

Paleo Solution - 156

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[Music]

Robb Wolf: Hey, folks. Robb Wolf here. Greg Everett in the house. Six listeners can't be wrong because this is episode 156 of the Paleo Solutions podcast. That means 3 years of unbroken whatever the hell this thing is. What is this, Greg?

Greg Everett: I don't know. What are we doing right now?

Robb Wolf: I guess we're podcasting. I just felt like we needed some sort of flamboyant snazzy name for all this stuff. But... "Jaw-jacking"!

Greg Everett: Jaw-Jacking. Okay. That works.

Robb Wolf: Three years of jaw-jacking!

Greg Everett: Yeah. I mean, after three years, there's a limit to how much jacking your jaw can do.

[Cross-talk]

Robb Wolf: That's true.

Greg Everett: Especially when we can't say "I love the things we want to say".

Robb Wolf: Correct. Correct. Well, preferably Chastin from the last week [Laughter] and Ring Push-up Fun. What's new with you?

Greg Everett: Man, pretty much the same old stuff. The Bob Takano's new book is selling pretty well so far on pre-sale on Amazon. Go check it out: Weightlifting Programming: A Winning Coach's Guide and looking for a release date of December 1st or thereabouts, so very much looking forward to that.

We have our programming e-book, came out recently, which has about 20 complete training cycles in there. It's only 10 dollars....

Robb Wolf: Nice!

Greg Everett: ...off our website. We actually just released my new book “Weightlifting for Sports” as an e-book. So you can get that on our site as well. So all you folks outside the US who don’t want to pay the shipping and customs and whatnot or all of you who are just addicted to computer screens, you can now get that in electronic form.

Robb Wolf: Nice!

Greg Everett: Yeah. So, that’s about it.

Robb Wolf: Dude, that’s pretty exciting, man! I’m all a quivering.

[Cross-talk]

Cool!

Greg Everett: Yes. We have American Opens coming up in about five weeks out now.

Robb Wolf: And how many folks do you have competing in that?

Greg Everett: 12.

Robb Wolf: Right on.

Greg Everett: We’ve got a big team. We have a full women’s team. So...

Robb Wolf: Nice!

Greg Everett: ...should be fun. Not at all stressful for me.

Robb Wolf: I was gonna say not stressful and hopefully they’re not cycling in unison at that point. So, yeah.

[Cross-talk]

Greg Everett: Yeah. Well, around here, it’s just one big on-cycle scenes, but it’s okay. There are much worse things to do in life for a living, so I don’t complain too much.

[Laughter]

Robb Wolf: Alright. Just with your pals on the PaleoSolutions podcasts.

Greg Everett: Yeah! So it’s just you, me, and our six listeners.

Robb Wolf: Exactly. Cool! So should we talk fermented foods here? I wanted to try to do some sort of like three-year retrospective what have we learned, where have we come from, but...

[Cross-talk]

Robb and Greg: I don't think we've learned anything.

Robb Wolf: Yeah. Apparently we haven't learned anything 'cause we still manage to piss people off, trying to use different verbiage as artistry to describe the universe that we experience. So we keep fucking that up.

Greg Everett: I do like the complaint that we got about one particular episode having excessive language, which is funny to me because that doesn't really describe anything. We use too many words? What do you want us to do? Paint pictures instead?

I mean, I get what they're saying. But it just struck me funny that one episode was particularly worse than the others, 'cause they all seemed fairly bad.

Robb Wolf: I think when I did the whole foods thing I really came out of the gate pretty heavy on the "explicatives", I guess.

Greg Everett: Yeah, I use a couple of choice ones, I believe to, but naah. What can you do? What's a girl to do? I was trying to be myself.

[Cross-talk]

Robb Wolf: No retrospective. We've learned nothing. The questions keep coming in.

Greg Everett: I think the real lesson is that after 3 years, we're still just as busy as ever and we don't have the time to plan a 3 year podcast. That's what it looks from my end at least.

[Laughter]

Robb Wolf: We are gonna have Keifer on. We are gonna have Nate Miyaki. Later in the month we are gonna have Tim Ferris, so we will have some guests on. I wanna do some guests, 'cause I am bored just listening to us. Other people must get bored.

Greg Everett: Oh that is just not me.

Robb Wolf: Yes. Yes.

[Cross-talk]

Greg Everett: So do we have any sponsors to thank for today?

Robb Wolf: Oh yeah! We do! Of all foods! Yes. Go to EvolveFoods.com. Wolf Pack 12. That will get you a 15% discount off of purchases and next week we are going to have a new additional sponsor added to the podcast. I believe we've been in heavy negotiations.

[Laughter]

[0:05:13]

Greg Everett: Were they trying to get you to get rid of me or something.

[Cross-talk]

Robb Wolf: They're trying to get us to stop and they will just run this thing themselves.

[Cross-talk]

Greg Everett: So we do not talk anymore. I like it. That works for me.

Robb Wolf: So we'll take this over and do it much better and actually pay you guys a salary for just shutting up. That seems like a winner but I'm not gonna do it.

Greg Everett: Ah, boy. It'd be too easy. Alright. Well, let's talk about fermented foods then.

Robb Wolf: Yeah. Let's really talk about fermented foods.

Greg Everett: Okay. Dan says: "Hey, boys. I'll keep this short and simple, but first, the obligatory praise. Love you guys, you turn water into wine, keep up the great work. You get the idea."

Wow!

Robb Wolf: They call that the chardonnization process. It's right on the cusp of both miracle and scientific fact.

Greg Everett: It is 2000 years of technology. “Okay, with all the buzz in real foods community about the benefits of fermented foods in which ones are then most effective, I was curious about your take on which ones truly have the highest potential for sustaining beneficial gut-flora and overall digestive health.

Now, that I’ve discovered how easy and sustainable it is to make some of these at home, I’m particularly interested in...” Here’s this word I don’t know how to pronounce it, ‘cause everybody I talk to pronounces it differently.

Robb Wolf: I say “Kombucha”.

Greg Everett: I’ve always heard it as “Kombuka” or “Kambuka” which is kinda funny cuz there’s no “a” in it, at least in that first syllable. “...versus sauerkraut. Is one really better than the other? Are they comparable? Is one vastly different than the other, making them both and others valuable to overall good health?

I’ve also been using some fermented cod liver oil which I don’t find nearly as disgusting as the rest of the world seems to, but the 50 dollar+ price tag on it is not floating my boat so to speak or should I bite the bullet and keep swallowing this delicious stuff too? Thanks guys. Seriously, you rock.”

Robb Wolf: Wow.

Greg Everett: You rock too, bro.

Robb Wolf: So, “digestive health”, “gut flora”. I got in from a flight last night, at one o’clock, and Nikki woke me up 15 minutes...

[Cross-talk]

Incredibly unprepared for this sudden having read this stuff, previously but: So, you’ve got a huge spectrum of fermented foods. So, you’ve got fermented vegetables. You’ve got fermented dairy products. There are some cultures that even will ferment meat, like the Inuit burying flipper and stuff like that and letting it just getting all gnarly and juicy and what not, and so there’s different plusses, minuses with all this stuff. You not only have the beneficial bacteria that we’re generating or in Kombucha potentially some...

Greg Everett: A little alcohol, huh?

Robb Wolf:beneficial products. Does it have alcohol?

Greg Everett: The Whole Foods had to pull it off their shelves for a minute 'cause they found out a bunch of it had a little bit of alcohol content.

Robb Wolf: That makes sense. I mean, you have some sugar in there and you cap it off, and you've got a little yeast in. I hear a recipe for fun.

Greg Everett: Unfortunately, it just tastes like rotting fruit.

Robb Wolf: Yeah. We made a distil in high school.

Greg Everett: That doesn't surprise me at all.

[Cross-talk]

Robb Wolf: Basically, like sugar and jam to flavour it, well, you don't really need to flavour it once you distil it and in the first run, we used plastic tubing, which probably wasn't a good idea. That's maybe why my friend Steve is not entirely right to this day. We picked out some glassware, some other stuff, but I digress. That's not really the question at hand here. The question at hand is gut-flora stuff.

There's just a ton of different things you could use. I would recommend getting some of the kraut pot information. I think they call 'em gartoph or something like that. We have 2 enormous 7 and a half litre, both of them, and then we have a 1.5 litre size and you can make a ton of different things with these; anything from in a dairy to sauerkraut to Kim chi. I've got a run of sauerkraut and Kim chi running.

Being able to say which one is better is really tough in that based on the quality of the material that you throw into it, the temperature, there's huge variability in these natural products.

Like if I were to take a millilitre of the fluid that comes off of one batch versus another, the bacterial count can vary enormously. So I mean it's really, really hard to say that one is like stronger than another, better than another. I think it's clear that these things are beneficial both from enhancing the digestibility of the food, but also providing some of this beneficial flora.

[00:10:06]

Although when I was talking Chris Kresser, he's of the opinion that we're not necessarily repopulating the gut, but we're actually modulating the immune system, which was kind of interesting. I had always assumed that these things were getting in the intestinal track making it past the acid in the stomach and then repopulating things but he said that that's really wasn't the case, so maybe the next time we get Chris on the show we'll talk about that a little bit more. But I feel that this is a flat wandering answer.

Greg Everett: I like it.

Robb Wolf: It's hard to really say that one of these is gonna be better than the other in my opinion just based off of the natural product variability, temperature and all that stuff. I've made a couple of runs of kraut where the house was a little on the cool side and it didn't really set up well.

I know the bacterial culture was not well established. Whereas if it was a little warmer then it clearly had much more productive lactic acid formation and all the rest, that stuff. So, I think do 'em all.

Greg Everett: Do 'em all, but you're not allowed to drink Kombucha on my car. That's a rule. 'Cause Amy drinks that stuff and, man...

Robb Wolf: That's like an open container.

Greg Everett: Yeah. And you get a little bit of pressure in that thing and it just blows up everywhere. It's like petrulli oil. Once it gets into the fabric of your car, it will never come out. You'll have to just suffer for the rest of your life smelling that stuff.

Okay. Lemon Juice for Cooking. Troy says: "Can lemon juice be used to "cook food", specifically veggies, in the same way that it "cooks fish" in seviche. I'm wondering if using this method will preserve loss of vitamins from cooking and at the same time activate the minerals that are activated, such as carotenoids, when cooked. The best of both worlds, right? You guys are the best. Thanks."

Robb Wolf: Yeah. Not really, because you need a massively acidic environment to break down cellulose and start breaking down starch. Like way above food grade acidity, so the main action of, say like lemon juice or lime juice, citric acid or if you use vinegar, using acetic acid, is just in breaking down proteins, breaking down quaternary and possibly some tertiary structure. Basically, moving down the road towards breaking the protein down into more digestible units.

“The loss of vitamins”? People get all spun out about this. I think eat a variety of both raw and cooked foods, don’t absolutely blast your foods into charcoal. You do damage and destroy some vitamins in the cooking process, but then you enhance the absorption of other things via the cooking process with carotenoids being a secondary example. So I wouldn’t really worry too much about this and the only thing that I can see of a benefit, and this is kind of going out on a limb here, but say you were travelling and you’ve got a salad or you’ve got a vegetable matter that you want to eat but you think it’s dodgy like the water that was rinsed in might be questionable.

There might be some microbial infestation, then I think making a really acidic medium that you put it in would be good because it would probably, not guaranteed, but probably kill most of the microorganisms if you add some sort of a cyst like Giardia, then you’re still out of luck. That would be the only thing that I would really see that would be hugely beneficial to cooking veggies, just in an acidic medium.

Greg Everett: Alright. Okay. Oh boy, this is a good one. Does yerba mate cause cancer? Sarah says: “Hey guys. It’s been reported that yerba mate causes cancer” Dun dun duun.” I was drinking this stuff everyday for the healthy benefits/carcinogens” I’m not sure if she meant that she was drinking this for the carcinogens. “wtf. Love the show. P.S. Greg’s made this podcast a million times better. You guys just really work well together. No offense Andy.”

Robb Wolf: There you have it.

Greg Everett: None taken I’m sure.

Robb Wolf: Yerba maté is interesting ‘cause it has antioxidants and some interesting alkaloids in it. But then, historically, there’s been some association of esophageal cancer.

[0:15:00]

Deal with that, is in traditional cultures that consume maté, basically like pick it, smoke it. It’s processed similarly to green tea, which needs to be steamed or smoked in a way so that it inactivates the enzymes that would break the tea leaves down, basically. And so, after that, then they boil the stuff and you drink it out of a bombila, a little gourd container with a straw sometimes, like a silver metal straw. And in this machismo way people are encouraged to drink it while it’s scalding hot.

And that is the problem. Consuming scalding hot liquids is a carcinogen in and of itself. They did some reasonably well-done animal models on this where they irrigated the oesophagi of various critters both with maté and just with hot water, and they had the same rates of cancer formation, both with water and with the maté.

So, it's not that the maté has anything inherently carcinogenic. It's just: any type of consistent irritant, scalding being a consistent irritant, increases the likelihood of cancer. You get DNA damage. You get increased replication. Whenever you have replication, you have the potential for replication error and that's what leads into cancer. At least that's some of the stuff that leads to it.

So, I wouldn't worry about the maté unless you're trying to be all Yanomani Indian and try to drink this stuff when it's still like 210 degrees Fahrenheit.

Greg Everett: Well, thank goodness McDonald's lowered the temperature of their coffee.

Robb Wolf: Seriously. Not it only scalds your genitalia if you spill it in your lap.

Greg Everett: Yes.

Robb Wolf: Also increasing cancer.

Greg Everett: You gotta take certain risks for certain benefits in life, Rob.

Robb Wolf: Indeed.

Greg Everett: Alright. Baby Mama Bladder Drama. Andy says: "Rob and Greg. Continued thanks to the both of you for the knowledge and insight you provide. Many (nearly all) of our female clientele that have had any number of kids tell us that exercise is like running, from jog to sprint, and jumping, from jumping to box jumps, cause some leaking from the bladder. Have y'all (We're in Texas) experienced this in any of your gyms? Any insights as to how I can help them? Keels, maybe? Yoga?" I have no clue on this one. Yoga? Amah. "Appreciate any help in advance. Thank you."

Yes.

[Cross-talk]

Robb Wolf: Yeah we've definitely seen this. Totally normal, and the recovery on this just kinda vary. Some folks bounce back from it. I would give them a, in Johnny Carson terms, a hermetically sealed vagina at the end of the whole thing, and other people just don't seem to bounce back, at least not to the same degree and I just haven't been able to get people to stay consistent on Kegels, planking, and stuff like that to really have any type of, a sense of-- it doesn't help. I'm pretty sure it does. If you read any of the OBGYN literature on stuff like this. They recommend Kegels to help re-establish the normal pelvic floor function and all that sort of jive.

So, it makes sense that it should improve things. I just haven't been successful getting out clients to stay consistent with that. If you dangle the carrot out there, that it improves orgasms, then that might get a little bit better by end.

Greg Everett: Yeah, that can be an awkward conversation with clientele though.

Robb Wolf: That's true!

Greg Everett: You definitely have to have a pretty well-established rapport with someone before you bring that one up.

Robb Wolf: Yeah. Or just thin out the female population of your gym by creeping them out.

Greg Everett: [Laughter] Aaah. I have seen that done before.

Robb Wolf: Why is this all dudes in here now?

Greg Everett: But, yeah, if it makes them feel any better, they're not alone. It's not just your gym. Like you don't have some weird pant-peeing gym. It's everywhere. As a matter of fact, I would add too, that you see it in some very heavy-lifting girls who have not had babies. So there's definitely a need for some pelvic floor activation, and I think for some people it's just gonna be something that they have to deal with forever. Unfortunately.

Robb Wolf: Bum bum buuum.

Greg Everett: Okay. Let's see here. I like this guy's last name. [Laughter] Kidney Donation and Adrenal Issues. Jamie says: "Robb, hi there. I tried to put this on the forum but was too ADD to figure it out so I thought I try and email.

[0:20:00]

Quick info on me, if it matters. I'm a thirty year old gal, five foot four, hundred thirty pounds, decently muscular, lift heavy, run fast, eat pretty well, really like coffee. This might come into play after you read my scenario. I'm back in school to become an RD Paleo one [Chuckles], be sleeping last night, typically would, and sitting a lot more than I prefer. In 2007, I donated my left kidney to my aunt who has diabetes.

During the entire process, I thought I had covered all my bases with my doctors as far as questions and concerns go. About a year ago, I began following the Paleo diet, reading lots of information on it, listening to your podcast etcetera. In doing so, I've paid lot of attention to adrenal gland information, adrenal fatigue, cortisol etcetera and began wondering if removing my kidney would have any impact on my left adrenal gland.

I've Googled a lot of information regarding this and a few things keep popping up. One, the left and right adrenal glands are hooked up to each other to each of the kidneys via different arterial stuff, the left one being more impacted by the removal of the kidney. Two, my adrenal gland might not be working at all. Three, why the hell didn't they tell me this?

So, what do you think about all this? Am I doomed for life? Will my right adrenal gland be able to compensate for the other being possibly injured or not working at all? Can I sue my doctors for millions and billions retire and move out of Kansas City? Lastly, what should I do/avoid if I'm flying solo adrenal gland here?

I know this is a lot of questions and I appreciate any information/opinions you're willing to share with me. Thanks in advance and have a superb weekend.

Robb Wolf: Wow! That is a lot of stuff. And if you're in Kansas City, you gotta go hang out with Rut-man.

[Cross-talk]

Greg Everett: Yeah. Get some barbeque and hang out with the Rut. It can't be too bad.

Robb Wolf: Yeah. I would do that daily if I was in Kansas City. And I owe that Krom doma a phone call [Chuckles]. So I need to ring Rut-man.

With the nephrectomy, the removal of one kidney you get hypertrophy and adaptation on the part of the other kidney. And so, I would - even

with standard adrenal fatigue or high stress environments like they know for a fact that the adrenal's walls also enlarged, increasing the cortical size so that you've got more effectively surface area to be able to produce cortisol and epinephrine and all that sort, everything that the adrenal cortex or the adrenals in general produce.

So, you're gonna get some adaptation to this. I really can't say whether or not you'll have a hundred percent normal function out of this. My guess is that you could probably get close to normal function that there might be some limited impact, in that you just kind of have to mind your P's and Q's a little bit similar to somebody that's maybe driven themselves into adrenal fatigue in the past and similar to heat stroke that you would have a tendency to maybe overdo, overreach in that area. You could do the standard ASI test. Maybe run that every three to four months maybe four months intervals, depending on who you track it down to do it, maybe a hundred bucks or something.

So I mean, it could be a little insurance policy that you do at least a couple of times a year just to see what your DHEA levels are, see what your cortisol levels are. And if you see anything going south with that, then you can take at least the best lifestyle changes that you can to try to support adrenal health, taking adaptogens. Source Naturals have some great adaptogens. Gaia Herbs has adrenal stress complex that's very very good. I can't see anything but benefit coming from using some sort of a solid adaptogen and then just being smart about your food and training which sounds like you are.

Greg Everett: Yeah, totally.

Robb Wolf: No comments on the nephrectomy?

[Cross-talk]

Greg Everett: No, it's been a while since I've done a kidney transplant so I'm a little rusty.

Robb Wolf: I did one in junior year of college but it was in a rat.

Greg Everett: Oh, that's essentially the same thing.

Robb Wolf: Yeah.

Greg Everett: Okay. I thought you're gonna say you just drugged somebody, dumped them in a bathtub and have a thing full of ice and sold them on the black market.

Robb Wolf: No, no no. That sounds as fun.

Greg Everett: Alright

Robb Wolf: Yeah.

Greg Everett: Jun says, Hi Rob and Greg. I have a question I don't think I've heard addressed but maybe have missed. My 67 year old husband who is otherwise very healthy and active has to have mitral valve repair surgery in the next few months. We're optimistic this will be a successful surgery with quick and easy recovery. His doc said he's the healthiest patient he's ever had.

[0:25:02]

Greg Everett: My husband has been eating a Paleo diet/lifestyle since mid-July. He's lost about eleven pounds mostly around his middle. He has always been considered slim but now has more energy, no more migraines and has been much nicer to be around. So the surgery, he'll be in the hospital two to five days depending on how they go in.

My question is, is it likely I will have to bring all of his food? I don't know how long it'll be after the surgery 'til he'll be able to eat food but I can imagine the hospital will be terribly accommodating of his selective food needs, any tips?

Lastly, I'm such a Paleo convert, but I have to be careful not to proselytize - sorry Greg, I think I butchered the spelling - no you got it, perfectly correct - and overstate my opinions. I own a Pilates studio and often conversation of food, of losing weight/ailments comes up with clients.

By the way, I also do crossfit myself three times a week. I just wanna hold back on too much opinion and information giving when you think you know this will help someone. I keep a copy of your book in my studio for people to peruse. Love your book. Thanks for all you guys do. You have changed my life and very surprisingly my husband's too. Best. P.S, Greg, I reread this twice for grammar checks. Hope I have done good. Smiley face.

[Chuckles]

Robb Wolf: [Chuckles] Nice

[Cross-talk]

Greg Everett: You know what, even if it wasn't perfect, I appreciate the effort and the care you put into that, that you actually took the time to go back and proofread. That shows me that you're a person who cares about quality.

Robb Wolf: That's pretty bad ass.

Greg Everett: I like it. A plus.

Rob Wolf: A plus. So, the way that a lot of folks have navigated the food in the hospital thing is they just claim allergies to like everything.

[Laughter]

Rob Wolf: I'm allergic to wheat. I'm allergic to corn. I'm allergic to rice. I'm allergic to dairy.

Greg Everett: But I can eat Jell-o.

Robb Wolf: And then - but I can eat Jell-o. So that ends up whittling things down to a typically like protein and veggies kinda gig and you can tell them that to eat kinda protein and veggies kinda deal. If the Doc is happy with like his blood work and his health and fitness and everything, then you can also get the Doc to write some special orders like lower carb, protein and veggies. Like you can get a little bit muscle on your side that way. So, it takes a little bit of advocating.

Usually, there's a way to make stuff happen. You can always have some food kinda prepped in case stuff doesn't go well. It shouldn't be that hard to navigate like it'll be kind of a pain in the ass but it wouldn't be a huge problem. As to the food deal, and being too pushy, it was a tough learning process, I guess for me when I finally boiled things down to - we do Paleo challenges in the gym. I guess in like a crossfitesque gym like we do at NorCal would be maybe a little different than a Pilates deal where to some degree, people are going in the door of our gym with an expectation of like body composition changes and stuff.

I guess that would still be the case with Pilates but I don't know if it's as upfront a thought and folks minds. It's like two people sign up for Pilates with the idea that they're going to affect significant body composition

changes. I'm just not well-educated on that, I guess. I guess, I kinda divvied out the information as it was requested to some degree. I got to appoint very quickly that if people don't wanna do the food that was fine.

But I made it really crystal clear that I didn't wanna hear any whining about lack of body composition changes, lack of performance improvements. If the person wanted to be a sloppy on the food and just come in and train, that was totally fine, no problem with that. But, we had a cadre of folks who would train, complain because they weren't getting the changes they wanted but they were completely non-compliant with the food and that completely piss me off and there was a fuckin' reckoning of that

[Laughter]

I have a wickedly short fuse with that stuff because I know that this stuff can work. I know it can save lives and transform lives and help people. I just don't suffer fools on that.

[Laughter]

It's just like I'm not gonna spend a lot of time. Greg was at the gym still when we had a big family of Seventh Day Adventist. So, they were vegetarian and they whined and complained incessantly about not getting good body composition changes 'cause they weren't eating enough protein. The protein they were eating was like tofurkey type stuff.

[0:30:07]

Robb Wolf:

And I just kept telling them, you'll get better results if you eat some chicken or some fish. It doesn't have to be red meat. Just, you need more protein. You need to cut down the carbs a little bit. And so it was interesting about 4 or 5 of the members of this family. There were about 8 or 9 of them coming at this time.

About 4 or 5 of them change their diet and they just went to the moon. Like, the body composition was amazing. Pull-ups shot through the roof. Strength went up all the rest of stuff.

And the other group was just kinda waffling their languishing the way that they always had. Their body composition was okay but not great, definitely not as good as the other folks. And that was one of these big eye-openers for me were I just seized to allow any latitude on like my

vegetarian clients or people who are not gonna at least get in and try this stuff for thirty days. Because it just so obvious how well it would work that if you couldn't be motivated enough to just give it a shot for thirty days then, you're wasting both of our time.

I wrote a blog post on this. If you just go to Robbbwolf.com, how do I convince someone to eat Paleo. It's a very heartfelt gig. It kinda talks about my childhood a little bit, what's going on into forming me as a coach. It's pretty [Chuckles] motivational if you can walk away at it I feel like that's honestly one of the best pieces I've ever written. If you can walk away from reading that and not feel a little bit guilty into at least giving this stuff a shot then you're just kind of a bag of shit.

[Laughter]

You're not worth saving at all. I mean, it's kinda like I paint a very convincing argument in that gig. So you can check that out and maybe put in the printer-friendly format and wrote to folks if you want to.

But I mean, it's a - to address this in a big picture format, the way that I can see doing it is either having a dedicated chunk of curriculum like a Paleo challenge were you roll food information out to your folks in some sort of a dedicated concerted format. Or, I would wait for folks to ask about it and I would be pretty soft sell on it.

Because, it will burn you out like trying to convince people to save their own ass will just burn you out. I think the worst thing that could happen in this kinda coaching scene, you have somebody that's actually knowledgeable. Like, they understand some good training. They understand the benefit of kinda an evolutionary-based approach diet. Like that's a really really powerful person. They can affect a lot of change and do a lot of good. It's just terrible if that person then ends up getting burned out because of fighting and battling the people who don't wanna comply because it could affect as much change over the long haul.

So, I would just encourage you to not be too attached to the outcome. Save the ones that you can save. Let my article that I wrote do the guilting [Chuckles] for you and then just be very distant from the whole thing so that you can stay in there and fight a good fight over the long whole.

Greg Everett:

Yeah. I would tend to agree with that. The position I usually take is that, if people want the information, I'm more that happy to share with them. If they don't, I'm not gonna push it on to them unsolicited. That's pretty

much as that simple. And if I find that even they are coming for information and it turns out really they don't want information, they just want what they're currently doing to be validated, then we end that shit real quick.

So, I have, like Rob said, put your time and energy which is definitely limited into the people who are really willing to put out the same amount of time and energy. Otherwise, you're just kinda wasting what little of those resources you do have to do well with people.

Robb Wolf: Yeah. And just to add to that, it's not just limited but it's really valuable, valuable for your own life. I think usually when people go into the coaching scene like they wanna help folks and if you get embroiled and some sort of a consistent battle with people's inner child in their psyche and all the rest. People bring all kinds of baggage to stuff and I feel for that. But, I'm not a therapist and I feel like the way that we, the way that Greg coaches, the way that I coach, it's very effective and it's interesting.

[0:35:00]

It's a remarkable dose of therapy like people who have eating disorders or different problems. I think that the way that some smart training, some performance-based training, some performance-based eating, that can be really really liberating, if they will just get in and give it a shot. But, if they're not going to, you can't waste infinite resources or limited resources on an infinite need. It'll just eat you alive.

Greg Everett: Indeed, okay.

[Cross-talk]

Robb Wolf: Scapular retraction

Greg Everett: Scapular retraction when pulling and pushing, WTF. That's the second WTF question we've had today. Ben says, Hey Greg -

Robb Wolf: Folks are spun up, man.

Greg Everett: What's that?

Robb Wolf: Folks are spun up.

Greg Everett: They are. You guys are putting out - those damn scapulars. You guys are putting out one of the best podcast available. You're both pleasantly

entertaining and educational. I have a question about scapular retraction when pushing and pulling especially when doing these movements overhead. I've always heard, quote, put your shoulders in your back pocket etcetera like many of us. I continue to practice this.

However, recently I came across this article on Bret Contreras' site and there's a link of course. It's kinda long but perhaps worth your while. Generally, the article touches on variable meanings and interpretations of Q's but specifically he does go into detail concerning how to think about and control your scaps when doing various pushing and pulling exercises. I'm not trying to start a war of words or anything; I just thought it would be interesting to hear your ideas concerning it.

I think generally speaking, Greg would be for a complete scapular retraction when pushing things especially overhead. Greg seems to say as much here and there's a link to - what is this? - oh it's a thing I did for whole nine. Anyhow, context context context, I know so I thought I'd ask. Thanks for your input. Be well.

Okay so, this whole nine thing, I just looked at really quickly. And I said, it was basically if you could only have five exercises for the rest of your life, what would they be? And one of mine was a press and I think I said, done with complete scapular retraction. Meaning, at the top and also that's a really vague description of what I actually want, so we'll talk about that.

The article on Bret Contreras' site, I just skimmed it really really quickly so forgive me if I didn't get the info correct. But, from what I did see, it seems that actually, he and I are pretty much on the same page with the shoulder blades. And that is, when you're over head in a pressing position or a lock out position like you would be for a snatch or a jerk, what I want or what it sounds like he's describing to is that, you want scapular retraction but you need upward rotation too.

So the cue that I give people was to pinch the top inside edges of the shoulder blades together. And so, to me that helps get that retraction. You also get that upward rotation a little bit. You'll get up a very slight bit of elevation but you're not actively trying to elevate. You're not shrugging the shoulders up in the ears as has been so commonly recommended.

And, this basically what you're doing is you're creating a very strong base where your shoulder blades are tightened to your rib cage. The muscles around that are all snug, tightened down so you have this foundation now that your arms can stem up from rather than having this weird floating shoulder kinda deal.

Now, I think in the article he said something about complete retraction, possibly setting you up for impingement at the AC joint. And I would say, yeah that's true but I would say it's very challenging to hold something over head without any kind of upward rotation, unless you have some real dysfunction, I think natural you are gonna get that upper rotation of you retract especially in the way that I describe that top inside edge. And so, I don't really see that being issue unless you have existing problems.

And then as far as pulling goes, like if you look at something like a pull up, I like that finish to definitely have retraction and depression, same with like a bent row or any kind of rowing exercise. I want retraction and a little bit of depression.

But again, these are the finished positions. I'm not saying that you perform a press starting from full retraction or you start a row with full retraction or you start a pull up with full retraction. I kinda like starting a pull up from that - he calls it like this dead hang position with scapular elevation. I think that's fine. I'd really don't see the problem with that.

Apparently, somewhere on the internet, people are freaking out about that, that's gonna blow your shoulders out or something. I don't see the problem. And I think, adding in that scapular movement to the overall exercise is a great idea. You can get some strengthening out of it and get some motor learning.

Learning how to control the scapula instead of just kind of being stuck in thinking of it in a very one dimensional sort of way as like this is where my shoulder blades have to be for everything. And then of course shoulder blade position during pulling movements in the sense of dead lifting or cleans and snatches is a little bit different to which I would say it's fairly neutral as far as retraction and protraction and slightly depressed during the start of that. So, Rob, anything you want to add to that?

Robb Wolf:

I think you crushed that one. I guess I just throw in there that if people aren't super familiar with those positions, definitely tinker with them and it's the same deal in gymnastics. If you're in a good hand stand position then you're getting that scapular a little like Greg said , a little bit of elevation but the external rotation of the scapula and then the kind of meeting of that central line where the medial part of the scapula where they're gonna come together but it's similar whether were talking gymnastics or weight lifting.

Greg Everett:

Indeed. Insulin for type one diabetic on cross fits/strength training.

Zulton says, “ Hi Rob and Greg. Little background, I’m a 24 year old type 1 diabetic. I’ve been doing strength training and conditioning for the last 3 years or so. I started doing crossfit style workouts last year and have recently transitioned to strength work 3 times a week: 3 by 5, some basic barbell exercises, strict pull ups, etc. I’ve been avoiding very intense conditioning for the past 2 months as I am trying to gain some weight and strength.

I started of supplementing with Creatine Monohydrate which respond well. No stomach problems. I started to eating a bit more of carbs, mostly rice, potatoes, also guilty of eating some bread and milk. In 2 weeks, I went from 180 to 190 and my pants are not fitting anymore but feeling great. Question coming, I adjusted my insulin dosage to the elevated carbs just slightly from the veggies and meat needing 4 units to 5 or 6 on higher carb meals.

However, after weeks of having more carbs, somewhere around 200 grams a day now, I seem to need less and less insulin. First question, is there a possibility that Creatine has some positive effects on insulin or resistance? What about the hormonal response/adaptation differences for a diabetic post-workout after cross fit or strength training? Is it possible that despite being diabetic, I do better on more carbs rather than doing closer to a ketogenic diet. Thanks guys for all the information you’ve provided.”

Robb Wolf:

Wow! So ah, Creatine. I haven’t read anything on Creatine being a insulin sensitizer per se but I mean it does.. It’s co-transported into the cell with glucose so I don’t know if that would act as a potentiator with that. I don’t know. It’s kinda mild ENT inflammatory effect in whenever we reduce inflammation then we tend to improve insulin sensitivity.

That’s interesting historically, I’ve seen problems with cross fits type of work outs with type one diabetics because they tend to get a rebound hyper insulin situation or a hyper glucose situation the stress of the workout drops blood glucose initially. The liver responds via the release of cortisol and epinephrine from the adrenals, the liver starts pumping out glucose and normally our own pancreas will dose a little bit of insulin to keep up within the normal parameters but in the type 1 diabetic, that just doesn’t happen and you can get some very very high blood glucose levels without consuming any carbs just from the effect of the work out.

So that's where the articles I've been written on this, I've recommend that you map what type of workout you're doing. See what type of response you get and then you can figure out things from there. It's not surprising that more consistent carbohydrate intake may work better for you.

I know there's some folks that Scotty Hagnes wrote his piece on the higher carb paleo diet like he'd eaten quite low carb for a long time and I think for him the more consistent carb intake actually improves insulin sensitivity across the board and he was able to tolerate that and he did well and so I think that that's probably the situation you're getting. I guess with the type 1 diabetic, looking at A1Cs, looking at some other markers of systemic inflammation

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And then figuring out like what's your best route towards using the least amount of insulin and that formula I think is what's gonna keep you healthy and lean and good performance across the board.

It's interesting stuff. Definitely glad you've shared that. It's a little counter intuitive but not surprising within the normal spectrum of the population. It shouldn't be surprising that you'd see somebody respond this way.

Greg Everett:

Alright. Using the microwave.

Megan says, " Hi Greg and Rob, I was interested in your thoughts on using the microwave to reheat or heat food in general. I love steam veggies but sometimes I don't have the patience or time to use stove top. I've bought zip lock steam bags and used them to make almonds and veggies because it's easy to add spices in veggies and mix it all up. The bags are supposedly BBA free and don't "leak" on the food.

Even Dr. Weil approved them and have numerous studies proving that they're safe so what are your thoughts on using these steam bags reheating things in the microwave in general? I also occasionally make egg bakes and muffin tins and I want to reheat them in the morning. Easiest way equals to microwave. Thanks!"

Robb Wolf:

I am completely pro-microwave. It's funny. Something popped up in a Joe Rogan twitter feed where I mentioned the microwave and some of Joe's followers are really really out there and the guys were like, "You're great Robb! But you don't understand the microwave is gonna change the

properties of water. If you microwave a water for a month and poured on your plants, they'll die."

[Cross-talk]

It's just so funny and I told the guy, I'll pay you \$10 000 if you can show me, if you can design a study that one container of water has not been microwaved, the other container of water has been microwaved, I'll pay you a ten grand. I'll pay you a hundred grand if other than temperature differences. Let's say one gets microwaved, one does not. Both are left in room for eight hours to reach temperatures equilibrium.

Design me the study that will definitively show which one had been microwaved. It's impossible because all you're doing is you're sending electromagnetic radiation through the water. Microwaves happen to be of a particular wavelength, the water molecules absorb that radiation, starts spinning faster and that's what heat is. It's kinetic energy of molecules so that's the way that you heat chip with a microwave.

Greg Everett: Boom Science!

Robb Wolf: Very efficient seriously.

So that's side I see no problems with using a microwave. I really don't like doing sweet potatoes entirely in the microwave because I don't feel like they cook as tastily but I will start them in the microwave. I'll give them a six minute goose in the microwave to get them hot. Throw them in the oven and then I get that whole caramelization going on with the longer slower heating so I use them pretty frequently.

As to the plastic bags, I gotta say cooking food in plastic causes me some amount of pucker factor like I wouldn't want to check out some of the studies. I apologize I have not looked extensively at this. A very very simple study would be to take say, some coconut oil heat it up very very hot in this, one of these bags, pull out the coconut oil. Pump that through a GC-MS Gas chromatograph mass spectrometer and see what you find.

Greg Everett: Totally simple. I have one of those in my office.

[Cross-talk]

Robb Wolf: I used to have one of those in my office. I wish I still did it at times but that would be a very simple study and here's where the benefit would be.

The main things that are gonna come out from plastic that I would be nervous about would be lipid soluble. So that would be perfect for extracting something with the coconut oil. The coconut oil is a very known quantity. You've got monolauric acid. You've got glyceride backbone so you should have a very easy to standardize-

You throw some non-exposed coconut oil and their standard has some other standards that represent the glycerol and the monolauric acid and the other couple of fatty acids that are typically found in coconut. And then if you find anything else, it's gonna be pretty easy to isolate it and attribute it to exposure from the bag. Doing stuff like eggs and baking and chicken and stuff like that seems kinda not smart to me.

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Because it's a mixed food and it's gonna be much more difficult to figure out if there was some sort of a chemical extraction that occurred. So I do like coconut oil heated up real hot, pump it through GC-MS, see if anything came out. If nothing came out of the bag, then I guess they're good to go.

But I have to say from an organic chemist's perspective looking at that, just knowing about plastics, plasticizers and all the rest of it, it gives me a little pucker like I know that there are some Pyrex tissue that you can cook things in and I know they're not quite a snazzy coz you get some sticking and stuff like that but I might look into that type of things so but again at the end of the day maybe it's totally fine. I mean Andrew Weil tells folks that smoking little spiffle now is good for you so I mean he's very avant garde these days so there you go.

Still has crazy beard though.

Greg Everett: Indeed. You can get always with a lot more if you've got a crazy beard.

Robb Wolf: And a Harvard Degree.

Greg Everett: Never heard of it. We were busy studying away at Chico City.

Robb Wolf: California State University. Chico.

Greg Everett: Playboy party school of the year.

Robb Wolf: 1987

Greg Everett: Right.

Robb Wolf: Anything else for this 3rd year podcast? Should we just tell folks that this will pass on anytime.

Greg Everett: Yes, I think we should.

Robb Wolf: Well, thanks for listeners. Thanks for everybody hanging in there with us. Hopefully this is valuable. If it's a waste of time let us know and we'll quit doing this.

Greg Everett: If it's a waste of time, just don't listen. There you go

Robb Wolf: Anything else, any parting thoughts, shots?

Greg Everett: No. Just thank you again all you guys for listening. I haven't been here the whole three years but it sure feels like it but as we bitch and we moan it about here I think we really both love doing it and we really appreciate you guys sticking around and being so kind to us.

Robb Wolf: Indeed. Even when we piss you guys off.

Greg Everett: But you know what, that's part of the package.

Robb Wolf: True. It's like any healthy relationship. There's dynamic tension.

Alright. Thanks for putting up with me in my wacky travel schedule. Thanks for accommodating this.

Greg Everett: My pleasure as always.

Robb Wolf: Okay dude, we'll talk to you soon.

Greg Everett: Okay. See you later.

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