

Paleo Solution - 172

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Robb: Hey, its episode 172 of the PaleoSolution podcast. This is Rob Wolf, possibly Greg Everett on the other side of this thing. I don't know what the hell is going on with my computer. It's maybe eight month old like Mac tower gig and goddamn thing it's so slow right now I can just smash it. So Greg what's going on with you man.

Greg: I'm just crossing my fingers my computer doesn't blow up.

Robb: Well if it does we'll just bury this thing and we'll be done. It's like sorry we're on 171 episode we're out. We're all good. So thanks for flying solo last week. I wasn't that sick but I had this cough and voice that sounded like Debra Winger after like a six-week, six-pack a day smoking binge. It would have been a disastrous deal with me being on but I'm pretty good now other than the fact that my computer is not really working and stuff. But what's new. What's going on?

Greg: Man, still chipping away at the old movie, working on some couple of other things that I will announce eventually. One of them will be May 1 or slightly sooner. So it's coming up.

Robb: Nice.

Greg: Those more perceptive and observant of you may have already figure out what it is based on a few hints I drop.

Robb: Nice. Nice. Is there any secret toy surprise for the people who get this thing right?

Greg: Not yet but maybe.

Robb: Okay. I would do that.

Greg: Satisfaction.

Robb: Well there you go. A well crafted product. No, that's never enough.

Greg: No. No. No. So what's going on? What's new?

Robb: You know I'm working on a blog post about this but I can mention it on the podcast. I've actually been added to the board of directors of specialty health here in Reno, which is clear indication that they have no idea what they're doing. Just kidding. It's super huge honor so now obviously I've got a financial interest in this whole risk assessment gig.

Up until this point, we've just been just doing a friendly collaborative kind of endeavor but now we're hunkering in and figuring out how to take this thing big time. Pretty interesting I did a Paleo challenge talk for one of the CrossFit gyms here in town. I just kind of throw it out to all the CrossFit gym and kind of functional fitness gym within driving distance of where I live, easy drive like about an hour. I said that I would do a Paleo challenge talk for these folks if they wanted. And this one that I did on Saturday, a woman who is one of the big, big uppy ups at one of the large hospitals here was in attendance and was pretty impressed.

And it looks like we're going to end up doing a presentation to these folks about the risk of assessment program. And it's really interesting stuff. Like I honestly not to over blow over hype this stuff but I have everything that's going in kind of Paleo land and different research and things like that. I think this risk assessment program could be the most important thing going on and kind of alternative medicine or you know what however you want to coach it. Like they have a huge data set of people when we're able to affect some change and biomarkers in folks we can very precisely predict that's going to mean down the road with regards to morbidity and mortality and likelihood and stuff like that and what that would cost a municipality or business or whatever. So we have the nuts and bolts of a really robust kind of corporate health model and we're just getting all the wheels on the wagon for that. So it's really exciting.

Actually part of my days now will be spent going into the clinic and reviewing patient files and actually giving my input into treatment protocols and stuff like that with the MDs and other folks there. So it's pretty and cool. It's a cool gig.

Greg: Whatever corporate sellout. Board member.

Robb: Board member.

Greg: Well that's good. That's good stuff.

Robb: So that's what I've got.

Greg: It's almost you're becoming professionalized.

Robb: It is and part of the thing that I was thinking about with the blog post is if we could actually crack into a large hospital system and we just have them a legit pilot study on this gig, five years after that, you and I will be talking about strength and conditioning and that's about it because the nutrition piece of this will be done. Like the whole hanky, bullshit, high-carb, low-fat, grains whatever. That would be done.

[0:05:00] Like if we can get a big entity to really look at this stuff and do a legitimate side by side comparison and I mean they're already doing a protocol which fucking sucks. Clearly, it doesn't work. It's super expensive. And if they run this kind of evolutionary medicine thing in parallel with it and we get a legitimate look at it the game is done. I thought it was going to be another 15 or 20 year drawn out fight. But as with all this stuff if we can get the market kind of looking at this that's going to drive it. Like the bean counters will make the shit happen tomorrow. Like they'll fire whole hospital staff and replace them with people that will actually do this stuff that way that it needs to be done. So it's pretty exciting. I mean we can't count, our chickens have not hatched yet but it's pretty damn cool. Like I may be farming coconut and being MMA strength and conditioning coach instead of a nutrition guru a lot sooner than what I thought. That would be cool.

Greg: I'd rather farm coca.

Robb: We can do that too. We can do that. All right so sponsors. We've got The Performance Menu, the Journal of Nutrition and Athletic Excellence screaming towards its 100th edition which I'm obligated for a whiz-bang article for that.

Greg: It's got to be at least three paragraphs.

Robb: Easy. Easy. I can do that. That would take me two to three days but no problem there. When people sign up for the Performance Menu they get 12 of the most kick-ass back issues straight out of the gates and everything nutrition, recipes, strength and conditioning, obviously an Olympic lifting orientation. But if you take your training, coaching, if you take yourself seriously, you owe it to yourself to get the performance menu.

Greg: That is true.

Robb: Who else do we have? We have Evolve Foods which that name maybe changing too. That's a whole funny back story. That fucking company is train wreck. Whatever. It's part of my gig. I'm involved with it. So everything I get involved with is a train wreck. So Evolve Foods, got to evolvefoods.com, buy some chow. It's awesome. Who else do we have? We have FrontDeskHQ.com. If you have service based business, you need to grab FrontDeskHQ super snazzy mobile app. You can check people in, run payment, point a sale, retail. I don't know man. You might even be able to cure cancer with the thing. It's a phenomenal little operation. They are in their early release stage right now. As of mid-March they will be full tilt boogie. The full sweet will be released. You guys will love it. We actually have some guitar teachers sign up on this thing and are digging it. So again any type of

service based business you have where you are interfacing with a dog, a human, any type of gig like that you will benefit from FrontDeskHQ.com.

Greg: Cool.

Robb: Sweet. So we're actually doing a podcast now?

Greg: Yeah. Let's do some stuff.

Robb: So your gig last week was good though. That was a solid show. You held down the fort admirably.

Greg: It's very easy to do with a guest like Joe Kenn. He's really good at talking. He has a ton of stuff to say. So pretty much it's more about keeping him on track and in a time limit than anything else.

Robb: That's a lot better than dead air though man. That's a lot of better than dead air.

Greg: It is absolutely. But basically what I'm saying is that a very moderately trained monkey could have done that.

Robb: We fit the bill on that perfectly there.

Greg: Okay. Let's talk about radiation level from flying possibly...

Robb: Indeed.

Greg: To superman. Bob says hey Robb and Greg. Let's skip the knob slobbering. Let's not. And get straight the question. Is radiation from frequent flying something to be concerned about? I'm an airline crew member and just found out about increased radiation levels while flying. Apparently, European airline companies have a max limit they allow their employee to gather annually. No clue how they do it. But we don't have any restrictions or ways to track it I'm seeing a lot of mixed reviews in terms of how much is dangerous and how much a flight may expose you to. Assuming it's a concern, what are some things I can do to combat that besides quitting? I see things like Spirulina and bee pollen being suggested. Any thoughts?

Robb: Yeah. I mean when we remove a significant chunk of the atmosphere that normally protect us from gamma radiation and cosmic rays and X-rays and all that stuff which is generated both by the sun and just by the ambient background universe at all, we do get a reasonably heightened exposure. Gosh, there's not a ton that you can do. Some of the things like...

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Greg: Why don't they just make the crew uniform lead based.

Robb: I was going to say if you wear some lead lining underwear then that's a pretty solid go with that stuff.

Greg: Cause then you don't have to worry about accidental pregnancies.

Robb: And I was going to say also eating the bee pollen and Spirulina you're not going to be shagging any hot stewardess either so some of the perks of the job just kind of fly out the window. One of the things that you can do is to the degree that you can try to stay more in the middle of the plane. So the window seat gets more exposure than say the aisle row. It's kind of one of these recommended things like pregnant women if they have to fly they should sit in the middle of the plane as opposed to the edge it will reduce radiation exposure and stuff like that. You know just everything has some sort of risk associated with it.

We had the guy or was it a gal actually that was doing the lead soldering a while back like they don't even have a legitimate fume hood. It was just like blowing the lead solder back in the ambient environment. So relative to destitution and unemployment I wouldn't put the flight deal as huge huge gig. Maybe look at it as a hormetic stressor that will make you stronger and maybe you turn into the toxic avenger at some point. There's not a ton that you can do. Like remaining in the middle of the plane again and generally eating healthy and eating antioxidant rich foods, not necessarily taking any oxidant specifically because we've seen that the food derivative stuff is much more effective in providing oxidative stress protection.

So those are kind of the gigs you know. It was something that I thought about a lot like when I was on the road like 25 to 30 weeks a year. I guarantee you I was over the European limit on that stuff for quite a while and I tend to just even though I know it's not as good for me I take the window seat because I can avoid probably getting arrested for like throttling someone for constantly driving their hip into my shoulder while I'm trying to sleep sitting on the aisle row. So I don't know. I have very little to offer on this one other than just to enjoy yourself and don't have a bunch of bee pollen and Spirulina in your teeth so you can at least get some snazzy hookups with the better looking stewardesses.

Greg: There you go.

Robb: Stewardae.

Greg: Stewardae. Flight attendants, Robb. Stewardess is outmoded.

Robb: Outmoded, sorry. Sorry. My bad.

Greg: Okay. Chris says hi Robb. I'm looking into Jason Ferruggia's renegade diet. He listed you as a reference which I like but there are no reference studies to back up his book. I suffer from frequent constipation so I like his emphasis on optimizing digestion. But do you think its worthwhile, endeavor to try it out.

Robb: Yeah, I think it's great. It's a solid book. Jason definitely knows his stuff. I mean it's just tweaks and permutation off of this basic kind of Paleo gig and smart supplementation and smart training and everything. I would definitely check it out. I wouldn't have any reservations in recommending that book.

Greg: Cool. Simple enough.

Robb: Is a very short answer.

Greg: Okay. Clean dead-lift versus dead-lift. Michael says thanks for the awesome podcast guys. It has been a valuable education tool for me. My question is about teaching new athletes to do the clean in a CrossFit group class environment and how much I should get into the weeds with the first pull. I've read the second edition of Greg Olympic Weightlifting. It does a great job explaining the difference between the two and why there's a difference. However, the difference was never stressed to me by any previous coach.

Back in 2009 I tried to ask why it was different at my CrossFit level 1 seminar and basically was told it is not. I have started to suspect that it is just gloss over because in a non-weightlifting specific environment it's just too complex and less important than other faults such as pulling early with the arms or not getting the hips fully open etc. It does seem a bit confusing to teach new lifters to do the two lift differently as they already have so much on their plates. At times, I feel it maybe easier just to drill the mid-hang to death and not worry so much about how they get there.

On the other hand, I have what is and in fact blank slates and I don't want to waste the opportunity to teach them correctly. I do wish I was taught correctly and I guess that could be my answer right there. I order Olympic Weightlifting for Sport just before asking this question. I hope maybe I can glean some insights there. Thank you so much. Oh man. Oh man. Okay. There's a couple of things in here that need to be addressed.

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First of all, I would imagine that the reason you were told at your CrossFit level 1 that there is no difference between a clean dead-lift and a dead-lift is because either they have just no idea what a clean dead-lift is or they were just assuming you meant a clean grip dead-lift and they were just assuming that that's kind of what you grip a dead-lift like anyways. So that must be the same thing. Depending on how you dead-lift it may or may not be the same thing. Every dead-lift I do is a clean dead-lift unless it's a snatch grip because I just find that to be the best way to dead-lift.

And I'm a weight lifter so I want everything I do to feed into being better at snatch and clean and jerk. That being said really the only difference is that if I say I want you to dead-lift as much weight as possible basically what I'm saying is I want you to do it in a way that allows you to move as much weight as possible. So for many people that's going to end up in a much higher hip position, shoulders farther with the bar, possibly looking like a soon-to-be crippled question mark whereas a clean dead-lift the whole purpose is to strengthen the posture that we want to use in the clean.

So in other words, we need the posture, we need the movement to as closely as possible mirror what we want to see in the clean and that means essentially vertical arms, shoulders directly over the bar instead of in front of the bar, back set in the arch, all this sort of stuff. Now to me I guess I don't see what's so complicated about that. I really don't. And maybe that's naïve of me because it's just something I'm accustomed to but what is complicated about vertical arm and an arch back. I guess I just don't know where the confusion could possibly arise from. So I think that's a really weak excuse for any coach to say well I don't want to confuse my clients.

The whole reason your clients are paying you is to teach them to do things right. They're not paying you to say well you don't need to do that. If they didn't want to do that, they'd probably just be at Bally or 24 Hour Fitness with the weight selector machine. And I guess honestly we teach all of our clients, fitness clients, to dead-lift like a clean dead-lift because again I feel like that's the best way to do it. It's the safest way to do it. It's going to have the most benefit for kind of general life abilities and protection of the back and what have you. What else was there in here? I guess I already covered all of it.

Robb:

It does seem like the biggies. Yeah. I mean we've gone back and forth on this and it's you know within NorCal and the way that we coach this stuff. And I would agree with Greg. It's always interesting every once in a while you'll see some of these big either Olympic lifters or like a track and field guy that did a lot of Olympic lifting for the development of like throwing or something like that. And they'll do

some sort of demonstration of strength and they'll hold like a triple with 400 kilos or something like that. They're using some straps or whatever but the dude never breaks spinal extension at all.

And the weight typically is moving rather quickly even though it's a big load and stuff like that. It's not off of like a world record Anthony Bolton type pull. It's a 800 versus a 1000 pounds. Obviously, its 200 pounds different but its just damn impressive. And I've always like the kind of orthopedic positioning of the Olympic lifts like to the degree that you can squat in the high bar Olympic lifting kind of position relative to like a lower bar and really driving your hips back and stuff like that. But there's all kinds of variations within that based on anthropometry and everything. But I do like that development element of the dead-lift in that regard. There was other quasi important thing I was thinking about.

You know in developing people I think it is helpful to kind of pick I guess a little bit of a velocity that you're going to use on this thing. Like are you going to be a little bit more of an O-lifting gym? Are you going to be a little bit more of a power lifting gym and kind of running with that? I think when we have used the basic dead-lift setup in the beginning and then people try to Olympic lift later there's definitely a lag time in transitioning them into the O lifts. And then when they bounce back and forth between the O-lifting classes and then our general fitness classes, there's a little bit of goofiness that goes on.

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Because they are kind of searching for like okay what's my default technique on like the back squat or on the dead-lift versus like a clean pull or something like that. I definitely know for jujitsu and everything like the clean pull seems to give me a lot more kind of specificity for what I want because I'm pushing the knees out. I'm really setting the hip being close to my feet. I've got a nice upright posture which feels a lot like trying to fight my way out of the guard. Not to make everything like super sports specific, but I do feel like it's got some nice carry over. And I do have a little bit of a dodgy back from when I did my very first exposure to glute-ham sit-ups. I ended doing like 70 of them you know super reasonable exposure and then 10-15 days later I still have abdo and ended up trying to pull a max dead-lift and fold it up under load and I've always have some flexion issues after that so.

Greg: Shocking.

Robb: Yes. Thank you very much.

Greg: So yeah hopefully that answers your question. We'll assume it does.

Robb: Yes.

Greg: Okay. Nate says Robb I'm a cop and for the most part of my job is not very demanding physically. Hours of sitting in the car or in front of the computer typing reports. With that being said our brief moment of all out physical work with little to no notice that randomly occurs. Do you have any recommendations for exercising to prepare for this in order to minimize injury risk? I currently do heavy lifting three times a week walking/hiking and sprints and plyo once a week. Thanks for all you do and keep up the good work.

Robb: That looks like a pretty solid program. I mean something that looks like CrossFit football I think is pretty solid where you get a little bit of metabolic conditioning. John does some really nice, if you look around at like Chris Sommer Gymnastics Bodies, or Ido Portal, look at some of the joint prep stuff, do some change of direction. I think that's one of the things that a police military if they're doing just kind of standard CrossFit it's all well and good to do like 500 meter repeats and stuff like that.

But in reality the points where people really get injured are trying to accelerate maximally. So you're going from a dead stop and then trying to accelerate maximally. Decelerating and changing a direction. And so I think if you leave it up to chance I remember for years we'd argued that we needed to, when I was still doing a lot of CrossFit. We argued and argued that we needed to see some maximum sprint effort on the workout of the day. And the pushback was that the 400 plus squatting and dead lifting did the same thing. And I was like no it doesn't.

Greg: In 212.

Robb: Yeah in 212. So we had again as a nice easy exposure ten 100-meter repeats. And I wanted to go back through and see if they've reacted the comments. But it was like hamstring tears, gastroc pain. I mean people were fucked up after this. And this wasn't even taking in change of direction and deceleration and stuff like that. It's just that you would have people who gotten really good at moderate level intensity running and weight lifting under high heart rate and stuff like that. But then you took them out and you warm them up and you have them do some max sprints and it crippled them. So this is kind of more the stuff for even military personnel like they need to be able to hump a rock long distance and they need to have some running capacity based on whatever their branch of the service is so that they can meet PT standards and stuff like that.

But when you really map out the work demands of this folks, they'll be humping along kind of a long distance under a pretty heavy load and then something crazy will happen or they need to breach a door or something and they are moving fast. They're accelerating, decelerating, changing direction. So that's the type of stuff that I would be really looking forward from kind of an injury prevention standpoint is looking at that stuff to make sure that you're getting some of that really high motor unit, high stress kind of activity. And if you got a pretty heavy kit that you wear when you're doing it you've got some body armor, you got your weapon, you got your stick and handcuff and all that stuff then you probably want to do some of the training at least with either all that stuff on or like a weight vest that mimics that load so you can kind of work hard under those conditions. You know obviously you can start off un-laden and then eventually work yourself up.

[0:24:56] But I like the kind of CrossFit football type stuff particularly because John programmed in so much change of direction, acceleration, deceleration, short sprints on the 5 to 10 meter or sprint forward change direction stuff like that. Like he weaves a lot of that in there and it's all very metabolically demanding too so you know you build some decent cardiovascular capacity and everything off that.

Greg: Yeah. That's interesting. Well let's get on to this more important question here.

Robb: As I scroll down to it. Okay.

Greg: The subject line is Paleo girl considering not so Paleo tits. Send your children out of the room now. Tiny says hey Robb and Greg. I hope the subject line made the cut. Smiley face. I searched for breast in your podcast but nothing related to large fake boobs.

Robb: That's a hole in our game clearly.

Greg: Well we're fixing that right now. I'm my mid-20 and I'm considering a breast augmentation. Saline preferred but possibly the new solid "gummy" silicone option. I know it isn't Paleo but having a larger breast can be so much more fun.

Robb: God bless you, Tiny. God bless you.

Greg: I'm 5'1 and 110 lbs. Aside from food sensitivities glucose, sugar malabsorption I'm healthy and very in control of my health through my choices in food thanks to you. I wanted to know what your thoughts are and what someone with autoimmune issue should be aware of before putting something foreign into their breast. I also

have no history of breast cancer in my family. Thanks. Kind regards. Tiny but decent. Smiley face. Oh boy.

Robb: We kind of like them tiny and indecent. That's a whole other kettle of fish. We have to wait for the paid. You know you have to get \$1 to get into that podcast.

Greg: One dollar to get past the velvet curtain.

Robb: Exactly. Exactly. So you know when you look at any type of surgery whether it's getting a tooth extraction. Gosh, you get a bad cut and you need stitches whatever. Anytime that we get a large amount of tissue damage there is an increased autoimmune reaction like it's a statistical thing. Like the more that that happens the greater the potentiality is. But we have all of these other factors to play with also. What are the vitamin D levels? What's the gut health status? What your basic stress level and everything. And so just simply having a surgery clearly doesn't any type of autoimmune response. But when we have somebody that's systematically inflamed and having lots of problems and we have greater likelihood of complications, slower healing, all that sort of jive.

Now it's interesting. One of the areas that I've been getting a ton of interest from the medical community is actually from plastic surgeons because one thing is they run kind of weight loss program out of their office. So people will come in and they're thinking about liposuction or a boob job or something like that. And what these folks have done is the create a whole kind of lifestyle piece that people go through for 4 weeks, 8 weeks, 12 weeks with the idea that they're going to lean the people out, get them healthy. And frequently people are coming looking for like a liposuction gig and they do Paleo for 8 weeks or 12 weeks. They lose so much body fat they're like I don't need lipo now. I'm going to get an eyelift and some boobs or something like that. So they're actually able to up sell this people. And they've been finding the recovery is really really good cause frequently people are going in to get these cosmetics surgeries and they're inflamed. They're metabolically broken.

So it's really interesting. Like probably one of the hottest areas that is adopting Paleo is in cosmetic surgery. From the big picture thing of like risk reward kind of gig, I just can't get too spun up about doing some cosmetic surgery and if you're eating Paleo that there's going to be some sort of deleterious health consequence with that. There is always a potential. Anytime you have surgery there's always a potential even of having a complication just by under like general anesthetic and stuff like that. There's always potentiality with those things. But I think in the big risk assessment thing if you drive a car

and you are worried about shark bites, lightning strikes, you know almost anything else the risk assessment piece isn't logical at all. So, Tiny god love you, go for it, and send Greg and I some pictures when you're done please.

Greg: Yeah. There's a big pair of reward for this risk.

Robb: Yes.

[0:30:00]

Greg: All right. Let's see here. This is another kind of weird one.

Robb: Squatchy is good, man. God love Squatchy. Like that guy needs to be running this whole operation. Like, the fact that I'm in charge of this thing is a clear lack of aces in their places. We need to just put Squatchy in charge of everything.

Greg: Oh boy. Mark says all right you're the best. So I was wondering whether hunter-gatherers were players or form life long relationship with a single partner. Did my caveman granddad swing his stuff around the camp whilst his cave lady grandma put it about or did they form monogamous relationship with a single partner? Why is this important? Well depending on the answer I get I could use this as a justification for my behavior. Hey, you know what, it doesn't matter what science you have, it's not going to work for her. Good luck with that.

Robb: Yeah. Unless if you live in a nontraditional westernized society it's not going to fly. You know there's a great book called Sex at Dawn. I forget the authors but it's a really really good read. And it's interesting to me. You know the two areas of medicine I guess that have really adopted this evolutionary medicine approach or evolutionary psychology and then this kind of Paleo diet ancestral health kind of model. When I was reading the Sex at Dawn book, it was fascinating because you literally could have taken sex research or whenever they mention sex or sex research or whatever you could have easily put in food, Paleo diet like you could have swapped these two stories easily. In that the medical community and the world at large is largely ignorant of what like human sexuality is really built around like from an anthropological perspectives just the way that most of society and medicine is ignorant to what our food look like from an anthropological perspective.

And it's pretty interesting until we started seeing more agricultural based society and ownership of property both being like physical property and people, you start seeing a huge dichotomy between the

power structure between men and women with agriculture. Prior to this, every human society studied was polygamous and wantonly polygamous. When we look at our closer primate ancestors particularly bonobos like they just hump like crazy. They create all kinds of social support system by humping and rubbing and grinding and everything. It's pretty crazy and the Sex at Dawn book talks a lot about this. Gosh this maybe get far field and I know I'm going to have some of the more puritanical folks completely off at arms but I just don't fucking care anymore.

Like I'm just so tired of having people just get their panties twisted about stuff that we can't even sit down and have a conversation without people getting hysterical and emotional and so I don't care. I just don't fucking care. So you know if you really buy into this evolutionary biology gig and you do any time perusing the anthropological literature then I think woven into our DNA this tendency for human beings to be pretty polygamous. Interestingly in at the Sex at Dawn piece they made a point that in a lot of evolutionary biology research a point has tried to be made that men tend to be much more the player like out looking around and trying to find different option to spread their seed or whatever.

And women are a little bit more careful about the whole thing about the whole thing because of the risk reward deal of being pregnant and not having social support and all that. Interesting thing with that is the Sex at Dawn people said that that is completely an artifact of looking at more modern society relative to a legitimate hunter-gatherer group or in a legitimate hunter-gatherer group there is an implicit social support network that weaves the whole thing together. And so it was never entirely clear. It was really interesting. There was an assumption that multiple fathers actually were involved with the creation of a given baby. And then all of those fathers actually took ownership in the raising and the care of that kid. So it's very different in this like Darwinian, the classic description of Darwinian survival of the fittest you know this person versus that person.

[0:35:00] Like within these small groups it didn't really exist that way. Now contrast that with the way that we live today and I think like a lot of religious morays and stuff like that and clearly this is very very different than what we see today. I think if you go to Europe you see a comfort with sexuality that is very very different than in the United States and you see something that looks actually a lot more traditional in its kind of anthropological roots. There's not the kind of morality based attachment to things. And people can make right or wrong about that. I'm just making a simple statement of fact and you can draw from it whatever the hell you want to. I really don't care. I just you know a person ask a question I try to answer to the best of

my ability within a credible scientific parameter. So I guess that's what I've got on that. And like Greg said good luck selling to anybody.

Greg: You could be as right scientifically it doesn't make a damn bit of difference. I hate to sound all new agey and what not but the reality is that it is a risk versus reward thing. And if you've got a gal out there that you actually want to stick around, you're going to have to keep it in your pants for the most part. So you got to make a choice at some point. Cause eventually you're going to be older and you're going to be a real douche bag if you're still chasing the mop around.

Robb: Well that's quite a soapbox there man.

Greg: Well you know I'm speaking from experience. There's trade offs in life and I think you would probably understand what I'm saying.

Robb: Totally. In my idealized world Nikki meet some incredibly hot chick every once and a while and she's like hey isn't she great. And she brings her home and it's like this is fantastic. But that's never going to happen. I love my wife. I love my daughter. I really enjoy my life and so I did most of my philandering in my youth and now I just...

Greg: You know like ever since the government created AIDS to kill gay people like that's too risky now.

Robb: It is too risqué. Yes, it is so true.

Greg: This one gets talked about in the gym a lot here. Do I dare an IGF-1 deer? Roberto says firstly you guys rock. Well see if that's still your opinion after this episode. So what's the deal with deer antler velvet? Here are a couple of links. It contains a band substance a growth hormone called insulin like growth factor 1 or IGF-1. Since this one ingredient is band can we assume that there's some benefit in consumption of deer antler velvet supplements or is it simply another crock of shit example of where not to allocate one's time and money. Cheers guys.

Robb: So the short answer on this is yeah it does contain the IGF-1 but you would need to consume something like 6000 bottles.

Greg: You need to obliterate the entire deer population of the world.

Robb: Yeah. There would be no deer left and you would only get one dose out of it. So we're talking a dose response deal that just isn't going to produce anything worthwhile. I mean seriously if you're that concerned about like getting huge and jack just go find Vinny at like planet muscle or whatever and get Dianabol and get some Arimidex so you don't grow moobs or something and go wild with that.

Greg: There you go. I mean it's always fascinating to me that there are band substances some work, some don't. And if you're going to mess with band substances, you might as well stick to the ones that work like why fiddle fart around with some dear antler velvet. Like come on. That's the new cover substance. You know what I mean. That's the one where guys get caught with some real shit and they say it was just from this deer antler velvet cause it doesn't sound as bad as saying yeah I know exactly what I was doing and it was legit steroids. Okay. Phil says hi Robb and Greg. I'll make this short and sweet. I'd been diagnosed with hereditary neuropathy with pressure palsy. Aside from quitting my high stress/long hour desk job, kicking in the BJJ bucket and keeping Paleo-ness at a 100%, what can I do to get use of my shoulder and foot back? Lower omega 6's, ELA, B vitamins, carnosine. Please help a Paleo brother get back to showering without his mom. It kind of sucks. Cheers guys. Yeah, that does suck man.

[0:39:56]

Robb: Yeah. So Sarah who wrote us a question several podcast back and she asked about like drinking and boozing and joint pain and stuff like that. I've actually been chatting her up because she's hilarious and totally amazing. And more and more as I look at this stuff I'm leaning more towards having people experiment with like maybe 5 minute tanning booth session a couple of times a week. Because it's not simply the vitamin D production which I think is really really important but it's all the other secosteroid and endorphins which the endorphins, this is an interesting thing that I actually have an idea for blog post. Christ man, these blogs are, I've created a situation where I can't just do the five, five important things for skinny ass on Paleo. It's like these things have to end up being this epic freaking adventure.

So they use this low-dose naltrexone which is an opiate kind of agonist and they use this for autoimmune diseases and cancer because opiates have an immune modulating effect. And so what it will do it will cause a transient suppression and then an elevation and immune response. It's almost like kind of a reboot to flip the on and off switch on the immune system. So when I was thinking about the whole sunlight deal. You know we've got a vitamin D production which is really important for immune system status and inflammation and all these gut health, brain health, you name it like it's important for all that stuff. And then when we look at secosteroid as the intermediary we've got a bunch of those and all of those are biologically active in a ton of different receptors. So it's a pretty good bet that those guys are doing something. And then we've got nitric oxide release which is vasodilator. That's important for an antiinflammatory effect.

And then we have endorphin release which endorphins also have this modulating effect on the immune system. So for people in this situation I'm really wondering if you know find a good UVA, UVB kind of tanning booth is good quality. I know like Mercola sell this super jiggy tanning booths that have like long wavelength IR and UVA and UVB and I think you end up getting like a pedicure from these things or something. They're kind of amazing. But I'm really leaning towards, again with the caveat nothing is without risk, make your own decisions, talk to a doctor all the typical exculpatory clauses. You got to make some of your own decision in this. But as I was talking to a couple of people really hot and heavy in the vitamin D research scene and autoimmunity, their opinion was that the big deal with say melanoma potential and skin cancer potential is getting burn.

And we just really want to avoid getting burn, safe incremental exposure to both sunlight and potentially UV radiation from tanning booths as long as we're not burning and always with a caveat that we get to change our mind later if information changes. But I'm leaning strongly towards that. So for situation like this I would be really interested to know if just doing three days a week, five minute a shot of some tanning booth what type of result should we get from that. I'd be really really interested.

Greg: All right.

Robb: And the standard antiinflammatory stuff, Paleo diet, keeping omega-6 reasonably low and all that stuff. But it sounds like that's already in effect and so the next piece to this I would say is the potential sun or UV exposure via tanning booth.

Greg: Yeah. Good luck to you Phil. Okay. The Marshall Protocol. Matt says hey Robb a long time listener, first time questioner. My wife has hypothyroid and has resisted taking vitamin D because the idea is in the Marshall Protocol. What do are you thoughts on the Marshall Protocol for autoimmune diseases especially as they relate to vitamin D supplementation. Thanks.

Robb: You know I'm guess I'm kind of at odds with the protocol because we've seen so much benefit with even specifically just the vitamin D supplementation. So I would put a kind of integrated autoimmune, you know Paleo autoimmune approach above that because both of the food selection and with the focus on Vitamin D. And I would add just beating the syndrome a little bit more about potentially getting the vitamin D from UV exposure whether it's the sun or whether it's a tanning booth. I think that we're going to get superior result with that. So that's my thought.

Greg: Man. This was a good one.

[0:45:00] It's a nice concise one with deer antler velvet, fake tits, and dead-lift. I mean honestly what else in life is there.

Robb: It's kind of like meet tequila and beautiful sunset. You kind of got everything that you need for life so yeah.

Greg: Cool. Any final thoughts that our loyal possibly slightly offended listeners need to know.

Robb: I don't think so. Send all hate mail to Squatchy. He'll enjoy getting it. So I won't read any of it. I'm over it so yeah.

Greg: There's no time for that. No time for love Dr. Jones. All right.

Robb: All right, man. I think that's it and we'll just keep goading you to tell us what your cool projects area at each podcast.

Greg: Well it's going to come out eventually.

Robb: Okay. Okay. I like it.

Greg: It will be cool. I swear.

Robb: All right man.

Greg: Okay dude.

Robb: Well thanks again for covering for me last week and we'll talk to you soon.

Greg: All right. See you.

Robb: Later dude. Bye.

[0:46:08] **End of Audio**