

## Paleo Solution –Episode 135

[0:00:00]

Robb Wolf: Hey folks Robb Wolf here. Greg Everett. It's episode 135 of the Paleo Solution podcast and I'm a little disturbed. John Welbourne just sent me all of these photos and all those video of the Miami Zombie Dude like the guy that cut out his intestines and threw it at the cops and all this.

Greg Everett: Are you unsettled and upset by the imagery or the fact that he didn't send you the instructions on how to refine the bath salts into shitty PCP?

Robb Wolf: There are just a lot of layers to it. John had a number of people cced on this so they actually did a bit of a Paleo hacks parody where they started asking how much fish oil would you need to take to balance out the obvious omega 6 dominance on the homeless dude that you just ate.

Are bath salts iodized and a bunch of other shit and the parody was so good I actually dared them and go over and post it and say tell them Robb Wolf sent you. So we'll see how that goes.

Greg Everett: Awesome so any more sleep this week?

Robb Wolf: Yesterday wasn't too bad. Last night was absolutely miserable. Zoey's just in some sort of a growth spurt or something like that so yeah it was rough so we're -

Greg Everett: Oh boy.

Robb Wolf: What is gonna be another stellar podcast so yeah.

Greg Everett: Well we'll get off immediately on the subject of which you are total experts uterus.

Robb Wolf: I like to call them uteri.

Greg Everett: I don't know. Is it? Maybe. I can't remember if it's Latin or Greek with i.

Robb Wolf: Yeah I don't know.

Greg Everett: It has to be Latin.

Robb Wolf: That's a good point. That's something I never remember.

Greg Everett: I don't know it's not important yeah. Okay you ready?

Robb Wolf: Do you have anything you need to tell folks? Is there anything going on with you?

[Cross-talk]

Cut off her hand at first day of your vacation or something like that?

Greg Everett: No if you look at her left hand it looks like she just constantly gets in fights with like those tree shredding machines because she does things like pit avocados by holding half an avocado in her left hand and then taking the knife in her right hand and stabbing it straight down into the avocado in the direction of her hand and cutting apples like instead of using a cutting board she just uses her hand.

Which all these things would work if you had enough accuracy and consistency but she unfortunately does not have either of those things when it comes to using knives. So she had a big bandage on her finger the whole time and couldn't really do much. That's pretty funny watching her trying to do jerks with her index finger sticking straight up.

Robb Wolf: Twanging straight out nice. Nice. It only took like one trip to the emergency room to completely cure me of trying to cut any type of fruit, vegetable or other item while nestled in my palm. That's what cutting boards are for.

Greg Everett: That's what cutting boards are for and that's what good sharp knives are for. A sharp knife is a safe knife.

Robb Wolf: Indeed especially apparently if you are the Miami zombie dude so yeah.

Greg Everett: Oh boy. Yeah I definitely don't have anything that interesting going on. There have not been any zombie attacks over here lately.

Robb Wolf: Well hold out hope.

Greg Everett: All right.

Robb Wolf: Right in the uteri.

Greg Everett: I feel like the last six weeks or so this podcast has been rapidly devolving. So let's continue on that path.

Robb Wolf: I think Squatchy has let the power go to his head and he knows that we're both sleep deprived and punchy and so this is actually some sort of like infiltration like CrossFit HQ, black ops kind of gig like Squatchy's actually a former SEAL and he's just in here like trying to take the whole thing down and like a controlled explosion kind of gig so.

Greg Everett: Awesome.

Robb Wolf: Hence the beard.

Greg Everett: Not awesome but -.

Robb Wolf: Damn you Squatchy.

Greg Everett: Sorry I'm distracted because I'm looking up this whole Greek and Latin derivative pluralization thing.

Robb Wolf: Did you want me to read the first question?

Greg Everett: All right here we go questions about my Paleo uterus.

[Cross-talk]

Robb Wolf: Uteri.

Greg Everett: Oh boy.

**[0:04:57]**

Hi Robb and Greg. I thought for weeks and weeks about how to make this opening paragraph hilarious so that you would read it and respond, but I'm at a loss. I'm just not that funny, so I'm going to take the straightforward approach.

I think I've checked all the previous podcasts for any information you might have given already about endometriosis and other uterine issues. You mentioned it in Episode 66 but I didn't find a whole lot that addressed my specific questions.

Anything before Episode 70 just doesn't really count anyway.

Robb Wolf: Indeed.

Greg Everett: In case I missed something, I apologize in advance for asking a redundant question. I know that many people experience relief from endometriosis just by switching to a standard Paleo diet, but that hasn't been the case for me.

I had a laparoscopy last week to get a good picture of all my organs. I have stage three endometriosis on my appendix, intestines, bladder, uterus, ovaries, and other organs. I also have adenomyosis.

I had a miscarriage last fall and switched to a Paleo diet immediately after that. My doctor who supports a Paleo lifestyle has suggested that endometriosis and/or low progesterone could have caused the miscarriage. I am going to have an open surgery in a few weeks to remove the endometriosis and hopefully improve my pain and fertility.

Even though I switched to a Paleo diet, I'm still getting severe cramps every month. Last month, I tried to be a Paleo hero and avoid taking any Aleve. Well, I ended up getting such severe cramps that I took six Aleve - holy shit - passed out several times, and had to go to the emergency room for morphine. Faileo.

The surgery might help the endometriosis, but it won't address the adenomyosis, which may be responsible for the cramps. Is there anything that you know of that can help reduce cramps? I've considered trying the autoimmune diet.

I've also heard that a very low carb Paleo diet can help. Other people have said red meat is the problem and I eat a lot of that. Have you heard of n-acetylcysteine helping with cramps?

Also, despite my Paleo diet, I still get acne every month. I've wondered if there is an estrogen dominance issue here. If so, is

that related to the endometriosis and what should I do to address that?

This might be unrelated, but I also have chronic hives. I'm wondering if it's somehow connected to all the problems I have with my uterus.

In case this is relevant, I'm currently eating a standard Paleo diet as I already mentioned. I eat some fruit and sweet potatoes. I also eat a fair amount of 85% dark chocolate and one cup of coffee per day. I don't eat dairy except for a tiny bit of cream in my coffee.

I take Zyrtec because of the hives. I'm 5'5", 125 pounds, and about 20% body fat. I workout three times per week with my husband, who is a personal trainer. We focus on general, functional fitness.

Thank you so much for reading this and responding. Please tell Keystone I said hello.

Robb Wolf: Well Keystone needs a little love lately because Zoey's taken the spotlight.

Greg Everett: You had a bit of a Lady and the Tramp situation at home?

Robb Wolf: A little bit although Keystone has kind of gotten over her crying and so last night I was really trying to help Nikki get some sleep so I was sitting out internationalization the recliner and so I had the baby over my shoulder and she's spitting up milk going down my back and I'm just like this is awesome.

And then Keystone is sitting on my lap and then Nikki came out to just check on the scene and she's like oh god. Then turned around and I'm running away.

So you know there's a lot of stuff going on here. The endometriosis - when we look at the etiology of that definitely elevated insulin levels, when we get elevated insulin then we tend to get a suppression at least potentially transiently sex hormone binding protein and then this can lead into elevated estrogen levels.

That's one piece of the estrogen levels. You could also - if the body fat level starts going up a little bit then you can get air

aromatization of testosterone into estrogen and so definitely like the miscarriage could have had some lack of progesterone as part of the issue for a lot of people if they have some estrogen dominance stuff that will actually recommend like progesterone suppositories, vaginal suppositories to really create a favorable environment.

What the progesterone does is it sends the stimulus for the egg to implant in the endometrium so that the egg grows in the uterine lining and all that stuff and that's kind of an interesting feature of all of this, this endometriosis and the adenomyosis - all of these is abnormal growth and all of it involves angiogenesis and the pushing out of other tissues which normally our cells are very well behaved like if you had one cell next to another cell they can recognize the fact that they're within kind of like a cell community and they behave well.

And it's stuff like endometriosis and cancer and things like that that we actually get some sort of dysregulation of that normal stasis and tissues start growing and pushing into other tissues but then also we need this stuff because this is actually part of the implantation of the egg and the growth and development of the embryo.

**[0:10:00]**

So this angiogenesis is normal but we definitely want to control this stuff and in my opinion definitely estrogen dominance, elevated insulin levels - all of that is probably what led into developing this situation and there might be omega 3, omega 6 imbalances like the hives and the acne makes me start thinking about maybe like some GLA need.

Some people actually benefit from that activated omega 6 relative to upping their omega 3 intake. We've talked about that in the past on the podcast. There's a lot of moving parts here and I think you're gonna need to find a good functional medicine doc to be able to ferret all this stuff out.

You could have a couple of big picture things like I think probably a ketogenic diet for a period of time would probably be really smart. Like it's gonna really help suppress all these growth factors. It should definitely help with the signs and symptoms of the endometriosis but I think that you're gonna need to do some

tinkering with your omega 3, omega 6 imbalances, get that stuff checked, definitely make sure that you get your vitamin D levels checked on that inflammation side.

There was another question about n-acetylcysteine. You could supplement with that but instead of doing a slapdash deal with this particularly because there's some really important fertility issues here and I would assume that you're probably looking to have a baby somewhere down the road I would find a really good functional medicine doc.

Maybe look into Pale physicians network - try to find somebody who is good at this stuff, gets the Paleo diet, gets the functional endocrinology and they can do some good under the hood analysis with you so that you can make some progress.

I think you can safely do a low carb Paleo diet. You could do some omega 3s and maybe do 15 to 20 mg a day of GLA. I think that all that would probably be safe given all those contexts but even then you're starting from a spot where you don't know what's going on and even though I'm like the unweight unmeasured food guy I like doing things by the seat of my pants but when you have something pretty serious like this you really want to establish a base line of everything that you have going on like all estrogen estradiol - all that stuff - testosterone, thyroid.

You want a really comprehensive panel metabolic and endocrinological panel that's gonna give you a good picture where you are today and then when you start tinkering with this stuff hopefully you look, feel and perform better but it also would be really good to be able to check some under the hood changes and be able to verify that stuff.

If Nikki had this stuff going on that's what I would be recommending to her that she would do. If you tinker with this stuff definitely keep us posted. It'd be interesting to see what you do and how the stuff resolves.

Greg Everett: Yes. Best of luck to you Christa and it's okay that you weren't funny. That's our job.

Robb Wolf: The title was funny. I liked it.

Greg Everett: There you go. Okay. Jim says hi Robb and Greg - what?

Robb Wolf: More uterus in the neighborhood.

Greg Everett: I first found your podcast about 2 weeks ago, and have listened solidly to about 90 episodes in a straight run. What can I say? Amazing. I really think what you're doing is set to go viral and change the lives of millions of people worldwide.

Now, the question - my girlfriend was diagnosed with polycystic ovarian syndrome a couple of years ago. She initially got a lot of persistent spots and started losing some hair, but after I convinced her to basically stop eating grains and stick to low glycemic index foods, things got a lot better.

She also went on the pill, as recommended by her doctor, and everything seemed to be fine. However, after a couple of months on the pill, Diane 35 I think, she experienced a really serious drop in sex drive and basically became totally disinterested in sex.

I believe actually that should be uninterested.

Bad news.

Disinterested means she's just unbiased

Anyway, after about 6 months on the pill, she came off it, and the sex drive soon came back – good news! Her PCOS symptoms were also pretty much gone, except for slightly longer periods. This lasted for about a year, until her periods started getting more and more irregular, and she got a couple of spots, so she went back on the pill.

As before, she has started to lose sex drive. Her diet is getting a lot better, and she is basically grain free now, and doing intensive exercise 1-2 times a week, as well as some basic resistance exercise with kettle bells.

**[0:15:00]**

She is also supplementing with about 1g of fish oil a day and a multivitamin and then he has a link here to what looks like multivitamin.

[Cross-talk]

I'd really like to know whether you can think of any mechanism that might be behind the changes in sex drive, and whether there's anything she can do to fix it. If she does come off the pill and tightens up her diet even more while maintaining a healthy lifestyle how likely is it that the PCOS would go away totally?

Some background information - she's 30, about 110lbs, 5'6 with a pretty slender figure. Her doctor says she has an unusually high basal body temperature. We'd be really grateful for your advice. Thanks a lot.

Robb Wolf:

Oh gosh. The mechanism - when you use birth control typically what you're trying to do is mimic elements of pregnancy. So you're sending a signal to the body that it's already pregnant so you end up not then getting pregnant either. It suppresses egg release or it makes the uterine wall not particularly inviting for the egg to implant and all that sort of stuff.

You get this damnable situation where you can actually have sex with reckless abandon oftentimes the booby ferry arrives and you get that whole fun benefit and then the gal doesn't actually want to have sex and you're like son of a gun.

I don't know the exact pharmacological mechanism of it other than at various points during pregnancy women will be either very frisky or not frisky at all and I think the most birth control pills and even most of these hormone based protocols in the tinkering things in such a way that you end up typically not worth a lot of sex drive.

Also there's a tendency to retain body weight if gals want to get really really lean it's frequently kind of tough to do so it's just one of those tough things. There are some things like the copper based IUDs and stuff like that but they've got potential for pelvic inflammatory disease and everything.

It's not an easy road to navigate. There's definitely a mechanism for this stuff. I think that similar to the first gal that we were answering a question for I think that nutrition, vitamin D, sleep - all that insulin sensitive stuff is probably a factor in this and with better diet, a little more exercise, good sleep, good vitamin D levels etc. you should see all that stuff improved.

Greg any other thoughts? I feel I'm just spending out here.

Greg Everett: This is so far outside my wheel house it's not even funny.

Robb Wolf: Okay.

Greg Everett: So no. Not at all.

Robb Wolf: The long and short definitely food is an issue in this. You've got to tighten all that stuff up and things will improve. Not sure what to say on the birth control issue. That is just a really common feature. Why they haven't been able to figure out how to basically create a birth control that makes the woman both infertile and wanton whore.

I don't know. They haven't been able to figure that one out so it's a little bit of a bummer.

Greg Everett: They probably have figured it out but they realized that if they were to release that upon the world the universe would just fall apart because no one would get anything done anymore.

Robb Wolf: Yeah what if you gave women the reckless abandon of men and the sex drive of men. What would happen then?

Greg Everett: I certainly wouldn't be doing this podcast right now.

Robb Wolf: It would be amazing.

Greg Everett: Kind of related. Cold sore. Charles says Greg and Robb. I was listening to podcast 118 and you mentioned cold sore, something about running your body down. I used to get a cold sore on average 2 to 3 times a year.

Fingers crossed I haven't had one in almost 2 years. Things that I have changed is diet - Paleo all the way - and high intensity weight training. Can these two things help? I'm always nervous one will just pop up again. Am I cured? LOL probably not but you never know. Thanks in advance.

Robb Wolf: Greg just had to do the LOL. When we think about different types of infections - you've got bacterial and virus infections. Two main ones I guess parasites probably the other one and then prions. If you're really really unfortunate and eat some either human or

sheep brain and get some prions going on but typically the immune system tries to clear this stuff.

**[0:19:57]**

Greg Everett: Don't smoke your bath salts.

Robb Wolf: Don't smoke your bath salts. Hence another reason to legalize marijuana at the very least. If people are smoking bath salts and turning into zombies I mean we could probably -

Greg Everett: Seriously let people stick with the safe stuff like real PCP and crack and what not.

Robb Wolf: Dude it's so funny it just kills me. Bacteria - our immune system will clear that. We get an initial immune response with an innate immune system which starts clearing bacteria and then we get the secondary immune system that creates antibodies.

Kind of the same thing happens with viruses but viruses - it's just so wacky to me still. A virus actually makes it way into our cells, intercolates itself into our DNA and that's how it replicates. It actually becomes a part of our cell.

We carry viruses pretty much for life and if you've got chickenpox or if you've got various cold viruses and stuff like you typically still have those things floating around in the cells of your body. Not all of them like if you have a cold virus typically affects the mucosal membranes and the long and stuff like that.

But those viruses hang out there and things like herpes zoster virus - they can just hang out and wait and they have some sensing mechanisms and if your immune system drops, if you have really low glutathione levels and what not then that virus recognizes that period of time as an opportunity to spread again.

So even though your immune system has mounted a response even though there are antibodies potentially against that virus it can flare and it can overwhelm the body's initial ability to suppress its growth and this is where somebody that had chickenpox can then have -

Greg Everett: Shingles.

Robb Wolf: Shingles and then also cold sores and so it's a diagnostic if you develop shingles you get cold sores. It's indicating that you're not sleeping enough, there's some nutrient deficiencies, you're training too hard so that's the mechanism that's going on with this stuff and there's no real way to fix it other than just keeping things at a low level.

Not low level but just being smart about how you're going about things. Arginine and argentine rich foods like chocolate and peanuts can stimulate viral replication. Lysine tends to inhibit viral replication. Vitamin D is really important in prevention of a variety of viral replications particularly influenza virus.

So again it's just generally eating healthy and all that but there are some cold sores specific supplements that are very rich in lysine. They're usually lysine and some mekanasia and zinc and stuff like that - immune support stuff that you could be taking in the background and just be aware that chocolate and some other arginine rich foods can be problematic with all that.

Greg Everett: How do you feel about something like Abreva a topical over the counter thing for a cold sore once that it actually pops up?

Robb Wolf: The data on that is pretty clear that it cuts the cycle by half and there's some lysine based stuff in the Abreva that may actually have some lysine in it now that I think about it but there's some topical lysine creams and so you might even do a little bit of both or check the Abreva and see if they actually have some lysine in that.

But I think doing some preventative maintenance particularly it's getting sunny you don't want that stuff to scar. Nobody's gonna want to smooch on you if you've got a big weeping cold sore anyway so take care of that stuff.

Greg Everett: That is a little bit off putting. All right Chris is like on fire with keeping themes going like he's got these running threads through all these questions.

Robb Wolf: Told you men Squatchy is out to scuttle this thing. I thought a benevolent beard of good but I'm wondering now.

Greg Everett: All right this one's mouth ulcers from betaine hydrochloride. Jamie says alright Robert and Gregory. My question is simple. I get

mouth ulcers whenever I use Betaine HCL so I was wondering if it is something to worry about? I know it's a sign of inflammation.

They literally appear almost straight away on my tongue when I eat a tablet full of Betaine HCL. Also, if I can't use Betaine HCL is there a supplement that I could use to help increase stomach acid. Ciao. P.S. Congrats on your kid if its arrived by the time this is read out.

Robb Wolf: Oh yes she is arrived.

Greg Everett: Making her presence well established.

Robb Wolf: Well known yeah.

**[0:25:00]**

You mentioned that it's a tablet of Betaine hydrochloride so maybe just using capsules so that you're not getting physical contact with the Betaine hydrochloride - that's one thought and then the other thought I think the last podcast I mentioned the use of Swedish bitters as a digestive aid.

Any type of potent bitter organ grape extract, chicory root and you can also like go to a Whole Foods or any type of hippy health store in the labs Swedish bitters - they're great digestive aids. That bitter taste tends to stimulate bile salt production. I believe it increases stomach acid productions so that's another option.

But first I would just try doing capsules of Betaine hydrochloride so that you're not getting physical contact and then if you want to drop in some Swedish bitter type stuff then that's a good option too.

Greg Everett: Cool. Okay Paleo flunkies harder at the second time? Wendy says hi Robb. I've conducted several Paleo challenges at my gym. Some people make the lifestyle change, while others retreat to their old habits and gain the weight they lost back and sometimes more.

When they decide to get back on the wagon, they seem to have a harder time than the first losing weight. Have you heard or seen this before? Any scientific facts to back up the notion that this yo-yo dieting makes it harder to trim up?

Robb Wolf:

Yeah I think this is pretty clear from the literature and anecdotal stuff. People get in this yoyo dieting gig. I don't know. You just want to pistol whip people because they make this progress and then they go completely off the rails.

I'm a fan of hookers and cocaine like anybody but they go so completely off the rails and then they come back on and this is part of the reason why I don't really recommend weighing and measuring food because when people come off of that they come off so hard.

Greg was still in chico when we ran across this dude who runs a very successful gym body building silo thing and calorie counting high carb low fat but he gets great results. He's a really sharp dude, gets really good results but a different approach to us but he has this wall of fame where he has this amazing before and after transformations but his main business seems to be taking people who have been in this program, they get success, they keel out and go bananas.

It's a recidivist program like the prison system. You can't stay away and you can't keep your shit together so you're just in a cyclic in and out of this thing. I don't really know how to address that other than - this is to a degree that I just love elements of CrossFit and what CrossFit brought to the world.

The performance orientation that you see in the CrossFit scene - getting chicks pull ups and all of that type of stuff. When we can focus on performance I think people are much less likely to peel out and go bananas in this way. At the very least hopefully they're still training in the gym even if they're not as tight with their food but when we look at situations that are purely aesthetics based like body building and fitness competition type stuff I think there's a huge opportunity for food neurosis and to see this stuff just go really really poorly.

It is something that I love about CrossFit, love about functional fitness scene is that if you can get people focused on performance then they understand that the fueling augments the performance and the function drives the aesthetics and that is a really healthy place to be in and I think it tends to minimize the spin out and I think that that's something to maybe remind people about and encourage them to focus on some performance based goals and maybe that'll mitigate some of this.

It's always going to happen. It always happens to some degree. I don't really get it why folks don't like looking, feeling, performing better and it's funny. I feel for a 40 year old dude I'm in good shape. I've got good muscle mass. I've got good body composition and if I want to have some booze I have some booze, if I want to have some ice cream I have some ice cream.

I obviously don't do gluten because we have to brick over whatever bathroom I have to hit first after that because the thing is decommissioned and never usable again but it's not that austere of a way to live.

**[0:30:00]**

I just don't get it. It still seems pretty good and I get to be reasonably lean and athletic and healthy and so I don't get the complete spin out loose all sense of balance but people are wired up differently but anyway.

The long and short of all that yeah I've seen it. Yes there's good clinical data. People can do some metabolic damage to themselves. They can increase actually the number of fat cells by doing this kind of weight loss weight gain gig which is really bad.

It starts messing with leptin and ghrelin levels and appetite suppression and all that and I think one of the best ways that you can tackle is both trying to get people focused on some performance oriented goals and that is kind of a stop gap to prevent behavior like this.

Greg Everett:

Easy strength - that sounds nice. Patrick says hey guys. I've listened to every Podcast, some two or three times, and I'm enjoying how some of the more recent podcasts have centered around training and programming.

In that vein, I was wondering what you guys thought of Easy Strength specifically but a steady-state or greasing the groove type of training program generally. This has come up before when Rob talked about working towards a one-arm chin.

What I'd like to hear is not only about this type of program, but how it relates to ancestral fitness. The more I think about it, the more sense it makes to me that we're wired for many reps at an

easy weight - think building shelter, moving shelter, hauling wood, felling trees, killing prey and moving food.

Now, I know the typical primal notion is to move around a lot at a slow pace, but I don't classify those actions as such. So, a program that's built around deads, squats, pullups, presses, kettle bell swings, farmer's walks, etc., done most days or every day at a sub maximum weight 60 – 80% seems to be more inline with our evolutionary needs than a few HIT workouts per week and a lot of hiking/moving slowly.

What do you think about this? In application, yes, one would still sprint and hike and play; but, one would also do a ton of lifting with a robust amount of volume at sub max weights. I know you guys will ask, so in terms of why or what's the goal.

I'd answer that by saying maximum muscle and strength capacity with minimal stress and injury. I'm moving in this direction in a N=1 experiment coming from CrossFit then moving towards a MEBB template.

I think I like the idea of not straining much and I'm only 30. I'm sick of getting hurt and moving injured. Any thoughts would be great. As I write this I'm incorporating a steady state program of handstand holds, chins, I sits, deads, and ring dips.

My strength numbers are going up, I feel good, and I'm not working out hard. I do still sprint once a week, though. Thanks guys. Keep up the great work.

Robb Wolf:

This is a really interesting one. I don't know if Squatchy was somehow clandestinely following my internet browsing but I actually was doing some reading on the easy strength stuff. I get to hang out with Dan John in Virginia at a naval special warfare gig a couple of months ago.

I always dig Dan. Dan's super cool. I like Pavel's stuff. That was all the stuff that I was doing that and a little bit of Art De Vany-esque stuff before CrossFit and I think it was super effective and I didn't have adrenal fatigue and chill like that.

There's something to be said there for sure. This is somewhat diversionary but we've talked a lot about this stuff. It was interesting doing the CrossFit and reading some of the stuff like

Scotty Hagness has a really really good article and Greg maybe you can link to it the High Carb Paleo thing and Scotty mentions some interesting stuff which I had not really thought about and the changes in endocrine function when you first start intermittent fasting, when you first do low carb and also to some degree when you first start doing CrossFit, when you're coming from the background that I had was just lifting weights, doing a little bit of sprinting and so these metabolic type stuff that lactate threshold, growth hormone kind of thing.

It did some super cool stuff for me. There's no doubt about it but it was a punctuated block that I got some benefit and then I started tapering down and losing stuff and I needed to modify things over time which took me a long time to figure that out.

I kind of see this stuff and Greg maybe you'll agree, disagree on this but there's seems to be maybe two camps on this gig - this kind of somewhat Russian based easy strength Pavel-esque deal where you're always staying within your capacity.

But then you have this other side of the coin with this max effort black box, conjugate method where you're doing some kind of rate of force development stuff and some max effort stuff and everything and they definitely seen different in the way that folks approach them.

**[0:35:00]**

I've got to say I've been doing a little bit of NPVP type stuff max effort black box type stuff and that coupled with the sleep debt that I've got like I did some dead lifts in the last work out I've been trying to get three days a week of Jits and then trying to do two days a week of strength training and I was gonna do kind of a max effort template.

And as I was kind of rattling this stuff around I was like this easy strength deal might be a lot smarter just so that I'm getting some sort of a stimulus everyday. I'm not doing really big inroads into my recovery capacity because I just don't have any recovery capacity.

When you're getting three hours of sleep some night like you can't stack more onto that situation. Also on the side Chris Summer, the gymnastic body's coach and dude who's produced

several Olympic caliber gymnasts like tons of Olympic caliber gymnasts, lots and lots of national caliber gymnasts.

His progressions are really conservative. So a lot of the progressions that he does will involve either more time under tension or before you progress the loading but you may see 8, 10, 12 different training sessions in which the stimulus is effectively the same.

Like you're doing ring holds or you're doing some sort of muscle up practice or something like that but he is really conservative in how he progresses things but in that conservative approach you are - I want to say you're always making progress - you're never back sliding put it that way.

You're always able to do the thing that are on your plate. If you're doing 30 second ring holds of whatever the case may be like front lever holds or something like that you are always able to do the base level that you're doing and then when you're ready to progress to the next step you've got that next step.

And you maybe spend 8 or 10 or 12 sessions at the same loading parameter but then when you're ready to go up you're ready to go up and you're not getting injured. You're not back sliding so there's not the waving up and the waving down and all that sort of stuff.

I've talked to Matt Lalonde about this a fair amount. He's been doing a lot of tinkering with some of the stuff that Pierre Auge did and Greg you've got an article on this too where Pierre was talking about Prilepin charts, loading and how to load appropriately for CrossFit workouts which was super funny that Tony Letting that was unscientific actually getting in and quantifying that stuff.

I think -

Greg Everett:

They were remarkably upset about that.

Robb Wolf:

They were angry at the suggestion that you would quantify this stuff. For the folks that want to play junior scientists I thought that was - when people get hopping mad about whether you way and measure your food but then Pierre actually took a bunch of stuff out of exercise science and made a really astute

recommendation to make it lighter, heavier based on your strength level they were angry over this thing.

Greg Everett: You can only measure food and nails. That's it.

Robb Wolf: So talking to Matt though he's gotten some really good benefit from staying in this Prilepin chart type loading and volume and intensity kind of gig which I think somewhat similar on this. Instead of driving into some max effort type stuff it's slow, easy progress always staying within one self.

I think there's some smart logic to that. You could also make an argument that maybe you do a training block of something like this easy strength stuff for 8 to 12 weeks and then you do a little bit of max effort type stuff for 3 to 4 weeks and switch it up or maybe go from the easy strength into more body building type stuff where you're doing reps schemes of 12 and 15 and getting a little bit of lactate production and some growth hormone production and all that sort of jive again dependent on your needs and your goals and all that sort of stuff.

Dan John has a good article on this. You can get all the nuts and bolts for free. It's on danjohn.com and then also it's linked off of teeneration and if you just Google easy strength Dan John you'll find it and then he and Pavlo have a really good ebook on this stuff. It outlines the same information and just kind of a rolling dialogue between the two dudes.

**[0:40:11]**

It's like \$40. It's a little bit pricey but I think it's worthwhile if you take all of your strength training stuff seriously.

Greg Everett: They can charge \$40 for an ebook but I have people bitching and moaning about a 450 page print book for \$35?

Robb Wolf: Yikes. No good deed goes unpunished man.

Greg Everett: That hurts my soul. Ebooks hurt my soul. I have to admit it.

Robb Wolf: Seriously. It is funny because when this is completely on the side and diversionary but when the budget ebook thing came on like Amber had the idea for that and I laid out an outline and then we started working on it and the thing ended up being like 3 or 4

times bigger than what I thought it was gonna be and I was pretty proud of the thing.

The reviews were generally pretty good but there was one dude that reviewed the thing and he was talking about - I don't know if he's a programmer. I think the dude's a programmer but like the font was different on one page at the beginning versus at the end and some minute thing.

It was 12 point on the front page and 11 points on the back page or some shit. I was like Jesus Christ.

Greg Everett: My goodness. I dare you Robert.

Robb Wolf: But he made the point - this was so intriguing to me and it's just this illustration that you cannot win. If you stick your head up above water and you try to do anything you're gonna piss somebody off.

So these ebooks largely subsidized the podcast because each podcast we do we get it transcribed and then we're getting them translated into Spanish. We're trying to do some other stuff with it so there's a bunch of money that we're spending on just producing a free product.

So we're trying to do some other things that yeah we make money off of but also support this thing but this was like this is ridiculous - having this ebook guide. What Robb should do is have a paid site and just offer more material with the paid site.

Greg Everett: What's the difference?

Robb Wolf: Well instead of creating a market based thing we're like if people want to buy it then they can buy it or if they don't want to buy it then they can just take all the free shit and just run with that.

Instead I created a situation in which you must pay and then I'm also on the hook for producing some sort of more material and so I was just like this guy is obviously really smart like his analysis of the budget guide was quite astute and super detailed. I probably spent 6 hours reviewing this thing.

A for effort on that but then the effort here on my part well we'll just create stuff and if people want to buy it then they'll buy it and

that will allow me to pay Squatchy and do this and do that and somehow I shit the bed on that.

So it's kind of in a side thing. It's just funny. No matter what you do you will piss somebody off and you will have fucked up in some capacity. So just on the side.

Greg Everett: Anna's reviews in particular are pretty incredible. The kind of stuff knock you down stars 4 is amazing. This book is awesome. It's the best book out there but he said this one sentence so I'm gonna give him only 3 stars. What? Thanks bro.

Robb Wolf: The woes of the authoring stuff so back to the question at hand what do you think about this stuff?

Greg Everett: Easy strength. I have to be honest. I'm not super familiar with it. I don't really follow this stuff so forgive if I misspeak here but I think things like this have been around for a long time. I think you have alluded to it earlier.

Soviet style weight lifting programming to a large extent uses some of these principles. In other words they will for example every single day you're squatting about 80%. Your sets and reps might vary a little bit but it's like your preparatory phase you are squatting 80% every single training day.

And so basically what you're doing is you're just creating this base and once that base is really set then you start creeping from there as you peek towards the competition and I believe there's a power lifting cycle like the Korte 3x3, this German guy.

Same thing. The first 6 weeks you just do the exact same sets, reps, weights every training day - squat, bench, dead, whatever and so this stuff is out there and I think it works if it's implemented properly. I don't know that it's the end all be all of training.

**[0:45:00]**

In fact I would say it's not at all but I think at least the principles you can definitely work with it in spirit if not according to the letter but like I said I shouldn't really comment on it that much because I haven't read the book. I haven't read the articles. I just don't really read that stuff.

Robb Wolf:

It's really super similar to the power to the people kind of gig. You're doing two sets of five, you pick a dead lift, a pistol, a weighted pull up and a press. So you would do two sets of five on each one of those and then you would do an explosive hip dominant movement like a kettle bell swing or a kettle bells snatch or even like barbell snatch performed at low load.

You accumulate 25 or 30 reps on the explosive gig but it would obviously be low loading but the idea there is you'd pretty much do it day in and day out.

Some days you have a little load. Some days you may have a couple of reps but it's typically two sets of five and just really staying within yourself. I would agree that it's definitely not like the end-all be-all but the things that appeal to me with it are that it's structured.

For me I tend to be dip shit with the stuff like the time that I really I made good progress when I was power lifting I had good coaches. Both these dudes were former world champions and they just sat on me.

They knew what my maxes were and they're like this is the loading you're doing today and this is what you're gonna do for accessories and then you're going home and I train three days a week and eventually I got 565 pounds back squat off of that stuff.

Left to my own devices I will keep battering more stuff and I will listen to write the lightning or something like that and start putting the bar and I over do it. You can't get into that really neurologically driven element of the strength too frequently.

Even if you're on performance-enhancing drugs you can't do it too often or you're going to really dig a super deep hole. So I find it very valuable for that. I've had good success with the grease the groove thing and similar approaches in the past.

I'm in this interesting gig still trying to do two to three days a week of jujitsu, trying to deal with the sleep deprivation and trying to figure out what's a good formula for myself. I've gone back and forth on okay I'll just run out in the garage and get some pull ups, hand stands push-ups and maybe a dead lift one day and then different stuff on the second day and just rotate through

those and just try to get whatever volume I can get on a given day and maybe like a lather format where I do a set of one, a set of three, a set of five and then repeat or whatever.

It's kind of tough and I think fundamentally picking a program, sticking with it. The article that Dan has is basically just get 20 to 40 workouts on this and then reevaluate. The main drawback with this type of stuff is it's boring. You're doing exactly the same shit day in day out but to some degree this stuff is just work at some point so you just have to chop wood and carry water and keep going on it.

Greg Everett: Yeah. So I would just say give it a shot. If it looks interesting to try it out to see how works for you. If it doesn't work don't do it.

Robb Wolf: Wow. That was a much better answer than mine.

Greg Everett: All right let's talk about BUD/S.

Robb Wolf: This Buds for you.

Greg Everett: Kevin says hey Robb and Greg. I just finished my first year at the United States Naval Academy and I hope to service select SEALs when I graduate. Obviously one of my big questions is how to physically prepare myself for the SEAL screener, BUD/S, and a future career as a SEAL operator.

I spent the better part of my first year following the Starting Strength program in addition to required morning workouts. I am coming to the point where my strength gains are starting to dwindle on the linear progression and I no longer have required morning workouts so I would like to switch to a program that includes conditioning.

My plan is to start following CrossFit Football, but it is no secret that the screener and BUD/S are endurance biased events. I have about 18 months until the SEAL screener and 3 years until BUD/S if I am selected.

So to prepare for this I am considering maintaining the CrossFit Football strength workouts year-round while alternating the conditioning workouts between those posted by CrossFit Football and a more endurance/PT based program such as the SEALFIT Special Candidate workouts.

Do you think that this would be a good approach to preparing myself and if so how often should I alternate the conditioning programs? Every week, every month, etc? I really enjoy the show. keep up the good work, and thanks for any advice you can give me.

**[0:50:05]**

Robb Wolf:

So getting through the selection process you know pretty specifically what you need to do with regards to timed runs, timed swims, pull ups, push-ups. You have a pretty good idea about what's going into that and so you need to really play to that piece.

I think CrossFit Football as a baseline is phenomenal. When I do the stuff with NSW when I make recommendations for training I recommend CrossFit Football plus one long run and swim per week. If you're particularly deficient in one of those areas then maybe emphasizing that.

And then also some interval work in both of those areas and so that's where you can kind of look at the CrossFit Football offering like a max effort black box type of offering is and then drop in your long efforts and your repeat interval efforts.

The thing to be clear about that stuff is when you're doing your runs, when you're doing your swims it is critical that the focus is on technique and efficiency. It's not to go out and blow your self up.

It's to become very technically sound at the activity. I go back and forth on the toes running and I don't know. I like forefoot running but I don't know about specifically to post stuff like pulling your feet up and all the rest of that.

Mark Twight actually had a pretty interesting article on pose and I do like kind of the forefoot landing but beyond that I just kind of like people to tinker with what feels good so I don't know. I go back and forth on that.

Build a base level of strength then become very very good at the stuff that you're gonna be tested on and then from there it's just recognizing that when you go through that selection process they are going to throw so much volume, so much work, so much

intensity at you that you're very very likely to break mentally or physically.

Physically being that you're gonna get some sort of an orthopedic issue that's gonna preclude finishing that training evolution. You're either gonna be rolled back to a different class or you're gonna be done entirely. So you don't want to go into it over trained.

The main deal is that it almost is a little bit like medical school kind of thing like Cs get the grease kind of gig. Depending on how you want to do and what your physical capacity is if you are just a physical bad ass and you want to try to go through this thing and be in position to be picked for like team 6 or dev group or something like that then that's cool.

But if you aren't a complete top of the food chain physical specimen then you need to be a little bit more strategic about stuff and figure out okay how am I just gonna get through this and the main thing is just getting through the selection process so that you can become a seal and that means that your strength and conditioning is supplemental to the demands of getting through the selection process.

And so the thing that I've seen a couple of people and I almost feel like mentioning his name but it won't mention his name but I've seen a few people shit the bed on this again and again is they get all enamored with CrossFit and they get all enamored with Olympic lifting and they want to go through some sort of selection process like this.

But they forget that they want to be a SEAL primarily and that this other stuff is for supplement so when you start looking at what Rich Groening is doing in the CrossFit games and you're trying to emulate that workload and think that it's gonna benefit you for getting through the selection process it's not.

You should do strength work. You should do agility work. I think all that stuff is totally legit. CrossFit Football is a great option for that and then you need to really look at the specific demands of the selection process that you're going through and really play to that and just wrap your brain around the fact that you are not going to quit.

If a fucking log falls on you and breaks her leg then that's one thing but short of that you're just not going to quit and I've never gone through something like this but I've gone through like that I Caveman gig.

I didn't eat any food for eight days and I was under enormous workload. I lost almost 18 pounds in eight days. I had very very little sleep and one of the dudes on the medical staff there is a former SEAL and he was like this was worse than BUDS.

What you guys did particularly the people who were actually doing shit not the ones that were just laying around being lazy but the people who are actually doing shit they're like this is way worse. You've got less sleep. You have no food and all the rest of it but I have to say from day 5 until the eight when we got the elk it was a constant mental game where I was like I'm not gonna give up.

**[0:55:13]**

I would think about my wife and I'd think about my father-in-law. My father-in-law I respect more than just about anybody in the world and I would just like I'm not gonna let them down and I'm just not going to quit or I would do a mental game where I would say okay I'll wait until noon today and then I'll quit and then obviously I wouldn't but I would just mentally say I would give myself these kind of increments and so it becomes a completely mental game.

People focus so much on the physical side of all this and that's obviously important if you don't build some engine you're not gonna get through it but more than anything else I think that these processes are designed to discover what you are when you break, what happens when you been taken out beyond the beyond and everybody's got a breaking point and then what happens then?

How do you respond to that? Do you panic? Do you implode? What's the process there and that's a lot of what they're looking for and so you've just got to mentally prepare that you're short of an injury you are not going to quit and that's just all there is to it.

You can devise some strategies like I said where you've got somebody that you're not get a let down, you give yourself a time

increment where you're like okay five o'clock today I quit but I didn't wait until five o'clock and then you wait until five o'clock and you're like well I'm gonna wait until 2 AM and then I'm gonna quit and you're able to chunk this thing and break it up and make your way through the selection process.

But SEAL FIT's got some really great stuff. I would check them out too but one of the problems that I see also is that people do too much. They're like a little bit of this, all little bit of that. Be focused in what it is that you're doing. Do some basics strength and conditioning work, mobility work all the rest of that and then construct your run, swim, calisthenics specific to the needs that you're going to be playing to. It's like a sport.

Greg Everett: That was such a fantastic answer I don't have anything to add.

Robb Wolf: Outstanding.

Greg Everett: That was one of a hell of a job there Robert.

Robb Wolf: Well my coffee's kick in so.

Greg Everett: There you go. Mine is definitely wearing off. This is probably a great one to wrap it up. We'll go out on a high note this time instead of such a shitty one.

Robb Wolf: Right on.

Greg Everett: All right well do you feel like you've been productive today now?

Robb Wolf: Yeah. We knocked that one out. That was cool. I'm trying to think of anything witty or interesting to share with oh I'm gonna do a blog post and we're gonna have a bunch of far more interesting people than Greg and I am.

I have neglected to tell people that we now have in the forum a section called gut check with Dr. Joe Brasco. Joe Brasco is one of the leading gastroenterologist in the world. He's a super good friend of Lauren Cordain's. He's super knowledgeable on all things Paloe and all things gut and irritable bowel and Crohn's and just an amazing guy and so that's a piece of the forum.

We're gonna have Joe on the podcast but if you have G.I. issues, if you know people with G.I. issues start directing them to the Dr.

Joe's gut check. I think it's gut check with her G.I. Joe is the name of that. We're gonna have Scotty Hagnes on, a coach from CrossFit Portland, just an outstanding guy. Has it been from issue one? When did Scotty start doing the Cooking with Scotty thing on the performance venue?

Greg Everett: It's definitely within the first couple of issues.

Robb Wolf: First couple of issues so Scotty did the cookbook section of my book, great dude and just super knowledgeable. He's done a bunch of work with Leo Portal. He's gone through a bunch of the OPT curriculum. He's done I don't even know how many blocks of Poliquin stuff. I know he's done Biosignature signature level I and II.

We're gonna have Scotty on the podcast here soon so we'll get a blog post up having folks ask questions for him. We're gonna have Mark Bell. He runs supertraining.com world champion power lifters. Super knowledgeable dude who's been using Paleo eating to improve his sport as a power lifter.

We're gonna have him and John Welbourne on talking about big dudes that eat a lot of food. We're gonna have Nate Miaki who's - he's been teenation several times kind of a Paleo oriented nutrition guy that I really like the way that he goes about doing thing and it'd be nice to get a different nutrition perspective on here so we're gonna have Nate on. Who else?

**[1:00:00]**

Greg Everett: Dude you know who we need? Tucker Max.

Robb Wolf: Oh we can totally get Tucker Max on here.

Greg Everett: He's a Paleo guy.

Robb Wolf: Yeah.

Greg Everett: I don't know what the shit will you talk about but it would probably be pretty funny.

Robb Wolf: Well I'll ping Tucker. He and I got to know each other a bit in Ancestral Health Symposium last time. So we'll totally get Tucker

on here. Maybe we'll make that one a paid deal. You have to pay a quarter to download.

Greg Everett: Or you can just send him nude pictures of your self.

Robb Wolf: That could work too. But I think that's pretty much everything. We'll get Portal on at some point but I think that's pretty much what we have cooking and hopefully I'm less sleep deprived in the future.

Oh we are gonna get the Kraken has offered to sit in on a couple of podcasts and pick up where I'm failing because of my sleep deprivation. Apparently the podcast had gotten shitty enough that he's like hey man do you want me to hang out on there with you?

Greg Everett: That's not gonna be nerve wracking at all.

Robb Wolf: No. We'll get the Kraken on here. That should be fun. But yeah I think that's it. Cool.

Greg Everett: Sounds good to me.

Robb Wolf: All right G thanks man. Thanks for everything.

Greg Everett: You bet.

Robb Wolf: Talk to you soon.

Greg Everett: See you.

Robb Wolf: Bye.

**[1:01:26] End of Audio**