

## **The Paleo Solution - Episode 61 (1-4-11)**

### **1. Question from Craig:**

My wife and I are shopping tomorrow, dumping the pantry and the Paleo Diet begins on Monday. I assume we can substitute things like sardines and shrimp for lamb and Chicken? Is there a reference guide somewhere with suggestions for substitutions? Neither of us like Sardines or bell pepper and things like onions and garlic are not conducive to our lunch menu due to face to face work related stuff.

Thank you!!!

### **2. Question from Laura:**

Is there any science behind the hype of the Power Balance wrist band?  
<http://www.powerbalance.com/>

### **3. Question from #1 Fan:**

Rob and Andy- I am a huge fan. I started paleo this summer at 235lbs and I am down to a fit 170 (7 months later) and feeling better than I ever had imagined- thanks for all your guidance; it has truly been a game-changer. I noticed that since I started paleo I don't have as much of a sex drive as I used to, not sure if this is because I am going into my early 30s, or maybe because I eat a fraction of the carbs that I used , or possibly because I listen to you guys before I go to bed, but the loss of drive is very noticeable. (I am proud to say that my girlfriend is hot and I am totally in love, so I am sure she isn't the factor). Can you touch on a cause and solution?

ps - I want to give you the most sincere thank you for everything that you have done for me. In my 30 years of living, I have never before been comfortable with my body, I had a serious lack of energy that was so extreme it was affecting relationships, and I also had skin irritation issues that are now gone. I hope that you guys understand the amazing amount of positive change that you have brought into the lives of your listeners (and readers).

### **4. Question from KD:**

Just read your book! (And I've previously read Lights Out) I'm curious as to further thoughts on light while falling asleep. I agree that small electronic lights would not be paleo, but would our ancestors really have fallen asleep in COMPLETE darkness? What about fire to provide warmth and protection from predators? What about the stars and or full moon? Do lights with the same spectrum/color temperature as fire and starlight have the same effect on our body and its hormones as other lights? I realize this may be somewhat of an unimportant hypothetical question since most of us live in cities and it would be impossible to filter out all sources of artificial light, yet I'm curious nonetheless, if only that we may one day create lights the same as moonlight/starlight (or go back to candles) to have some entertainment before bed.

### **5. Question from Sean:**

I asked this a few weeks ago but have yet to see it answered... Hope I'm not pestering. (And I really hope I didn't miss it!) I'll try to rephrase it here. :-) Or do I need a better handle?

In your book when discussing the Barry Sears and the zone diet, you state that foods are not additive in terms of glycemic load, which is counter to what Sears says. You just say he is wrong, but offer no references. In everything I find on-line, it is claimed that the glycemic load of an entire meal should be taken into account, not just individual foods. For example, one site says a weighted average of the GL should be used for each food to determine the GL for the meal.

That seems intuitively like it would be correct, but I'm open to hear what you have to say about it. :-)

And/or read some studies on it.

## **6. Question from Steve aka Buttercup:**

Hi Andy & Robb (Andy gets 1st billing because he made you write the book and start the podcast so without Andy there is no info),

Ist off sorry about the Buttercup abuse last question I have decided to embrace my inner Buttercup maybe even get a MANLY buttercup tatoo & make sure I follow the Paleo Solution as closely as possible, so if Andy indeed did punch you with his wookie like limbs as I requested just put a slab of grassfed beef on it and the Omega 3s should help with the inflammation.

Now the main question-

In a previous podcast you mentioned Lalonde's reaction to caffeine with the eye bulgyness and stuff. I have been known to consume some coffee and have never had any kind of reactions or problems sleeping. Just as an example I have had a medium ice coffee in the AM, a medium Iced latte with lunch & for the hell of it another iced latte around 9pmish before falling blissfully asleep at 10ish. I have also tried more than my fair share of "fat burner" pills maybe even taking a few with iced coffee before I noticed the stupidity of my actions but never felt any negative feedback. I have never felt a headrush, headache, bulgy eyes, heart race, sweats or fatigue. In the past I have also given up coffee & all caffeine for over a month without any side effects. I drink the coffee for the taste usually black and always iced since I can't stand hot drinks. basically Robb am I a freak of nature? Are my adrenals fried? Will I make it to the next podcast? Does the cold make it less effective? Should I drink decaf? Are there any other signs or symptoms I should look for? Will the juju berry cure me? WTF is wrong with me!!!!

In a previous podcast Tran? I believe it was addressed the pregnancy rate in the gym and I think he was trying to imply that you may have a "Zohan" approach to training where the servicing does not end after the training routine. That was an interesting observation on his part.

On a side note my wife hates you guys. Apparently whenever I do something less than spectacular I just tell her "That's Performance Art" you know like when you miss a few hundred hairs around the sink after you are done shaving, after she already cleaned the sink or you throw out all her beloved neolithic foods without telling her. Well she finally heard you use the phrase on a podcast and now blames you for all my failures as a husband. Just to be on the safe side stay away from the east coast.

I finished your book and all the podcasts in a month that should show you the level of punishment I am willing to endure. Think I will make it to listener number 7 status (sorry Andy)?

## **7. Question from Dan:**

Gents, and I use that term loosely, I am grateful for the podcast. I look, feel, and perform better since I started listening and eating low-carb paleo. Question: If paleo eating is the panacea, why do you two need so much caffeine to get through a day? It seems out-of-line with how others seem to have plenty of energy with it.

## **8. Question from Ultimate Russell:**

Hey Robb and Andy, it's currently snowy and ultra crappy here in Ohio during the winter so I've decided to spend the next several months doing strength/bodybuilding. I recently watched "Pumping Iron" and on a whim decided to pick up Arnold's Bodybuilding Encyclopedia. Prior to this I was mostly doing full body weight training sessions 3 times a week and seeing some decent gains. Anyway, I've started doing the recommended "Beginners" program which if you don't know is a 6 day a week routine with Monday being Chest and Back, Tuesday is Shoulders, and Arms, and Wednesday is all lower body. There are also a couple extra "power" lifts every day (deadlift, clean and press, etc. And then you repeat each session and take Sunday off. My main question is whether or not splitting up my body parts and lifting 6 days a week is still going to be considered as beating the crap out of myself? I feel good, am definitely putting on muscle and have managed to stay pretty lean, although I may have had a little growth to some lower back fat (Russell Bacon) but that could be my imagination. Now obviously this plan has worked for people like Arnold, Stallone, and many others. And while I don't want to have a HUGE physique, I do want to be muscular and lean. I figured if it worked for those guys, I should receive benefits as well. And just so you know my food is very high in compliance, only occasional cheats during special events. So tell me, am I doing anything wrong?

Love the show, look forward to it every week. Thanks guys.

## **9. Question from Sheldon:**

Greetings

I think it was last week, or maybe the week before when I posted a question here asking about resources for a conflicted ethical vegetarian thinking about going paleo (that's me). Well, after reading the first few chapters of Robb's book and the first couple chapters of "The Vegetarian Myth" I did it. I ate animal flesh after 17 years of not touching it. In my previous email/post I mentioned having Crohn's disease and Ankylosing Spondylitis and how my doctors have been amazed that I'm not in worse shape than I am. However I have lived with constant pain for most of my life, helped only by my high level of athleticism. I'm writing here today not to ask a question but to thank you, Robb, for convincing me via your podcast to attempt carnivorous consumption. The last two days in a row have started out like any other with the pain in my gut increasing as the day has gone on. Yesterday I ate chicken for the first time in 17 years. The pain in my gut was gone in less than an hour. Today I ate a sirloin steak (if I'm gonna do this, I might as well go all out). The pain went away as I was eating it! Based on what I've heard on your podcast I expected some improvement of my Crohn's symptoms, but surely not instantaneous relief! Admittedly, I still have some reservations about the ethical stuff, but both chunks of meat were free range. I have a lot to learn about eating ethically and carnivorous-ly so I can live guilt-free. If anyone asks what made me change I shall blame Robb Wolf for turning me into a meat eater...and changing my life for the better.

I really can't thank you enough.

**10. Question from Steve:**

Hey guys. I have recently developed vitiligo on my back, and it's beginning to spread to my shoulders. I know vitiligo is an autoimmune disease, so theoretically a strict paleo diet should help. But will diet treatment just stop it from getting any worse? Or will it actually reverse the discoloration?

**11. Question from Pat:**

Robb, you often imply that the Paleo diet is beneficial to everyone, although more beneficial to certain groups, e.g. those suffering from autoimmune disease. However, I was wondering if there are any groups of people for which the paleo diet is bad? The reason I ask is that I have been talking to my friend about going paleo for a while, but he is at a high risk for prostate cancer as it runs in his family. Those with prostate cancer are told to eat less meat, as meat increases testosterone, which is tied to the PSA levels. I don't know if this is true, but he seems to fear going paleo. Are his concerns real? or is this just another misunderstanding by doctors?

**12. Question from Carl:**

First - my wife and I loved your book and look forward to each new podcast.

I've read and heard that a temporary drop in athletic performance is not uncommon when switching to Paleo. Here's my question: If someone experiences a drop in performance, what is the typical duration of the decrease in performance? Roughly how long should I expect to bare thru the peformance decrease until I start making gains in performance again? I feel great and have leaned out...yet the performance hit gnaws at my patience.

Background: I'm a 5'6", 47 year old male. I'm roughly 140 pounds and fairly lean (waist ~28.5 inches). My passion is rock climbing...so strength to weight ratio is critical, as well as coordination, balance and agility. I've been CrossFitting for ~2 years, "Zoning" for about 2 years and recently switched to Paleo in early October. After switching to Paleo, I continued to gain performance for the first 10 weeks, and am now experiencing a decrease in my peformance (i.e. deadlift is down from ~330 to 315, shoulder press is down 10 lbs, and my metcons don't seem up to par (I haven't repeated any previous wods since my decrease in performance for actual data)). I started ME Black Box in early Nov, so am extra surprised at the dip in my deadlift and shoulder press performance.

**13. Question from Brett:**

I live in Ohio and in your book you talked about taking vitamin D and how much we should take as a supplement, suggesting 5000 IU's per day. My question is should I increase my intake to like 10000 IU's per day during the winter months? And if it makes a difference, I'm 6'3" and 200 lbs.

**14. Question from PurpleKaren:**

Hi Robb-

Nocturnal toe and leg cramps are making me crazy. On a bad night, I can wake up 3 or 4 times needing to stand up and force my foot and leg to relax. Cramps seem more popular in my left leg than right but both will cramp. On the best nights, I go crampless but those nights seem random.

Eat paleo (still not clear if pastured butter and cream in coffee are ok—I do both),

otherwise, no grains, legumes, or other dairy. Drink only water, tea, and coffee (maybe too much but it's decaf from noon on)—no sugar or artificial sweetners. Have been doing distance walking for 4 years . I walk Breast Cancer 3-Day –60 miles every year plus training leading up to it. 2 months ago started crossfit-- 3 times a week with modified elements because I am 65 and spent the vast majority of my life carrying an entire extra person around, so I'm having to slowly build my skills and strength. (Lost that extra person)

I have been taking fish oil (per Whole9 calculator), Natural Calm with Calcium in evening and sometimes in the morning as well. Recently tried L-Taurine as suggested on blog. Still the cramps continue—sometimes I even get mild toe cramps after my workout. Some days it's challenging to put work boots on because just pointing my toe will cause a cramp.

This has been a recurring theme for many years. I guess I have never paid close enough attention on when they decreased. It has that feeling like it has always been there but maybe not...In the past doctor's prescribed Quinine—that never really seemed effective. Any ideas on solution.

Read book cover to cover. I can see you in robe with staff--a prophet in the wilderness. Thanks for helping me end a lifelong carb addiction.