

# The Paleo Solution

## Episode 49

Andy Deas: Robb Wolf, Andy Deas, back with episode 49, Paleo Solution. We are almost halfway to 100.

Robb Wolf: Better than ever.

Andy Deas: Better than ever. When we reach 100, are you going to retire from podcasting?

Robb Wolf: It would probably be recommended, but we'll see.

Andy Deas: Yeah, we'll see. Maybe by then we'll have Keystone as part of the tagline or something. Let's keep going.

Robb Wolf: We'll keep doing it as long as people like it. When they are like, "Oh, my God! This sucks," when we start getting mass suicides because of the podcast coming out, then we'll stop.

Andy Deas: And here's the thing which is so funny because I was actually thinking the other day about this whole six listener joke that you really like and drives me crazy, and I realize that every seminar I go to, if I know the instructor, I constantly pick on them for using their same phrases over and over like Starrette. OPT was very sensitive to me making fun of these catch phrases because all of his students then use these catch phrases. So I'm realizing that's maybe just an Andy personality thing and most people don't care or pick up on that.

Robb Wolf: Well, and you know we're just waiting for Andy Deas to be released on the world, and then we can direct it -- and we can direct all of that angst back at the Deas so that will be fun.

Andy Deas: That's right. And I guess we'll never stop making fun of my beard unless I shave.

Robb Wolf: Well, then we'll just reminisce about the salad days of when you had a beard.

Andy Deas: Well, so my mom isn't on Facebook, and she avoids social media, but like her friends call her and be like, "Have you seen Andy's beard?" It is insane, and I'm like, "Mom, I don't look like I'm in ZZ Top. I have a little

facial hair." Like we're going on vacation in a few weeks, and I haven't seen her in like six months, and she's kind of worried about this. And I'm like, "Seriously, like how much facial hair do you think I really have? Do you think I really look like Chubaka right now?"

Robb Wolf: Does she still live in Ohio?

Andy Deas: She does.

Robb Wolf: Oh, you know she's just sitting there hand-wringing with all of her friends and like, "He moved to California, and he's hanging out with all those like pot smoking hippies out there. He just -- I know he's gone bad. It's gone really bad for him." So that will be great.

Andy Deas: "His facial hair, it's insane." We actually have a good group of questions here, Robb, and there's a couple that I'm excited to hear your answer on. So are you ready?

Robb Wolf: I'm super excited for question 1 which is a one-liner. This is in haiku terms. This is possibly the shortest question we've ever had.

Andy Deas: Yes.

Robb Wolf: And I throw the challenge out there for somebody to get more information in fewer words than what this next question has.

Andy Deas: And this is sometimes how I ask questions to Robb, one word and then go. So first question from Alex, "Eating insects -- go!"

Robb Wolf: It's a little bit outside my wheelhouse; although, I have to admit to eating fried locust while in Thailand. Bugs are nutritious. All humans maintain the ability to digest the exoskeleton of insects where most humans or the preponderance of humans lose the ability to digest lactose unless those lactose adaptive dairying folks. There is no doubt that insects are very nutritious. It also makes me quite nauseous to even contemplate that. So if you want to roll that way, I think that there's probably some good nutritional arguments for it, and then we can definitely drive the whole Paleo concept straight into the fringe and any hope of gaining a large-scale foothold will be gone forever. But if that's the way you want to swing, I guess that's fine but....

Andy Deas: Maybe you can title your next book "Eating Insects" by Robb Wolf.

Robb Wolf: Eating insects, how to have no one show up at your parties and have all the goodies for yourself.

Andy Deas: That is a fantastic question. All right. So next, Robb, we have a question from Jeff. And he's merged his name and his handle. We get to see both. This is actually one of my new favorite handles although I'm not sure exactly what he's implying. So this is from Jeff - The Paleo Playboy.

Robb Wolf: Bad ass. Awesome.

Andy Deas: I don't know what that means. But rock on, Jeff. "Robb and Andy, long time listener, first time caller, desperately in need of your help. I'm concerned about my mom's health and am not having much luck in getting her to make a change. She is nearing 60, has knee pain daily, and is quite overweight (5'9" and 245). While she has made the switch to Paleo foods, she has not fully embraced the lifestyle. She skips breakfast daily, eats a very small lunch, and then has her largest meal at about 8:00 p.m.

I know that quality over quantity is the focus of your work, but in this case I fear she is not getting enough food on a daily basis. Running a typical day of eating through fit day she's consuming roughly 1400 calories, with 900-1000 of those coming at her 8:00 p.m. meal. This also doesn't include the 2-3 glasses of wine per night. She is also quite stressed from work and her daily knee pain. I'm working on trying to get her to walk for at least a half hour daily to help build strength and improve her joints. Sorry for the long intro, but here is what I'm hoping you touch on: the role of adipose tissue as a gland in the body and how dietary and lifestyle choices affect how it acts." Let's start there.

Robb Wolf: Wow! That's huge.

Andy Deas: Yup.

Robb Wolf: We understand better and better that fat tissue kind of has its own agenda. When adipose tissue seems to grow past a certain threshold in the body. The cytokines, the different chemical messengers that are released by fat start affecting metabolism throughout the body. It affects lectin release. It affects our sense of satiety. The adipose tissue kind of developed its own agenda, and it wants to live. It becomes its own entity. So I mean that's definitely an issue. Anything that affects insulin sensitivity, excessive omega-6 fats, other forms of systemic inflammation like gut irritation, lack of sleep, excessive carbohydrate intake particularly

from fructose sources, all of these things seem to kind of goad adipose tissue into kind of like a growth process or a growth situation.

And again, it's just kind of classic stuff that the basic Paleo diet, good sleep, smart amounts of exercise, all seem to be beneficial for leaning out, and that's on the macro level. And then we can auger in and get down to the micro level, and see that it's frequently affecting some of the messengers, chemical messengers that underlie adipose tissue.

Andy Deas: Yup. All right. Part 2, "Negative effects of only eating one large meal at the end of the day."

Robb Wolf: Now, this -- I don't know. For a lot of people, I don't know that this would necessarily be a deal breaker. But unless we have a situation of really poor food quality -- and so when you add in two to three glasses of wine per night, that starts ranking as the bad food quality. You do a big bowl of some booze right before bed with a giant meal, that's possibly the more compelling issue there versus even like the lack of total caloric load. This is really similar to the question that we had last week. Mom might benefit from being more balanced throughout the day; a decent breakfast, a decent lunch, a decent dinner, and cutting down on the wine at least until she leans out and get some of these other systemic inflammation issues dealt with.

The problem that people get into, and I get it particularly after having released the book and did the promotional tour now trying to stay on top of some of the media pings that I get, the interviews and all that, it's all good, it's really good. It grows the business, it sells the book, but it's also really stressful. And the desire to have a couple of drinks in the evening are pretty strong, but I know for myself it totally hammers my sleep. And then when I don't sleep well I wake up groggy and not feeling good, and it just doesn't get me anywhere down the road.

Now, that's kind of a personal thing, but by and large I just don't see people benefit from that. They're better off doing a nice quiet wrap up in the evening, do something like magnesium, some Natural Calm or something, start taking care of the sleep hygiene and dealing with stress overall. What's the Huey Lewis gig, I want a new drug dealio?

Andy Deas: Yes.

Robb Wolf: I mean there's just no -- there's no way out of that. And so right now mom is dealing with some systemic inflammation and a bunch of stress and everything, she needs to get a handle on her sleep, get a handle on

the lifestyle stuff, start getting more active, and then things will start improving.

Andy Deas: Yeah. And my only feedback on this large meal at the end of the day, I just find for some folks, it messes with their sleep if they have the biggest meal. I know for me like I've actually transitioned my biggest meal is probably at lunchtime, but some folks sleep great. But for me large meal, three glasses of wine, I will sleep like crap.

Robb Wolf: Yeah, yeah. And frequently people wake up like 2:00, 3:00 a.m.; they kind of come out of their deep sleep because of usually some kind of rebound hypoglycemia. Even when the bulk of the food that's consumed is probably better quality Paleo, but just the booze on top of a giant meal may not be all that beneficial. Yeah, I would definitely say that that big lunchtime meal is probably a better way to go and straight out of the European approach to that stuff.

Andy Deas: Yup.

Robb Wolf: Yeah.

Andy Deas: And third part, "How low level movements like walking are helpful on the road to health."

Robb Wolf: It's great. It's great. Walking, if she could get into -- now, she would need somebody to coach her, but getting in and doing some air squats that are properly performed so that she has -- orthopedics would be great both on just kind of a workload and reversing insulin resistance kind of standpoint but also just strengthening all the support muscles around the knee, basic squat, pushup, body roll kind of gig mixed with walking is fantastic.

Andy Deas: Yup. And Jeff goes on to say, "I really hope you can help me out, as hearing all this from me doesn't seem to have any effect on her. Please help me get my mom better. Thanks a bunch. You guys are awesome and are helping a lot of people get back to normal." And Jeff, I will forward your P.S. on to the appropriate parties.

Robb Wolf: Yes, yeah.

Andy Deas: Cool. Good question and good luck with your mom, Jeff. My mom still doesn't listen to me.

Robb Wolf: Me neither. I'm going to visit my mom today and it's always kind of -- it's a rough deal. My mom complies enough to not die, but not enough to be really healthy. And it's a gut wrencher for me, but it's kind of funny because we're going to go grab a book that's on hold in Redding California which I wrote, and it's just -- because she wants a copy of it but it's just kind of ironic. I have been able to help -- I think probably tens of thousands, maybe a couple a hundred thousand people now at this point and can't really help my mom. It just sucks, but that proximity that people real close to home, parents don't really listen.

I think that boomer generation, too, they just really -- it's kind of weird like they possibly more than like almost anybody I've seen really give up all of their personal accountability to medicine, to like "My doctor is going to save me. Statins are going to save me." It's kind of funny considering they are largely like children of the '60s, '70s and counterculture and all this sort of stuff, but they really like their docs, and they really like their meds, and they just fully give like all faith into somebody saving them instead of them saving themselves. And it's a really fascinating process.

Andy Deas: Yup. Cool. Next, we got a question Rocco, "Hey, Robb. I'm really enjoying the podcasts. Thank you for all the great info you put out there. I recently switched my nutrition to strict Paleo in an attempt to lean out a bit, increase performance, and simply for long-term health. Beforehand I was Paleo but with much more fruit per meal and was consuming 5-6 smaller meals/day (averaging 17-18 blocks 2x fat). I now eat three larger meals/day spread about 5 hours apart with each one consisting of 6-8 ounces of meat, 2c broccoli or spinach, and a whole medium avocado or 2.5 tablespoons nut butter. I have 2 blocks worth of berries in the morning instead of veggies, and I also have a post-workout shake of..."

Robb Wolf: Whey protein isolate.

Andy Deas: Yeah. Okay. That's what I was thinking, "...and creatine. I notice that I experience a flushing/tingling feeling in my face and arms after meals and actually feel my body temp go up. It's not bothersome at all, and I'm feeling great overall. I'm just curious if you have any experience regarding this with yourself or clients. I've actually experienced this before when dieting a few years ago when my carbs were under 100 grams a day and was attempting to lean out. I'd like to think it is a sign of my metabolism revving up. Ha-ha. Thanks for the help, Robb."

Robb Wolf: Yeah. Really I think that this is probably what's going on, peptide PYY, all of these neurotransmitters that are released in response to consuming

food particularly protein rich food. They not only send signals of satiety to the brain, but they also send signals to the brain to the hypothalamus to start revving up metabolism in response to food because we've consumed food and we need an uptake in our metabolic rate to be able to process that food. And also there's just the expectation that we've got more food energy in our system, and so we can be more metabolically active.

So I think this is probably what's going on. When you've got a little bit of transient fasting or low carb, then you also can get some interesting kind of growth hormone spikes where you'll be sitting there, and it's actually between meals, but you get kind of an uptake in your metabolic rate, and you kind of feel some heat coming out of the abdominal visceral area. And I suspect that that's probably some growth hormone mediated like fat mobilization coming particularly out of the visceral fat.

So yeah, I think that stuff is all totally good to go, and the program looks good, and it's kind of interesting. It seems like he's doing better on fewer, larger meals versus the more frequent feeding which I think makes life less neurotic but also even more effective which is cool.

Andy Deas:

Yup. Cool. Next, we got a question from Jon, "Robb, I have been in the army for the last 16 years. My mother's side of the family has a history of heart disease, high blood pressure, and high cholesterol. Doing my annual health exams over the last 7 years it's shown a trend that my total cholesterol count stays between 250 and 304. They put me on statins, which had horrible side effects (body aches, et cetera) and little results. I do Army Physical training daily I have been Cross Fitting for over a year now (2-3 times a week average) and switched to Paleo somewhere around 8 months ago.

I haven't been super strict, but I do have my one day a week cheat day, and the only tweak I added to my diet is I eat some cheese and use Breyers all-natural chocolate ice cream in place of whole milk, a night post workout. My last blood panel results were excellent: Triglycerides - 130; Total Cholesterol - 304; HDL - 56; LDL - 222; Liver functions - excellent, blood pressure - excellent. The doctor has put me on niacin (500mg once a day) in place of statins due to my inability to tolerate them. I truly can use your help to get this under control."

Robb Wolf:

Well, one thing to zero in on here right at the beginning, the triglycerides are not excellent. They're actually bad. The 130 is way, way, way too high. So this is -- for me, for where I'm coming from, like, anything over 100 I think is really problematic. And honestly, if we get people complying

well, then those should be well under 80, more long like 50 to 60. So those triglycerides are way too damn high. Then we get in with the HDL, LDL, and all that, those HDLs are barely above 50. We usually see those much higher.

There are some metabolic problems here. There is worse diet going on here than what Jon either thinks or realizes. And now, the total cholesterol may not come down with some dietary changes, but I'll guarantee you what will happen. Your HDL will go up, your LDL particle sizes will change, and there are some other markers of inflammation that you should be tracking. You should be tracking A1c, and you should be tracking C-reactive protein at the bare minimum. And this is again stuff right out of my book. And I would check all of those numbers, C-reactive protein and A1c and the LDL particle size before you tweak things further. But you've got -- I would ditch that whole milk. I would ditch the cheese.

I would ditch your ice cream if you want this stuff to improve. And what you're mainly going to be looking at is a change in your systemic inflammation. I suspect C-reactive protein is well over one, possible in the 2's. I suspect A1c's are probably in the 5's or 6's which is kind of heading towards a borderline diabetic. And you need to get a control on the dietary carbohydrate. I know you're in the military, so there's probably variabilities in sleep schedule and stress and all that stuff. Just do the best you can on that, but you need some type of compliance on the food.

And I would focus mainly on controlling systemic inflammation markers and bringing HDL up and making sure the LDL cluster switches to a large puffy non-atherogenic variety. And Kurt Harris has some interesting perspective even on the HDL, LDL stuff focusing more on systemic inflammation markers which I can buy that too. But grain, legume, dairy free as best you can. I know you're in the military, and so that can be hard to pull off sometimes. But to the degree you can do that. You really need to do it. Now, if you were to focus on one number to get down, it's that triglycerides, and that is mainly dietary carbohydrate.

Andy Deas: Check. Even though people don't want to hear it.

Robb Wolf: Yeah, yeah.

Andy Deas: All right. Good question. Next, we have a question from Hava. I assume that's how you say that. "You said on one of your podcasts that bananas are overrated with regards to their potassium content. Could you expand on this? Thanks."

Robb Wolf: Geez! I could. It seems pretty self-explanatory.

Andy Deas: Maybe do you have alternatives that you believe are underrated for their potassium content?

Robb Wolf: It's like every other fruit and vegetable basically. Bananas, they are fine for some post-workout nutrition for the appropriate folks and everything, but nutritionally they don't have a lot going on. They're not loaded with antioxidants. They're really high glycemic load. They have a fairly high fructose load, when it's all said and done. So when you really look at the lowly banana, there's not a lot going on other than for certain people.

And so somewhere along the line, it's like, bananas are good for potassium, and it's like tomatoes are way better for potassium when you look at the calorie per calorie basis. Almost any other fruit or vegetable is because they tend not be as sugar dense. So does that expand on it? I mean just eat fruits and vegetables; emphasis on vegetables if you're trying to lean out. If you're really worried about potassium and magnesium intake for like decreasing blood pressure and acid base balance and all that sort of stuff, then focus on things besides a banana.

Andy Deas: Yes. Next, we got a question from Olivia, "Hi, Robb. I just finished reading your book, the Paleo Solution, and I am already hooked. I cleaned out my kitchen and went grocery shopping today, so I am ready to start the Paleo lifestyle from tomorrow on."

Robb Wolf; Whoo-hoo!

Andy Deas: "I am training for a figure/fitness model competition, currently in the building phase, before I start leaning down. I was wondering what you think about whey protein powder (all natural, contains stevia though). Can it be considered as 'Paleo food'? What are your thoughts about it as a post-workout meal, and what would you recommend post-workout? I usually have fruits and a shake but would definitely exchange the shake if it is not considered Paleo. I really appreciate your thoughts on that. You also mention a few supplements in your book. What do you think about a multivitamin? Thanks, Robb. By the way, did I mention how great your book is? Awesome. I love it."

Robb Wolf: Very, very kind. I don't want the whole Paleo concept to get turned into this thing where it's like is this Paleo or is it not Paleo because then it just becomes this kind of like --

Andy Deas: Religion?

Robb Wolf:

-- a wacky religion. I mean it starts sounding more -- yeah, yeah, we'll just leave it with that. I won't expand on that too much because then it starts becoming almost like kosher or something. It's like it kind of follows this rule and doesn't follow that rule. What we want are some guidelines to be able to make educated choices with stuff and whether or not it will benefit you or not benefit you. In general, I don't see great body composition come out of liquid food. That's just kind of a generality.

Now, Olivia is saying that she's in a building phase right now, and that's cool but I still generally lean towards whole real food. I would prefer seeing like yam, sweet potato and salmon for the post-workout nutrition versus a shake that is whey protein isolate and fruit because I think we can still stick on plenty of muscle mass, and it will tend not to have you gain as much body fat. And the bugger with all this stuff is always like how much body fat do you gain during the mass gaining phase versus how much do you need to peel off later, and then how much protein -- muscle mass do you need lose.

So I would just generally stick with whole real foods. And it's less an issue of whether or not it's Paleo or not Paleo. This is where we auger in and look at this up close, and it's just basically processed foods. And when you throw foods in a blender and blend them, that's processing, and when you've got whey protein isolate, that's processing. Processed foods tend to produce unfavorable body composition changes, in general, as compared to whole foods. So that's the only thing that I would kind of hang my on with that. I would experiment with doing real food instead of a shake and see how you do with that.

For some people who are wickedly high on work output, yeah, it becomes totally appropriate to do some liquid food post-workout if they're doing multiple sessions a day and all that sort of jive. This isn't really that situation though, in my opinion. So I would gravitate more towards solid food and use the Paleo concept as a way of asking questions and as a way of thinking about how we're approaching things and not as a right, wrong kind of matrix for living your life. It's to help educate and to inform and to be able to evaluate how we're tackling things to make it better, not so much is it Paleo or isn't it Paleo.

Andy Deas:

Yup. Good question. Next, we got a question from Fred. He says, "I'm a national-level powerlifter who until recently has been competing in the 242 class. I've always felt that I was too fat at 242, so prior to my most recent competition, I took several months to cut down to the 220 class. I followed a mostly Paleo approach for most of this diet, and for the 6

weeks of the diet, it was 100% Paleo. However, losing the weight required meticulous calorie counting because it just wouldn't come off eating freely. I maintain a high level of activity, usually 4 weight training workouts per week, plus two metcon and two active recovery.

I have a low-stress job, take plenty of fish oil, and get plenty of quality sleep. I'm 5'11" tall. Here's my problem: It's been three weeks since competing at 220, and my weight is already up to 235. I have not eaten a single piece of non-Paleo or junk food this entire time. I'm extremely frustrated, because calorie counting always makes me really hungry and unsatisfied. I want to be able to maintain my weight at or near 220 without having to weigh and measure for the rest of my life. I've even started removing all fruit and starchy vegetables from my diet this past week, but my weight keeps climbing.

What should I do? Do I keep to the unmeasured approach with the hopes that my weight will eventually start coming down again, or am I doomed to weigh and measure my food forever?"

Robb Wolf: Ugh. I would just focus more on the low carb side of this stuff. I suspect probably overdoing the fruit and starchy carb type stuff, and maybe save that for post-workout on the two metcon sessions. And even then, be kind of moderate with it. If the carbohydrate intake is high enough, it kind of drives the hunger harder. Our satiety is not as solid, and so we'll tend to eat more calories in total. So I would steer this thing more towards cyclic low carb being very moderate on the carb re-feeds and sticking those mainly in the post workout metcon periods to help with recovery from those and see how you do with this. Because if it's just a body fat issue, if you're saying that you were too fat before, then this should deal with that, and you should be able to pretty much free eat if we're doing protein, veggies and fat, and then just doing protein and carbs post-workout after the metcons. I think you'd be fine with that.

Andy Deas: Yup. Good question.

Robb Wolf: Yeah, good question. And definitely, let us know if you tinker with that and how it goes for you.

Andy Deas: Yup. And they always have the approach of like the Clarence Bass where he doesn't weigh, and measure but basically over time he has the idea of how much you should be eating and that's what all those meals kind of look like.

Robb Wolf: Right. Right.

Andy Deas: And so it's like a kind of a sneaky way to weigh and measure, but it's not exact. It's just close enough to get him where he wants to be.

Robb Wolf: Yeah.

Andy Deas: Cool. Next, we had a question from Justin, "Hello, Rob. The new site is looking awesome. I am extremely grateful for all of the information you provide to us. Now to my question. Doing research I have found a couple of forums with your opinions on creatine. I am curious to know whether you still feel positively about creatine, specifically in regards to its use by Paleo athletes. Also if you recommend taking creatine, how would you recommend cycling it? I was thinking about cycling it two weeks on, one week off, with 5 grams in a 300 gram container. Once the 300 grams is gone, I would wait a month or so and start all over on the next 300g container. Thanks a ton. Keep up the great work."

Robb Wolf: Yeah. I like creatine. It's cheap. I would just get the creatine on a high grade. I would throw down like 5 grams post-workout. I've read some stuff on doing creatine pre-bedtime, that it might help with some growth hormone release, but it's been ages since I've read any of that stuff. Unfortunately, I'm kind of a non-responder with creatine. I don't really see a performance bump with it, but there are some really compelling arguments for taking it just for some blood lipid stuff and some kind of antioxidant effects and everything, and it's cheap. So I think that the arguments for using it are pretty good and I think that the -- use a container. Go off of it for a month. That totally makes sense. So I see no problem with that.

Andy Deas: Yup. Next, we got a question from Reformed White Buffalo in the Sky.

Robb Wolf: Wow!

Andy Deas: I like it. Also, he starts his question with, "Hello Solutioners! (Gotta keep it going)." So...

Robb Wolf: Nice.

Andy Deas: Anyway, "First off I got to thank you both for all you're doing/have done. Robb the information and service you're providing is priceless. I've been listening religiously since podcast 1. Since I've cleaned up my diet (no more excuses), changed my training, (not a ton of 'white buffalo in the sky'), and focused on getting more sleep. I've seen amazing gains though I'm sure not surprising to you or the frequent listener."

Robb Wolf: That is shocking.

Andy Deas: Stunning how that works.

Robb Wolf: Eat well, sleep more and don't beat the dog piss out of yourself, and you'll make better gains. That is shocking. That's awesome. That's super --

Andy Deas: It's amazing how the human body works. It's crazy. "I'm an amateur boxer, training to be a Krav Maga instructor and I've coached amateur boxers in my past. I push all of my clients and athletes to a Paleo diet, and follow a CrossFit football methodology for weights and conditioning." First of all, I want to comment on this Robb. We got -- we just need to put a ban on how we're labeling all these things.

Robb Wolf: What do you mean?

Andy Deas: Well, it's like we're doing CrossFit football methodology back to -- I'm sled pushing like Wendlar. I was making fun at OPT last week. I'm like James I do CrossFit like OPT.

Robb Wolf: People need labels, Andy. People need labels.

Andy Deas: It drives me insane. Blog post coming on that.

Robb Wolf: And I'll have a treasure blog **[0:29:09] [Inaudible]**.

Andy Deas: Touché. Well played. "My question is on getting a personal trainers cert. I'm torn between doing a CrossFit Level 1 or a more traditional personal trainer certification (ACE, et cetera). I don't agree with everything either one is preaching/teaching, but still find that you just don't get as much buy-in without a piece of paper saying 'certified.' I just got my copy of the book today, so my goal is to get through it by the next podcast. I'm writing this as I'm listening to Episode 46... 51:05 to be exact). Thanks for all you do."

Robb Wolf: So the question is basically like what trainer certification to get and all that sort of jive?

Andy Deas: Check.

Robb Wolf: The CrossFit football cert is phenomenal. They cover programming. You use real weight. You cover back squat, deadlift, power clean, bench press, really good mobility warm up programming both short-term and long-

term. It's phenomenal. It's a lot of what I wish the CrossFit level 1 cert had grown into. I wish that at some point that had moved away from PVC. I wish it had moved into using some legit weights. I'd way prefer seeing some dumbbell power cleans versus a med ball clean. The idea of showing a non-traditional object to teach the clean, I think that that's great in concept, but then the horrific side effects of that has when you really legitimately trying to teach people any type of a lifting movement is kind of terrifying, and so sticking more with dumbbells and barbells I really like. The OPT -- what's the CCP? Is that --

Andy Deas: CCP, yeah.

Robb Wolf: Coaches Certification Program is outstanding. I mean it is just outstanding. I would look around within that stuff. You also just have to look at what you want to do on a day-to-day basis. If this is just a matter of you need to go work for a gym or like you want to open your own box, then you need to think about liability insurance and all that sort of jive. And if that's the case, then I would definitely gravitate towards an ACSM or NSCA or something like that because it's nationally recognized, cert party accredited. You can get insurance through those governing bodies both personal liability insurance and facility liability insurance whether you own your own facility or whether you're working in somebody else's facility. And you need to be able to have that liability insurance depending on what type of environment you want to work in.

The CrossFit stuff I think will get there at some point. I'm optimistic that they will grow and develop the curriculum within that level on cert, but relative to some other things like the CrossFit Football Cert, the OPT, CCP, even the NSCA stuff; although, it doesn't have a hands-on coaching component. The fact that you already are a coach doing boxing and Krav and all that sort of stuff, I'm suspecting that you probably have some aptitude in the movements and also in coaching people.

So I'm not really all that concerned about what information you would get from the hands-on element of the level 1 versus OPTs gig or the CrossFit Football gig. So if I had my shekles to divvy up, you need to figure out where do you want to work? Do you need liability insurance and all that? If that's a yes, then I would do something like ACSM, NSCA, CSCS, CPT, something like that or the analogs. And then for specific skill and knowledge development, then I would look really strongly at like a CrossFit Football or OPT gig for getting more theory and more understanding of programming and stuff like that.

I think that both of those, dollar paid per hours invested, you're going to get more return versus the level 1 as it stands right now. I think the level 1 has the potential to be turned into something very, very solid, but those guys need to figure out that they're going to get in and do some self-evaluation and improve the offerings and not just keep running with the PVC and the stuff that they've had for the last seven years.

Andy Deas: Yup. All right. Good. And final question Robb Wolf, this is from our good friend, Wayne.

Robb Wolf: Sweet.

Andy Deas: He says, "Hi, Robb and Andy. Just finished reading your book Robb and had a supplement question concerning magnesium. You and Andy are fans of Natural Calm, which is made from magnesium citrate, but I see other formulations out there that are magnesium oxide, magnesium citrate, magnesium aspartate," and on and on. So anyway, "Now my question to you is does it really matter or does one form of magnesium tend to be used better by the body than another form? I've seen some information that indicates it does, but too often this information is from one of the manufacturers of a supplement so not an unbiased source. Thanks and keep up the good work, Wayne. Mo jokes about listener #x, giving Andy a break."

Robb Wolf: Dog pile on Andy. Dog pile on Andy.

Andy Deas: Come on, Wayne.

Robb Wolf: Probably out of any of these, the one type of magnesium to avoid is magnesium oxide because it's basically like marble, and you don't really absorb it very effectively. It buffers out stomach acids, so that's not a real favorable feature. That -- it's cheap so that's oftentimes why it's a filler. Poliquin has a product called Ubermag which is like a mix of citric, aspartate, glycinate, a zillion different -- I think it's about eight different amino acid chelates which theoretically what you have are different transport molecules that can shift these different amino acid chelates around the body. The interesting thing is I took kind of a equal dose of some of the Ubermag which theoretically --

Andy Deas: Stop moving. Stop moving.

Robb Wolf: Sorry. Sorry. I took equal amounts of the Ubermag which is a mixed amino acid chelate and theoretically would be more absorbable than just the magnesium citrate, but I didn't get nearly the benefit with regards to

like sleep quality that I get out of the mag citrate from the Natural Calm. So there's some theory that the mix should be better, but the Natural Calm just-- man, I dig that stuff. If they were to ever mix up the chelate mix, like if they were to throw some magnesium aspartate and stuff like that in there in addition to the citrate, it might be kind of cool.

I'd be interested to see if it improved things, but that stuff -- especially if you order it online, it's inexpensive, it works really well, quality seems to be good. I just really dig that stuff. So I'm kind of wed to it at this point until I find something that really seems to work better. But the one thing out of this that I would definitely avoid is the magnesium oxide.

Andy Deas: Yeah. Cool. There you go, Wayne. No more jokes about the listeners.

Robb Wolf: Actually, we're -- on the website I'm finally going to get the tagline on there, "Six listeners can't be wrong" so --

Andy Deas: Oh, God help us!

Robb Wolf: -- so we can goad Andy even worse so....

Andy Deas: My beard might get longer in response to that.

Robb Wolf: Well, if we ever start doing a V blog, then that will really show for it so....

Andy Deas: All right, Robb, with that, that might be the fastest episode we've ever done.

Robb Wolf: Sweet. But it was quality. It was good.

Andy Deas: Well, and we got the Paleo Playboy, we got eating insects, we got lots of good stuff.

Robb Wolf: There was some good stuff in there.

Andy Deas: Cool, dude. We'll talk to you next week.

Robb Wolf: Thanks, Andy.

Andy Deas: All right. See you, Robb.

Robb Wolf: Bye.

Andy Deas: Bye.

