

Paleo Solution - 165

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Robb Wolf: Hey folks Robb Wolf and Greg Everett and we really are in the house today. 165 of the Paleo Solution podcast. I am at Catalyst Athletics. It's clearly the end of the world. Dude what's going on?

Greg Everett: Not much. Psyched that we don't have to deal with Skype today for once.

Robb Wolf: Seriously.

Greg Everett: That's usually the hardest part. We won't pick on Skype in particular. I don't want to beat up on those guys but the internet in general.

Robb Wolf: True.

Greg Everett: It's unreliable and non trustworthy. It's kind of like a stripper but more useful.

Robb Wolf: I don't pay anything for strippers. So yeah.

Greg Everett: It's the best kind.

Robb Wolf: Yeah I'm falling over down here.

Greg Everett: Oh boy. I didn't think that one through. It's okay.

Robb Wolf: So what's going on man?

Greg Everett: I've been working all week on two of my three current top secret projects.

Robb Wolf: Nice.

Greg Everett: I'm psyched.

Robb Wolf: Greg shared them.

Greg Everett: We've got some good momentum going on that and I'm looking forward. Two of them will be rolling out early to mid way through

the year. The last one is going to be towards the end of the year but it's going to be good stuff.

Robb Wolf: Sweet.

Greg Everett: Definitely a number of things that people would've been begging us to do for a long time. So I'm excited.

Robb Wolf: Dude begging and secret projects. I like it.

Greg Everett: Yeah. What's happening over Reno?

Robb Wolf: Ah snow, cold but no taxes and easy access to brothels.

Greg Everett: What else is there to complain about then? You can always put on a sweat shirt.

Robb Wolf: My buddy Kirk Arsley which we'll meet him pretty soon at some point on the podcast at least. He started listening to all the podcast and when he got to I think it was the first one when we were in Reno and you're like so what's going on? I'm like oh the place is on fire and you were like "How does gravel burn?" It's too fit. How does gravel burn into general conversation about six times whenever I'm hanging out with him.

Greg Everett: That's an important question. Those are the kinds of things that keep the world spinning.

Robb Wolf: Truly.

Greg Everett: All right.

Robb Wolf: So we've got sponsors. We're videotaping this thing too. So Greg may actually put this thing on the internet. We'll see if it'll work out. We'll decide from there but there maybe video accompanying this which is kind of cool. Evolve foods. I've got a handful of jerky here. You want a piece?

Greg Everett: I'm good for now.

Robb Wolf: Go to evolve foods. Buy some chow. The affiliate software is still broken so I'm still not making any money off of that but then we have frontdeskhq.com which is a small service based businesses is who they're trying to service there. If you've got a crossfit gym,

any type of a service based entity. It's for you. You can schedule appointments, take payments, do payroll. It's super snazzy. Frontdeskhq.com.

Greg Everett: Perfect. Awesome and I just put a note in there for my self to make sure I put a link in there. I'm sure there's a banner on there but people don't like searching around for these sorts of things. When they hear them they want to click on them instantly.

Robb Wolf: True.

Greg Everett: All right you ready?

Robb Wolf: Yeah. Squatchy pick really collected...

[Cross-talk]

Greg Everett: This is like the flea market collection of questions right here. You're just not really sure why they're there, how they got there but it's pretty incredible and I had to pass on the jerky because my jaw is going to get tired just from reading some of these fancy words here.

Robb Wolf: I'm sure I'll be spitting jerky on my laptop here soon.

Greg Everett: Should be fine. All right steam rooms. Troy says "Hey Robb and Greg I love the podcast. It has changed my health in a lot of ways. My question is do see risks to 14 plus minute wet steam room sessions after a work out. The sauna at my gym gets really hot in there I usually a handful of people that cycle in and out in the time that I am in.

"I use this time to work on my breathing and always assume staying in that long flushed out extra toxins. After I always lick some pink crystal salt, take magnesium and drink extra water along with my post workout eating routine. Any thoughts on saunas?"

Robb Wolf: I'm just curious what's the pink crystal salt? Eat other faces or something.

Greg Everett: He sounds like he's replenishing his spent electrolytes. It just seems likes a really creepy way to do it.

Robb Wolf: It's like the pink Himalayan sea salt.

Greg Everett: There you go.

Robb Wolf: Which I have a theory on that. They find Himalayan Buddhist monks who have some sort of urinary tract infection.

Greg Everett: Have them piss at the snow?

Robb Wolf: Piss in the snow, they concentrate it, let the water evaporate out and what you're left with is the residue which is going to be sodium containing products and whatever pink gelatinous stuff gets in your hooaha from urinary tract infection.

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Greg Everett: It makes perfect sense. It's a really good low cost of goods sort of product.

Robb Wolf: Totally.

Greg Everett: And it's very local and sustainable.

Robb Wolf: Exactly. Unless we run out of monks with urinary tract infections. That doesn't really answer the question about steam rooms.

Greg Everett: Not at all.

Robb Wolf: I think you can overdo a steam room or a Jacuzzi so 14 minutes is probably okay but if it's like 108 degrees or something it could be a little much. I know that I can get knackered after being in a hot tub, sauna, kind of gig for too long. I think doing some contrast hydrotherapy isn't bad but I don't know. What do you think?

Greg Everett: Yeah. I can't stand to be in a sauna or steam room for 14 plus minutes. I can stand a couple of minutes and then I've got to get out. Like you said the contrast is awesome. Being able to get out of that and going through a cold pool. I've mentioned it before on here. There's a place locally called Watercourse Way which you can rent rooms. Most of them have a cold plunge, a hot tub and then either a dry sauna or a steam room which is awesome because it's like \$20 for an hour. You can go in there and do the cycle.

Robb Wolf: Is this anywhere near the red light district?

Greg Everett: It's not. It's funny you say that because each room has also a small bed.

Robb Wolf: Perfect.

Greg Everett: Although it looks uncomfortable and not good for sleeping. So I'm always careful when touching that part of the room but point being I don't know that the benefits you're going to get from a steam room or a sauna are going to increase beyond that kind of time threshold. In other words doing a couple cycles of 3 to 5 minutes are you going to get something more out of it going 14 plus minutes or you're just going to feel like shit and be really dehydrated?

Robb Wolf: I would probably go with that one.

Greg Everett: I don't know and feel compelled to lick pink salt.

Robb Wolf: Pink salt, and go eat bum's faces, yeah

Greg Everett: I mean definitely unless you're cutting weight obviously it's probably a great idea to drink some water afterwards, make sure it actually has electrolytes in there. I guess I would say that if it makes you feel good and you enjoy it then I don't really see a problem. Your brain's going to melt. As long as you're rehydrating I don't see a problem.

Robb Wolf: I don't know what to add other than I guess the poison's in the dose. So you can definitely over do it.

Greg Everett: Actually you know what? One point I would make is that this is a point that Bob Takano actually wrote about in the restoration section of his new book and he goes in a lot of detail about restoration methods and one of the things he mentioned that I had never really thought about that clearly was that you adapt to restorative methods in the similar way that you adapt to training methods.

So he's basically is saying the effectiveness of a certain modality is reduced over time with really consistent exposure, frequent exposure. So Troy you may find that you do well doing saunas a

couple days then maybe trying hot tub, maybe trying cold plunge or contrast or trying to mix it up a little bit.

Robb Wolf: That makes sense.

Greg Everett: And if you give that a try let us know how it feels.

Robb Wolf: And if you bring chicks definitely let us know.

Greg Everett: If you bring the pinks salt make sure you let us know which side you lick so we can avoid it. All right silver gone bad. Sam says "Hey Robb and Greg. Thanks for taking the time to read my question although I hope that it's just a quick one. Not that I don't enjoy Robb's whirl winded answers."

I'm not sure how to interpret that. You'll all see how it's spelled here in a minute. "I've been flirting with the paleo diet for a few months with full fat milk during training and the occasional blow out from the milk as the only diversions of my otherwise paleo paved road. My girl friend is the same other than increased carb intake after exercise."

"She performs mostly cardio and is tinkering with resistance training with me being the reverse although tinkering with cardio would be an overstatement. I lift heavy things as much as possible. Anyway to the question."

Just as a side note when you say you hope it's a quick question if you ever have to write anyway to the question that's a pretty good indicator it's not a quick question.

"My girl friend's silver ring has turned black within about a week of being almost paleo whereas mine hasn't changed at all. Is this a good sign because I have read that it could be a sign of increased fat oxidation? However I've also heard that it can mean the sweat is turning more acidic. Does this mean the body is turning more alkaline as a result of sweating excess toxins?"

Wow another toxic question.

Robb Wolf: Yeah. What's up with the toxin deal?

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Greg Everett: "Could this simply be due to the increased need for carbs with her training? By answering this question you could potentially negate the need for me to begin cardio while seeing if my silver ring does in fact turn black. Please help. Any answers you can give will be much appreciated."

"Oh and please shut out to the Isle of Man if you can. I know at least one of your six listeners come from here. Keep up the good work?"

Robb Wolf: Where's the Isle of Man? It's like British Isles.

Greg Everett: It's probably next to the Isle of Lady at a guess. I don't know.

Robb Wolf: It can be.

Greg Everett: I have no idea. I think maybe the problem is that it's not real silver.

Robb Wolf: Yeah. That could be one of them. One of them's legit, one of them's not.

Greg Everett: She's lying.

Robb Wolf: So silver definitely oxidizes pretty easily. I guess you would almost say semi precious compared to gold or something like that. Gold is a bugger to oxidize. You need to expose it to some pretty gnarly acidic environments to really get it to dissociate and it's hard to do amalgams or what's the multiple metals together?

Greg Everett: Alloys.

Robb Wolf: Alloys. Hard to do an alloy. So it tends not to rust or patina whereas silver does and so when you think about all the other factors like washing your hands, there are so many other factors besides diet that could dramatically influence the oxidative stress that the silver could be exposed to that would be really really suspect that it's dietary features that are the cause here. A different type of soap that she's using or something like that could be everything that's causing the problem.

Greg Everett: Interesting. Maybe she's cleaning the house with Clorox Wipes and super oxidizers. Okay. Well good luck to you in the Isle of Man.

Robb Wolf: Yeah. Seriously and hopefully your brains don't completely dissolve.

Greg Everett: It sounds sort of like the name of a slightly dodgy gentleman's club.

Robb Wolf: It's true. It actually wouldn't be a bad name.

Greg Everett: Although that could be open to misinterpretation.

Robb Wolf: That's true. Yes. Like the Silver Fox down in Long Beach or so I've heard.

Greg Everett: Not familiar with that one. What was that in the Police Academy? The Blue Oyster?

Robb Wolf: Yep. Yep.

Greg Everett: Okay. Boosting testosterone and this gal or guy gave me a test with the name. Donnacha Ni Bheolain says...

Robb Wolf: That's pretty good. I like it. I'm impressed.

Greg Everett: And it sounds just a little bit like nachos and bromaline.

"Okay. Hey guys. I started listening to the paleo solution a couple of years ago and I've been ramming the paleo dogma down the throats of all the non believers since then. Only joking."

Thank God.

"But my mate Garry counts calories and he's still fat so I like giving him some shit. My question: You've mentioned before that looking at certain foods can lead to hormonal responses similar to those that we would expect if the food had actually been eaten the "food porn effect" if you like."

"My question is this. Is there a porn effect? Will looking at boobs before I work out increase my testosterone? If so how long do I need to look at porn before I work out? Should I space it out evenly during the week? Most importantly what sites do you recommend?"

“Okay. The last question was a joke but seriously is there any merit to this idea? Cheers. PS Looking forward to hearing you pronounce my name. I hope you enjoyed it.”

Robb Wolf: I think he did a good job on the pronunciation. So there's some pretty good literature that seems to indicate that looking at good looking chicks for dudes if you roll that way and if you are into dudes and you look at good looking guys either way it will raise your testosterone level and then the flipside of this interestingly they started looking at females and if they're looking at someone attractive it raises their testosterone levels and increases dopamine levels and all that sort of stuff.

As to a dose response I don't know really know that I would actually venture a guess that probably a Bob Takano approach to this. You might want to be into....

Greg Everett: Periodize it a bit.

Robb Wolf: Pig tails and big boobs one day, kind of some badonk tadonk Brazilian type stuff another day and then you let something kinky on the third day and then like the fourth day you just take off so that you don't totally down regulate that whole thing.

Greg Everett: That sounds like a fantastic plan and also I have to mention that it turns out and I found this out through a little searching of my own, was sent to me, that our Olympic lift progression posters are in the background of a porn.

Robb Wolf: Yes.

Greg Everett: I mean that's the moment that I really knew I had made it as a coach. It's why I just transcended the market. I got my fingers everywhere so to speak.

Robb Wolf: Well fingers at the very least, yes. Should we put just a show note to that?

Greg Everett: We might if you guys are lucky. We might post a note to that.

Robb Wolf: If you guys really want then we'll ping you a link to the... It was also a porn shot in a former crossfit gym. I think they deaffiliated but they clearly some of their box...

[Cross-talk]

Greg Everett: Seems that should earn you your affiliation back.

Robb Wolf: Heck. Yeah. But you can see their logo clearly on their box jumps and stuff like that. I don't know if that was a clandestine marketing ploy or what is? But have you seen any jump in poster sales after this thing has been around?

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Greg Everett: No. I have not which I'm glad because it could be just an indication of needing to replace dirty posters. My poster set is sticking together what do I do?

Robb Wolf: They're all laminated though.

Greg Everett: They are.

Robb Wolf: You should get some mileage out of that.

Greg Everett: Man. Okay. That was awkward. Let's see here. Pine pollen powder and B pollen. Wow that was almost an alliteration.

Elliot says "Robb. I was wondering your thoughts on pine pollen powder as a supplement to both keep testosterone levels at bay?"

Why would you want to do that?

"As a performance booster for endurance athlete and for health in general. Also if you have any thoughts on B pollen on the same topics I would greatly appreciate it."

Robb Wolf: So I dug and dug and dug and there's like a 1970s pub med reference that seems to indicate that you do actually find some testosterone and testosterone-like derivatives in pine pollen. The question for me is whether or not any of that stuff...

[Cross-talk]

Greg Everett: How many whole pine trees do you actually have to consume before it -

[Cross-talk]

Robb Wolf: Right. Yeah. I mean it is there. It's interesting. I always ask question like there are tons of phytoestrogens out in the world like soy's phytoestrogen, hop's phytoestrogens and all that and I was like where is the where is the phytotestosterone and so apparently this is where it's at but I don't know to what degree you're going to get a benefit out of this stuff.

Even in the soy it tends to work more as a competitive inhibitor and the biggest benefit that we see is actually in females who have too much estrogen or estrogen dominant the phytoestrogens are weak estrogen binders and so they actually block the action of estrogen. So I couldn't figure out if this thing was a direct identical analogue human testosterone and most of the time when people are administering testosterone whether it's an oral or an injectable it needs to be in some sort of a salt form ultimately. It needs to be in some sort of a deliverable package otherwise you're not going to absorb it.

So it does seem to have some in it, doesn't actually do anything. I don't know. Are you getting a therapeutic dose? Would you be better going to Gold's Gym and finding Vinny and just getting some Dianabol or something? I don't know.

Greg Everett: Yeah. It seems to me if you can get a truly anabolic dose out of that thing it'd be getting used.

Robb Wolf: We'd be cutting down pine forest by then. Okay and then B pollen, B pollen's been in the alternative medicine scene for ages. It's got some interesting nutrient characteristics but I would probably go more with steak and nachos before B pollen is my go to supplement.

Greg Everett: How about steak with a B pollen glaze on a pine needle salad?

Robb Wolf: That could work with some porn playing in the background.

Greg Everett: Oh boy. Okay. Trev says...

Robb Wolf: Well shifting gears. Really.

Greg Everett: Well not entirely. We're talking about pregnancy.

Robb Wolf: I guess so.

Greg Everett: All right. Trev says “Hey there. I’ll keep this short and to the point. My partner and I are expecting Twins.”

And twins is capitalized so I assume he’s talking about the movie with Danny De Vito and Arnold Schwarzenegger.

Robb Wolf: Perfect.

Greg Everett: Great movie.

“We are curious what your thoughts are placenta encapsulation and the potential nutritional benefits for the mother. After backspacing out multiple attempts at comic relief, I’ve decided to simply leave it at that. Thanks, love the podcast.”

Sometimes brevity is what the humor is.

Robb Wolf: It really is. So we just had a baby 8 months ago. My wife...

Greg Everett: Not the two of us.

Robb Wolf: No. Not the two of us. No. Any love child between Greg and I we’ll keep that on the down low as long as we can.

Greg Everett: It’d be incredibly smart and skinny.

Robb Wolf: Yes. Yes. Sarcophenic to meet the band for sure. So Nikki’s a hippie. Greg knows her as a hippie. He remembers her from her even more hippie days and now...

Greg Everett: She’s gotten better. She said “He turned me into a newt.” “You got better.”

Robb Wolf: So Nikki was kind of looking around at the whole placental encapsulation kind of gig and if you’re some critter living out in the wild roaming wilderness and nutrients are scarce I guess I could make an argument for you have the baby, you fry up the placenta, go to town. Oh what they do with this stuff is they actually freeze dry it and put them into capsules and this whole deal.

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Robb Wolf: But we have Whole Foods and Trader Joes and Chops and shit like that and I just don't know that I really see a huge need for this. There are some people that will say that the mother actually gets some hormonal benefit out of this. They'll even save the capsules when they go through menopause and stuff like that. It's supposed to help with that.

So there may be some subtle benefit to the back end of all that stuff but I don't see it being probably the thing that you need to do and I'm pretty avant garde and open minded but it's...

Greg Everett: It's fairly extreme.

Robb Wolf: It's a little wacky. I know that it's pretty common in a lot of other cultures but I was raised in Varole Northern California and I'm a hick.

Greg Everett: It's a big step up from drinking your wife's breast milk. That's for sure and that's already bordering on creepy.

Robb Wolf: Right. Yeah. I don't know. The placentophagy seems a little odd. Could be fine. I don't see any real down time. Let's put it that way. I see no potential down side to it other than people possibly hazing.

Greg Everett: Other than you will never live it down. It's not something you can un-eat. Let's put it that way. Have you ever experimented with placentas? A little bit in college?

Okay. Oly lifting options with a fractured vertebra. Oh boy.

Robb Wolf: I'll start chewing a piece of jerky because...

Greg Everett: There you go. This could take a while. I'll chew on this question.

OneSingularPerson says "Alright so I have isthmic spondylolisthesis. Yes the transverse process of my L5 vertebra is just flapping away back there. One too many judo throws my neurosurgeon suggests."

Robb Wolf: Judo throw!

Greg Everett: "I found out I had this unfortunate condition when it ended up causing the discs above and below it to degenerate and the L4-L5 disc to herniate pretty badly, leaving me with some rather rough sciatic pain and muscle problems to put it mildly."

"I do however have this problem to thank for my stumbling onto the Paleo diet, my not so little silver lining, and was able to drop my inflammation from what must have been sky high, what with all of those "healthy" omega-6 oils and whole grains I had been eating for years, to something more reasonable as I was able to go from maxed out on Percocet and Zanaflex to totally without drugs still bedridden in a matter of weeks and did the endgame microdiscectomy entirely without drugs, which drove the nurses in the hospital nuts".

Robb Wolf: Dude you can always take the drugs even if you just pocket them and then send them to Greg and I.

Greg Everett: Exactly just tongue them and sell them later.

Robb Wolf: A little Percocet or whatever yeah.

Greg Everett: "I healed quickly and continued losing fat and gaining muscle, all of which initially started while laying in bed all day. Smiley face. Fast forward to now almost 5 months after the surgery I have been doing pullups, pushups, rows, overhead presses, sliding split squats and just recently assisted pistols."

That's a rifle.

"I have gotten hooked on your podcast and would love to try my hand at Olympic lifting, but am scared shitless of further neurological problems and the "inevitable" disc fusion. Am I better off just sticking to body-weight stuff, or have you guys trained people with this problem before without it causing further issues? If it is safe for me to try do I need to modify anything? Are there things I need extra time to work up to, etc?"

A little back ground here. "Six feet tall, started out 232, 31% body fat now 232 22%-23% body fat." And he asks "Are Tanita scales calibrated for seasonal affective disorder or something?" I'm not sure if I followed that one.

Robb Wolf: I think standard American diet and yeah the Tanita scales are definitely calibrated for the fatties. If you're lean and all it doesn't really...

Greg Everett: It still tells you your 25% body fat?

Robb Wolf: Exactly. Yeah.

Greg Everett: "And paying attention to how I look rather than the scale because it hasn't moved in a long time, but I look better every day in the mirror. Oh, and we all know you guys know you're awesome, so I want one episode where instead of self-deprecation you boast incessantly the entire podcast. Remember it isn't arrogance if you really are that great. Thanks a ton."

We'll consider that.

Robb Wolf: We'll start in 200.

Greg Everett: There you go. We made it to 200 now we're going to talk shit.

Robb Wolf: So I've done a little bit of training with somebody who had an L4-L5 disc fusion, actually two people that I could think of. One guy was in his 70s and so anything approximating an Olympic lift would just like... We did some ball slams. We did some med ball throws and stuff like that but there was no reason to even go down that route.

The other guy was 35, 40 high level skier at one time and then tight hamstrings, tight hip flexors ended up having the L4- L5 disc problems ended up with fusion. We did some dumbbell variants of power cleans and maybe power snatch but that was it and lunging, front squats seemed easier on him, the back squats, dead lifts off a blocks and that was about it on that too. It could have been overly conservative but when people have gone that far down the road like they've been opened up and had their spine just dangling the breeze it sounds like what this guy's doing...

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If you're doing some air squats, some walking lunges, loaded lunges, jumping up on a box and stepping down, doing pull ups, doing hand stand push ups you could be really fit and do a lot of cool shit without subjecting your self to some potential problems

but you've got way more experience on the lifts. What are your thoughts on that?

Greg Everett: I would agree with you. I tend to be fairly conservative with that stuff and I would say that in his condition I don't really see a benefit to the lifts that's going to out weigh the huge potential risks.

Robb Wolf: Right.

Greg Everett: He's never going to become a competitive weight lifter and be snatching and clean jerking big weights no matter what just considering his background so that leaves you with doing very light, probably modified lifts, probably hang power variants and so if it's a matter of wanting to find something new to spend time on, invest some time in learning this sort of skill then I could see that.

If you want to make it more of a skill-oriented thing, learn how to hang power snatch and hang power clean and power jerk an empty barbell really well that's one thing and may be a tiny bit of weight but I just don't see a good reason to push it beyond that. Like you said I think a little bit more controlled strength work and really focusing obviously on trunk stabilization and rather kind of dynamic trunk movement is probably a pretty good idea. I have never coached anyone in this condition and I wouldn't.

Robb Wolf: Aimee had a vertebral fracture right?

Greg Everett: She had a fracture L5 I believe but that's a little different. That's something that you could heal up. There wasn't any real serious displacement of the spinal components so there wasn't any neurological damage. She certainly didn't have to have surgery although depending on who you talk to they wanted to but that's true for mild abrasions these days.

So yeah I think her case was quite different and then in this case... Put it this way. If this guy came into my gym and said he wanted me to coach Olympic lifts I would talk him out of it. I just don't see a purpose. I would say if you want to learn the lifts with a bar start with a PVC pipe, get the mobility and have fun like I said kind of a skill learning sort of process then ride on but to use it as an actual strength or power training modality I don't see that being a great idea.

Robb Wolf: Cool.

Greg Everett: Maybe I'm just a weak performer.

Robb Wolf: That's what I've heard. I mean John has no squat all the rest of it so.

Greg Everett: All right. Oxalates and seizures - Sean says "Have you heard of the role oxalates have on seizure thresholds? Someone brought it to my attention that foods high in oxalates can lower the seizure threshold, but after a little bit of digging, it looks like that's because oxalates bind to magnesium preventing proper absorption. Since magnesium can increase the seizure threshold, I figure that this is why. Have you heard of this?"

Robb Wolf: I had not really heard of this in epilepsy forums. What am I trying to say here? If you dig around on Pub Med there's not a lot. There's not a lot of randomized control trial stuff that you can find on this really. I couldn't find much of anything but if you dig around on the epilepsy forums it's kind of similar like gluten free diets being helpful for GERD or for autoimmune diseases and stuff like that like.

Anecdotally there's a lot of evidence for that stuff. Anecdotally there seems to be a pretty consistent observation that a low oxalate diet seems to help with the whole epileptic seizure threshold. Obviously ketogenic diets are helpful in that whole thing too. So the fact that oxalates bind the calcium and magnesium and cause some precipitation issues with that that makes sense. Beyond that the only other things that I was finding was ethylene glycol poisoning and that causing some oxalate precipitation in the kidneys and some problems with all that jive which is going kind of...

Greg Everett: So don't drink the antifreeze

Robb Wolf: Don't drink the antifreeze. I mean it looks good currently it taste good but I wouldn't recommend doing it. That's basically what they use in the Reanimator movie. It's got to be like antifreeze, the green glowing stuff.

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Robb Wolf: So I think Shawn you're probably as close to a mechanism here as what I could track down is potentially sequestering magnesium although oxalates tend to bind up calcium more so than magnesium so that's kind of interesting to just have a greater affinity for calcium and magnesium and then all the mechanisms aside even if we've got the mechanism wrong just in the epilepsy scene they definitely seem to recommended a low oxalate diet. So don't eat too much spinach in that case.

Greg Everett: There you go. Anemic meat lover – how does that happen? Well let's try to find out. Matt says "Greetings wise ones." I kind of feel like people who write that kind of stuff don't really listen to this show.

Robb Wolf: No or they don't get out very often.

Greg Everett: "I am a 42 year old male who has been fortunate to enjoy good health and fitness my whole life. I used to have more of a cardio bias, but, in the past few years, have shifted more to Crossfit Football style workouts, with the occasional hockey game. I dont work out for long duration, and not more than 4 times per week. I get good rest – 8 hours almost every night, despite being a shift worker on a full-time police tactical unit."

"I eat both eggs and meat, including wild game and grass-fed beef, in generous proportions. I eat a bit of yogurt and cheese, and a few grains, like rice and corn, on occasion. I have avoided wheat, barley and rye (except the distilled kind – I am Canadian!) for several years, and have seen an improvement in digestion and sense of well-being. I supplement with high quality fish oil, 5-10 ml per day (1200-2400mg EPA/DHA combined), and I have added vitamin D (1000-2000 IU) a few times per week, when I cant get sun."

"A medical in April showed my hemoglobin at 130 g/L. Another follow-up a few weeks later was 127. My doctor suggested I stop donating blood (which I have done every 8 weeks for several years) and ordered a fecal occult blood test. That was neg."

Fecal occult sounds like some kind of religious sect that worships poo.

Robb Wolf: It could be out there.

Greg Everett: Why is your doctor ordering that?

“I looked back at results from 2 years ago and I was at 137. Low, but nobody mentioned it because the ‘healthy’ range is 135-180. I followed up again in October, and I am still at 130 g/L. My doctor has offered no dietary suggestions, and has referred me for a colonoscopy. As much as I am looking forward to that procedure, I’d sure like your thoughts on any other possible causes besides blood loss.”

“If nothing else at least I can listen to Robb laughing at his own poop jokes while I get violated by several feet of medical apparatus. Rock on, and keep up the pseudoscience shenanigans.”

It’s a good point.

Robb Wolf: If the nurse is good looking though... I don't know.

Greg Everett: Oh man. It’s uncomfortable.

Robb Wolf: Yeah it’s uncomfortable no matter how you cut that. So a couple of thoughts. There are some things like chocolate, coffee, green tea, a couple of other things - if they’re rick in phenolics, these large heterocyclic carbon structures these things can block the absorption of iron. Different things like vitamin C can enhance the absorption of iron.

So one thing that you can do if you really do want to pull your iron up a little bit is just supplement with some vitamin C. Take an emergency with an iron containing meal like steak or something like that. That said it’s interesting. Most people because we’re not parasitically infected and getting wounds and stuff like that particularly men tend to have too much iron. Greg wrote a piece on this for the Performance Menu A Better Way to Bleed or something like that.

Greg Everett: That was a long long time ago. It was years ago.

Robb Wolf: Yeah Dr. Reeds in a Protein Power Life Plan talked about the need to mitigate iron over load. It’s really important for oxidative stress, really really important for insulin sensitivity. Anthony Colpo talks about donating blood and reducing iron levels and that improving his insulin sensitivity a whole bunch.

So the fact that you're just kind of on the low end I don't know that I would really... I guess definitely look into why it's not different if you want to but I don't know that I would do a whole trying to fix that. If it limits your ability to donate blood that may be kind of sucks a little bit. So if you do want to increase iron absorption again take some vitamin C.

I think there's just a really broad spectrum of what is moved from one person to another as far as what iron status will make you run well and then also there's going to be a spectrum on like the whole uptake mechanisms to pull nutrients into the body and you may just be on the kind low end of that spectrum. Familial hemochromatosis people tend to store iron in the tissues and this is thought to be kind of the evolutionary selective process trying to sequester iron out of the system to prevent it being accessible for bacteria.

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So when people get sick their iron levels will drop, different B vitamin levels will drop and this is trying to limit substrate from the bacteria or the parasite or whatever from being available and being able to propagate. There were some work by UNICEF or something like that in Africa and they would go around check people's iron status and people will chill low and they would dose them with iron and the people would die and it was because they had parasites and stuff like that.

So you could be on the lower end of the iron scale just as kind of a genetic distribution of somebody who's probably less likely to have some sort of infectious state get worse. So I'm guessing completely on that but just within the normal genetic pool you could expect stuff like that.

Greg Everett: So in other words don't freak out too much about it unless you really want to donate blood every 8 weeks.

Robb Wolf: Yeah because you're just right on the edge of the low and the fact that he is donating blood consistently and then when he stopped donating blood it started creeping back up. That seems pretty reasonable.

Greg Everett: Cool. All right. Well let's wrap it up talking about vitamin D.

Robb Wolf: Sweet.

Greg Everett: Jeremy says “Lots of talk on vitamin D lately. Even in previous podcast people mentioning their supplementation of D, however their levels remain low. I recently read this in one of Charles Poliquin blog topics.

And the following is a quote. “For some physiological reason yet to be fully explained by science, a large bolus dose twice a week seems to work better than the same dose divided over 7 days. A bolus dose is one that is prescribed to raise a blood compound such as vitamin D to an effective, therapeutic level. In other words, 35,000 IUs twice a week works better than 5,000 IUs every day for 7 days.”

And we have a link there. What are your thoughts on a bolus dose, and why that might be more replenishing then the alternative.

Robb Wolf: I know I’ve bumped into other practitioners like this guy, Dr. Kirk Parsley, they have noticed that the bolus dose seems to work better. I don't have a clue why. Vitamin D in fat soluble drop form should theoretically be pretty easily absorbed but we do seem to see better changes in tissue or serum concentration of vitamin D. I wouldn't even know where to speculate with the mechanism is there because there's not really a transport molecule involved with the absorption. I don't know. I don't know.

But with all that stuff said I'm working on probably a multi part blog piece talking about depending on your heritage like Northern Europeans probably need lower vitamin D levels to be healthy and to show no pathology and not have any potential downside from high Vitamin D relative to somebody who's like Mediterranean relative to somebody who was African and so there's some pretty good data coming out.

I've generally recommended reasonably high level of vitamin D and that may not be appropriate for everybody but if you're Northern European you may need a little less. If you're African you may need a little more and I still think getting it from the sun is easily the best way to go.

Greg Everett: Well of course. All right. That's it. Anything else I need to mention. That was super fast.

Robb Wolf: So you've got some secret projects. We can't talk about those yet. We're going to have Eva T on the show at some point. We'll...

Greg Everett: Of the Polish quotient of the podcast.

Robb Wolf: Probably going to have Mark Sison on soon. I think that's about it.

Greg Everett: Cool. So let's see here. We got Bob Takano's book out which is available print, Kindle and PDF. We're so thoughtful.

Robb Wolf: Sweet.

Greg Everett: My Olympic Weight Lifting for Sports book is available on PDF and Kindle now. My Weight Lifting DVD is now available as a download.

Robb Wolf: That's right.

Greg Everett: For all those non US folks who don't want to pay an exorbitant shipping and customs cost.

Robb Wolf: Cool.

Greg Everett: They can enjoy it too and we got frontdeskhq.com. Well check it out and go buy some jerky.

Robb Wolf: Seriously.

Greg Everett: Evolve Foods but you've got to pay full price right now.

Robb Wolf: Right now. There's no breaks because he fell...

Greg Everett: But it's worth every penny.

Robb Wolf: Exactly.

Greg Everett: All right. That's it.

Robb Wolf: Sweet.

Greg Everett: Done. See you guys.

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