Paleo Solution - 153

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Robb Wolf: Hey folks, Robb Wolf here, this is episode 153 of the Paleo Solution Podcast. Greg Everett in the house. What's going on dude?

Greg Everett: Oh, nothing but this time we're definitely going to remember to thank our sponsors and I'm looking forward to this episode because it would involve less of me talking.

Robb Wolf: Dude, the Stanford cooling glove, you got to have some ideas on that.

Greg Everett: Yeah, maybe, but the main idea I wanted was I want a free one to try that through means. We're right down the street from Stanford, I don't see why they can't just bring one over.

Robb Wolf: Brother up, man, right?

Greg Everett: So, yes, our sponsor of all fruit -- of all fruits.com, put in Wolf pack 12 you will receive 15% off of your order, it's good stuff go for it.

Robb Wolf: What more do you need to hear?

Greg Everett: Exactly. You can go there navigate around; figure out what we have to sell, I'm not even too sure what it is. Bar, this protein powder jerky. We are going to have some cool things coming out called Wolf packs which are basically...

Robb Wolf: Nice, clever.

Greg Everett: Very clever. What the intention is to be kind of a MRE alternative, so were actually gearing this more towards military, police, fire but people who do not, you know, save lives for a living could also consume these things too, so we have...

Robb Wolf: What else is going on man, what's new?

Greg Everett: Nothing, just...

Robb Wolf: Takano book?

Greg Everett: Takano book, the new e-book, those things are both just about to burst out of catalyst athletics...

Robb Wolf: The crowning.

Greg Everett: ...and bring joy to the world. Their crowning. Yes, their turtle heading and...

Robb Wolf: Yeah, that's pRobbably worse.

Greg Everett: It's a more appropriate analogy. Yeah, that's pretty much it, just trying to crank those things out so I can move on to the next thing.

Robb Wolf : Sweet. It's always the next thing.

Greg Everett: Totally. How is your book number two coming along?

Robb Wolf: Making some pretty good progress like I'm getting about three to four solid writing hours a day which doesn't sound like a ton but I mean, when people talk about like sitting down and writing for eight hours straight like it just, it doesn't happen like if you're able to cave out a of like two to four hours and you're able to really get focused, have your references and get, you know, 1,000 and 1,500 words something like that hammered out, you're doing pretty good, so.

Greg Everett: So now this new book is it going to be a scratch and sniff?

Robb Wolf: Yes, actually, that's another option. We should have some option for that in there, so, yeah.

Greg Everett: Yeah, you need some -- you need some good paper technology and all these electronic stuff. You pop up books, you got scratch and sniff and then you need to have like pull out pages with posters and other kits to build little Paleo cavemen or something, I don't know.

Robb Wolf: Oh, the pull up...

Greg Everett: The possibilities are endless.

Robb Wolf: If you toggle some sort of lever on it, it makes like a Robbb Wolf arm throw and atlatl at an elk or something...

Greg Everett: There you go, yeah, see, that's hours of entertainment and information. Infotainment as they say.

Robb Wolf: And I pRobbably would have to write as many words.

Greg Everett: Exactly. Now you're catching on it.

Robb Wolf: Oh my goodness. Oh my goodness. Cool, cool.

Greg Everett: See. All right. Well, let's talk about the Stanford cooling glove.

Robb Wolf: Let's do her.

Greg Everett: Okay. John says, "Check out this article on cooling to improve athletic performance. This is more amazing than anything I had previously heard of and sounds a hell of a lot better than ice pads. I would like to hear Robb and Greg's take on this."

And then of course there's a link to an article on Medgadget.com, there's a video, and it is, it's pretty interesting. What say you to this Robb?

Robb Wolf: So, it, I mean, the part of the protocol that they put people through with this is they just had them basically like train all day long and, you know, they have this cooling glove going and they were able to ratchet the volume of work that they could do to -- it is just went to the roof you know and it looks really cool.

There have been some things like this that have made the realms -- I don't know what to say about it other than it's damn interesting. I mean as far as the mechanism I think that there is pRobbably some sort of central governor like, I think it's pRobbably neurologically based where we're not getting that same type of stress feedback that we would normally see with a standard training protocol without this glove.

There was a -- gosh, what was it? It was some sort of a study where they were having people run to failure on a treadmill which would take me about 35, 45 seconds.

Greg Everett: Oh, my god. That sounds like one of the most miserable activities I could think of.

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Robb Wolf: Totally.

Greg Everett: Although, yeah, it wouldn't be very long.

Robb Wolf: Yeah, it wouldn't be long for me, it'd be a pretty quick death on that.

Greg Everett: When you say failure, do you mean physical or psychological?

Robb Wolf: It'd be both for me.

Greg Everett: All right.

Robb Wolf: You know, they had people run the failure and see how long that would take and then they had people just swizzle their mouth with either a sugar containing solution or just an artificially sweetened solution, people weren't drinking any of it and so they use the artificial sweeteners kind of a control just in case any sugar, you know, made it -- made it into their system.

But what they found is that people even in an exhausted state with a little swizzle of a sweet taste, they were then able to run like another 5% or 8% further.

And so, obviously, you know, there is not a fuel substrate thing going on here, this was just the central governor, some elements of the brain that is regulating how much energy we bring in, how much energy we put out and there seems to be some sort of a phenomena when the brain senses that you were doing a lot of work, it will start with, you know, basically fatiguing you, then a lot of fatigue actually starts in the brain and that it's not so much just muscular or like cardiovascular per say.

And so I suspect that there's something going on with that central governor level, you know, where it seems to be blunting cortisol productions, it seems to be normalizing androgen levels and stuff like that. I mean, it definitely looks super cool.

Greg Everett: Yeah, it's interesting though. It's hard to tell from this article, like, I wish there was more information on it because it seems to me, you know, what they're discussing is basically using this -- one of the example they gave is one the guys who worked on it was doing a bunch of pull ups, like he was -- it just sound like he was doing a ton of pull ups everyday.

But so what they would have them do is do a set of pull ups, basically a max set of pull ups, put the glove on for I don't know how long, go back to do another max set of pull ups and keep repeating that and it was more that it was allowing him to recover between sets, so that he wasn't having that huge drop-off set to set and that the number of reps he could

do, and then, you know, he's able to do this ridiculous number of pull ups.

So that's one thing, I mean, that's not exactly like steroids that mechanism but the whole point of steroids, one of the main points is to allow to just get more work done and then you give him a period of time whether that's a single day or a month or a year or whatever.

Because the more you can train, the more you can improve, so, I mean if that's really working that way that's pretty amazing; however, that's obviously more of an endurance or a strength endurance sort of thing.

So I'm curious to know, what if any effect it would have on maximal strength levels and they kind of said in there -- they had a little video along with the article, and one of the researcher said, you know, he said, "We have tested it from running to this and that," and basically said it improved both endurance and strength but that wasn't expanded at all, so I don't -- I'm not really sure how exactly they're testing that because some of the test of strength you see out there in researches it's questionable what's best.

So, you know, it'd be really interesting to see exactly how they're coming up with that result and, I mean, if it works the way their saying it works, I definitely want one and I'm sure they'll be band as soon as it, you know, they get out there a little bit and I'd be really curios to know the mechanism behind there to see if you could kind of replicate it in any way, because I really don't see it being anything like an ice bath. These things are completely different; an ice bath is more of a post work out deal to get you prepared in the long term whereas this seems more like an inter-set sort of thing.

Robb Wolf: Yeah, and, you know, it's a good point that you make because the pull up, you know, the way that the guy was being tested, that's basically a strength endurance activity but, you know, could this supply to somebody, say like, you're in accumulation phase and you've laid out a block of programming where people were doing like 10 by two front squat at like 92 or 93% of their one rep max or something.

And so could you do a set, sit down, put the glove on and then end up doing like 20 by two front squat, you know, but still not get that decrease in power production, not get the over training from an inordinate amount of volume and stuff like that. That would definitely be some interesting stuff to fair it out with that.

Greg Everett: Well, yeah, and then that's the big question though is because if it's allowing you to so dramatically increase the amount of work you can do, let's say, in a given work out or a given day, how much damage are you incurring that you are not going to hormonally be able to recover.

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And that they make it sound like the recovery day, today was improved too but I'm really -- I don't see how that would work.

Robb Wolf: I guess again like if that, you know, that central governor, like if you're not pissing off like the HPTA access, if you're not getting a cortisol up regulation, you're not getting a testosterone down, you know, down regulation from pregenolone steal, then it would kind of make sense. It's just a matter of...

Greg Everett: Then the final question is...

Robb Wolf: How the hell do we get one?

Greg Everett: Yeah, that too, but, I mean, if you're going to compete with steroids you got to be able to make big traps and delts too, and not just cold hands.

Robb Wolf: We just need to...

Greg Everett: I guess you could just do way more shrugs and presses so...

Robb Wolf: You've got a pick up, let's figure out the address for this place and see if we can power this thing for a while, so.

Greg Everett: I honestly, I'm going to try to get a hold of one because I happen to know a guy who knows one of the guys who worked on it, so I'm just going to bother him until he cant stand it anymore or, you know what, we'll just make one, we'll just get one of those little cooling circulating things in a vacuum and we'll just throw something together.

Robb Wolf: Yeah, yeah. Like those CPM units, yeah.

Greg Everett: With a plastic bag in a vacuum hose. I'm sure it'll be great. I'll pRobbably give myself some kind of...

Robb Wolf: Frost bite.

Greg Everett: Rare variety of frost bite.

Robb Wolf: We just won't hook up liquid nitrogen to it and I think we'll be cool.

Greg Everett: Yes. I think we discussed the last time we had an idea to use liquid nitrogen that it was pRobbably not wise.

Robb Wolf: Yeah.

Greg Everett: All right. Well, let's see here, is synthetic Vitamin D3 dangerous? Max says, "Hey, Robb and Greg, thanks for a spectacular podcast. Quick question," -- welcome. "Quick question, I recently stumbled upon this article on Green Pastures blog by Dr. Macolm, the point it makes is that synthetic D3 actually increases the risk of various diseases, instead we should get more sun, eat more fish and take fermented cod liver oil. Surprise, surprise. It looks like bollocks, but it would be great to hear your perspective. Assuming that one lives in the northern part of the world, works in an office and almost no sunshine at all, can one get all the D3 from fish and cod liver oil or is additional D3 still a must? And if yes, are there any differences between brands currently on the market? Thanks a lot."

Robb Wolf: You know, the stuff that I usually recommend like the Carlson's Vitamin D drops, I'm almost certain that that's a natural source, cod liver oil is a natural source, I don't know that it necessarily has to be fermented cod liver oil, and I got to say, Chris Kresser had leaned on me for a long time to try the fermented stuff and I can eat some really funky jive and dude, the fermented cod liver oil crushed me and...

Greg Everett: That sounds pretty gnarly.

Robb Wolf: Even when it was like mint or cinnamon or whatever it was it supposed to cover it up, it was just horrible, so I mean...

Greg Everett: I always loved that lemon flavor stuff, like it still tastes like rotting fish.

Robb Wolf: Yeah.

Greg Everett: Yeah, it does.

Robb Wolf: You get a little after taste, so it's like, you know, the beginning of a margarita, a lemony margarita with a finish of a dead fish and nastiness, so, you know, it wouldn't surprise me if the synthetic D3 actually could have some pRobblems usually or in biological systems we usually use one isomer or another of a molecule this is where like we usually recommend R-alpha lipoic acid, it's the right handed form of this molecule and usually

when you synthesize these things, you can end up with both a right handed and a left handed kind of orientation, it's like a mirror image of it that the body may not recommend -- recognize or it may not go through normal metabolic processes.

So I could see where the synthetic stuff could potentially be a pRobblem but, you know, if it's popping out in what's called in a racemic mixture, a mixture of both the normal biological form and the mirror image form, but the stuff that we typically recommend seems pretty straight forward in.

And again, you know, like, get your sunlight and all that sort of jive, although the last podcast we saw that there maybe a spectrum of how people respond to sunlight, so sunlight for some folks may not be enough even if they live in like Israel and they get tons of sun exposure.

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So that's why we're doing a little bit of self-monitoring and seeing where your levels are at and also just seeing where, you now, like systemic inflammation is, see reactive protein, PLA 2, measure of vascular endothelial inflammation, those are good things to track.

Greg Everett: Cool. All right. A mental decline over the 30-day challenge, why?

Robb Wolf: This one is pretty funny.

Greg Everett: Cale or “Kay-leeh” perhaps says, "Hi, Robb, I was introduced to Paleo by some friends who lost a weight and claimed huge health gains. I've never been overweight and have always been physically active; lacrosse, skiing, hiking, pruning, gym, et cetera. Read your book and completed the 30-day challenge, zero cheating. Physically I felt normal, I lost about 5 pounds over the course of the month.

However, I'm a programmer and each day I became more mentally fatigue, starting having memory pRobblems and cold not solve anything but he most basic pRobblems. I supplemented the lack of carbohydrates with sweet potatoes and bananas but they barely made a dent in my fog.

I ate lots of fat, bacon, burger, meat, salmon, butter, et cetera, nothing was helping and mentally I kept declining, during the last week my boss became outwardly concerned at my declining job performance. As soon as the 30-day challenge was over, I ate two slices of whole wheat pizza

for your health, peanut butter and jelly, a spoonful of refried beans and a total glass of skimmed milk."

Robb Wolf: I would not want to be...

Greg Everett: This is the weirdest combination of food.

Robb Wolf: I would not want to be within a mile of what the bathroom this person has after that.

Greg Everett: Oh, man, seriously, that sounds like full earth destruction. "Explicitly trying to trigger the reaction you described in your book, my stomach felt completely fine and my brain returned to it's normal self again with an our and a half. Any ideas as to why this happened to me?"

Robb Wolf: Two thoughts, one is that you were still consuming inadequate levels of carbs or you are the next step in evolution and you need to eat like...

Greg Everett: You are neolithic.

Robb Wolf: Yeah, you need to eat Al Bundy because t has to be refined foods or you're going to die. And that's all I've got. It's either inadequate carbs or you've adapted to -- you're like "homo-cockroachinsis" or something, like you're the next step in evolution and when everything goes zombie apocalypse, you will be the survivor.

Greg Everett: Yeah, I mean, it's a big jump here to assume that it was, you know, say for example, the gluten in the pizza and the peanut butter and jelly sandwich that...

Robb Wolf: Neutralize things?

Greg Everett: Versus just a giant whack of carbohydrates, so I would perhaps try another 30-day challenge, don't get fired but do it, you know, go out of your way to eat more carbohydrates but keep them, you know, more like starchy things like sweet potatoes, even white potatoes if you have to, maybe even a little rice rather than doing the bread and pasta and things like that and see if you can kind of keep that -- your mental acuity up and still fell good.

And you maybe one of those people, I almost called you a pizza, anyone of those people who doesn't, you know, you don't have any overt reactions to that kind of stuff but the trick is that you never know necessarily what's going on, you know, under the surface, so you may not

have immediate overt reactions to it but that doesn't mean it's completely innocuous.

So I would still kind of stir away from that stuff and see again if you can replicate that better mental state with kind of more a Paleo asked foods.

Robb Wolf: Yeah, you know, there's just a big spectrum on the card tolerance thing too, like even for me when I'm pretty sedentary, just lifting a little bit of weights, doing some walking and maybe a little bit of sprinting, like I really don't need that much in the way of carbs to have good mental clarity and to have good performance and all that but I've started doing jitz again and I have been going like four to five days a week.

And we typically, you know, we'll drill things at the beginning of class for, you know, 20 minutes to a half hour then we end up rolling for 7-minute rounds and I've been doing like 6 to 7-minute rounds and dude I'm knackered after that.

And so I think my carb level is pRobbably at about 300 grams a day and if I don't do that, then my mental acuity drops, my physical performance drops but, you know, I'm just a doing a ton more work but normally I just don't need that many carbs to function day to day, moment to moment and so you know, this person may actually be wired up such that they just do way better on a much higher carb intake.

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And pRobbably the most common mistake that people do, particularly athletic oriented people, is just not eating enough carbs when they're eating Paleo. Like they're doing protein fat veggies which is great for a fat loss or a metabolic arrangement kid of perspective but not so great from a, you know, mental acuity, particularly if you're very, very insulin sensitive.

And it's definitely -- it's definitely gain for something else to tinker with but I mean, maybe this is an argument for weighing and measuring some foods so that you could see how many carbs you're really taking in when you're, you know, eating pizza and, you know, peanut butter and jelly sandwiches and everything and then just match that level when you go back, you know, trial week or two of Paleo.

Greg Everett: Cool. Okay. How many carbs do kids with type-1 diabetes need daily? Diana says, "Hi, I've been eating Paleo for about six weeks, I got interested because I have an 11-year old granddaughter diagnosed last

year with type-1 diabetes. My initial reaction to her diagnosis was interestingly, what if she doesn't eat carbs? I was immediately shot down. The docs and nutritionist told her to let her keep her diet as is, grilled cheese and peanut butter sandwiches, mac and cheese, cold cereal in the A.M., I knew nothing about Paleo at that time.

Eghteen months later I'm asking the question again, when she came to stay with me for three weeks this summer, I cut her grains way down, cut as much bread as I could and gave her complex carbs like sweet potato, et cetera.

She had bacon and eggs for breakfast, protein in every meal, coconut milk, et cetera and she needed way less insulin and was way more even in her blood sugar levels. The docs in the ADA keep telling my daughter she needs, "lots of carbs as a growing child" I pRobbably had her on 90 to a 140 grams of carbs daily.

I'd like your opinion about how many carbs a child or adolescent needs, are the carb needs of a diabetic child different than for I quote, normal kid. She's 5'3'' and 115 pounds currently. She's very interested in her health and doesn't like it when her blood sugar is hig. She;s also concerned about her weight, slightly chubby but starting to link the mountain changed shape.

Her mom and I both want to focus her on health rather than weight, but as she said, "You're not healthy if you are overweight." Good point. "Her mom is concerned about her eating fatty foods like coconut milk and bacon which might be a realistic concern when if she is also eating a high carb diet as per ADA. I'd like any thoughts you might have in any books or other resources that might help me make a case to my daughter that Paleo might be a good alternative.

I intuitively feel that leaky gut 'I sat the root of the pRobblem, I've got another granddaughter age eight who I fear is in the diabetes pipeline. Their dad was diagnosed at age three. I've been eating Paleo for six weeks and feel great. I had an achy gut after meals with cramps and that has gone away. Lost 7 pounds right away and have to work to keep the weight on. I feel clear and mentally and generally more positive; totally hooked and want to know more and help my family. Thank you so much in advance."

Robbb Wolf: So, you know, we just had a pretty cool article that came out at Clinical Notes where a kid was diagnosed with type-1 diabetes, was put on a gluten-free diet and was -- did not need to use insulin and I posted that

on the blog, I'm actually going to do a - or that went on my Facebook page, so, you know, look back at that and you can find that link, I think it went through like the Twitter sphere and everything pretty quickly.

That situation though when kids typically are first diagnosed with type-1 diabetes, often times we're still in this thing called the honeymoon stage when the pancreas is still functioning whatever immune damage that's destroying the pancreatic beta cells is not fully blown yet.

All the beta cells have not been taken offline and it's my opinion -- the opinion of a lot of other people that if you could stop that autoimmune process typically by healing the gut and removing these offending foods which I would say gluten and dairy are kind of the biggies, that there might be the possibility of pulling the person back and then obviously they need to avoid this stuff pRobbably for life because this is a, you know, it's not like avoiding a cold or something like that, like the person's reactive to this. So that's kind of one piece of the deal.

The other piece of this it's, a really specific question is, do kids need carbs to be able to grow normally and I would refer you to the work that's been done on, you know, epileptic diets, ketogenic diets, or epileptics for kids. There have been kids that have been ketogenic diets for epilepsy for years and individually the kids stays on it potentially for years and they have normal growth, normal cognitive development, they're not missing, you know, like a milestones in their growth and development.

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And so that's one piece and then the other piece is that kids who have been on ketogenic diets for epilepsy for almost a hundred years. So we've got huge data on this and there's absolutely no way that you could scientifically support this idea that kids must have carbs for a normal growth.

They need protein and fats, they need vitamins and minerals and then from there the body can manufacture whatever sugars that we need for nucleotides and stuff like that so that, you know, that's not a big deal.

And then there's a guy, Dr. Bernstein, he wrote a book, the Diabetes -- "Bernstein's Diabetes Solution" where he\s recommended for both type-1 and type-2 diabetics basically a ketogenic diet. There's a refinement I would throw in on that which is, you know, obviously Paleo I think and the Bernstein plan that was pretty low carb but occasionally kids would get like some, you know, some toaster or something like that and I think that we can be a little smaller and do a little bit better than that.

So, you know what I would do is try to track down the doc that is willing to work with you on this, like you definitely want to monitor insulin levels, this is a pretty big deal, you know, you don't want to go in just got to have caught tinkering with this stuff but I've done five or six posts on my website talking about type-1 diabetes and Paleo and ketogenic.

There's a ton of people that have come out of the woodwork who are type-1 diabetics, who have played with this stuff and that they find that they're able to dramatically decrease their insulin load.

So I think it's something that is definitely worth playing with because the long term health prospect for type-1 diabetics is not great and you know the normal ADA approach to this is to basically eat whatever carbs you want and we will just control blood sugar levels by taking more and more insulin and I think that there's some potential pRobblems with that.

I mean the epidemiology largely bears that out, so I thin that we could definitely approach this in a more intelligent way, I would look on the Paleo physician's network, I would poke around on the functional medicine websites and see if you can find the doc who is savvy to this stuff and you can get some help in investigating this.

Gregg Everett: Well, aside from the epileptics, I mean, hasn't prior to injectable insulin being around, wasn't that the standard treatment for diabetes, is that you just were ketogenic?

Robbb Wolf: Yeah, it was. It definitely was.

Greg Everett: Because you didn't have another option, and so clearly there's precedent for this, it's just a mater like you said of making sure that you're being smart about it and monitoring it with a doc who's sharp and on top of that stuff, and like you said, going into it and just doing it blindly.

Robbb Wolf: Right. But there is a book out there from an MD, "Dr. Bernstein's, Diabetes Solution" just when you read that, just kind of put on some Paleo style glasses to kind of, you know, read between the lines when you do it and...

Greg Everett: Those that are made up of squirrel bones and...

Robbb Wolf: That and obsidian, yeah.

Greg Everett: Awesome. Obsidian is sharp and dangerous.

Robbb Wolf: Yeah, they're not quite like, you know, some sort of Tommy Hilfiger type of sunglass but they're good.

Greg Everett: All right. This next one is called a secret squirrel programming. Life gorilla says -- there's a lot of animals on this one. "Leaders of the Paleo enterprise, thus far in my quest for world domination, I've been following a protocol of strict Paleo in CrossFit football programming, a shout out to John and the guys at CrossFit football for the killer program.

I'm loving the programming but I'm looking to up my recovery game and improve on mobility and body weight work, purchased building the gymnastics body and I'm waiting for it to arrive in the mail.

Robb, I've heard first you mentioned in previous podcast that you used gymnastics to supplement your strength gain, I was hoping you could give some details into how you specifically integrated that, I'm looking to do an A.M. CrossFit Football workout and then follow later in the day with some gymnastics work. If relevant, 6'2'', 205 pounds, 15% body fat."

Yeah, have fun with the gymnastics stuff.

Robb Wolf: Seriously, the Clydesdale division. You know, I think one of the things that would pRobbably give people the largest return on their investment is just working front lever, candle stick, back lever, skin to cap and, you know, if you do a little bit of Googling, you can find some YouTube videos on all that but the thoracic mobility and the shoulder mobility that you get from that work and then the way that it ties you together in kind of one solid piece is just phenomenal and it's not very taxing.

So like you could do your standard CrossFit Football type deal or your doing a periodized strength and condoning program, you'fe getting vertical pressing, vertical pulling, horizontal pressing and horizontal pulling, hip dominant and quad dominant, you know, lower body works and sprints and everything, I think that's all totally legit.

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And then if you just put in some very basic ring work, like some ring support, the skin to cap progressions with front levers and back levers worked into it, I think that you would get huge benefit from that, and then, you know, additionally, I guess maybe a little bit of handstand walking would also provide some really solid benefit, cartwheels, I mean, these are things that skill wise are not very tough to develop but I think

that give you a lot of bang for your bulk. Front rolls, back rolls, those sorts of things also are great for, you know, athleticism and balance and I think they're just fun to do.

But if you're already doing a pretty good chunk of work, I don't know how much more you could throw into the mix without overtraining but I think that you could get away with that stuff on almost a daily basis and be fine with it and get a lot of work out of it, and honestly that's essentially what I'm doing for my jujitsu like I'm doing kind of a max effort black box kind of gig where I'm doing a horizontal press pull, some lower body stuff, a power clean and then doing some straight arm gymnastics work that, you know, ring derivative, front lever, back lever, skin to cap and just kind of wrapping out on that.

And definitely for extreme range of movements, stuff and jitz, it's good, it keeps my posture good, it keeps my chest open, I think that that's a real low investment, a high return kind of gig.

Greg Everett: Cool. I like it.

Robb Wolf: Oh and rope climbs, but root climbs can -- If you're doing a lot of pull ups and stuff like that also, like they could smoke you a little bit but I think rope climbs are a huge return on investment too.

Greg Everett: And you don't have a space for that, you just get a couple feet of a 2 inch rope and loop it over your pull up bar.

Robb Wolf: Yeah, and just do -- even if all that you can do is just go from a seated position and just do like one pull on that or one or two pulls, you can get a ton of stimulus out of that and it's very, very different than doing pull-ups.

Greg Everett: Indeed. Okay, physiognomic testing. Josh says, "Hi, Robb, great site. I'm a long time follower and a retweeter." Oh man, "I was wondering your thoughts on physiognomic testing and the idea that there are three basic lipid metabolic types. I'm signing up for a course based on physiognomic model but I heard -- I hear that of the three types, A, B and C, that C cannot handle substances like Olive Oil or animal based saturated fats but do well in coconut oil.

I have yet to delve into the reading material and I think this idea's kind of cool but wondered your thoughts. I'm Australian trained osteopath with a keen interest in dietary interventions, stand from initial success with

patients with fibromyalgia as well as my own transformation. Cheers, hope to hear from you."

Robb Wolf: You know, I dug and dug and dug on this and I could not find anything about this anywhere in the Google sphere, so it's tough because I couldn't find any type of, you know, website with the claims about what folks are up to, these things sniffs a lot like the blood type diet to me.

You know the idea that somehow mono and saturated fats, you know, are just from Olive Oil or like stearic acid, you know, one of the more common saturated fats in beef is stearic acid but it also occurs in chocolate and so is it just bad because it's from beef and not from chocolate and then with mono and saturated fats, you know, the lauric acid -- not lauric acid but -- oh my god, I'm completely blanking at it but the primary, you know, fatty acid and Olive oil, it's the same thing as in like chicken and beef.

So unless there's some lectin involved or soemthign like that which again starts sounding a lot, you know, kind of blood type diet oriented, it just seems odd. So I -- but again, this is just looking at a completely, the only information I am able to get out of the question here because I have not been able to find anything online about it but it sounds goofy

Greg Everett: But I mean, is there -- to me the whole blood type idea just doesn't even make sense fundamentally and maybe it's just because I don't understand but my question then is like is there a mechanism by which you would be able to determine someone's, you know, suitability of certain foods based on their blood type because we had this -- I don't see how there would be that specific of association.

Robb Wolf: The claim originally from D'Adamo, the dude that wrote the blood type diet which has been on the best seller list for like 50 fucking years, the thing's a juggernaut but, you know, the claim is that the ABO blood types developed as humans spread around the globe and that the O blood type represents like the old caveman lineage.

[0:35:03]

And the As and Bs represent different distributions as people moved around the globe. The pRobblem with it is that the ABO blood type exists in essentially all primates. So like they missed the diversion points on that by a couple of million years if you buy in to all of that stuff and some of it -- it was just so wacky when you read the book that, you know, like,

nd A blood type couldn't eat peanuts but they could eat peanut oil and, you know.

The thing that was interesting about the blood type diet is that it did talk about lectins, it did talk about permeability, it did talk about some diseases that were caused by lectins and I think that we would throw like globulins and other immunogenic proteins in there right now, like this stuff that Mat Lalonde has looked at, like there are some lectins that are pRobblematic but I think a lot of the stuff that in the early Paleo days that we were kind of anxious about various lectins that -- with cooking and processing, we just cant put the same type of importance on that.

But, you know, there were some interesting ideas in there but just the prescriptive or predictive value that this thing could bring to bear on our health, I think was super lacking.

I think it's a really interesting idea, I know Mike Eves tried to run the blood type diet in his clinic because they were pretty interested, they were like, wow, this could be, you know, like a remarkable break through, run a simple blood test and then we could prescribe a very exact thing diet for folks and it just never really penciled out.

And it's interesting even if you might navigate over in the blood type website, the, you know, the Os just dominate the forum and it's recommended -- and the Os are typically eating a Paleo diet and I think that's just kind of a selection bias to people who are actually eating the way that we are largely, pRobbably should eat are doing much better than the other folks, so, yeah.

Greg Everett: Interesting. So for Halloween are you going to dress up as a globulin?

Robb Wolf: I'll do my best. I'll do my best. Kate -- Kaitlin is at -- my nephew is having a birthday party tomorrow, this is Friday and so the birthday party will have gone down but I'm debating if I'm going to drag caveman outfit out of the plastic bag that it's sealed in and wear that because it smells like smoke and filth.

Greg Everett: Awesome.

Robb Wolf: But I look pretty cool in it, so, and Kaitlin wants everybody to show up, it's a costume birthday party.

Greg Everett: Perfect. Yours will be the most historically accurate costume.

Robb Wolf: Yes, I guess.

Greg Everett: All right.

Robb Wolf: But I don't know, maybe I could figure out a globulin.

Greg Everett: Nothing like nutrition humor.

Robb Wolf: Truth.

Greg Everett: Okay, histamine rebound, a nightmare. Jennifer says, "Hi, Robb and Greg, I've scrolled to through the site for anything regarding histamine and so far I haven't come up with much in regards to the issue I'm having.

I recently came off Zyrtec after six years of taking it daily. I realized I would have withdrawal symptoms a long time ago and doctor said I can simply never stop taking it, all my energy pRobblems have pretty much been resolved via eliminating gluten, so I decided to stop taking Zyrtec since putting drug n your body that you don't actually need can't be a good thing, plus there have been reports leading Zyrtec to heart pRobblems, et cetera.

Four weeks after going cold turkey I'm still having histamine rebound symptoms, no bronchial or nasal symptoms however, just chronic itching that was extremely painful, some rashes sporadically difficulty sleeping and some extreme bipolar type mood issues possibly worsened by sleep deprivation.

I've been toying with the idea of doing the histamine elimination diet but giving up bacon, salmon and berries is kind of lame, and I've only been able to adhere to it somewhat. During this time I have been doing strict Paleo also with nut elimination, I'm doing a lot of CrossFitting jujitsu once or twice a week and sometimes I feel like the training is making symptoms worse, then I up my carbohydrate intake and that seems to help sort of.

When symptoms were getting worse instead of better a week ago, I did come off Paleo and did a cheat/carb reefed as an experiment or ate some sugar, vodka and gluten-free junk food. My symptoms got way better but I also experienced a lot of water weight gain and digestive disturbance so I'm back to the clean diet and now the extreme itching, moodiness and sleeplessness has returned though the water has dropped out and my digestion is better.

I feel like I just can't win here. What's your opinion on a high protein/lower carb and its potential impact on histamine, are there anyways I can address this issue via supplements? How does training recovery affect histamine and is there a way to counteract potential elevated histamine levels post-training? Thanks for all the information you guys put out there."

Robb Wolf: You know what, I think Chris Kresser has some stuff on like the histamine elimination diet at his website, Criskresser.com, I would definitely check that out. If you haven't given the whole histamine elimination deal a legit try, I know it sucks like the bacon deal and sour croup and stuff like, it does kind a suck.

[0:40:04]

But I think that it would give you a little bit of a data point on what, you know, is that legitimately the pRobblem because there's still some of this thing in here where we've got seemingly huge fluctuations in carbs but it's intriguing still that it seem like a lot of people when they're doing fiddling, instead of just simply uping kind of Paleo carbs, potato, sweet potato jams or whatever that they seem to just go off the rails and do hookers in cooking then come back in it.

It's just -- it's hard to, you know, pin things down in a little bit more scientific of a way, so I would definitely try a histamine elimination approach, Chris details that pretty clearly on his website.

There's also, if you do, his personal Paleo code, oh no, no, no it's the meal plan generator, you can actually get histamine diet meal plans off of that things. So Chriskreser.com meal plan generator.

So there's some stuff that I would with that and as always like that, you know, high protein, low protein, like the main deal with my perspective on this Paleo stick is that we're kind of macro-nutrient agnostic, if you do better on higher carb, eat higher carb. If you in higher protein, eat higher protein, but you know, we seem to have a couple of data point indications that maybe reducing protein and uping carbs you felt better.

So I think that's another place to play with but I would pRobbably try to keep macros approximately equal, do an elimination approach, a histamine elimination approach; see how you do with that and then we can take her from there about like total carb intake and whatnot.

And so that's the opinion on high-carb, low-carb that the people end up sneaking in like 50 questions in here.

Quercitrin is a supplement, it's a bioflavonoid found in citrus, I remember reading some literature on that with helping to decrease histamine levels, so Source Naturals is a company that sells like the activated quercitrin, that might be a possibility, do a little bit of poking around on that for a dosing protocol and I think that's all I got on that.

Greg Everett: All right, okay. Greg says, "Hi Robb, I'm a long time listener of the podcast and this is the first time I've ever had a legitimate question that might be of some value to others. I'm 50 years old, very active, lacrosse at four to five times at week, 5'10", 155 pounds and have a reasonably clean diet. Very low on processed carbs, very high on meat, fish, veggies and fruit, some dairies as well which does not cause me any issues.

I'm preparing to donate bone marrow or more accurately the stem cells from my bone marrow tomorrow for my younger brother Jeff who you know well, who is suffering from Hodgkin's Disease. I'm not sure how to recover from this process, any ideas as to foods that maybe beneficial or harmfulness in this process?

Should I look for iron rich foods, maybe just keep doing what I'm doing, any thoughts would be great, please keep Jeff and Melissa in your thoughts."

Robb Wolf: Yeah, I mean, the amount of stem cells that are removed are really remarkably small in this situation and so I don't really see any big need for a tweak from the normal eating protocol like you just generally eating, eating well that's going to be plenty similar to just standard kind of blood donation in that regard with, you know, you're not removing a huge bolus of tissue, so we don't need to think, you know, super strategically about how, you know, we're going to recover from that.

And then just as a sideline, Jeff is actually doing great with his stem cell transplant, so we're super stoked about that.

Greg Everett: Cool. Okay, the last question. Ruffles have ridges and do my nails. Oh, man.

Robb Wolf: Ruffles.

Greg Everett: You know, that reminds me of a funny story. So you know that the old or was it -- was it, I think maybe it was Lay's potato chips where the whole advertising pitch was that you can't eat just one.

So my uncle when he was a young, young lad decided that was, that just wasn't true, so he ate one and he's never eaten one since.

Robb Wolf: Did he sue them for false advertising or...

Greg Everett: No, I think it was purely for personal satisfaction.

Robb Wolf: I think in the story he could pRobbably sue and pRobbably like just crush them for false advertising.

[0:44:51]

Greg Everett: PRobbably, I don't think he's quite motivated in that sort of way thankfully. All right, Keith says, "Greetings, Robb and Greg, really enjoy the podcast especially the banter between the two of you," Is there anything else? "Congrats to you both on the birth of Zoey , Robb and the book, Greg." Oh, man.

Robb Wolf: Greg really had to push on that one, so...

Greg Everett: "Let's see, where to begin. I'm 46, around 155 pounds was a vegetarian for around seven years in mid 20s to early 30s before rediscovering the joys of medium rare steaks. Being gluten free -- being gluten free for a couple of years and moving towards Paleo over the past few months.

I've had a couple of bone density scans that show I have osteopenia and I think I've lost a little height at the same time. A recent endoscopy biopsy found a moderate level of eosinophils in my esophagus and the colonoscopy done at the same time found diverticulitis.

I was wondering about your thoughts on fingernail quality as an indicator of digestive wellness and bone health. My finger nails have significant vertical ridges, are wider along their base and tend to be brittle and split especially on my left thumb. I've read that vertical ridges are a sign of malabsorption but haven't found any solid suggestions on how to fix it.

I search on the interwebs for Paleo and fingernail quality has brought up a lot of references to a loss of fingernail quality after starting the Paleo diet.

Additional info, vitamin D levels have fluctuated over the last couple of years but still on the low side from 29.1 in March 2010, to 65.3 in September 2011, to 40.4 in March of this year which is pRobbably partially a seasonal issue.

I've been a supplementing recently with Vitamin D capsules that around 8,000 IU per day, but going to get some drops based on your recommendation from a few podcast back. In addition to the Vitamin D, I have been supplementing with calcium and Vitamin K, I take it either by taking hyrdochloride or NAO enzymes with nearly every meal.

Any suggestions on how to improve absorption, anything I should add to my diet that will improve the quality of my nails and bone before I lose anymore of my height. Up the enzyme, starting IV of bone stock, and gelatin to everything, main line, branch chain amino-acids, live or let die.

By the way, I found that the NAO enzymes come in both tablet and capsule forms, any differences on timing of either of these? Is one form better than the other? Thanks in advance for your words of wisdom."

Man, that's another one with a lot of question.

Robb Wolf: It is like a 50 question questions. Yes, so the easy one is that the capsule form of the NAO enzymes is much better than the tablets. It's like the tablets are essentially not even worth buying, you know, compared to the capsules, so that's one thing.

The other thing to look at elevated eosinophils, usually eosinophils are the white blood cell that they tend to be irritated in parasitic infections, gluten sensitivity which tends to mimic some mix elements of like parasitic infection, so the fact that you got elevated eosinophils, that diverticulitis, it's like, there's definitely something serious going on there.

And my thoughts are, you know, are you potentially getting some sort of lie a gluten or other gut irritant exposure or could you potentially have some sort of a gut parasite.

And I think that this is, you know, if you've got a fingernail ridges that's definitely, I would say an indication of some malabsorption going on that, you know, osteopenia is not good, I would again, track down some sort of a functional medicine, get like a biohealth test kit where you check a stool sample which is a ton of fun.

You get to poop on like a sheet of ceramic wrap and scoop it into a formaldehyde tube and you get to do it four days in a row and you got a slide and all kinds of fun stuff but until you rule out some sort of gut pathogen, like if you do have got a gut pathogen which there can be a ton to different things ranging from like diarrhea to all kinds of nasty gut bugs but I would really track down a doc who does functional medicine.

You know, typically they will talk about, you know, treating an interesting digestive issues, that their savvy to what type of gut pathogen testing is legit and I would get that stuff checked out.

Because definitely there's something going on here and, you know, there are things that you can do kind of Gap's Diet wise which you mentioned all the stuff like doing bone broth and all that, that's all legit, that's all helpful, doing digestive aids, that's helpful, but if you have a gut pathogen or if you are consistently getting some sort of a, you know, like a gluten exposure or maybe, you know, maybe dairy is a pRobblem in there, I don't know that's stuff that you would need to play with.

But I would definitely rule out whether or not you have a gut bug and then go from there because if you do, there's usually some antimicRobbials that you can take and then that will get you at least back to baseline and until you address that you're just not going to make much forward progress on this.

[0:50:02]

Greg Everett: All right.

Robb Wolf: Dude, was that it?

Greg Everett: That's it. We have wrapped up yet another.

Robb Wolf: Sweet, I like it.

Greg Everett: Okay.

Robb Wolf: So, anything else, did we miss anything?

Greg Everett: I don't think so.

Robb Wolf: Okay.

Greg Everett: Evil of foods.

Robb Wolf: Of all foods.

Greg Everett: Go get your Wolf pack 12.

Robb Wolf: Wolf pack 12, save 15%, Bob Takano's book is coming out soon. We're still hashing away on the medical education stuff, lots of updates on that pretty quick here.

Greg Everett: Robb's scratch and sniff book will be out soon.

Robb Wolf: The scratch and sniff book will be out in stores soon.

Greg Everett: So it's good to see like dirty line claws in coconut oil.

Robb Wolf: That's a tough one to replicate but we've figured out how to do it, so.

Greg Everett: Awesome. Technology.

Robb Wolf: Cool.

Greg Everett: Cool man.

Robb Wolf: Well, until next time, we're streaking up on our third year anniversary here, so we'll see if we can figure out something interesting to do for that, I'm sure I'll drop the ball on it but we'll see if I can figure out something cool to do.

Greg Everett: All right.

Robb Wolf: All right, man, thanks for everything. Talk to you soon.

Greg Everett: You bet, see you.

Robb Wolf: Bye.

[0:51:14] End of Audio