii on December 11 then that would be good to get on, and then we're not going to be back out on the scene until probably February and we'll have an

updated schedule and all the new shenanigans related to the PSS and a bunch of other goodies cooking like information on the Paleo physicians' network and some other things. We've got Tim Ferriss rolling on the show. December 1 we're recording it, and then we'll see when we buzz that out we'll crack it out on everybody whenever it seems to work for Tim. What else do we have cooking? Is that everything?

Andy Deas: Can we now say Mat Lalonde will be on the show?

Robb Wolf: Oh yes, we will have Mat Lalonde. We're going to start bringing... We haven't talk to Mat yet so when he's listening to this he'll be like "Damn you. You didn't clear this with me."

Andy Deas: But I tag him on something on Facebook.

Robb Wolf: Mat and my wife possibly are in a race for being like the biggest missing troupes I know but I love them dearly. So yeah, we'll definitely have Mat on the show so we can get uber geek on that and we're going to try to start getting some folks on the show. Should we tell people about what we're up to with other stuff?

Andy Deas: Yeah, go for it. Let the fun out of the bag, Robb.

Robb Wolf: So we put up that post about what you all need and we heard about like folks wanted some transcriptions of the podcast so we're going to look into transcribing the podcast, we're going to work on a forum. We've got maybe a T-shirt design contest thing brewing and a couple of other goodies. So just trying to make everything better, improving it. We're definitely going to work on the graphical flowcharts for different things like fat loss and muscle gain and just try to take the information that we already have available but put it into a visual representation to make it more palatable for people to bite into it. It's funny like you keep thinking that you've got all your bases covered but we've got like the visual learners who like to read things, we've got the auditory people who like the podcast, and then people were saying hey, I'd really like a flowchart diagram kind of gig and then people loop back around and they're like, you know, I would really prefer reading the transcript on the podcast. I'm just like, oh man, at some point we're going to end up with a flowchart of the podcast for that.

Andy Deas: I can't wait.

Robb Wolf: Yeah. We'll have to pull the plug off the show once it gets to that. But anyway, I mean we've got some pretty cool stuff cooking and trying to make the offerings better and trying to help folks navigate all this Paleo shenanigan type stuff as effectively as I can and make it fun, make it interesting, help the people who are coaches and trainers to get this information out to their peers and just keep it a little bit fresh and different.

Andy Deas: Yes. So on top of the guest roll I'm going to say if anyone has any ideas other than wonderful Mat Lalonde who's ears are burning, and Loren Cordain is on the list, if any one has any idea for folks they want to see on the podcast at some point, put them in the show notes.

Robb Wolf: Yeah. Would somebody suggest like a Celebrity Deathmatch kind of gig where like we have somebody that would just argue with. I guess we can do that, but it just seems stressful. It's seems like everything that I used to have to do with like the CrossFit HQ stuff so I just don't know if I like to do that. But if somebody really has someone juicy that they want on the show, we'll definitely consider it.

Andy Deas: We'll take all commerce if they will be on the show.

Robb Wolf: Indeed.

Andy Deas: I mean if they're crazy enough to come on out, Robb, we'll have a mess. That's what I think.

Robb Wolf: Yeah, their okay with like career suicide if you put them on the show.

Andy Deas: Well, we have seven listeners so we're fine. Their careers will not be impacted.

Robb Wolf: No.

Andy Deas: All right, so on with the questions, Robb. We're making good progress. There were only six so we'll get everything off.

Robb Wolf: Indeed. Yeah, the reason why everybody really showed up for this.

Andy Deas: I also want to thank Jeff for putting together a new intro which we edited in before episode 55 so hopefully folks like that. Robb and I laugh at it every time it gets played.

Robb Wolf: It gives me a rib-tickler, yeah. Oh, and you know what? I'm going to say one other thing. When Nikki and I go to Seattle to do the gig up there, the science fiction hall of fame like the Science Fiction Museum has a Battlestar Galactica exhibit right now so I'm going to get in on that stuff, baby. I'm on it.

Andy Deas: I'm very excited for you, Robb. That's a big day.

Robb Wolf: I'll take photos and video.

Andy Deas: [Unintelligible] you canceled that, Robb? That's officially over?

Robb Wolf: I don't know. It didn't hook me. They should have got to the Cylon war quicker.

Andy Deas: Yeah. I saw that Episode 6. I just couldn't handle it really.

Robb Wolf: Yeah.

Andy Deas: All right, back to the questions.

Robb Wolf: Okay.

Andy Deas: Or starting the questions today.

Robb Wolf: Yes, starting the questions.

Andy Deas: Too much decaf coffee, Robb. I'm over the top right now.

Robb Wolf: Oh man.

Andy Deas: I know. My life is sad. First we've got a question from Mike and we put this in because this was emailed to you. It's kind of a common question so we thought we would read his question and Robb is replying. We're going to kind of talk about it in a little bit. So Mike says, "Robb, bought the book the day it was released, ate your Paleo 60 day, blood lipids barely budged. Total cholesterol 200, triglycerides the same, HDL up a couple of points, LDL down a couple of points. No dramatic results like promoted in the book. Is this supposed to work for everyone? Other factors to consider, take 10 mg a day prednisone for Churg-Strauss Syndrome. It's an autoimmune blood disorder. Had a beer with dinner five nights a week. Ate a little 85% dark chocolate for desert. Muscle milk light two times

a day for added protein and calories, otherwise no dairy, no bread, pasta, beans. Just meat, veggies, fruit, good fats. Workout six days a week, eight hours a night sleep, 1 gram fish oil a day, vitamin D 1500 milligrams, magnesium, multivitamin. What now? I've been doing Loose Zone prior to this and don't see any difference. When will I see results if I continue with Paleo?" So then Robb replied, "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 here are a few things: 1) You've 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 you had beer which contains gluten and alcohol, and Muscle Milk, a 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, 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 not to 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 to 60 days of the autoimmune version of the eating plan. Thanks."

Robb Wolf: So yeah. You know it's funny. Every once in a while we'll get a consult and this guy, Mike, was super cool. We had a few follow-up emails since shooting this back to him. But I'll get a consult in individuals who are just like forlorn and they're kind of a unique butterfly and have done everything and my parents were heavy and it's just not going to work. Then when we start digging around, it's like, oh, you're actually not complying at all like there are still tons of dairy in the mix, you're sleeping in a room that you could read a book by because it's so light. There are all these issues that end up popping up and kind of similar to what we have here where Mike maybe cleaned up his diet a little bit I'm guessing, but then we've got a beer five nights a week, we've got Muscle Milk twice a day, and we've got some obvious autoimmune disease which is being treated for and then what I'm guessing to be probably a little bit kind of metabolic arrangement and what-not. The reason why I laid out the protocols in the book, and I have all these exact same protocols available by the way on the website for free: the chopping and food guide, 30-day food log, basically in the Frequently Asked Questions tool section. It lays out all the how's, why's, and what's it. The reason why I make those recommendations is because they work and largely to the degree you don't comply with them will hamstring the whole process. So it's just we're getting a ton of new people coming in and checking up the podcasts, checking out the website and everything because the book is selling really well, I'm very grateful for that, but it's also really important to remind people that these protocols that were laid out have several tens of thousands of people kind of background with it and it's not to say that it's the end definitive statement on this stuff but it's a damn good starting point and it's great to at least use that as the initiation point to start evaluating what we need to do. Do we need a little more carb or a little bit less carb? Different things like that. If we're still doing booze five nights a week and two Muscle milkshakes per day and we're dealing with hyperinsulinism and autoimmunity, then we're just leaving a ton of money on the table. So I just thought it was funny and it was good that it was actually a sunny day when this one came in. I didn't completely bite Mike's head off. So any thoughts on that, Andy?

Andy Deas: The only thought is this reminds me of the Facebook post about the Progenics just being whey.

Robb Wolf: Oh, right. Progenics, it's only whey protein, only five times more expensive than the other stuff.

Andy Deas: But if you get someone to pay five times what they should be paying, that's good business.

Robb Wolf: Hey man, it's open market. If you're willing to be fleeced, then go for it.

Andy Deas: This is really kind of a question especially I think for folks, I guess in my experience, that have some type of autoimmune thing going on. You have about zero wiggle room to play with.

Robb Wolf: Yeah. The thing is that we don't yet have -- or you know what? I won't say this. I was going to say we don't have the diagnostic ability to be able to figure out what exactly somebody has this going on and then say okay, you can have tomatoes but you can't have any grains or eggs or whatever like we configure that out but it cost about \$15,000 of blood work to figure out a lot of that stuff and so instead of recommending that people do that we recommend a basic elimination-type diet with these Paleo foods and kind of an ordered buy-in. If you're generally just checking stuff out and you don't have a known autoimmune condition or you don't have a lot of inflammation, then grain/legumes/dairy-free is a good place to start. If you've got a known autoimmune condition or you've got some other squarely stuff going on that seems kind of autoimmune in nature, then we tighten things up another layer and then once we get you healthy like here's the whacky thing we're trying to do. Let's get you healthy, let's reverse all signs and symptoms of disease, then let's figure out how much shenanigans you can get away with before you start showing signs and symptoms of disease. To me that seem like a simple and accessible approach and it's not a forever type thing and it allows you to figure out why you buy in this. But let's put the focus again and we're going to talk later about like goal setting and how important that is and not trying to do multiple things at once. But when somebody comes into a situation like this, let's make the goal to get you as healthy as possible and then we can figure out how much latitude you can get away with without being sick and then you can stew the boat and be a big kid and do it however you want to do it. But if we're not getting that basic level of buy and basic level of compliance, then we're just kind of pissing in the wind. It's not going to fix anything.

Andy Deas: Yes. Pissing in the wind, that's a good...

Robb Wolf: It's a great visual.

Andy Deas: Yes. Thank you for that, Robb. Pretty good.

Robb Wolf: Indeed.

Andy Deas: All right, moving on. Number 2, a 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." This was in the New York Times and the link is on the show notes.

Robb Wolf: Yeah. I think we had a little commentary on this and really, really liked it. The article was a good five-page article. The one thing I didn't like about is that the author, who also happens to be the father of the kid that he was talking about, his son has epilepsy, the author painted the ketogenic diet as just a very austere, horrible, difficult thing and also painted the whole thing that the kid was barely surviving due to like a nutrient deficiency and stuff like that. There's a reality that if we tackle this whole thing in a more intelligent manner, if we use things like medium change triglycerides from coconut oil or maybe even some stuff from like pastured dairy, if we are eating grass-fed meat, if we're putting focus on localized, semi-localized vegetable matters and stuff like that, then we really are not concern about nutrient deficiencies. Because I think one of the best treatments, this topic came out of Good Calories, Bad Calories by Tobbs, which is that your need for

various types of nutrients is dramatically less when we're not consuming carbohydrates in general particularly refined carbohydrates. So that's one caveat to this that I wish that the author was better educated on. I don't have a New York Times subscription and I didn't really feel that I had the time to get in like add that comment to the whole fracas, but that's one thing that I would encourage people to think about when they're considering that ketogenic diet. The way that it's generally portrayed, you can do it in a much more intelligent and kind of clean manner, improve the nutrient delivery of the diet, and actually make the entry into keto. As you see here, when you're using more short and medium triglycerides it's actually easier to be in a ketogenic state. You can actually use a little bit more carbohydrate so you can get a little more vegetable matter in there, make your protein sources come from a more grass-fed protein sources and you get tons more nutrients, whacky things like bread palm oil and what-not so that you're getting lots of carotenoids in any oxidants. Like there are some smarter ways that we could do this and maybe doing a write up on it, recommended ketogenic intervention for epilepsy, and we could do a comparison and you have nutrient value right. It just kind of occur to me that that would be kind of a sleek thing to do.

Andy Deas: You know when you say that, that means you're supposed to do it. Right?

Robb Wolf: I'll do it, I'll do that one. That one actually sounds fun, whereas, Eric starts looking at me like "God, that seems like a pain in the ass."

Andy Deas: You may have broken your writer's block. Go Robb.

Robb Wolf: Go. One other thing and this is something that I threw out there with this, I think when I did a Twitter update on this thing, it's interesting to know. Dig in diets are not being analyzed for use in Epilepsy, Parkinson's, Alzheimer's, after sight brain tumors, breast, colon or prostate cancer, but yeah, ketogenic diets are being studied for all of those. So when people start lambasting the low-carb approach, ketogenic diet approach and stuff like that, it makes me want to eat a carb stop or throttle dome or possibly both. This is one of those things also that when people start doing the diet more type of stuff it would just be helpful to step back and then ask, okay, what are therapeutic interventions? Therapeutic interventions are being investigated with a dig in diet, with a Mediterranean diet, with a ketogenic diet and it's pretty telling what that ketogenic diet is being use for. I'm not saying that everybody needs to be in ketosis everyday all the time, but it's very, very telling to me that you can see such a broad application to this approach. When we start looking at the adoptions that we see with caloric restriction and intermittent fasting, the main benefit seems to be like changes in glucose metabolism modifying insulin secretion and sensitivity and it looks a whole hell of a lot like moderate protein, high fat, low carb ketogenic diet. So that's just a thing for folks to keep in mind.

Andy Deas: Yup. Part 2 from Seamus. "Congratulations on the book." There I read this. "I didn't need to be sold on anything you wrote as I'm a big believer. It's a great reference tool and a source of inspiration. It's going to make a good holiday present for the family. Cheers."

Robb Wolf: Everybody will hate him after that.

Andy Deas: Well, Robb, I did lend my dad a copy of your book and he didn't give it back to me. He kept it as reference. So think about that.

Robb Wolf: The book is doing well. I'm impressed, the book is doing well. It seems to be making some headway into realms beyond just the Paleo, Primal nutcase crowd. So it's pretty cool.

Andy Deas: Welcome to the lunatic fringe. Next we got a question from Mark. "Our son Jack, now five months, poops only once a week, usually on Tuesdays. 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'm not concern that anything is wrong with him and I know that frequent pooping can occur with breastfed babies in general, but I'm wondering if it is common on moms who eat Paleo."

Robb Wolf: We have to defer that to the Paleo parents out there on this one as we've not yet had a kid and I'm not well as deep in the stool habits of newborns. So Paleo parents, what do you all think on this? Definitely chime in on the comments when this thing goes up.

Andy Deas: Yup. And thanks, Mark, for the question. Robb, I think we'll hear you answering less and less kid questions. That's my current thinking if we're writing that.

Robb Wolf: It's an easy way to slip out of it and just let the experts do it. People get less pissed off at me too.

Andy Deas: I know, Robb. Well, children are not little people and you need to know that.

Robb Wolf: Oh, my God. So much potential material there.

Andy Deas: I know, I know. Next we got a question from Adam. "Hey Robb and Andy. Thanks for weighing in on the decaf coffee topic. I can see dosing yourself pretty hard frequently with caffeine being somewhat bad. I'm 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. Thanks for continuously dropping knowledge bombs. You make my morning commute much more bearable."

Robb Wolf: Yeah. I mean there are some decaffeination processes. We have a link to the Wikipedia. Adam supplied the Wikipedia deal with the decaffeination. Like you could have this run the gamut from like a super critical carbon dioxide extraction process which I think is pretty benign to use some kind of whacky chemical stuff. I think you just kind of find a good quality coffee and ask him what type of procedure they use and go with something that doesn't involve like benzene or hexane or something like that. You're probably pretty good to go.

Andy Deas: That reminds me, have you seen the funny email this week? I won't mention her name but she may be listening. But she said, "I notice that most -- I learn from the Whole 9 subject in coffee, Robb has significantly cut down his coffee and you Andy are only drinking decaf. Please tell me I can still drink coffee because without coffee and bread my life will be incomplete."

Robb Wolf: I'm still drinking coffee. I just seriously curtailed my intake. But you know it's interesting. Since I've been home and I've been sleeping well, like my tolerance for it is a lot greater so it's not to say I should push that tolerance which is what I've historically done, but it is interesting. I think it's just one of those things, the additive effects like are you sleeping well? Like Andy has to get up early because he's got early training clients and I think that that seriously impact your ability to tolerate caffeine. Like if we add you on a later wake up schedule, you probably wouldn't be as affected by it. So it's kind of that total package.

Andy Deas: Yeah. I'm waiting for that noon wake-up schedule to kick in, Robb.

Robb Wolf: The noon what?

Andy Deas: The noon wake-up schedule.

Robb Wolf: Ah, yes. Well, yeah.

Andy Deas: Someday, someday. So yes, you can drink coffee. Just don't drink 64 shots of espresso a day and you'll probably be okay.

Robb Wolf: Yeah. I'm basically a two-shot Americano so I'm doing a lot better.

Andy Deas: Yeah. Cool. Next we got a comment from Jonathan. "Robb, love the book. A quick question. Paleo four months now, have lost a lot of weight and feel great. Blood test soon will show if other improvements are made as well. Have been working on strength and conditioning too. Using sliced meat and sweet potato post-workout 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 drink some coconut water during the workout? What about a banana 30 minutes 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?" Jonathan's reply, "I want to lean out. I'm 5'10", 268 when starting SAC training in August. Now 245 and a lot stronger while building strength and stamina."

Robb Wolf: So I just had a really great phone call with the Whole 9 crew again last night talking to Melissa and Dallas and this is a really important distinction here and if you notice Jonathan's deal is like I want to lean out and build strength and stamina. So which is the primary goal and where are you at along the continual omen. There's kind of a reality that if you really want to accelerate the fat loss deal, I think being a little bit on the skinnier side of the carb equation is a really, really good way to go with that. We have a question here in a little bit that kind of ties into this and we'll look at that one in isolation. Like at the end of the day, if we generally have some calorie restriction then we can navigate this thing pretty well almost regardless of what type of macro nutrients we have so long as you have enough protein to prevent muscle loss and what-not. You know, you could have higher carb or you could have higher fat. I just tend to see protein and fat plus training to be very, very beneficial because it normalizes appetite. People aren't hungry, they tend to lean out very, very fast. Then once we get them down to a good lean level, then we start ratcheting up carbohydrate. So in a step wise fashion or even like a block periodization fashion, we're picking a goal. We're chipping away at it and we're shifting gears and doing other stuff. So that's my only caveat with this.

If people are still overweight I don't think there's anything that we can do that is more important than getting them lean both from an aesthetic standpoint to health standpoint, sense of success standpoint, and then once we get them lean then we can start ratcheting up the carbohydrate then we shift gears and I was like okay, now let's pick some performance criteria that we're going to shoot for and go with that. It's not to say you can't do all of them at once, but it depends on who you are, where you're entering into this. If you're a newbie then we can get all kinds of mileage out of that adaptation. If you're a more advanced strength athlete, then it's not going to work so well. But I think to the degree that people can pick a goal and go with it and then reach that goal and shift gears and do something else that they're going to do much, much better. It's not to say that the strength and stamina are not improving along this line, it's just not going to be as good a thing and so like this desire to drink Gatorade during your workout and stuff like that, I just don't know if that's all that important relative to just getting leaned out.

Andy Deas: Yes. Cool. We have a related question I would say.

Robb Wolf: Yeah.

Andy Deas: From Five Fries and he says, "Hey Robb. I'm 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? Let's 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."

Robb Wolf: Yeah. So I mean if folks aren't familiar with Roy Nelson, like he is a big, fat dude. I mean...

Andy Deas: A big, fat dude.

Robb Wolf: He could kill me 20 ways from Sunday but when you look at him, I mean he's got that distended abdominal and obesity that is obviously like metabolic arrangement is ruined and some sort of high carbohydrate intake, whether it's beer or Gatorade or mother's milk or I don't know what it is but that's a problem. So within that context like you could do almost anything with someone like that and get some pretty good results. Like you could run a gram of protein per pound of body weight, you could refuel him with sweet potatoes post-workout but keep him out of whatever liquid carbohydrate that he is taking in because I guarantee you the dude is doing massive amounts of some sort of like liquid calorie, liquid carbohydrate deal and you could lean him out pretty effectively while maintaining his work output while training. Now if I really wanted to reverse the metabolic arrangement even quicker though, I would drop his carbohydrate intake quite a bit and just reverse that metabolic arrangement as fast as we could and starting to get him leaned out and then ratchet that carbohydrate intake. You know, once the dude was leaned out, we have the metabolic arrangement kind of figured out. So again, you know, you could run this thing and try to tackle it in a concurrent fashion and like if he had a fight looming forth and we needed to get him down to a weight class rather quickly, then we would try to introduce some mild caloric restriction, remove all of the liquid carbohydrate out of his diet, take care of post-workout refueling with solid real food and just lean him out slowly but with a concerted effort somewhere between like 500 to 700 calories a day deficit and just kind of work him within that and that's if let's say we have a fight that was coming up like 12 weeks out or something. We need to legitimately lean the dude out.

If we have more time and he was in off season, I would break this up into a block party decision type of deal, work on getting him lean while also assessing what type of Essence C stuff he had going on and also look at his fight game and figure out what holes in his game I would want fixed and then we could tackle all of his leaning out, reversing his metabolic arrangements and tackle his technical elements of his Essence C and his fight game in a way that is relatively low work output but highly technical but would involve a fair amount of volume work. But it could all be fat mobilized, fat fueled, and then as we get to do leaned out then we could start shifting him into more fight preparation type of stuff and then do a mesocycle block in which we start building his work capacity back up, his specific work capacity, put him into a strength maintenance cycle and then hopefully get him ready for his fight then launch him and be ready to go. You have to be willing to shift gears, you have to be able to triage what you're doing, look at the timeframe that you have to work with and then figure out which course is better or you're going to try to do things in like a conjugate or concurrent fashion and try to accomplish a bunch of things all at once because your time-crunched and you're going to make the best that you can do with what you have, or do you have enough time to do kind of a block periodization approach where you have some characteristics that are in a maintenance phase and then you're emphasizing some elements of your goal orientation which in this case would be leaning him out and during the course of leaning him out it's a perfect time to work on lower work output, higher technicality elements of this game whether it's grappling or clinch or a stand-up or whatever.

Andy Deas: I can't believe you said the periodization word, Robb. Everybody knows that's not a real thing.

Robb Wolf: You know, the fact that you can't predict what somebody is going to be doing on December 12th of 2020, that definitely means that it's pseudo science.

Andy Deas: Next we have a question from Roger.

Robb Wolf: Oh man, so much good materials out there.

Andy Deas: I know, I know. Low hanging fruit. "I have purchased and read your book and I love your podcast. That's for the great work. I eat a small square of dark chocolate almost every day so I have several questions about dark chocolate. Is it good for you in small quantities or is it junk? If so, how small?" Start thereof.

Robb Wolf: Gosh.

Andy Deas: I mean you could tell how Nikki eats dark chocolate.

Robb Wolf: Seriously it's pretty darn yummy. I would put this in the largely junk but worthwhile junk given how good it is and then like a real low carbohydrate load and stuff like that. So yeah.

Andy Deas: "I eat 85% dark chocolate. Is there a minimum percentage I should look for?"

Robb Wolf: I think like 85 and up is a good spot just because it really minimizes the carbohydrate load. I think that's a smart spot to be.

Andy Deas: I find myself sick after eating some 85% dark chocolate and that's only because I have to eat the whole bar at once I've realized.

Robb Wolf: You know, oddly enough I experience no problems with eating a whole bar of dark chocolate.

Andy Deas: Well, that's indicative of other challenges. "3) Are there certain ingredients that I should avoid?"

Robb Wolf: Oh man, I would just look on the package and clarify that it's not made on equipment that is shared with like wheat, and you know, the gluten contamination deal is a big one which a number of dark chocolates actually have some gluten contamination because of the processing facilities. So I would keep an eye out for that. Mat Lalonde really doesn't like the soy lecithin. It's such sparing amounts of soy derivative phospholipids that we're getting in that soy lecithin. For me, I don't really care, but this could be a great Mat Lalonde question when we get him on the podcast unbeknownst to him. He doesn't even know he's going to be on it yet, but that would be a great question to ask him like how bad is soy lecithin in your opinion and especially when it's just so damn hard to find any alternatives. That soy lecithin acts as an emulsifier, it allows the lipid and non-lipid components of the chocolate to stick together nicely so it really adds to the mouth feel and all that stuff, so kind of an acceptable evil in my opinion.

Andy Deas: Robb, the final question, "Who makes the best dark chocolate?"

Robb Wolf: Man, that Le Roux stuff is amazing, absolutely amazing. I would also put the Trader Joe's 85% Dark Chocolate Lovers chocolate pretty high up there. Lindt is some good stuff like they have an 85% and 90% dark chocolate. It's pretty damn good. Scharffen

Berger I'm not really that big a fan of. It's a little bit on the scorched toasty side which is a little bit of a bomber because it's a North California company and I'd like to throw them some love but I'm just not really a big fan of it. I know there are tons of other options out there, but those are the biggies. Like I think some of the endangered species ones that are high kcal content are really good.

Andy Deas: Nice.

Robb Wolf: Yeah.

Andy Deas: All right, cool. Next we got a question from Bobby. "Hi Robb. Since going Paleo about two-and-a-half months ago I've developed issues with my throat. Now I'm having phlegm issues, which I always assumed was allergy-related, it's 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 months more than I also has this issue. Additionally, certain foods seem to 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's something simple that I can do to get rid of the throat discomfort I would love to hear it."

Robb Wolf: Yeah, this is only news to me but again like this maybe an interpretation thing in which Bobby is generally eating pretty well but then once a week he is doing like a waffles and cheesecake vendors or something like that and he is actually getting kind of a gluten response. We definitely see problems with what we call dysphagia which is some difficulty swallowing, some GI irritation from grains and it seems to get more accentuated when you are generally eating grain-free but that's not because you are more sensitive, it's just your gut has healed and you're getting a more pronounced immune response to it. So I'm not super sure what's going on in this situation like how frequently. Like Bobby mentions, he says certain food like alcohol makes it feel swollen and so how often is that stuff happening. So I think that there's probably more to the story than meets the eye here. So if Bobby wants to follow up and provide like a week sample, a meal plan for a week or something like that then I can probably dig in a little deeper on this. Hello.

Andy Deas: I'm talking in the mute, Robb. It's totally fine. I was enjoying some of my decaf coffee. It's almost gone for the day and that will be a sad moment in my day.

Robb Wolf: We welcome moment of silence for you.

Andy Deas: Please do, please do.

Robb Wolf: Wait, we just had a moment of...

Andy Deas: Oh, I'm better now, Robb. Don't worry, it's fine. "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 goat's milk and just happened to see the lactose-free stuff in the shop the other day. Thanks guys."

Robb Wolf: You know, really it just depends on how you want to roll. In general, like if you've got a good source of like some raw grass-fed goat's milk I would personally go with that. The lactose deal, some people end up getting very farty and like some GI irritation from lactose specifically but keep in mind that there are also other potential gut irritating elements like the betacellulin and casein itself from dairy that can be problematic. Weird deal like I just don't seem to get much problem from goats dairy at all like I don't get acne.

I don't get any GI disturbances or anything. So if you're going to use a little bit in your coffee and stuff like that, I would personally just kind of go with the goat's milk mainly because I think this is going in that like A1 versus A2 type of casein with most of the cattle that we see being an A1 type of casein and being kind of much more gut-irritating and prone to inflammatory than the A2 variety so I would kind of opt with that and then be on that. Like the lactose versus lactose-free stuff, I don't really see a big distinction there.

Andy Deas: Yup. Cool. A 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."

Robb Wolf: You know, if you look in the Frequently Asked Questions there's this thing dealing with autoimmunity and there's actually a seven-part video series by Loren Cordain or a six-part video series dealing with the ideology, pathophysiology of Multiple Sclerosis and he recommends essentially like grain-free, dairy-free Paleo diet with further exclusion of eggs, tomatoes, potatoes, eggplants and all the rest of that stuff which is this straight out of the autoimmunity recommendation that I have in my quick start guide and then also the autoimmunity section of the book. So I mean one of the requests that people had was for some research compilations. Basically we have some disease stage and then we would put some research in some easily accessible areas, that seems like a reasonable thing for us to do. I would like to make that kind of a community-driven deal on like just ask people to look around and look. Like a whole health source has a ton of great information and we can kind of link back to that with specific disease processes and in addition to different pre-reviewed literature and stuff like that. But there's good information out there. My book has it, the quick start guide has it. Basic deal is grain/legume/dairy-free, make sure her tissue Vitamin D levels are somewhere between 65 and 80 nanograms per deciliter. She needs to sleep in a pitch dark room. She needs to get a handle on stress and these are just non-negotiable issues. She's got to do it or that MS is not going to resolve, and if it doesn't resolve then it gets worse. So that's kind of the stuff to do.

Andy Deas: Yup. All right, cool. Good question. Next set of question is from Carrie. "Robb and Andy, first and foremost great job on the podcast. And Robb, great job on the book. I'm plugging along and did not skip all the geek-speak in the beginning. I do have a couple of questions. 1) I'm definitely not your normal podcast listener, all six of us. I'm NOT a Cross-Fitter. I have no clue what a block of food or CrossFit filthy fifty is. I'm a chubby gal being honest. I am, according to the BMI charts, an obese gal, 5'6", 220 pounds. I know. Wow. So 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 two pounds. Would you suggest getting RMR tested and keeping a food calorie log or just get even tighter on eating eliminating fruit. I occasionally have berries for breakfast, cutting out nuts, etc. For exercise I have no problem, I love to exercise. I take long walks, spring occasionally and lift heavy weights, throw around kettle bells."

Robb Wolf: Yeah. I mean tightening up chow, making sure that sleep quality is there like my usual fat loss floats are no liquid calories, no dairy for protein sources. Make sure that you're not overeating with sneaky things like nuts and fruits, not over-training. So I think there's probably just a few little tweaks to do with this, and then also don't look at the scale like take the scale and give it to somebody that you don't like and let it mess with their head, pick some performance goals and then take some tape measure measurements and let that drive what you're up to and not the scale weight. Because if we're reversing some metabolic arrangements and stuff like that, you should gain some muscle mass and that's okay and that can kind of bugger to proceed to weight loss and then it really just doesn't

matter if we're making you stronger and healthier and leaning you out. Wow. So I wouldn't look at the weight per se to a large degree.

Andy Deas: Yup. "2) I listen to the podcast with Whole 9 where frozen food was discussed. It seemed like the good, better, best did not include any frozen food, but instead to eat local, organic, in-season, etc. However as Andy will tell you, living in Ohio does not offer a whole lot of tie for in-season produce. Should I not eat fruit and veggies at all when they're out of season in Northeast Ohio pretty much six to eight months of the year, go with frozen or would you suggest I move to a warmer climate?"

Robb Wolf: Oh dude, the warmer climate for sure. But short of that, I would just limit fruit particularly we've got this goal of leaning out and so yeah, I mean really limit, limit the fruit intake and stick with trying to get like that gram of protein per pound of body weight, lots and lots and lots of non-carbohydrate dense veggies and then just a little bit of extra good fats and the fish oil, the sleep, all the rest of that stuff.

Andy Deas: Yup. "One question for Andy, I heard in one of the podcasts that you are from Ohio. I also notice 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. What do you say? Is it a Ohio thing? Did you ever serve in the military? Maybe it's a military thing." I don't know. I'm going to say it's a Ohio thing, Robb. I did not ever serve in the military. What do you say?

Robb Wolf: I had said asap too.

Andy Deas: Yes. One thing I do notice an Ohio thing that my English professor in college taught me is that people from the Midwest in sentences with prepositions like "Where is my pencil at?" rather than saying "Where is my pencil?" So that I'm sure is an Ohio thing. I don't know about asap. It just makes way more sense than saying ASAP in my opinion. That's all I got, Robb.

Robb Wolf: Yeah. Definitely the military deal like they like stuff to roll off the tongue quicker for expediency and asap is much faster than ASAP.

Andy Deas: Yeah. You heard it here first, asap.

Robb Wolf: It's the Midwest way to do it, therefore, it means it's right.

Andy Deas: Exactly. It's the heart of it all, Robb. Ohio is the heart of it all.

Robb Wolf: Indeed.

Andy Deas: Next I have a question from Ben. He says, "I have a question. I'm 31 years old, a 6-foot, 158 pounds, slim and lead an active life but not overly athletic. I eat very clean, 100% Paleo. No dairy, no grain, no legume. All meat and veggies. Two weeks ago I started Rippetoe's Starting Strength program with a personal trainer who is from the Oly lifting and CrossFit world. I've 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 could 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 probably accompany me in this journey and I'm more or less reconciled to that in a minimal way. Anyway, I keep hearing from people that with a strict Paleo approach to living and eating, I will not be able to get in the calories needed to succeed with the weight gain on the starting strength program. I'm wondering your take on this. I really

want to keep all dairy and grains out of my life completely. Right now I'm still on just good meat, fat, and salad-y veggies so I'm not taking 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 all that coming from meat fat and green veggies. But I'm hearing from people and reading that I'll need more in the 6000 calories a day range to make good progress. So I guess I'm just not sure how much more my digestion/stomach can handle with only meat, fat, and veggies 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 cals in? Okay, thanks so much for your time. Be well."

Robb Wolf: You know, one thing I think just for a little variety, doing a big whack of carbs post workout would be great and it just kind of switches stuff up and also that whack of carbs tends to tweak kind of a hunger in such a way that you're actually hungrier later and so I think you're able to get in more calories in the grand scheme of things. It's just kind of hard to tell where the calorie buy end is going to be for you to make progress. If you're just following starting strength, and you're not out running around doing filthy fifties in a robe exercising, you know, you may be able to grow just fine in like 4000 calories a day. Could you grow faster on 6000 calories per day? Maybe. But there's definitely a spot where you start taking in so many calories that you're just getting fat and in the process of just -- you know I know a shocker. But when you start getting so fat, we start skewing things out of a nice anabolic hormone profile, you start getting cortisol because it's actually a stressor, we start getting an immunization of testosterone and estrogen and none of that stuff is good. You know, doing things like the thousand calorie curry, doing the thousand calorie omelet and stuff like that, like you can very quickly get a base level of 4000 calories in and then with a little bump here, a little bump there, like a big gum or sweet potato feeding once a day or something like that post workout, even post-walk if you want to do it in an insulin sensitized state, then you can sneak in another 400, 500 calories in a way that will actually make you hungry later and it's all staying clean, it's all staying pretty healthy, and I would just play with that with a chunk of time and see where you go. Being 6-foot, 158, I feel like you've got nowhere to go but up like that's pretty light in the shorts and I think you could make a really good progress and then if it starts slowing down and say like you get to like 175 or 180 and it starts bogging down and you start not really able to maintain that linear progression on the strength work, then I would consider like the half a gallon a milk a day or something like that, or even a gallon a milk a day, and push that linear strength progression until you're up to the 180 to 200 pounds and then you get to lean back out and kind of go from there, but I've seen people go in on this and go so dirty with the food that they gain a lot of muscle mass but then when we lean them back down they just don't accrue or maintain all that much.

Andy Deas: Hey Robb, how did that work out for you, buddy?

Robb Wolf: Awesome, awesome. It didn't sound like Ben has like a raging cortisol issue so he could probably do what I did and get a lot better results out of it. I mean that was the deal when I was at the Poliquin Bio Sig gig and I was trying to do this masking and he's like, "Dude, you need to go low carb. You need to not do any type of metabolic work. You need to get a handle on your cortisol issues." I ignored his advice and suffered the consequences from my ignorance and hubris. So there you go.

Andy Deas: But you did have fun eating entire jars and almond bar or almond butter all the time.

Robb Wolf: I didn't. I didn't.

Andy Deas: That's the beginning and end of Robb Wolf eating nuts.

Robb Wolf: Yes, exactly. Yeah.

Andy Deas: Well, Robb, that is it, the end of Episode 56. How do you feel?

Robb Wolf: I feel good, man. I feel strong, I feel good. I'm going to go workout.

Andy Deas: How soon before Mat Lalonde emails you?

Robb Wolf: He will probably let a bomb when he hears pretty soon. I think he went to talk at Harvard, didn't he? Yeah, yeah. I could see Mat doing that and like putting some sort of chemical on like my toilet paper such as it gives like a hive on a penny or something. So yeah.

Andy Deas: All right, man. Well, thank you. This will go up after Thanksgiving but have a good holiday and we'll talk to you next week.

Robb Wolf: You too, Andy. Talk to you soon.

Andy Deas: All right. Thanks, Robb.

Robb Wolf: Bye.