

## **The Paleo Solution - Episode 63**

### **1. Question from NorCal Mike:**

Robb, I know it's hard for you to carve out even an hour these days, but I need to share [this top lecture from last year \(IMO\)](#). If you can't watch the whole lecture, I suggest checking out these interesting bits:

- the human brain has been steadily shrinking for the past 10,000 years (see 9:10),
- early farmers in Europe were genetically different from both the preceding HG population and the current European population (28:00),
- there are 3,000 genes currently under selection (one-quarter the number that differs us from chimps) (32:20),
- items under selection, inc. protein metabolism (42:40)
- lactase retention into adulthood (30:15) and other examples of neolithic evolution.

Question for podcast: Robb, can you speculate on why the human brain size has dwindled over the past 10,000 years?

<http://www.youtube.com/watch?v=CUo6cop4vXg>

Thank you!!!

### **2. Question from Blondbabba:**

Hi boys! I'm not sure which I enjoy more about this podcast, the flibbin hilarious schtick between the two of you, or that you seem to answer questions I didn't know I had. So thanks for both.

I have been eating Paleo for about 4 months now, I eat fruit sparingly but always seasonal, and derive most of my sugars through sweet potatoes. I don't take a multivitamin (except Vitamin D~ 5000 IU in the winter, and Omega 3's all year around). Even though I live in Lake Tahoe where it's freaking cold, I notice I avoid most flu's and sicknesses when I stick to Paleo. I feel a pretty balanced sense of vitality all around, but want to make sure I am giving my body what it needs.

My question has to do with the latest popularity of magical berry drinks. The Acai, Goji, Noni, mangosteen type juice blends that are typically sold through a multi level marketing sales model. I have been approached numerous times by friends claiming that there is nowhere else that I will get this type of highly concentrated amount of antioxidants and vitamins. Does eating Paleo provide enough antioxidants? Are selling boatloads of antioxidants the latest rage? Am I going to die if I don't drink the magical elixir? :)

Thanks for your reply  
blondbabba

### **3. Question from Ted:**

Im an huge fan and listener of your podcast, a friend of mine is trying to get me involved in Herbal Life, against my better judgement. After looking at some of the products and what they contain i feel as a strict paleo follower im selling my soul. Anyways was just looking for some more info in regards to soy vs whey protein as most of their products have soy in them. The link below is the Herbal Lifes response to why soy is safe. Thanks Ted

#### **4. Question from Justin:**

Im experiencing very low energy levels after 7 days of pure paleo. I was working out a reasonable amount and eating 6 large meals a day, but i could not shake the tiredness from my body, even with the 9 hours of sleep per night. I am supplementing with coffee but never after 6 p.m.

Very keen on the paleo way of life and want to continue practicing but im not sure i can continue like this. Is this a common condition as your body adjust to a new diet after 25 years of eating dairy and wholegrains?

any help on this would be greatly appreciated

#### **5. Question from Pozatron:**

<http://topnews.us/content/232488-now-drinking-coffee-will-save-you-diabetes-type-ii>  
Thoughts? "Talk amongst yourselves"

I also asked a question around thanksgiving (I know you two dudes are busy) in regards to ancestral fitness intervals and the efficacy of banging out a couple sets of max rep push-ups, etc, throughout the day. Is there any worth to this as far as conditioning? Strength/mass gain? 25 year old lacto-paleo male, 6 foot, 170# soaking wet. Would love to be 180-190.

Cheers and keep distributing the kool-aid

#### **6. Question from Brandon:**

As a Christmas present to me my wife said she would start eating "Paleo" for 30 days. We are about two weeks in, I am definitely enjoying it; my wife... is tolerating it.

Anyway at the beginning of the second week I underwent screening to be in a clinical trial (I'm an MD/PhD student so we are available to do a lot of these) that included a urine sample. I was contacted by the lab today telling me I was ineligible because I had "moderate ketones" in my urine.

Question: Can this be a direct result of my diet? Is this just me producing more ketone bodies as fuel in place of glucose? Will this be a continuous issue for future urine tests where people think I have kidney problems? Thanks, I am about 3/4 through the book.

FYI - The clinical trial was for a tularemia vaccine, so my wife is actually happy that the diet possibly saved me from being enrolled.

#### **7. Question from Mike:**

Hi Robb,

I see a lot of testimonials, but you know testimonials don't really stand for shit in the science world. When are we gonna see a randomized,controlled clinical study of the 'paleo solution?' I could help design the study and take care of the statistics.

#### **8. Question from Robert:**

Robb,

Just finished your book as well John Little's book "Body By Science" and wondered, assuming you are familiar with it, if you have an opinion about his approach to training (essentially all high-intensity strength training with no cardio, once/week). I'm now 46 and went through a weight-loss/diet wake-up call (about 25lbs) and strength training over-haul about three years ago, mostly with circuit-style training. I have been active (gym, intermittent tennis) ever since. I spent most of last year in recovery and PT after rotator cuff surgery last December and despite the fact that I am fully recovered, feel the need to be careful about what I do with weights and a tennis racquet, and rest in between. I'm reading a lot of the material from the paleo enthusiasts (Chris Kesser, you, Mark Sisson, Loren Cordain) and sometimes find it confusing when trying to square the different approaches. Just curious to know your thoughts on the BBS approach.

### 9. Question from Patrick:

(This is a legit Haiku question: 3 lines, 5,7,5 syllables respectably)

Gymnastics body  
Steady State Holds with Wend-  
ler 5, 3, 1. Go!

Seriously though, if that doesn't make sense, my actual question is if I am to periodize my programming as I would like to gain strength (a la Wendler 5 3 1), how could I marry that with some gymnastics holds like plances, f/b levers, etc.? It seems that my intensity would increase with Wendler and decrease with my static lifts over time; is this inverse proportion counter productive, or should I try to mirror a gymnastics progression that utilizes that same approach of increased intensity over time? Coach Sommer recommends the steady state holds training at a set time and set protocol for an extended period of time. Therefore, as weeks go by the intensity is lessened due to adaptation. In essence, it's the opposite of a traditional periodized approach to weight training. Should I train these two separately, as different parts in a periodized plan? I'd preferably like to throw them together into some cool mix, but I am no artist when it comes to programming.

My ultimate goal is to increase my strength to weight ratio. Currently, I'm doing Wendler two days per week with Cleans and Jerks, and Front squats and Weighted chins; another two days I'm doing a gymnastics like circuit with deck squats, muscle up progressions, german hangs and partial cranks, and handstand work. On each of the four days I do embedded static strength holds: Isits, plances, straddles, f/b levers. I also do BJJ two days per week.

I'm a male, 5'8", 15% bf, 29 years old, 100% Paleo (but only super clean for two weeks). Have progressed through Rip's SS and some Wendler with Bench, Deads, S Press, and B Squats with some sprint work. Felt the need to switch it up a bit. Did that "gig" for about 6 months.

Not sure if I got off track there, but the original question was about marrying gymnastics and weight training effectively.

Thanks guys! Love the show! Keep up the good work. I'm establishing quite a following for you folks out here in central CT land.

(On a side note, after reading your "challenge to find fit people" from your book, I recently

went to Walmart and observed the people. I instantly saw three wheel chair/scooter folks throwing up loads of cupcake packaged kinda stuff on the self check-r-outer; at least three people had canes (and they didn't look older than 50; everyone had sunken eyes and thinning hair. I thought I was in a zombie movie. Absolutely horrific. No idea how that relates to my question. Just Saying: challenge met, not one healthy person in Walmart.)

#### **10. Question from Ben:**

Hi Robb and Andy, I think its great that your spreading the word about Paleo. Hopefully someday it will replace the excellent food pyramid that the all knowledgable government keeps raving on about(/sarcasm) but I won't hold my breath...

Anyway abit about me if it helps. I include all things Paleo except dairy and most nightshades due to an acne problem. I strength train fasted via the Leangains protocol 3 times per week keeping all carbs in the PWO window and high fat the rest of the time. Fats are mostly from coconut as it tastes awesome and I try to balance my omega 3 as best I can. I rarely drink alcohol and im trying hard to hit 9 hours of sleep a night. I don't drink caffeine at all, only a coupld cups of decaf tea most days.

Interestingly since I started listening to your podcast before bedtime i've slept better - thats probably something even you two guys couldn't explain. Perhaps its the fact I combine it with ZMA, although I can only see that it gives me wierd ass dreams.

My question is simple, could you throw out some recommendations on the best dietary changes/improvements related to fixing adrenal fatigue. I get easily stressed mainly due to the acne effecting my confidence, but trust me im working on that! I have always had huge under eye circles and im sure it isn't genetic as my parents, especially my mum don't, i've read this could be linked to adrenal fatigue too.

Sorry for rambling and good luck for the future -

#### **11. Question from Hydrated:**

This should be a good question for the podcast since it's alcohol related. Celiacs can't drink vodka, right? Because it's a grain alcohol? So is vodka bad because it will cause a gluten response, which is still there even though it has no carbs? Or does the lack of carbs mean that most people who are non-celiac can enjoy the occasional vodka or two or six, without negative effects on overall health? Same goes for other grain-based alcohols like rye whiskey. Curious about how the effect of gluten changes, if at all, when it's changed into alcohol.

#### **12. Question from Joe:**

Hi Robb & Andy,

Big fan, have listened to all the podcasts. Keep it up, please. Wondering what you make of this blog post by Steven Novella, someone who I respect a great deal, having one of the top science podcasts out there (skeptics guide to the universe). While his background isn't in nutrition, this post makes some interesting points about compliance with diets, basic science vs. clinical evidence, etc.

here's the link:

<http://theness.com/neurologicablog/?p=2659>

thanks!

**13. Question from Sarah:**

Robb,

Just wondering if you could tell me what kind of food you give to Keystone. It seems like every commercial food (Newman's, Halo, etc.) has some things in it my little obligate carnivore doesn't need to eat like soy, barley, and oats.

Thanks!

PS-We tried raw food, it didn't go over well.