

The Paleo Solution - Episode 64

1. Question from Daniel:

Hi Guys,

Thanks for doing the podcast. Such a great way to get information on training, diet, etc.

I don't have much of an appetite in the morning. Never have. I have had troubles in the past with having a hard labor job that required me to arrive early in the morning. It was hard for me to fuel myself first thing in the morning for a high energy expenditure day.

I solved this problem by having shakes in the morning. Usually by 9-10am I am ready for a good breakfast. It is just that there are times where my schedule doesn't allow me to eat really light first thing in the morning, and then a good meal a couple hours later.

I know that shakes in the morning are not beneficial to my insulin sensitivity. So, is there a way that I can have a shake in the morning to help my lack of appetite? Is there anything wrong with an apple, handful of nuts/seeds first thing in the morning, then maybe eggs, sausage, kale, avocado a couple hours later? I am open to any other advice you have for someone who doesn't have a huge appetite in the morning?

2. Question from Tommy:

Love the podcast, book, and the general Robb/Andy banter! A friend of mine told me about The Warrior Diet--we're both into health/fitness and the whole paleo/gluten-free thing--so I decided to read it. I used to subscribe to eating more meals more frequently but, can't really find anything to justify it except for every health magazine repeating it as god-given wisdom. The Warrior Diet advocates eating 1 big meal a day and just snacking on raw foods--fruits/vegetables--

during the day when hungry. The diet doesn't care as much about food quality but, I'm never going back to eating what amounts to better packaged dumpster food anyway so the Warrior Diet for me would be eating 1 large paleo meal a day. It sounds like it may fit the paleo framework as I don't see our hunter/gatherer ancestors having much time in limited daylight hours to sit down and cook when there's rabbits to be killed and berries to be gathered.

I'd love to hear your thoughts as I'm trying to determine if there's advantages to this, if it's a better means of eating than the 3 squares a day deal, or if it's just a whole load of malarkey. Thanks! :)

3. Question from Niki:

Hi, I have been eating primal/paleo for 5 months and although I do feel a lot better for it and have lost 20lbs I still have stomach problems such as diarrhoea on a regular basis. I have celiac disease and wonder if there is more I should be avoiding, or adding into my diet, because of this. So far I have cut out all grains, sugar, legumes, and just recently dairy. I have not been taking regular supplements but have sporadically been taking cod liver oil. I really hoped that eating this way would sort out all my digestive problems so I am a bit disappointed. I am a 35 year old female with a bmi of 24 .5 and am trying to get fit doing regular kettlebells and quite a lot of walking. Any ideas would be much appreciated.

4. Question from Half Fat:

Hey Robb & Andy. I wanted to throw a quick question out there; basically, should the morbidly obese consider rapid weight loss over gradual if they're eating paleo in either case?

To give you some background, I weighed 440 at my max and am now down to 360 after following Tim Ferriss' slow carb blog post. Since then, I've transitioned to eating paleo as giving up the beans wasn't terribly hard. I recently saw the doctor and told her what I'm eating. Her response was a disapproving sigh but, since my blood test numbers are all normal, she didn't discourage me. She did however recommend something like Medifast to lose the gallons of extra weight quickly as opposed to gradually.

After learning that Medifast is a shake-based program, I instead read Thin So Fast by Dr. Michael Eades. His shake-based program is a Protein Sparing Modified Fast that includes one low-carb meal a day.

I suppose the real question here is that, since I'm at around 50% body fat, would it be better to do something like a paleo-PSMF to get down quicker and then transition back to regular paleo eating? I know most pundits recommend "2lbs per week" but I'd love to hear your thoughts.

Thanks!

5. Question from Lacto Addicted Caveman:

After striving to eliminate dairy (hopelessly), I am now looking for you to give a theory some weight (and validate my failure in this area).

I have not been able to eliminate dairy products. Whenever I do, I yearn for some dairy (milk, yogurt, cheese - yum,yum).

If I don't eat meat for a few days, I yearn for meat. I think this craving fits in the same category (not like sugar), and I am most healthy consuming some dairy products.

My hypothesis that recent ancestry has made a difference in terms of milk and fructose tolerance.

- Northern Europeans that consumed a lot of milk made the genetic adaptation to consume milk.

- People living around the equator with much more fresh-fruit, developed adaptations to handle fructose much better

- These adaptations should be easier to make in a briefer evolutionary period than for grains

- * It does not seem that big a jump from baby's drinking milk to cow's milk

- * Consuming some fruits to consuming a lot is a fairly small evolutionary change

http://en.wikipedia.org/wiki/Lactose_intolerance

- The frequency of decreased lactase activity ranges from as little as 5% in northern Europe, up to 71% for Sicily, to more than 90% in some African and Asian countries

http://en.wikipedia.org/wiki/Fructose_malabsorption

- Fructose malabsorption is found in up to 30% of the population of Western countries[2].

My ancestry is all from very northern European roots (not so much fruit floating around those parts).

When first adopting a paleo diet, I was eating a lot of fruit. I felt good in many ways but also developed dark circles under my eyes.

Since greatly reducing fruit intake, my dark circles are gone and I feel a lot better.

6. Question from Robert from the UK:

Hi Rob and Andy

Great podcast have listened to it from day 1 and learnt so much and have also bought the book. Me and my wife Lisa have stuck to the paleo diet. There is one question I have that I cannot find on the internet, I know that you can have sweet potatoes and yams, therefore is it ok to have yam flour which make fantastic pancakes?
keep up the good work.

7. Question from Julius:

Velocity diet. Go.

8. Question from Lauren:

Robb and Andy,

Ok, I know we ask booze questions all the time and I know it's not healthy for me at all but then I read this:

<http://www.leangains.com/2010/07/truth-about-alcohol-fat-loss-and-muscle.html>

and it confuses me. What are your thoughts? Is he full of shit?

Thanks guys!

9. Question from Allison:

Hi,

First, I apologize if this question has been addressed previously (either on the podcast or elsewhere on the site). I'm relatively new to this whole Paleo thing (um, five days!) and there's something I've been struggling with but haven't found a good answer anywhere. (Again, this is probably my fault because I'm sure it's somewhere...)

Anyway. Here goes. A while ago I read an article about how Paleo is great for the individual but on a larger scale we run into real problems with the production of meat (even grass fed). Basically, the suggestion was that if everyone went Paleo, we just wouldn't be able to produce, sustainably, enough meat/fish/fowl for everyone to partake. I was just wondering if you could comment on the legitimacy of this claim.

Thanks very much for this reading and thanks for producing such an excellent reference site.

Happy New Year!

10. Question from Charlie:

Robb & Andy! First I wanted to say thanks for interviewing Tim Ferriss. He's the reason I found your podcast. Tim is certifiably insane, but he almost always steers me in the right general direction on any subject.

You've mentioned trying to rebrand the "paleo" concept as less of a reenactment. My question is, what kind of problems do people have with the idea of eating as our ancestors were adapted to eat? It should be obviously right to anyone who ever visited a zoo.

Would you try to make lions live on salad in a refrigerated room? Would you keep pandas in a hot sandy box and feed them crickets? No, that would be silly. Same goes for us and the farm products that we eat.

The only way I see a problem with this is among devout creationists. But even they can be brought on board with the idea of food quality - our livestock was "created" to live a certain way, and factory farming isn't it.

By the way, I'm a vegetarian who has been subsisting mostly on Cool Ranch Doritos and Coke Zero for years. If it's intuitively obvious to me, it should be for anyone. (Started on a more paleo-like diet yesterday. More eggs, no chips or candy. Baby steps...)

11. Question from Gerard:

I'm starting to peak while making linear gains following a simple 5-3-1 approach. Most people say eat more, I did the whole gomad thing for a month. Squat went up abs said bye bye. I would like to know how many calories of paleo food to take in with what protein/fat/carb ratio. Obviously per person will vary but as a baseline, is 2500 cal sufficient to gain strength for a 175-185 lb male? Gaining as in maybe 5lbs/week 5x5 Monday 3x3 Wednesday and 1RM Friday, with met ons on Tuesday/Saturday...

12. Question from Cristy:

Hi Robb,

I heard you mention in a recent podcast that you'd been consulting a woman who'd had a melanoma.

I am 31 and had a melanoma a couple of years ago- found right after I had a baby. It was caught in the early stage and, other than a huge chunk being removed from my leg, no other treatment was required.

I suspect that there is a hormonal component because I have heard of other young women discovering skin cancer during or soon after pregnancy.

I live in the deep south and enjoy spending a lot of time in the outdoors (also used tanning beds as a teenager, but wouldn't going forward.) I have been eating paleo for about a year.

I have never been overweight and am in otherwise good health.

What do you recommend as far as future sun exposure? I'm careful not to get sunburned.

Should I drench myself in sunscreen everyday? I enjoy a tan and want to get enough Vitamin D. Any specific diet recommendations?

Thank you very much!

13. Question from Geoff:

Robb and Andy -

Been following the podcast and love it. Your book was killer. Been Paleo about a year and it has made a tremendous difference in the quality of my health, my life, and my athletic performance. At 40 I'm healthier, fitter, stronger, and faster than I was at 30. I'll be even better at 50. Thank you both!

Still have some questions. So let's get 2011 started with a Paleo Lightning Round:

1. Grains are bad, got it. But why, then, do you talk about enjoying an occasional gluten free beer? Do the lectins and phytates not survive the malting and fermentation processes?
2. Okra - A seed pod for sure, but is it O.K. to eat?
3. Since adopting the Paleo diet, getting smarter about my exercise and sleeping conditions, and reducing the level of stress in my life I need less sleep. I just wake up naturally and feel great after about 7 hours' sleep. Should I take it as a good sign that my body's now getting the quality of sleep it needs even if the quantity of my sleep is less than 8 hours?
4. What's the deal with butter? Some Paleo folk (like Nora Gedgaudas) swear by it, but I recall a recent podcast where you mentioned it would be best to limit it to once a month. I have no autoimmune issues, and, damn it, I like the taste of butter on my veggies and seafood. Now calm down, I'm not slathering it all over myself like Paula Deen, but I do enjoy a tablespoon or two of local pastured butter a few times a week. Is it really that bad if I am seemingly not having any problems with it in my diet? Is it any better if I clarify it or make ghee?
5. This one's for Andy - I'm resolving to kick caffeine in 2011 too. Rock on, man. In your experience what's the best way to handle the withdrawal symptoms? Just man up and deal or is there something that help makes it less hellacious or, as Nicorette might say, "suck less"? From your experience is going cold turkey the way to go (even if the withdrawal symptoms make me want to go "Wild Turkey" to ease the pain)? Or am I better stepping it down over a few weeks before kicking cafe to the curb altogether?

Thanks again for the advice, guidance, information, and humor you provide.