

Paleo Solution – Episode 134

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Robb Wolf: Hey folks, Robb Wolf, Greg Everett in the house. Episode 134 and apparently, it's bring your kid to work day because I've got Zoey sitting in my lap. So we'll see how this goes.

Greg Everett: Well, it couldn't possibly be any worse than every other podcast we do so... [Laughing] I'm not worried.

Robb Wolf: We'll see. I don't know if that's we've set incredibly high standards or very very low standards.

Greg Everett: Yeah.

Robb Wolf: But we'll see. You can hear her burbling in the background so we'll see how this goes.

Greg Everett: I can't hear so maybe I'm just not a little bit hard of sharing as they used to say.

Robb Wolf: Wow. That works. But what's new with you, man?

Greg Everett: Nothing, trying to scramble to get some stuff done coz I'm going out of town for a couple of days tomorrow. As usual, this is basically my Friday, which means I have to wrap up all the crap that I didn't do the rest of the week when I was supposed to do it. [Laughing] So everyone's psyched on Friday as usual but I hate them coz it's my "catch-up" day.

Robb Wolf: What about "mustard" day?

Greg Everett: I prefer ketchup.

Robb Wolf: Okay. That works.

Greg Everett: But you know, mustard will do in a pinch.

Robb Wolf: That may be, folks, the high point of any attempt at humor on this podcast. [Laughing]

Greg Everett: So we'll see. We'll see where this one takes us.

Robb Wolf: Okay.

Greg Everett: You know, the reason our show's so wonderful is all this spontaneity. In other words, lack of preparation. [Laughing] Okay, the extent of my plan is to read these questions and think of a response as I'm holding them.

Greg Everett: Cool. Well, I just might project one so that's the one I'm really holding out hope for.

Robb Wolf: We'll make sure that's number 8 here so we can at least get that one.

Greg Everett: Yeah.

Robb Wolf: Alright, you ready?

Greg Everett: Yeah.

Robb Wolf: Okay. Justin says, "Robb, I have been a follower and an advocate of the Paleo diet for a few years. I attended one of your nutrition certs about 3 years ago when you still worked for crossfit." Oh, the good ol' days.

"It changed my life and I've seen it positively affect the lives of my friends and family members. Thank you for everything you do.

"I respect your opinion so I wanted to ask you about this," and there's a link to the Healthy Home Economist. The article is apparently about gluten issues and drinking coffee.

And then, "You attended Paleo FX but I'm not sure if you saw or heard this while attending. Like you, I believe coffee is delicious and makes you feel great! I'd like to know if your stance changes at all after reading this? Thanks."

Greg Everett: Gosh, man. I've been snooping and dodging this one for whole time. The link there is actually really good. There's a neurologist who's basically like, there's not a disease that you can find that doesn't have sensory linkage to gluten sensitivity, which they linked a point. That's a pretty bold statement, but I think it's pretty solid.

The Cyrex Labs has a screen to see if you are a cross reactor with stuff like coffee and chocolate. There's a number of other things that appeared to be cross reactors. It seems to be a legit deal, like there's seems to be some meat to the thing if you suspect gluten, really severe gluten sensitivity, then I would give it a thought.

You could do the testing again, through Cyrex Labs. You usually have to find some practitioner to get signed up through Cyrex. They're not

doing any type of “direct to the consumer” stuff. Then of course there’s always the 30-day experiment: remove, reintroduce, see how you do.

I have not had my coffee today because it’s been that type of the day between put the diverse and everything else and so I’m completely flying on vapors and I got to say, my life is less good. [Laughing]

I’m trying to contemplate green tea. Green tea is good. I love green tea, it’s like it’s dog piss compared to coffee. [Laughing] So yeah, I think there’s probably something to it. I would investigate it. It’s a fucking heartbreaker like I just [Laughing] – it’s one of those things.

Robb Wolf: Don’t do it. Like for instance, Blizz.

Greg Everett: You use Blizz. When you’ve already had like grains and bread and everything else taken away in an attempt to save your life, then your like, “Fuck it man, my cup of joe.”

Robb Wolf: Yeah, what do you say to your life for?

Greg Everett: Yeah. At that point it’s gonna like, I don’t know. But my digestion is way way better than what it was years ago but it’s still not bullet-proof. So it’s one of those things where I’m coming like, “Well, shit. Maybe I do need to take it out and just kind of see what I do, but God I love it. I love to see it on my back.”

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Robb Wolf: You know what, I done that experiment like 5 or 6 times in my life and it’s always absolutely miserable and no good comes of it.

Greg Everett: Yeah, but your in-guts stuff is - You’ve got way better digestion than I do too.

Robb Wolf: Yeah. Alright.

Greg Everett: But I agree, no good comes of it definitely, so no good is to be had of no coffee.

Robb Wolf: Yeah.

Greg Everett: So I guess the long and short of it, I think there’s something to it and man, it’s a heartbreaker.

Robb Wolf: You could always just go to Mike Rey Route and just live on no-doughs and like no-doughs gum and just like every caffeine impregnated product you can imagine.

Greg Everett: See it's not just the caffeine, like just doing no-doughs doesn't give me the same – it's that warm, dark, bigger – it's magic. It's magic I tell you!

Robb Wolf: It's true. There's something to it. But it's kinda like smoking in the sense that there's a bit of a rich role involved too. There's something about getting up in the morning and drinking coffee that I enjoy, and even if it were decaf I would enjoy that better than not drinking coffee at all and drinking green tea. Alright.

Greg Everett: Yeah. Yeah.

Robb Wolf: So what was the verdict on that one? [laughing]

Greg Everett: Final verdict, probably something to it and possibly doing anything about it. Maybe make life not worth living.

Robb Wolf: Alright. Perfect.

Greg Everett: Yeah.

Robb Wolf: Brandon says, "Hey, Robb and Greg! Love the podcast and highly appreciate the work that you put into everything you do including your respective websites!

"I'm a personal trainer and have a female client that weighs over 325 pounds. We have been working together for about 3 months and things have been improving in terms of general strength and conditioning. I decided to try using the Paleo diet as an intervention to aiding her health issues (depression, thyroid issues and potential numerous other problems). About a week end, she said that she was feeling good, but then had her first gall bladder attack. I am assuming that this is due to years of poor diet based in high carbs plus the sudden increase of fat intake.

"She is currently scheduled for surgery in November but is on an emergency wait list and could go in with under 3 days notice. I know how doctors seemingly love to perform this procedure but I am wondering if there is a Paleo friendly, bio-hack-esque solution to dissolve the gall stones and thus avoid spending time under the knife.

"Thanks for reading and sifting through my ramble!"

Greg Everett:

Yeah. I wouldn't be really curious if this woman did had previous gall bladder attack, I would be curious if there's been any type of any gene to show that she actually has gall stones and it's not just some sort of like spastic response. There would just be a lot of questions I would want to know about this.

I think the assumption that maybe because she has increased her fat-intake that that maybe a factor here, that's a link. It could be especially if she was eating like really low-fat, really high-carb. That could be an issue. But I mean there's other background stuff I would be curious about.

I think if you tweak your reading, take some mock-spiel in the blockage with the gall bladder situation, if you have stones and it's not too severe, then the way that the stones happen is that you shut down –

Well, a couple of ways. Usually when we had a gluten sensitivity issue, the gluten messes with cholecystokinin signalling. Cholecystokinin induces peristalsis. It induces bile salt release.

So if you mess with that signalling, then you can prevent the bile salt release and so it's essentially like cholesterol crystals precipitate out of you. You get these gall stones.

If you increase gall bladder health and bile salt production, then it makes sense that you should be able to dissolve these things in just a matter of like how severe the situation is, whether or not you're willing to right that stuff out, if she's got a doctor that's progressive enough to maybe manage this stuff by checking in on some imaging and make sure that the exit duct out of the gall bladder is incompletely included, which could be really really bad.

There's a lot of moving parts to this. In the real move possibility, yeah, I think that you couldn't probably dissolve the gall stones using some mock-spiel but hope just in general, with fat-absorption, polugics like ginger or interestingly enough, we were just handling on coffee, but any type of the bitter substance like Swedish bitter, stuff that you can get from the health food store, anything that's got a really potent bitter taste, is going to enhance digestion typically.

You're gonna get some better signalling, some better bile salt release and stuff like that.

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Greg Everett: So I would go the bitter's route if you're gonna help this thing, maybe some mock-spiel capsules just to start improving fat-absorption and stuff like that.

Robb Wolf: Cool.

Greg Everett: That's what I got.

Robb Wolf: Okay. Eva says, "Hey Robb and Greg, I've been making my way through all 125 podcasts and haven't found anything that addresses hair while Paleo. (sorry if it's already been mentioned!)

"I'm a 20-year-old female, 5'6 140 lbs and have been Paleo for the last six months. I've seen some good results, mostly with my energy levels but there's been one thing that has given me issue.

"After I went Paleo, my hair became really dry and knotted easily... It's mostly the bottom-half and it's worst directly above my neck from the back.

"No matter how much conditioner or the amount of times I comb it out, it still feels really frayed and hay-like.

"Any ideas on what it could be or what I can do? And please do not say shave it off! (hair length goes to about mid back)

"Thanks for all that you do! (you guys are definitely the most fun Paleo podcasters to listen to!)" Well, thanks.

Greg Everett: We do what we can.

Robb Wolf: Or it's just an invitation of incredibly rarefied and talent pool. I would have heard about that.

Greg Everett: Yeah. This stuff always perplexes me because the things that maybe people become deficient in or there would be a potential for some deficiency like iodine and I could see iodine or maybe a little low thyroid, definitely being problematic with hair-growth.

But it's always intriguing to me, like we have folks who're like, "I want Paleo" and I had this in pop up. Typically, if we look at their diet before and their diet afterwards, they're getting vitamins, minerals and antioxidants in general because just like bread, rice, pasta, doesn't have a whole heck of a lot of that stuff.

So the shit is really intriguing to me because it's like – I don't know. You're probably eating a more nutrient-densed diet than what you

were before. And so I guess this is also maybe something for the future questions which will pop up in this genre. But I would recommend is to the best of your ability, reconstruct a couple of days a week of food that you were eating before and put that go to like the UST or any nutrient database, put that food through the database and see what type of vitamins, minerals, etc you're gonna have to build a little Excel spreadsheet and I know that that's work but that's just what I would do.

I would recommend, try to reconstruct what it was you were eating before, then take what you were eating now, compare those two things and if you see some sort of glaring spot where you used to be getting more nutrients and now you're getting less, then I guess we could somehow figure out a way either be a whole food or directed supplement that you could plug that whole.

But this stuff is just some damn perplexing to me because again, generally fruits, vegetables, lean meats and all that stuff, they tend to be more nutritious than snack-wells and PopTarts and shit like that.

Robb Wolf: So a lot of the stuff I'm just so nuts and kind of boggled by, the only way that you can get a really good bid on this, I think, is doing some sort of nutritional analysis like that.

Greg Everett: There are some situations when you change you diet, you can change your hormones and you can have stuff shift around and things may not be great initially and then they upregulate and start to improving. But I guess the best spot to look is to the best of your ability, reconstruct what your reading before, track what you're reading now, see if there's some sort of a wanton nutrient deficiency and then address that.

Robb Wolf: The wantons.

Greg Everett: Does that seem reasonable?

Robb Wolf: Seems reasonable to me. It makes perfect sense. It's almost scientific.

Greg Everett: It's scientific. It's like getting in a wing and measuring your food so that you can be a junior scientist.

Robb Wolf: I, myself, prefer to just kind of sit around and pontificate and wonder what could possibly be wrong instead of actually trying to figure it out numerically.

Greg Everett: Indeed. But this question comes up frequently. I started eating Paleo when I had this thing happening and if there is a deficiency issue, then what is going on?

Again, it's just perplexing to me because you should be eating more nutritious food. But this always makes a question. People are like, "I'm eating Paleo" but I won't really know what you're eating. So I guess that is the spot that we need to look a little bit further now.

Robb Wolf: Some people interpret Paleo pretty interestingly, like they just mean they're eating gluten-free crackers and so regular crackers.

Greg Everett: Exactly.

Robb Wolf: Of course we're not suggesting that you are doing that evil. You would never do that.

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Robb Wolf: But yeah, I think it's gonna be a take advantage of those tools that are out there and actually get some numbers behind this. I'll actually see if you can sift through the data and see if you come up things. I mean, yes.

Alright. Marie says, "My son put me on to you and sent me 4 of your books to distribute to family members." What a guy. "I wonder what you think about this... I had a low Vit D of 30 so I got 1000 mg supplement in addition to my multivitamin that I took daily. When I was retested, my D dropped to 15. Any ideas?"

Greg Everett: Talking to my good friend, Dr. Kirk Parsley who's a sleep expert and a really cool dude and hopefully we'll get more stuff from him in the future, the capsule vitamin D does almost nothing.

Basically we're taking something that really wasn't all that effective. That's why I've been recommending the people to get the liquid Carlson's, vitamin D drops and those are 4000 I used. Also if you were low, taking it – I forget what it is, but God, I've got this velocity that he described.

Basically, for a 170-lb person taking 5000 I used a day, you're going to need like 3 weeks to see 10-point bump or something like that. That's taking it everyday and 5000 I used. So basically, the thousand milligram supplement is pissing in the wind in general just on the total amount and most likely the absorption is really low.

So I think probably what you saw was just your vitamin D level continuing to go down. So you need a better vitamin D and then you take more of it. You need to make sure to take your vitamin D with a fatty food. This is another thing. People just pop this down on an empty stomach, it's a fat-soluble vitamin. You got to take it with some food and that food's got a fat in it.

Robb Wolf: Okay. What if we just drill some holes in macadamia nuts and just drip that vitamin D into it? That's my next product right there.

Greg Everett: That would be both delicious and nutritious.

Robb Wolf: Exactly. Vitamin-delicious.

Okay. Matt says, "So what's the story on bugs? I can't imagine that pre-agricultural people didn't get a decent proportion of their nutrients from bugs.

"Why nearly starve trying to atlatl an elk when a feller can just dig around in the grass for a few hours and come up with a big plate of grubs and grasshoppers?

"I've heard Robb say that Paleo probably isn't a sustainable or inexpensive way to feed the world's people. But what about bugs?

"Bugs, bugs, bugs.

"Talk to me about bugs, Robb!"

That's a weird question. It seems someone obsessive.

Greg Everett: Matt is to my sustainability post apparently, yeah. Interesting gig, like the chitin shell of the exoskeletons of grasshoppers and crickets and all that stuff, virtually everybody loses the ability to digest say, lactose. Some people don't but most people lose the ability to digest lactose overtime.

I need to grab this reference but nobody, even like the Inuit living at the Arctic Circle, they still have the ability to digest the exoskeletons of insects. What this tells me is it's a really really old food source. It's evolutionarily conserved. It was really important and culturally, people don't fucking eat bugs in the West all that much so...[Laughing] I don't know.

It's probably a really viable suit food source if you really got into the biodynamic side of things and instead of taking our table scraps and putting them in a plastic bag, taking the plastic bag and sticking it in a

landfill such that the contents inside can't get outside ever again and the shit's gonna last for like 6000 years.

I mean, it's kinda lame, like a lot of our systems are kind of dumb and you can probably create some sort of biodynamic-like bug farm and have some really amazing protein sources and goody PA-DHA and all the rest of that, and probably than the v-ends wouldn't be super off-wood because bugs don't have a smoochy, kissy, little face and all that jive.

But there's cultural morays where people don't really have eaten some bugs as part of the I-caveman gig and doing some survival creep stuff, but, dude, they're not particularly tasty and when you have some big gooshy cricket swarming around in your mouth and you chomp on it, it's kinda nasty.

Robb Wolf: Yeah. I mean, if there's bugs on my steak, maybe I'll eat them. But otherwise I'm going out of my way.

Greg Everett: It's almost kind of a revenge gig, so yeah.

Robb Wolf: Okay. Carpal Tunnel: Fact or Fiction and What to do?

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Robb Wolf: And I like this one coz he says, "Dear Rob and Gregg," but Robb has one B and Greg has two Gs. [Laughing] Close. It was close.

"To keep this short, my girlfriend has recently been 'diagnosed' with Carpal Tunnel after a year and a half of battling wrist pain." He has the word diagnosed in quotation marks, sounds like he's suspicious.

"She's worked with Occupational Therapy folks in HR, tried different braces, chairs, positions, desks, stretches, moving every 30-40 minutes, etc.

"She's been Primal/Paleo for the past 2+ years, having done 2 whole 30's in the past 6 months. Regardless of what she does, her pain fluctuates from annoying to crippling. I have told her she needs to do more 'activity' which is probably her weakest point, but she says it 'hurts'. I've had wrist pain before myself and found that exercise, rest, and diet fixed this problem. She thinks she's getting enough Omega 3 and vitamin D3 with her supplements, but maybe she's not getting enough?

"Is Carpal Tunnel a real thing that really needs surgery or can it really get better with diet, rest and exercise (like mine did)? How do you

overcome the lack of exercise from the wrist pain? Is there some supplement, stretch or something she can try? I'm taking her to acupuncture next! Please help!

"Many thanks to your podcast which helped me survive the trick from North Carolina to Los Angeles.

"P.S. Morgan Spurlock said you were a bad ass and that they never would have had a chance in the caveman show without you. Here's the link."

Greg Everett:

That's funny. [Laughing] Interesting deal on carpal tunnel. If you do a little bit of doctor Google searching on it, probably the biggest thing that you come back with is insolent resistance. If you do carpal tunnel insolent resistance, the correlation there is so huge.

When I did the talk for this SUNY New Paltz University, I did the regular nutrition talk and then I did also an hour, an hour and a half strengthening conditioning gig for their coaches. And the tennis coach, volleyball coach and a number of coaches were like, "All of our athletes have plantar fasciitis and elbow tendonitis and their just like "itis itis itis." It just got heat from earlobes to toenails and they wanted to know like rehab stuff, and I was like, "I think it's diet."

Just running around and doing stuff in general, connective tissue gets a little high and then if you're at the normal state of inflammation, then the anti-inflammatory characteristics of our body's gonna take over and we don't end up with a wanton-itis. I'm hooked on that word today.

Doing pull-ups doesn't immediately turn it into elbow tendonitis. You don't get IT band syndrome from playing some tennis and stuff like that. But if your diet sucks and you're in playing then your vitamin D is low and all the rest of that stuff, then I think people are really prone to -itis.

Robb Wolf:

The -itis. I got the -itis!

Greg Everett:

Nine times out of ten, I would say that something like carpal tunnel – one, the question is, is it real? It's like, yeah. I think it's real, but most people I think are suffering from systemic inflammatory issue that's just kind of manifesting as carpal tunnel and so that compartment which does get cramped, it just gets inflamed and I would hand it more on diet. It's not sounding like diet is really the piece to this. So I would think about some vitamin D. I would definitely think about some fish oil.

Something that I've seen really really beneficial for carpal tunnel is actually handstands and handstand progressions, like basically, stretching that flexor compartment seems to be really really beneficial.

It was just kind of interesting when I was in Capoeira, you would see a lot of extensor compartment problems because all the time that you spent on your hands in handstands, when I did bouldering and when I do jujitsu and the pull-up scene, I see a lot of flexor compartments issues and it's interesting that the opposite tends to be very therapeutic. So if you've got some flexor compartment issues, I think handstands and handstand progressions are really therapeutic.

You can do all kinds of other stuff like getting a Cryocup, either you buy one or you freeze the cup. Get a paper cup, fill it with water most of the way, not all the way because the shit expands so be smart about that, and then you freeze it, peel the top down and then you do some really vigorous cross-fiber friction with the ice cup, trying to get knocked that inflammation down and break up scar tissue and you may just need to get your thumb in there and break stuff up also and try to just free up that flexor compartment where the theoretical nerve impingement is going on.

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Greg Everett:

I would be really curious if she was positive on the Tinel test, which the Tinel test, if you take your hands, put them out in front of you, put the backs of your hands together and push them together so that you're trying to push the styloid processes of your own both arms together, if her hands go numb, in my understanding, that is the gold standard for carpal tunnel. And so if that doesn't happen then we may not have what is classically considered carpal tunnel. I mean they have some other type of impingement or entrapment kind of thing going on.

So look up the Tinel test, give that a look-see, think about icing the area, massaging the area, upping your vitamin D, upping the fish oil and also think about doing some handstand and handstand progression, which starts getting into the therapeutic exercise thing. But I found that stuff to be pretty beneficial and actually reasonably fun and so she might actually bite on that and give it a shot.

Robb Wolf:

Alright-y. Let's see here. This one is called "Beastly deadlift, pansy squat". Although it did actually say, "Beastly Deadliest", just I come on auto-correction for deadlift. [Laughing]

Alex says, "Hi Robb and Greg, going to try to keep this short and sweet. 5' 8" at 150ish lbs with 28-29 inch inseam.

"Deadlift is 375 for multiple sets of doubles. Squat is maybe 200 for a double (way below parallel for thigh position).

"What gives? I've tried upping the squat volume, changing rep schemes, number of sets, weight percentage and number of days doing squats.

"I believe mobility was an issue before, especially in the hip and ankle area. I've been doing Kelly Starrett's drills which have helped significantly to correct this.

"Any ideas how to improve my numbers?

"Goals are rock climbing, martial arts and just having a burly strength to weight ratio."

Greg Everett: I'm thinking there's probably some leverage stuff here, like maybe a real short torso or something like that.

Robb Wolf: Yeah. It's no doubt long fingers and short torso, which means you're always gonna be better at deadlifting than squatting. But, that said, you can definitely bring a squat up. You just have to squat more and do more front squats, make sure you're squatting. If you're back squatting, you're squatting upright and really forcing your quads to do some work rather than leaning over like you do in a deadlift and just reinforcing that post to your chain-dominance that you already are naturally going to have because you're actually gonna want a lift with the more open knee joint.

Without seeing what you're actually doing, it's hard to say and give you specifics but you could do front squats every single day. They don't have to be heavy, 70-75% for a few doubles and then 2-3 of those days, squat heavier and with higher volume. But again, make sure you're squatting upright because if you squat leaned over, you're never gonna fix this problem. That's pretty much the extent of my advise.

Greg Everett: I like it.

Robb Wolf: Alright. And you could do more leg extensions.

Greg Everett: Bring up until you drop. [Laughing]

Robb Wolf: Exactly. Yeah you gonna rotate. You got to turn your toe out to the side, real emphasized. VMO.

Greg Everett: The VMO.

Robb Wolf: Okay. Let's see here. Oh, Robb this is your favourite one.

Greg Everett: I'm pretty excited about this one.

Robb Wolf: Okay. Let's see how little we can disappoint him with our response.

Matt says, "Robb and Greg. First off I would like to thank both of you for doing this podcast, it is a great resource for nutrition and exercise.

"I compete in timber sports at the collegiate level and would like some recommendations for strength training."

Here, I just have to say this right now. It's hard for me to believe that someone can say, "I compete in timber sports at the collegiate level." Like that's a thing, but no one can say that about weightlifting, for example. There's like two schools in the entire country that have a weightlifting program but they have two-member sports programs.

Greg Everett: I bet this student's Canadian.

Robb Wolf: Oh, could be, could be. Alright, sorry.

"Timber sports is a rare sport, but it includes events that require a lot of strength and power for no more than a minute. I'm curious as to what kind of lifts, as well as how many repetitions and sets, I should be doing for this type of sport. More specifically, the events I compete in are underhand chop, standing block chop, single buck cross cut. Since not many people are aware of this sport, at the bottom of this message you can find links to see what these different events look like in case you are not familiar with them.

"In order to allow you to include the most accurate response, I thought I should include some personal information about myself.

"I'm a 21-year-old male. I weigh 175 lbs and am 6 feet tall. I only have access to a University gym, so something like Crossfit football would be difficult to do where I will be working out. I am comfortable doing lifts like squat, deadlifting, and power cleaning."

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"I'll be wildfire fighting this summer which includes a lot of weighted hikes around 45 pounds and high rate body weight training so I'll be transitioning from endurance focused training to strength and power training. Thanks again for the help. It is greatly appreciated." Well you want to kick this one off? You got anything?

Robb Wolf: To me it's still strength before strength endurance. Back squat, dead lift, power clean, push press, weighted pull up. I could see an argument for a lot of like windshield wipers, front levers, back levers seem like really good things like just tying the person together.

I do think just some really basic gymnastics stuff - L sits, front lever back lever, windshield wiper and if you get good enough to those things like most other athletes outside of gymnastics have a hell of a time with those things but it just seems to tie people together amazingly well.

Then basic strength stuff, try to get strong. 2 - 2 ½ times body weight back squat, 2 ½ to 3 times body weight dead lift, bodyweight and a half maybe more than push press, three quarters to a bodyweight in addition to your bodyweight, waited pull up, you have that stuff and then you drill your sport specific stuff so that you're real technical. It's just rinse, lather, repeat on this. Get real strong and do the shit that you need to do.

Greg Everett: If I were you I would dig up some programming for throwers because I think that's going to be pretty similar and I think any program they're doing is gonna have a lot of strength lifts, a good number of O lifts and that kind of thing. I think that will transfer very well.

It would at least give you kind of a template to work with that you can adjust from there. It kind of addresses your individual needs and then I would also put on 30 or 40 pounds. 175 at 6 feet tall is -

Robb Wolf: Pretty lanky.

Greg Everett: That's like what a chainsaw weighs. I think if you have some more body mass I mean obviously that's not gonna increase your stamina directly but if you are weighing more, you're carrying a lot more muscle, you have a lot more strength it's easier to get that strength endurance that you need.

And you're talking about like you said sub 1 minute efforts but from what little experience I have doing those kinds of events is gonna freaking demanding and that chainsaw gets really heavy so fast and same with that axe and so if you weigh considerably more relative to those implements I think it's gonna make your life a lot more easier.

Look at shot putters right? That weighs 16 pounds. And those guys away like 300 so it seems like you know just barely made it with this margin of body weight but it makes a big difference.

And then as far as - I'm confused about the wild land firefighting thing because you're transitioning from endurance to strength and power training but it sounds like it's the opposite although maybe he means he's gonna start training after the summer.

Robb Wolf: Yeah I think that's what it is.

Greg Everett: So yeah that's all that walking and digging and that sort of stuff that you're going to be doing is gonna make it really hard to get your body weight up. So you may have to be packing a lot of protein power and stuff on those walks but that would be my general suggestion there.

Robb Wolf: Cool. I dig it.

Greg Everett: Oh I know what I was going to say. There is a fellow named Arden Coger Junior - I'm not sure how to pronounce your last name, I'm sorry Arden. - who posts on our forum who is I think a professional timber sports guy. Super big, jacked, really successful guy.

I would try to hit him up for some advice cuz I'm sure he has quite a bit of training advice for you although I don't know what he's going to tell you about the wild land firefighting part other than don't do it.

Robb Wolf: Don't die.

Greg Everett: All right okay here we go. Sorry I'm a little slow here finding those questions even though they're all in the same document. Paleo diet for people who can't tolerate fruits and vegetables well. Rebecca says "Hi Rob and Gregg. I've only just recently discovered your podcast so I'm sorry if a similar question has been brought up before."

"What do you recommend for people who want to try a Paleo Diet but don't tolerate fruits and vegetables well. I'm an acupuncturist and I see a lot of people with various digestive disorders such as Crohn's, IBS or IBD and "mystery stomach issues."

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"I have one patient in particular with Crohn's who is told by his gastroenterologist that about 3 ½ feet of his small intestine is now actively infected/inflamed and wants him to start taking Humira with a steroid."

"At our first appointment I asked about his diet and he said that he mainly eats bland white foods - so rice, pasta, breads, pork and chicken. No wonder he's so inflamed. He's unable to eat any greens, bell peppers, seeds and really most fruits and vegetables in any form."

"If he does it sets off he's Crohn's symptoms with severe stomach pain, diarrhea and being completely laid off for several days. I suggested a Paleo diet. He's very reluctant to go completely grain free because he's afraid he'll be left with very little to eat."

"He's okay with going gluten free and has been doing great with it so far. He's reporting some improvement in symptoms but I think he could do be doing better if he went full Paleo. I'm going to continue to lean into him about trying it for just 30 days."

"I feel that once he gets the inflammation down and his guy is able to heal and then the sensitivity to the fruits and vegetables will decrease and maybe he'll be able to slowly incorporate them into his diet at least in the form of soup and maybe in a smoothie."

"Are there particular types of fruits and vegetables as well as types of reparation that you would recommend someone with Crohn's or any other digestive condition to start with when trying to reintroduce fruit and veggies into their diet? Any suggestions would be greatly appreciated. Thank you."

Robb Wolf: I'm gonna sound totally nuts here but I think sometimes people get a little too enamored with fruits and vegetables and again I'm gonna sound like a complete nut case on this but if you remove gut inflammatory things like grains, legumes, dairy if you react to that stuff we'll put the dairy - we'll put the caveat in there, some stuff like grass fed butter that seems to be pretty benign plus or minus depending on how you react to kesene and an all that sort of soft - God how do I want to tackle this and not sound like a complete cook?

Greg Everett: That's a little late for that.

Robb Wolf: It is a little late. Yeah.

Greg Everett: Just say what you want to say.

Robb Wolf: The cats out of the bag.

You could cruise around and just eat like meat and chicken and fish and not have an inflamed guy and be fine like I was talking to Matt

Lalonde about this. It's like I could weigh easier and be much happier eating a meat only diet versus like eating a vegetarian deal.

Like eating yams and sweet potatoes and fruits and all that. I would prefer just eating like bacon and steak and chicken and stuff and not have a scratch of vegetable matter relative to the flipside of this which is that I can have all the vegetable matter in the world that I want but I can't have any meat.

Greg Everett: That doesn't sound cooky to me at all.

Robb Wolf: Okay and when you add to that this idea of like maybe grass fed meat which is loaded with beta-carotene and conjugated linoleic acid and all these other stuff in fact it probably isn't going to irritate the gut then I just get a lot less enamored with the whole fruit and vegetable kind of gig.

And even within that if you wanted some great antioxidants and you wanted something that was easier to digest than fruits and vegetables then we've got this whole world of like yams and sweet potatoes and stuff which some people will do okay with it and some people won't.

Some people because of like small intestinal bacterial overgrowth they're not gonna handle the sweet potatoes and yams all that well. Other people will do great but you know looking more towards like the dense roots and tubers like beets and turnips and stuff like that, cook them very very well and then see how you do.

I would be looking more towards than like vegetables per se like spinach or kale. That stuff is hard to digest and I definitely wouldn't have smoothies like drinking your food when you've already got digestive problems seems like a horrible idea.

You want to chew your food, be mindful, take some ginger with your meals. Soups I think are a pretty good idea but puréeing that stuff but then still chewing it, cooking vegetable matter well but first is getting the gut healed which you some sort of a gaps type protocol where you're removing all grains, legumes, dairy, maybe doing some bone broth, doing some if do some sort of vegetable matter would be more like some sauerkraut or kimchee or something so that you're getting some beneficial bacteria.

Maybe playing around with some goat yogurt or something for beneficial bacteria, there's a bunch of it's kind of a logic tree. It's like I have gut problems should I eat grains? No. It's like I need probiotics what should I do?

[0:39:55]

Well capsule, the little baggie, sachets like they have for jar o formulas, sauerkraut or possibly goat yogurt but goat yogurt is a dairy problem may be gut irritating. Yes indeed it may. So you need to play with it.

There's just a number of different routes through this forest that you can take. I think we've got some basic ideas on where to start and then you just have to do some tinkering from there. But the long and short of it I wouldn't be super enamored with fruits and vegetables particularly if this person's got gut problems.

I eat quite a bit of fruit. Vegetables they typically are almost always cooked. Like in the summer when it's really warm I'll start getting more into a little bit of raw salad and stuff like that but my digestion - I'm not like Greg.

I can't eat a tin can and poop out a well digested situation so I've got to pay a little bit more attention to what I'm doing. So I just wouldn't be so enamored to try to push things that direction. I would look like at some gaps protocols, autoimmune protocol and stuff like that and get that gut healed by doing the things that we know works. Removing grains, legumes and dairy, getting some probiotics, make sure vitamin D is good, sleep, etc.

Greg Everett: All right.

Robb Wolf: And all the Paleo hacks or something they'll be like Rob Wolf said don't eat fruits and vegetables. What's he thinking?

Greg Everett: You can't listen to everybody. It's impossible.

Robb Wolf: I can't believe anybody listens to us. It's absolutely stupefying but -

Greg Everett: Just remember my old standby everybody on the internet is wrong so you don't have to listen to them. Okay.

Lindsay says "Hi Robb. I'm eating fairly close to the Paleo diet but I'm still weary about the amount of fat and protein in the diet" - I believe she means leery or weary. "One of my main concerns stems from the large amount of hormones one would consume by eating so much meat and eggs."

"I've heard that one egg has a significant amount of hormones in it and I just don't feel comfortable consuming that much animal product

because of this. Could you offer some information regarding this issue please?”

Robb Wolf: Yeah Lindsay. You need to educate yourself a little bit better. They don't inject hormones in most animals anymore. Even the conventional stuff and then that's a perfect argument for eating grass fed meat and wild caught fish.

And you know what like I'm just so over trying to convince people to save their own lives like stay vegetarian or do whatever it is you're doing and more meat for us.

Greg Everett: I'll eat the vegetarians too although they're a little bony.

Robb Wolf: The reasoning is species. That's the short answer that I can give to this and I'm not trained to be a dick but it's -

Greg Everett: I am.

Robb Wolf: Well you're better at that than I am. So I'm kind of a waffler on the whole thing so it doesn't come off well.

Greg Everett: I just found that even if I try not to be a dick people think I'm a dick because they're sensitive so I'm just going to enjoy being a dick anyway.

Robb Wolf: And you end up not telling them what they want to hear. And here's the deal too again my greasy used car salesman pitch - give it a shot for 30 days, see how you look, feel and perform, track and get some blood work, track by all markers in health and disease, do a full under the hood analysis and if at the end of 30 days you feel like you're getting gangrenous internal organs from eating animal foods then do something else.

I just don't see why that recommendation is so hard for folks to wrap their head around why they wouldn't get ahead and do it and I recommend you do vegan for 30 to 60 days, like do American Heart Association for 30, 60 days.

Approach it like putting on a sweater or trying on a couple of pairs of jeans. Try them all on, see which one makes her ass look the best and then run with that and if it's not Paleo then that's great.

I'm still kind of waiting for something that works better than a nutrient dense Paleo-esque type of diet for making people healthy and maybe some grass fed butter works, maybe this person feels like

the keenwa makes their chakras aligned or what ever. Cool. Whatever.

My gig always has been more oriented on the people who are sick and dying and if we can get people who are sick and dying doing something that looks more like this other way of doing shit then they tend to become less sick and less likely to die and that seems like a good thing but you know we can get in and actually look at the facts about like hormones and food but that seems kind of boring so.

Greg Everett: Well it seems boring but it's also seems like something that Doctor Gulu could provide to you quite easily.

Robb Wolf: Indeed, indeed. But in all in all seriousness I would just get in and give this stuff a shot Lindsay and also if you want to get in and do some googling about like the realities of like hormones in meat products and stuff like that I think you'll be surprised by it.

[0:45:13]

And at the end of the day if you've got something that's working then God love you run with it. No harm, no foul. I'm just trying to create a platform in which people have an alternative venue to look for some health advice and some health thinking versus standard of care mainstream stuff and maybe it's right, may be it's wrong but the most telling element to this to me is just getting internationalization and playing around with it and see how it goes.

Greg Everett: Yeah exactly. The way I think about it is I don't really give a fuck what you do as long as you don't tell other people to do harmful shit or whatever that thing you do is harming other people. If those two things are true I don't care what you do.

So I would hope that you want to do things that are gonna help you feel better and be healthier and I'm more than happy just like Robb is to help you implement but at the same time like I'm not really interested in forcing anybody to do anything and I'm sure shit not going to persuade people go out of my way especially unsolicited.

If you don't want to eat eggs don't eat eggs. I think they're delicious and like Robb said if you don't want to eat them I'll eat the ones that you're not gonna eat.

Robb Wolf: Yeah mail them to us.

Greg Everett: Right now fudge eggs and bacon - if I had that in front of me right now I wouldn't be talking. This podcast would be over as I'd be eating.

Robb Wolf: I haven't eaten breakfast nor had a cup of coffee yet so I'm hurting.

Greg Everett: So that explains why this podcast was so amazing. Seems like the last couple of ones kind of ended on a sour note. I don't know. Maybe we're just a little tired.

Robb Wolf: I know I am. I am better rested than I was last week but the Zoey monsters is on. She's doing great.

Greg Everett: She's getting well extremely behave. I haven't heard a peep.

Robb Wolf: Nikki went and just came and grabbed her like 10 minutes ago so she's actually doing a little bit of caterwauling in the other room now that Nikki's got her all spun up so.

She's doing good but she sleeps during the day and is up all night for the most part just like cooing around and doing baby stuff so I am annihilated. I forgot Nikki's name the other day. I was trying to feed Zoey - sorry folks you are gonna get a little baby sharing here.

And Zoey just like broke loose in her diaper. We are doing some pumping so that Nikki can do a little bit of sleeping - the sleep thing occasionally so. I'm feeding her and so she just like annihilates her diaper and I'm like okay. That's fine. I obviously need to change that one.

I stand up and if you keep her upright like it kind of contains the catastrophe pretty well but then for some reason it's like the kind when one person sneezes and the other person's sneezes all of a sudden I started getting this sympathy like bowel movement kind of desire like you could not believe.

And I was just like oh my God I'm gonna shit myself right here and so trying to feed her. I'm trying to pucker and breath through it. I'm like okay this is not gonna work. So then I pick her up and I started heading towards the bathroom and I football cradled her and as soon as I laid her down like all of the feces that was in that diaper comes raining down the front of me, dripping down my leg, running on the carpet and I'm just standing.

And this is probably like there a basis like 3:45 in the morning and I'm just standing there and so I'm like okay. I can't contaminate the milk so I can't use the bottle to like manipulate anything.

I didn't think about setting it down and I'm standing there and I'm like who's that chick in the bedroom. Hey Nikki and I finally remembered

her name and yelled so it's a pretty good situation where somebody that you've been with for like nine years you forget their name when you're calling out for help from them they're like hey Italian chick.

Greg Everett: Excellent well nowhere to go but up.

Robb Wolf: No way you. Yup.

Greg Everett: Cool.

Robb Wolf: Anything else? Anything else that folks need to know that they'll die without the knowledge.

Greg Everett: I don't think so. I don't think I have any exciting announcement today.

Robb Wolf: Okay that's cool. It's this kind of the same old stuff over here.

Robb Wolf: Rinse, lather, repeat man.

Greg Everett: Oh I got that book done so now I'm trying to do as little as possible for a little while.

Robb Wolf: Cool.

Greg Everett: Yeah.

Robb Wolf: Like it?

Greg Everett: It's not working but I'm trying.

Robb Wolf: Well I'll go change some diapers and you wrap up your Friday and call me back here next week.

Greg Everett: Sounds like a plan.

Robb Wolf: All right man talk to you later.

Greg Everett: Okay see you.

Robb Wolf: Bye.

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