

Paleo Solution - 180

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Robb: Howdy folks. Six listeners can't be wrong. It's episode 180 of the Paleo Solution podcast. Greg, what's going on, man?

Greg: Not much, just getting ready to record this podcast, and just hope that it records.

Robb: Seriously? Yeah, we're checking our record levels. We've had a few little hiccups on the recording. Yeah, so we're giving that a shot. Dude, what's new? What's exciting?

Greg: New Performance Menu website performancemenu.com is chugging along quite well.

Robb: Sweet.

Greg: Good feedback from it so far. So that's pretty much the extent of the newness in my life.

Robb: Nice, nice. That's more than what I've got going on. Just met with the Specialty Health folks yesterday talking about the risk assessment program, got some cool stuff going on with that. Zoe is starting to walk. So we're figuring out if the things that we thought were safely out of her reach aren't that not of her reach.

So we're scrambling to figure out the kid-proofing on that. But other than the fact that Reno keeps snowing, everything is pretty good. The past couple of days, it's been snowing and I thought that we're supposed to be into spring.

Greg: Yeah, that's weird.

Robb: Yeah, as Mestre Curisco would say "is bullshit".

Greg: Bullshit is.

Robb: What do we got? The podcast sponsors. How about, frontdeskHQ.com, all of them with frontdesk first here. Frontdesk HQ is your mobile solution or, it doesn't have to be mobile. Like we said, it can be any darn platform that you want. But mobile is just kind of snazzy both for running your

service-based business, dog walking, kettlebells, crossfit, stroller striding, you name it, you can run your business with Frontdesk HQ. You can do frontend, backend billing, deal with scheduling, you know, all the fun stuff that goes into running a service-based business.

Then we've got the performance menu, the journal of nutrition and athletic excellence. You can read articles in like 50 different formats. You can read the whole article. You can read part of the article. You can get it on your smart phone. You can read it online. Greg, what else, can it just be tattooed onto your...

Greg: Kindle.

Robb: You can pump it to your Kindle now. For the love of god....

Greg: It's actually ridiculous how many options we've given you.

Robb: And Greg, what is that setting people back per year for Performance Menu subscription?

Greg: \$30 for a year.

Robb: \$30.

Greg: That's nothing. Or they can get really smart and go to a premium subscription for a hundo.

Robb: Nice. And what does the premium give them?

Greg: It gives you access to every issue ever which right now, that means 522 articles. And you get also a 15 percent discount in the Catalyst Athletics Online store. So you can get books and DVDs and all that stuff for a premium subscriber price.

Robb: So for premium subscriber, gets in there, you know, pulls out the handout, a little bit less than \$10 a month, they get all of the back issues which includes all of my work on Intermittent Fasting, Hormesis, Historessis

If you want to play around with the zone, I wrote some articles on how to make the zone not so quite as badly as it does, and few other goodies. I think that focal point of fitness -- peace was born in there which was actually predated by years the understanding that longevity was actually the fourth or third access of fitness or whatever. I scooped many of fitness professionals on that one. So yeah.

Greg: Aha, and it documented for the world to see. Surprise cockbags.

Robb: What else do we have? Let's see here.

Greg: Wellfoods.

Robb: WellfoodSCO.com. Go grab some chow. Welbourn has been putting a lot of work into the kind of sport supplement line within Wellfoods. But we have some really Jim Dandy meat sticks, jerky, some almond cookies that are pretty, pretty solid. So check all that stuff out. Did I forget -- oh, the Bunny Ranch. I almost forgot the Bunny Ranch. How could I possibly do that?

Go to bunnyranch.com. Clearly, it's a not safe for work deal. It's an adult site, folks. It's a brothel. People have sex. There's boob. There's vaginas. There's all that stuff. So, you know, be forewarned before you go check it out. But super cool folks out there. We will be doing another talk out at the Bunny Ranch here in a couple of months. So we'll give you an update on that.

[0:05:09]

Greg: Who's to the Bunny Ranch to talk? Only you Robb.

Robb: Some dudes do, interestingly. It's funny. And then I happen to be one of those dudes. Probably because my wife knows I'm going out there. And she told me that she would have glitter detector that she could discern any type of nefarious activity on my part.

Greg: Nice.

Robb: So we're good on that.

Greg: Cool. All right, well, I think that about sums up the sponsorship part of the podcast.

Robb: Indeed, indeed. It could sum up the whole podcast actually. We can wrap probably. People would be better off for the brevity, but I guess we'll muddle through nonetheless.

Greg: All right. It is our duty. Okay, let's see here. This first one is asking me for an opinion to it, and I don't know if I have one. So I hope yours is good Robb. Anthony says, hello, I heard Chris Kresser have a cool answer to what his definition of helpless. I was wondering what you and Greg's answers are.

Question two, I was drinking water everyday out of a Styrofoam cup. Am I going to die earlier than the palm reader told me? Or did she know about the Styrofoam? Stop spreading the good Paleo word, the more people that listen and learn, the less food for me.

Robb: That's ...

Greg: So Robb, what is your cool definition of fitness? Or sorry, health.

Robb: Well, I wish that you put Kresser's definition in there so I could pinch something out of that.

Greg: I just want to reword his.

Robb: Yeah. Because Chris is like 15 times smarter than I am. So I guess my definition of health is something to the effect that you have strength conditioning, mobility, cognitive function, immune function that allows you to both do all the things that you generally want to do and are resilient to the vagaries that life can throw at you like if your kids get sick and you need to be up a couple of days with them, if you need to do a cross-country drive or something like that -- you can weather it out.

I still am continually impressed with Art Devany. The dude is pushing 76 and he is lean and strong and jacked and smart. When we did our peace out in New York, he had just had some eye surgery maybe two weeks before ABC Nightline show was to be filmed in New York. And then Art lives in Southern Utah. So he had to drive to New York in three days which is a not insignificant drive, just as a baseline, but he couldn't take a direct route because of the eye surgery. He couldn't go over any mountain passes that were higher than 2,000 feet.

So he had to like drive down through the south and then like skirt the Appalachians and he had to reasonably circuit his route and he drove 750, 800 a day on these days and then showed up and was a little tired,

but did a workout with us and was totally on it. And so for me, kind of what Art has got going on where he is lean, strong, muscular, does the stuff that he likes to do. He rarely gets sick. He's probably going to live to be 90 and then keel over and croak and that will be that. That seems pretty solid to me.

Greg: Yeah, I don't know that I have a whole lot to add to that. I mean, honestly I don't mean to be like a smart ass, but I kind of like the standard dictionary definition of health which is just the absence of sickness. Wherein, it just means that you're functioning properly. There's no problems. I don't really think fitness and health are the same thing. I do think those are different things, and I think they go together obviously.

But I do think fitness is somewhat circumstance or task specific. So I don't think you can wrap them up neatly into one definition unfortunately. And then I know that bums a lot of people out. But that's just me, I'm a bit of a curmudgeon.

Robb: And you do ...

Greg: And I'll probably die at 45 so ...

Robb: But leave a good-looking corpse.

Greg: Yeah, exactly.

Robb: Question two. Drinking water out of a Styrofoam cup everyday. You know, I don't think you're going to die from it. Penis may fall off, but we won't worry too much about that. You know, my big concern with like any type of plastic item is more if you have some sort of high temperature associated with the plastic item. Like I really wouldn't be fired up about microwaving of water in a Styrofoam cup and then drinking it.

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If I'm freezing my fanny off and somebody gives me a cup of hot coffee or something in a Styrofoam cup, I'm probably not going to turn my nose about it, the one of two that that happens. But on a daily, the temperature deal is really the big piece to that. And then also if you were to let's say, brew some whole whipping cream in with the plastic container, you know, you got a, you have a Styrofoam cup, hot coffee, lots of whole cream, the plastics and plasticizers are lipid soluble. They're nonpolar. And so I wouldn't throw a bunch of like whole whipping cream or like just feel the cup with coconut oil. I wouldn't drink that. That seems

like a legitimately bad idea. But other than that, I wouldn't really be too freaked out about it.

Greg: Sweet.

Robb: I know Greg would just live with reckless abandon and wouldn't really give too much thought about that one way of the other.

Greg: Live dangerously. Yeah, no, I don't, that stuff, it does worry me a little bit. But I get more worried about the kind of estrogen type stuff than I do about any other health related thing.

Robb: Yeah, yeah. I think xenoestrogens are a big potential problem. I'm bummed that there aren't more xenotestosterogen agents, but what are you going to do?

Greg: Seriously. It's bullshit. Okay, all right. Let's see here. Checking in from an old listener looks like. Nainoa, I'm so sorry, I know mispronouncing that name. But I'm not Hawaiian or Polynesian of any kind. Aloha my idols, I am back. One of your original six listeners and benefactor of episode 29's great advice. Thank you.

I'm going to buck tradition and just start with my question. Do you think that there could be a special Paleo intervention for food addicts? Some examples might include weighing and measuring or an addiction program. I wonder what the research might say about a detox period where you avoid intense flavors and even mixing food to change the pathways in your mind.

Update. Since episode 29, I lost well over 45 kilos from as high as 159 kilos to just over 90 now. From a 54-inch waist to 34 now. I did it all without exercise until most recently. So I am not the beast I was when I last wrote. But I've been greasing the groove and doing power to the people and can feel my Polynesian genes activating and my new body is revealing a previously hidden side of my athleticism.

Just "going Paleo" didn't work for me. I would be able to eat Paleo for a good month or two but still couldn't lose weight because first, I could just down that much nuts, fruits, and sweet potatoes. Secondly, I could not let go of the freaking cheat night. I needed my fix.

Unfortunately, the binge nights turned into days and I stayed fat. I lost my weight during a 12-step food addiction program that is pretty Paleo. For my detox, I've eaten eight-ounce Greek yogurt, six-ounce fruit, and

one ounce of oatmeal for breakfast. Dinner and lunch are six-ounce lean meat, 10-ounce cold veggies plus one tablespoon no carb dressing and six-ounce steamed veggies.

I ask this question because I feel that maybe those who fall to the cracks not for lack of will power or guts but who like me suffers from an addiction to food. They may come off weak or stubborn. But in reality, are just slaves to the chemistry of their brains. Maybe more could be reached with the special addiction intervention. Thanks for all you do. I am personally so grateful to you.

Robb:

Man, one, that's just a really kickass story and phenomenal transformation. And I think it just illustrates that, you know, we have some general guidelines that I think that people hopefully within striking distance of having something that works, but then we need to stay open to having different tools.

You know, I'm not at all an addiction expert, not even remotely -- you know, coffee was main vice. I've stayed clear of the white drugs because everybody in my family seems to have multiple chemical dependency issues. So I've been around addiction enough to know that I don't want to get addicted too much of anything.

I've been able to, for the most part, I guess dodged the food addiction piece. I know Stephan Guyenet has talked about trying to restore the normal neuroregulation of appetite. He will recommend single foods so you would eat some protein and then at another meal, you would eat some starch and in another meal, you would eat some veggies. No seasonings, no nothing, like not mixing foods, just as basic and plain as you can get.

And the deal with that is that we start rewiring the normal neuroregulation of appetite, so we can actually taste things and feel textures and we can smell the food while we're eating it and chewing it and everything which all of that stuff plays in the satiety circuitry. And it's interesting even as you point is out here that even our good old classic Paleo foods, they can be over consumed.

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You know, clearly, I talked about that in my book. We've talked about that elsewhere. For a lot of people, that's a good enough step, just eating basic Paleo. But for a lot of people, they need to take some further steps. The weighing and measuring piece is interesting to me because that is something that in my clinical practice for running a gym, I've actually seen people go off the deep end with that and actually get some eating

disorder and anorexia, bulimia type stuff. So I've been really nervous about that.

But it sounds like the weighing and measuring of the food was actually part of your 12-step food addiction program. So I would actually be really interested to learn more about that because I've honestly been nervous about that stuff.

So I think that there certainly are a number of people who would benefit from more information, more guidance in this area. Like I said, it is just not my area of expertise at all. But it seems like a smart kind of option that somebody can put together which is kind of evolutionary medicine oriented food intervention that it helps rewire the normal circuitry. And then you get back in and just like addicts in other situations, you have to get out and live the rest of your life and figure out how to interact with those items which are triggers in the food addiction pieces, is so challenging because you have to eat.

Like, you know, if you're a heroin addict, like you could cut out your friends and quit being a rock star or whatever, this allows you to have access to that stuff and clearly, you can always seek it out and that stuff is always available even though it's illegal and all the rest of that stuff.

But if you found it once, typically, you can find it again. But there are, whether it's alcohol or illegal drugs or whatever, I think that there are easier ways to create a barrier between yourself and interacting with those items. Whereas food, you are going to eat. And the challenging food items which is virtually everything under the sun at this point, those are going to be around you constantly.

And so, like it's a huge challenge, and I have no real depth of knowledge in that other than I think that there are some good ideas as far as limiting the complexity of foods and limiting seasonings and really trying to focus on reestablishing the normal neuroregulation of appetite. And then I think all the other pieces come into play, you know, getting good sleep, getting some exercise, having a normal photo period so that the wake/sleep cycles are good. And those things play into normal neurochemistry, like I think we tried to stack the deck as much as we can on just generally being healthy and feeling good and making sure that the brain is firing on all cylinders. And I think that that's within my sphere of knowledge and experience, that's the best that we could do.

And then beyond that, like this 12-step program, it'd be really interesting as somebody tackled it from an evolutionary biology perspective for sure. You got anything?

Greg: I was just going to suggest that she start smoking. But I was just going to suggest that she start smoking, but I don't think that's probably the best way to go about this.

Robb: Trading one for another, yeah, yeah, yeah. It's the methadone.

Greg: Protocol.

Robb: I like it.

Greg: Okay, let's see here. Michael says, have you guys read or heard about this and there is a link to an article on robreinhardt.com. So this article is very seductive to read. It goes against everything we believe right now. But the effects in media have extrapolated, it could have on world hunger, agriculture, obesity, food, poverty, and the military are profound.

Ignore the name, it's not solely based from what I can see. I think it's called soylent me. It's people. In having followed FDA recommendations, I'm sure we could get things to a much better place for tweaking the formula provided with what we know as a community. What are your thoughts? What would the long-term effects of living on an adult formula be?

Robb set up a site to enlist recruits for informal trials. Greg, you're going to hate it I'm sure. This could be a revolution and cutting food expenditure, waistlines around the world, and in doing so ramping up overall productivity for those willing to forgo the enjoyment of food. Oh boy. Robb, you got to lead on this one.

Robb: You know, it's really interesting when we look at like the Roy Wolford life extension attempt, the CRAN, caloric restriction and adequate nutrition. That wasn't far off to this in some ways. They were eating whole foods for the most part and then taking some nutritional supplements to kind of fill in the gaps.

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Do I think that somebody could eat this way long-term and be healthy? Yeah, I think you probably could. Looking at our previous question in dealing with food addiction and stuff like that, like it's interesting like

Hamilton Stapell, he's a professor of history at State University at New York in New Paltz.

He did a talk at AHS last year, talking about the history of the ancestral health movement and kind of some parallels between ancestral health, Paleo and the physical culture movement of the early 1900s and then this year at PaleoFX, he did a talk kind of looking at the current state of the ancestral health movement.

He did a survey which he had like almost 5,000 respondents to the survey and people in the ancestral health movement are largely highly educated, reasonably well off, et cetera, et cetera. And what he found, and this just kind of validates what we've seen before. People kind of eating Paleo, they seem to come from two highly motivated extremes. One is from people who are sick and the other one is from people who are looking to gain a performance edge. And so these people are highly motivated to do something different.

And he's very kind of morose about the likelihood of the Paleo diet, ancestral health concept really going mainstream. And if you look at veganism, I think it's got like maybe veganism, vegetarianism, it has maybe like a 1 percent penetration into the population. I think that you get a little bit more than that at various times.

The fact that you can eat vegan Hockey Pucks made out of sugar and starch and they taste pretty amazing, I think that that kind of greases the wheels on that a little bit. But still, like that concept has been around a long time. There's all those kinds of moralizing around it and whatnot. And you have a limited buy-in on the topic. And so if we head further over and start asking people to eat nutrient enriched protein powders basically, I just don't know that it's really going to get any type of traction.

As it is, we're asking people to eat bacon and steak and sweet potatoes and we get some people who twist their panties and get all of it bent out of shape at that, because we're suggesting that they don't eat Eggo waffles every single day. And it's just too onerous a gig for them to eat meat, fruit, veggies and sweet potatoes for the most part.

So if we're facing a situation where food like that is maybe not going to be palatable enough to get people get off of big gulps and Twinkies then I don't know that we're really going to get any type of a buy-in on this other thing. And some of the sustainability piece on this, I didn't take a huge amount of time to look at that, but you still have to produce this stuff. Like I've had a blog post I've been working on.

Virtually all of the vegan athletes I've ever followed, all of them use protein powder which is kind of funny to me because they make this point, they're like you don't need protein from animals to be successful. But what they show is that you definitely need protein levels above and beyond what you can get from beans and rice to be successful, otherwise they wouldn't do the hemp protein and all the rest of that stuff.

But people completely neglect the energetic cost of producing that stuff, processing it, putting it into a can, all the rest of that. It might end up being a little bit more energetically feasible than say like grain-fed meat, but it definitely isn't going to be better than grass-fed meat. So from the sustainability standpoint, I would just be interested in getting in and taking a bigger look at all that stuff.

So I don't know that it's immediately as great an upside as what they're saying. Maybe it is, but I haven't done that much look into it. So I guess to recap, I think you can probably eat like this long-term and probably be just fine. I don't know that you're going to produce any type of earthshaking athletic performance on it, but I guess similar to the health question, you could muddle along and possibly show no overt signs of illness.

If it is really soy-based, it would be interesting to know the goitrogenic effects on it that somebody consuming a ton of this stuff and whether what that would mean for their thyroid as far as long-term buy-in. If Paleo is fringe and is unlikely to go mainstream, then this is really, really freaking fringe and definitely not going to go mainstream.

Like if we can't fire people up about having some bacon and eggs and fruit for breakfast, I don't know that we're going to get them really fired up about Soylent Me over the long haul.

[0:25:03]

Greg: Yeah.

Robb: Great thoughts.

Greg: Yeah, I mean I would agree with that. I don't see how really this is a solution to anything at all. And maybe I'm incredibly cynical which I am admittedly. But when you think about the oh, we're going to solve world hunger and all that stuff, sustainability with a product like this, it doesn't make any sense because like Robb said, you still have to produce it. And

that means you still have the people now who are currently basically dependent on someone else to produce and provide their food, they're still going to on that same position.

It's just going to be this food instead of a different kind of food. And it doesn't address any of the actual underlying problems which is the fact that we have an exploding population and we don't know how to support it in a sustainable manner.

So I just, I don't know, maybe I'm a dick and I'm in worse mood than usual today, but I just don't get it. I don't see how this is going to help anything. And you're going to have people drinking what looks like cups full of piss instead of being dependent on someone else's corn meal and rice or whatever. It's just -- yeah, sorry. Terrible.

Robb: This one to me is a little bit like the 20 diet experiment where you had the chubby nutrition professor who ate nothing but Twinkies, but calorie restricted and lost weight, improved his blood lipid, blood parameters but was still chubby at the end of the experiment and got a bunch of hoopla.

The hormonal underpinnings of health and wellness and body composition are clearly important. I think as time has gone on, I've shifted more and more towards the little bit more of a calorie being very, very important in this whole story. But clearly, event that has new ones to somebody who has low thyroid or their growth hormone signaling is bugged or they're insulin resistant and we're going to get very different effects versus if all that stuff is normalized. And yeah, yeah. So yeah. Let's just look out one day.

Greg: Yeah. Boy, okay. Glycogen storage and depletion. Thomas says, Robb and Greg, I've been listening since day one and can't get enough of the invaluable information and witty banter. Keep it up.

Even though I've given it a gentlemen's try, I can't seem to find any definitive information on the amount of glycogen that we burn at a resting and/or sleeping state. I feel like I need to know this stuff for a cyclic low-carb or back loading to be effective. I also can't find info on the amount of consumed carbohydrates we can convert to glycogen in post workout and during other parts of the day.

I'm just trying to kick some ass like everyone else. Please help me kick some ass.

Robb:

Oh man. So I'm assuming that we're talking liver glycogen here. And there are some rough numbers of that. I mean the reason why you probably didn't find anything is nobody knows. Like there are some rough guidelines that if you've got your typical like 70 kilogram male and this body composition that we're going to see a -- and then we started fasting, this individual and we're assuming that his liver was topped off with glycogen -- see, even within that, depending on if the person is trained or untrained, whether they've been practicing some cyclic low-carb approaches or not, we can have like two, three, four times the difference in how much carbohydrate is stored either in the muscles or in the liver.

And so we can have a really huge difference in what our starting point is. But let's assume that we've got like 250 grams of glucose stored as glycogen in the liver. And then we need to maintain a blood glucose level of say like 80 or 85 and that means that we're going to have something like 5 milligrams of glucose titrated into blood every like 20 minutes or something like that. I forgot what the exact numbers are on all that stuff. But there are some rough metabolic guidelines that you can follow.

But any amount of exercise, any amount of illness, stress and all those numbers just go out the window, like it becomes completely nuts to get any type of a grasp on this. And this is why most things like Mauro Di Pasquale stuff, or carb back loading, they give you some basic guidelines and then you need to play within that to see whether or not you are getting enough muscle glycogen repletion so that you can do the type of activity you need or you're getting too much muscle glycogen repletion, too many calories and you're starting to gain body fat at a unnecessary or untoward level. I mean, I saw in the second piece here how much carbohydrate you can convert to glycogen post workout.

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That is really dubious to me also like most -- I saw a good website. I forget it. God, I'm totally blank on the guy's name. But he's kind of the science guy who's on Super Human Radio frequently and I'm completely blanking on his name. Professor Andro or something like that, and he had kind of an analysis on this. And I think he was putting the number at like about 0.25 grams per pound of lean body mass post workout was kind of the top that you can see as far as getting immediate glycogen resynthesis. But this was in folks doing like a standard weight training kind of protocol.

I haven't seen any type of data on this. But I've got to guess that something like a really hard crossfit workout would totally blow that out

of the water, because you're hitting like every muscle fiber on some of these things from like your earlobes to your toenails. You're not just hitting them, but you're driving them to exhaustion, completely knackered and tanking these things.

And that's where with the crossfit athletes, I've actually seen benefit of carbohydrate intake post workout on these big burners way above what I see in virtually anybody else. The only thing coming close to it is MMA athletes when they're doing a really hard grappling or sparring session. And even that, I typically see the crossfitter seem to benefit from even more carbs post workout as far as kind of a recovery deal.

So these are interesting questions, but I think you're possibly overthinking things like the basic guideline that you usually get out of something like an anabolic diet or the carb back loading will get you within striking distance and then you just need to tinker with how the recovery is going, how the body composition is going and that's going to give you a little bit of fiddling back and forth.

And all of that, let's just say, I put out some sort of number here and now let's say that your work environment changes so that you went from being relatively sedentary to now being on your feet running around all day, that's going to completely change these numbers.

So I mean, there's so much individuality and customization potential there that any type of -- you're going to get nothing more than a guideline and the guideline is going to get you within spitting distance of where you need to be and then you're going to have to just pay attention to what you're doing to be able to get it really dialed in.

Greg: Yeah, this sounds like a recipe for like serious neurosis right here.

Robb: Yeah, yeah, yeah, yeah. I can't see anything good come out of that level of scrutiny relative to just using a basic protocol, get close and then see how you'll look, feel and perform and make adjustments based on those goals and those parameters. Yeah.

Greg: Okay. Outback workout. Liam says, Robb and Greg, I'm moving into Outback Australia for work. Needless to say, unless I purchase a fighter jet, I'll be unable to make it to a gym. A single kettlebell and TRX enough to stay jacked? How would you structure it? Goal is to simply maintain some sort of physical nature. Thanks, boys.

Well, the question is if a single kettlebell and TRX is enough to stay jacked. The question is are you already jacked? I've seen that question before.

Robb: Because maintenance is way easier. Yeah.

Greg: If you are already jacked and you're eating well, then that's probably enough to stay jacked.

Robb: Yeah.

Robb: If you are ...

Greg: Go ahead.

Robb: I was going to say, I think like TRX or set of gymnastics ring for the upper body if you follow Chris Sommer's stuff, if you follow Ido Portal stuff like there's some great progressions within all that, some body weight, strength stuff, one arm chins, handstand push-ups on the ring, front levers, back levers, skin the cats, all that sort of jive, like you can hit the upper body pretty good, I think even without the kettlebell, you can do some pretty nice work with pistols. It's not too hard to rig up some sort of a sled to push or pull for some posterior chain work, do some bounding, box jumps, sprints. And I think you can have a nice program built around that. And just some sort of gymnastics ring kind of apparatus for some of the upper body, like giving you handstand push-ups.

I think that that would be a great time to get really, really good at some handstand walking, one-arm chins, get some sort of a sled to push and pull, do some lunges, do some sprints. I think you could be in pretty damn good shape and have a lot of fun with that.

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Greg: Yeah, there you go. Okay. I feel like this one has been covered several times -- the next two actually ...

Robb: Fifty times.

Greg: ... have been covered a million times. But Nik Hawks says, gentle people -- I don't know who he's talking to -- I was wondering what your thoughts are on sleeping in total darkness. I hate it hitting on the bunch as part of the total Paleo lifestyle. But I feel like I'm missing some info.

I sleep outside pretty regularly and I've noticed that no matter where I am, inner city or out in the wild, there's always some ambient light. On full moon nights, you can forget about any kind of dark time. How could we have evolved to sleep in total darkness if we never or rarely actually experience that condition? Cheers and fuck yeah.

Robb:

So I did a very extensive blog post on this maybe a year and a half, two years ago. And the problem that we face is that our photo period is just kind of goofy compared to what it used to be in the past. We have electric lights which when we get the blue and green wavelengths of light going into our eyes, that communicates with the hypothalamus and that tends to suppress the conversion of serotonin to melatonin and so we don't sleep as well. We have elevated cortisol levels. And so part of what I'm trying to do on making the recommendation to sleep in a completely black room is that we are finally for once turning that signal of light off.

And it's to try to make the best that we can out of the situation that we're living it. If people aren't using electric light, even if they were just using like fire and candles and stuff like that, the wavelength is quite different in our electric lights and the intensity is quite different. And so, if we're actually getting some daytime sunlight on our person and in our eyes and then we experience sunset and then we have some very modest light sources, I wouldn't be as freaked out about pestering people about trying to sleep in a completely dark room.

But the reality is that people don't live that way. Typically, people don't do these things. So the completely dark room is just the last ditch effort to really try to shut off all wavelengths of light going into our eyes and try to get the best, most sound sleep that we can.

And so yeah, from this evolutionary perspective, we typically didn't experience absolute blackness all the time, absolute dark, but overall, our total photo period was quite different and much less typically than we're getting now. And it's interesting because we don't get the peaks, the extremes -- and again, Art Devany has talked about this stuff for a long time -- we don't get the extremes of photo exposure like being out in the noon day sun and getting that both on our skin and in our eyes and all the kind of biophysical effects that we get from that. So we don't get the extremes, but then we are crunched into this kind of grey zone, middle land where we're not out in the sun. But then when we're indoors, even at night, we have reasonably high output lighting that is suppressing melatonin production and is kind of extenuating cortisol production.

And we have Dr. Kirk Parsley coming on the show, I believe the show after this one and he's a sleep expert. As former navy seal, has worked with the West Coast seals for a number of years. And we talked about a lot of this further. But I did a blog post, I think the title is like Sleep, Sleep, Sleep. So it shouldn't be too hard to find. So check that one out and it kind of gives a little bit more of the hows, whys, what's it's behind all this.

Greg: Yeah, you just got to remember that it's not historical reenactment. I think that trips a lot of people up. This is not exactly what cavemen did. Well, that's not what anyone is saying. Well, some people are saying that but they shouldn't be.

Robb: Yeah, and you know where you can spackle something together like I try to go to bed as early as humanly possible, having a kid and like in the evening, we've put dimmer switches on all the lights in the house. So in the evening, I tend to flip on the dimmer switches. If I have to do some computer work, I use my f.lux program and my sleep is way better when I do that.

One of the bummers of traveling is that I don't kind of have that environmental control and that my sleep isn't as good. So to a degree that we can control some of the stuff then I think you use the kind of caveman model to make some informed decisions. But then from there, we just kind of do the best damage control that we can.

Greg: Okay.

[0:40:00]

Robb: Ready to talk peanut butter? Peanut butter.

Greg: Ready as I'm going to be. Tyler says, conventional wisdom says that a great source protein and fats but the Paleo community is quick to avoid them, like the plague. If there are any benefits, would organic be a step in the right direction or does it really matter? Please put this one to rest once and for all and my extra chunky vice that is peanut butter. P.S., the show rocks. If it were up to me, I'd give you guys a spot on primetime TV and fire the idiots who thought it would be idea to have actors play doctor and give health advice to millions everyday. Good luck with that.

Robb: Yeah, I don't think we can make it on primetime too long. So the deal with peanut butter, it is delicious. The worst peanut butter in world is better tasting than the best almond butter that I've ever had. Like there's just no two ways about it.

Peanut butters are gift from Satan himself as far as the flavor goes. The bummer with peanut butter, kind of two pieces. Typically, it's a reasonably potent source of aflatoxin which is mutagenic, teratogenic mold byproduct, really nasty for the liver. Not nice stuff. Interestingly, you get more aflatoxin from organic peanut butter than you do from the Monsanto wise, herbicide, fungicide, sprayed, conventional stuff. So that's just kind of an interesting aside.

Peanuts as just immunogenic item and sometime we'll get Mat Lalonde back on the show and he can go down the rabbit hole pretty deep on this. But the type of proteins that are found in peanuts are very, very irritating to the body. And they have kind of two interesting features. One, they are pretty crafty at making it through the gut intact like peanut lectin.

And so we can feed people peanuts and then we can see increased concentrations of these immunogenic proteins in their circulation and this is possibly part of the reason why so many people have all of these really severe peanut allergies, like it ranges from hives all the way up to anaphylactic shock that can kill somebody.

And occasionally when I'm on a flight, you know, you'll get the stewardess chiming in over the intercom saying, we have somebody who has peanut allergy. Please don't eat any type of peanut products because the closed confines of a plane and the recirculated air, person in the front of the plane is eating a bag of peanuts, person back at the plane is allergic to peanuts, and the person back to the plane can go into anaphylactic shock from that. And without an epi pen and some medical intervention, the person can die depending on the severity.

Now, is everybody reactive to the same way? Absolutely not. There's a huge spectrum of reactivity. But whenever we have a pro inflammatory kind of situation, then we increase the likelihood of atherosclerosis. And there's some pretty good studies showing the atherogenicity of peanut and peanut products. We have increased likelihood of autoimmune diseases. Clearly, the allergies and stuff like that are increased kind of problem.

So peanut butter is one of those things that I just encourage people to again, pull it out of the diet, reintroduce it, see how you do. It is delicious stuff. I wish somebody would come with a low allergenicity peanut butter that maintain the other, it's got some nice mono and saturated fats, the

protein content is okay, although, it's a third world protein so I'm not hanging my hat on that as a protein source.

But the shit is delicious. I mean it's just yummy. And it feels like soul food. It's so yummy. So I wish they would cook a low allergenic variety of peanut that still taste good, didn't cause my testicles to fall off because of whatever genetic tinkering that they did with it.

But I guess that's kind of the big picture deal with peanut butter, delicious but potentially harmful, but clearly, a broad spectrum of reactivity to it. And so that's where it's kind of left up to you guys to do some tinkering with it if so choose and if you just want to append the jar of extra chunky, Skippy that's salted. Oh man, my mouth is watering even thinking about it.

Greg: One of the Crossfit Norcal memories that's seared into my brain is you sitting at the front desk just eating like an entire jar of macadamia nut butter with a spoon.

[0:45:01]

Robb: That stuff is pretty good.

Greg: Just going to town on that thing.

Robb: That one up there is close to a good jar of peanut butter. It's pretty incredible. It's damn fine for a mass gain.

Greg: Okay. Nikhil, or something like that, says, hey guys, great show. Keep it going. I've been Paleo since 2010 and I'm loving the really positive benefits it's had to my health. My question has to do with recommended Paleo snacks for snack bars. There's a snack bar at my job and it's full of the usual foolishness like Snickers, M&M's, and other stuff. It's pretty successful, people love junk food. I want to replace the present junk food with Paleo friendly snacks, but I need to convince my boss the things will sell and at a good profit. I was thinking of buying some bulk purchases of high quality Paleo type snacks online to save money. What Paleo snacks do you guys that I can use to undermine the sugary stronghold? Thanks.

Perhaps Wellfoods.co.com might have some ...

Robb: Yeah, possibly wellfoods.com. Yeah, I mean we have some great stuff in there. And I definitely state other than the jerky, I think jerky kind of passes mustard as a food, maybe a quasi-food or a snack food. But the

almond cookies and all the rest of that definitely snacks, definitely on the more tweedy quasi-junkfoody kind of side of the equation.

But they're gluten free, they're portable, they have a decent shelf life. When I've done some pretty extensive backpacking and stuff, I've grabbed the almond cookies and they're just very nutrient dense. They have a good amount of carbs, good amount of fat, not a ton of protein, but I chew on a little bit of jerky and they're just really nice and portable and all that.

I know there are a ton of other -- there's like Paleo treats and caveman treats. There's a zillion different things out there. I don't know about price point relative to like Almond Joy and Snickers and stuff like that. I suspect the price point on Paleo snacks is probably going to suck.

But I don't know, you know. They definitely are -- I would say they're generally healthier options just because we're avoiding gluten. Typically it's not quite as much sugar. There's still a little more nutrition in there as far as like vitamins and minerals and stuff like that.

But at the end of the day, it's snack food. Like it's not the -- it's not going to get you on Jack Street eating that stuff like what are you going to do tonight. Anybody who tells you that it will is lying or you've got an incredible amount of gear that you're taking in which case at some point I guess bad diet can be overwhelmed by some amount of anabolic use.

The Westside guys seem to be testament to that. So, that's all I got for you. There's a lot of different options out there. Check them out. If you want to check out Well Food, shoot Kate an email. I'm sure that she would hook you up with the wholesale account if you wanted to offer that stuff at work and be able to have some margin to be able to make a little bit of money.

That's what our whole affiliate program is about. So, that's about all I got.

Greg: Cool, all right. Marco says ...

Robb: Is this the last one?

Greg: Yeah. Hi, Rob and Greg. Last year I visited a dermatologist and paid \$180 for a five-minute chat about my skin. Fuck him. He told me not to train. What dermatologist tells you not to train?

For the past three years of my life I've been diagnosed with tinea versicolor. For the most part, I don't really mind looking like a leopard but it does bother me from time to time when my skin becomes red and itchy. I know it's much more prevalent in hot environments, so that sucks because I live in Australia and it's pretty humid here.

I also train in BJJ with a couple of sessions of weightlifting, and Kettlebell work during the week. I don't plan on stopping BJJ, so I know that probably won't help the condition.

After some digging around, I found some natural remedies such as aloe vera gel and Saprox that might work. There's also some info on selenium supplementation in treating tinea versicolor.

Is there anything you suggest, foods to avoid or eat more of, supplements, herbals, hippie crap, et cetera? Your help is greatly appreciated. Thanks for all the coffee-filled drives to university while listening to your podcasts.

Robb: Hippie crap should cure everything. It should be like Chuck Norris tears.

Greg: Right?

Robb: You would think but -- so, this tinea versicolor is a skin borne fungal infection. Gosh, you know, I'm surprised that there's not some sort of like a topical like metronidazole or something like that that could be helpful.

Teatree topically might be helpful. Doing -- if you can track down like a good yeast protocol which is basically like a ketogenic type GAPS diet kind of deal where super low carb starve out the yeast.

[0:49:57]

Some people use some Wormwood and some different stuff trying to make sure that they cover all the other potential gut pathogens. This is where tracking down a solid functional medicine doctor can help you because they will have an established protocol that you won't need to make up all the parts and pieces.

But it seems like some sort of an anti-fungal protocol starting at the gut level and then working outwards. Clearly, a ketogenic or low carb approach is going to suck with BJJ. Yeah, there's just -- there are two ways around that.

That's not going to be great. But it seems like that and then maybe even -
- I'm surprised again that there's not some sort of like a topical kind of ointment cream, anti-fungal agent that could be used to kind of prop this up.

I know there are some oral anti-fungal agents also and they're not super benign on the liver, but I'm just curious if there could be any possibilities there where you double whammy this thing, ketogenic diet, yeast protocol dietarily and kind of lifestyle wise.

Get some sun and then some sort of an oral anti-fungal potentially but which clearly you'd have to go back to your GP or possibly the dermatologist might be helpful there but it sounds like they're pretty unhelpful all the way around.

So, that's what I've got on that. Like it seems like there should be some way to address this. It's a fungal infection. It seems like there should be some way to address this. But again, it would probably start at the gut level and then work outwards.

Greg: Cool. All right.

Robb: Dude, done-ski.

Greg: That it?

Robb: I think that's it. Wait, what else have we got? Any new exciting you need to tell people?

Greg: No. Go check out performancemenu.com or you'll regret it. You'll have bad dreams.

Robb: Or Greg will track you down in your sleep and duct tape you to your bed.

Greg: Yes.

Robb: It's always possible.

Greg: After feeding you a bunch of water, yeah.

Robb: Yeah. Okay, dude. So, 180 in the books. Next week we have Dr. Kirk Parsley talking sleep and other shenanigans. Episode 100 of the Performance Menu is screaming forward here.

Greg: Cool, I think that's it.

Robb: Totally cool.

Greg: Awesome, man. That was a high energy podcast. That's what it was.

Robb: Oh, goodness. All righty.

Greg: Yeah. All right, man. We'll talk to you soon.

Robb: See yah. Later, G.

[0:52:40] End of Audio