

Paleo Solution - 182

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Robb Wolf: Okay, folks. About 15 tries to get that rolling but we are here. Episode 182 of the Paleo Solution podcast. Greg, what's going on, man?

[Laughter]

Greg Everett: I don't know. That question's probably more appropriate for you at this point.

Robb Wolf: Uh, dude, it's been chaos and pandemonium this morning, so hopefully you're doing better than I am.

Greg Everett: Excellent. Yes.

Robb Wolf: Yes.

Greg Everett: Chaos and pandemonium. We have only chaos and no pandemonium.

Robb Wolf: That works, that works. And in the taking a page from Smokey and the Bandit, we got a long ways to go and a short time to get there. So I've got an interview rolling up here in about 30 minutes and so Greg and I are gonna try to hammer through 60 minutes probably 90 minutes of content into and do it in 30 minutes. So we got a whole some badonkadonk on this thing. I guess we should hit our sponsors, performancemenu.com, the journal of nutrition and athletic excellence.

Greg, are you guys still doing any type of special when people sign up for the performance menu?

Greg Everett: No, we're not but issue 100 is available for free and it's a gigantic special extra big issue that's got a ton of articles it's even got an article from Mr. Robb Wolf himself. So it's got article from Robb, me – let's see who else – Mark Sisson, Jen Sinclair, a couple of big names in there, really good articles so you can go check that out, get it for free, and you're gonna love it so much that you'll subscribe anyway.

Robb Wolf: Nice. Ride on. Cool. Who else do we have? We have frondeskhq.com. Go to frontdeskhq for your mobile service based business solutions. You can track payments, do all of your frontend, backend, make sure that your

staff is actually checking people into out of classes – all that jive like it is; the bee’s knees, lots of people have been signing up for frontdesk getting some really good benefit from that product. Who else do we have? The wellfoods. Go to wellfoodco.com I believe is the website. I’m actually blanking on it right now.

It’s paleo brands and it was evolvefoods and now it’s wellfoods. I think we’re gonna stick with the wellfoods name. But we have some really cool products coming out with that. This thing called Wolf snacks. It’s gonna be a kiddo pack, another one’s gonna be a post workout pack, some protein, some carbs or some protein and some fat, lots of other goodies, grassfed weight protein. Also keep your eyes open – sign up for the wellfoods newsletter as they do offer some very deep discounts rather frequently but you need to be signed up on the news letter to get that.

And then finally, The Bunny Ranch. Go to bunnyranch.com. It’s porn folks. Porn’s good for you so remember, not safe for work if people are uptight and actually don’t feel that porn or hookers or brothels are good for. So just use that caveat. Okay.

Greg Everett: All right. Let’s talk about IVF babies.

Robb Wolf: Yeah, because...

Greg Everett: I read this subject quite wrong. I thought he was saying that he had some kind of like moral objection to IVF babies like he didn’t like them or something but I’m correct.

Robb Wolf: Got you, got you.

Greg Everett: Okay, Tone says, “Hey, fellows! The usual first up. Great show and keep on keeping on. My wife and I have been trying to get pregnant for a year now and after doing some testing, our ability to fall pregnant,” – fall pregnant? I haven’t heard that expression before – “seems to be stemming from me. All the usual low count and are a bit slow mentally. LOL. It has been suggested that we will need IVF. I’ve read a few articles on IVF babies having some trouble later on in life i.e. more chances of autoimmune problems, cardiovascular, etc, etc. Considering IVF is so new and long term studies nil, do you have any ideas on pros and cons of IVF? Cheers!”

Robb Wolf: So, couple of things. I would obviously dig in and try to find out if you’re doing autoimmune paleo protocol like we’ve seen both men and women really have some remarkable improvements in fertility from just doing

that like men can have low sperm count, low motility due to an autoimmune type of situation, make sure vitamin D levels are good, get some sun – all that type of stuff. So you might be able to fix things on the frontend of that.

On the ideal side of things, I haven't done a ton of reading on this but the reading that I have done, there's a confounder in this that most people doing IVF tend to be on the older side of the reproductive cycle and we know for a fact that fortunately or unfortunately that we accrue a genetic aberrant baggage as we age and that seems to carry through and the children and I know me saying this there's gonna be some 36-year-old prospective mom that's gonna write me some sort inflammatory angry mail because I'm saying this shit but there's a basic reality that statistically, if we had kids when we were 13, it would tend to be easier and the babies would tend to be healthier than when we're 45. And that's just the reality.

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So I don't know that IVF specifically as a procedure is really the issue but actually more the tendency towards advance age and the people who are doing IVF. And so I would consider that. And then also you've got to consider how incredibly important the maternal epigenetic environment is. So like if the mom is in good shape, if she eats great, super happy, low stress – I mean that stuff matters enormously and I'm starting to think that the epigenetic features of pregnancy and development might be more important than the underlying genetics. Clearly there are exceptions to that stuff. But it's just really, really important so I...

It's an incredibly complex question and very, very difficult. I guess you just asked a question like are you willing to chance slightly increased potential for some problem juxtaposed against the joy of having a kid. Like Zoey was just one year old and I'm incredibly grateful for her and even though theoretically the first 2 years of life according to Kirk Parsley parents lose 6 months of sleep and I completely believe that. But all that stuff said, having a kid has been totally worth it.

I went into the whole thing rather scared and uptight but it's been worth it and I'm enjoying it, the fact that Nicky wants to have a second kid is clearly illustrated that she wants to kill me and collect my life insurance but all that stuff aside, it's been totally worth it. So I think you just have to ask the question like "Do you wanna have a kid?" And anybody that's a little bit older like the likelihood of having problems is just greater whether it's an IVF kid or not and I think you just have to weigh those

things and then put a little bit of faith in good eating and healthy lifestyle, balancing out a bunch of that stuff.

Greg Everett: Yeah.

Robb Wolf: Yeah.

Greg Everett: Well, good luck to you and your wife and your potential future babies.

Robb Wolf: Yes.

Greg Everett: Okay. I'm gonna read this subject line the way I think it's supposed to be written because it doesn't make any sense as it is written. BJJ plus longevity or how to become an older active dude while choking up suckers in their prime. Adam says, "Hey, Robb and Greg. I have less of a specific question but more so I wanted to get your guys' opinion on BJJ, grappling, and combat sports and also thinking ahead of how to become an active older dude."

I can give you advice on how to age. Just don't die.

Robb Wolf: Yeah, yeah. Just waiting – waiting seems to be a bright idea.

Greg Everett: Are you doing it right now?

Robb Wolf: Yeah.

Greg Everett: "I've seen my grandfather and parents' health deteriorate with age and I think a big part of it is that they have not stayed active. My goal is to be one of those 80 year old dudes who still goes on daily walks and I feel the paleo/prime lifestyle creates a strong foundation to get me there. As a bit of background, I'm 30 and have been eating paleo for about 5 years now. Around 8-10% body fat, pretty active, body weight work, kettle bells, surfing and BJJ. For the past year, I've been training BJJ both..."

What?

[Cross talk]

Robb Wolf: GI and No GI, that's what it should be. Yeah, yeah.

Greg Everett: But it's GO and No GI. I love it. "The only problem is that I do get banged up and have picked up some injuries. In the first few month, I tweaked my knee and took a month off and more recently, I sprained my ankle,

grade 2, ligament tear and took 3 months off to rehab and recover. I'm 30 now and well recovery time sucks, I can deal with it. My concerns is that a blown ACL at age 35 or 45 or 55 can totally be the injury that will affect me being active older dude. I can't walk miles a day on shitty knees."

"I guess I'm asking for your advice on and if there's any way to train in combat sports and also age healthy enough to remain active in the golden years versus picking up a new hobby. I know we can tear an ACL from getting out of a chair funny but obviously there's more risk in BJJ than sitting Indian style."

Criss-cross applesauce.

Robb Wolf:

Too true, too true. I think about this a lot because I saw my parents not age well and I guess part of this is like I really love jits and what I've done is I go to the classes where people are more mellow like I tend to go the day classes instead of the evening classes. If there's a new dude and he's a white belt and he looks fidgety and he's 19 years old, I will either not roll with him or I will just tell him straight out. I'm like, "Listen, dude. I don't want a can opener, I don't want a neck crank. Let's start off slow and let's progress and I don't wanna get hurt. I've got a wife. I've got a kid and so don't fucking try to kill me," and that is help. But a lot of it is like you need to pick a good school, go to the classes that are a little more mellow.

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I've also started doing a lot more private classes like I'll go with some black belts and brown belts and just pay for some privates or some small group privates where I get 3 or 4 other people that are likeminded to myself and then I'm able to keep training and my game has been progressing really, really well but I'm not... Every once in a while, I will... It's almost like before I would do Crossfit workout in the old days where you get the butterflies in your stomach or go to the Saturday morning or the Sunday morning class where the 260 lbs 24 year old former division 1 linebacker dudes are in there and I'm like "Okay, we'll see exactly how good my training has been."

And I come out of those things mauled like it's good for gauging where my game is and it gives me some feedback that I'm making some good progress but I can't do that shit very often like once a month and that's about it. And some other things like interestingly I see Thai boxers age really well because it tend to have pretty short actual career because there is a lot of wear and tear on them but then what they end up doing

is a lot of pads and bags, maybe a little bit of clinch sparring and I think that finding a good Thai boxing coach and really working pads and bags and then doing some clinch sparring where the instructor has on a chest protector and all that sort of jive, you can get a really, really great workout, it's very dynamic, it's alive but you're not getting the dog piss beat out of you.

I think orthopedically it's pretty good. And then the rest of the stuff, lift weights a couple of days a week and our usual gig of do a lot of walking, do a little bit of sprinting, do plenty of mobility work like I've been getting it and doing a lot more ring work for upper thoracic mobility because I've noticed that I do so much sitting and leaning that I'm not really liking how tight my shoulders are so I've been putting some effort into that.

I think if you keep mobile, it tends to put way less stress on the tendons and ligaments and joints overtime versus when you start losing mobility, it's like if you have guide wires on a tent or on a bridge and that shit is reefed down way too hard, then you're putting undue stress on the body through – over the course of time.

So Greg, can you think anything else to add to that.

Greg Everett:

Yeah, the mobility is huge. Obviously, the more natural mobility you have, the harder it is for someone to take you to an end range of a joint and fudge you up. You have more opportunity to get out of stuff and more opportunity to tap out before there's any problems. But then also making sure you have a lot of strength developed around those joints. So making sure you are doing some legit strength training. You don't saying anything about that. I hear you say body weight work in kettle bells.

So obviously I have a little bit of a bias but I would add some barbell strength work in there and really strengthen up those knees, ankles, hips, shoulders – all that stuff just to create some armour. And then I definitely am a big fan of the private stuff because you know that's a 100% controlled environment. The problem, of course, being there but it's a lot more expensive and your opportunities are much more limited.

But I did that for a while when I was kind of got the hankering of it to keep going with a little BJJ's several years ago while I was still lifting, too. And so I wanted to basically just work technique and know that I wasn't gonna be in there getting destroyed either orthopedically or metabolically and so I just worked with the guy named Marcelo Pereira down in the ocean side and he was really good at understanding that that

was not my sport, that I just really wanted to be working on techniques and real mellow and he was good at keeping that properly suited for me.

So make a bunch of money so you can afford privates, do more strength training, and stretch a lot.

Robb Wolf: Or again the small group private. If an instructor's price is normally \$100 an hour or whatever then if you can get 3 or 4 people, then usually their price goes to like \$110 or \$120 an hour, something like that but your cut is then like \$30 bucks or something. So you can usually find folks that are willing to do that particularly because you can back fill dead hours that the instructors are usually not able to fill. And so you can hit like a 1PM or 2PM or some sort of somewhat off time that they usually are twiddling their thumbs and it's gonna be cheap for you and a good deal for the coach.

Greg Everett: All right. Okay. Here's another old person one although it just makes me feel old.

Robb Wolf: Squatchy must be getting a sense that we're aging around here or something.

[0:15:00]

Greg Everett: Seriously. Okay. William says, "Hi. My question is for Greg Everett specifically. So I am now 34 and I was a competitive Olympic lifter, snatched 143 kilos, 184 clean jerk at 94, pretty damn good lifts. I trained with a well-known coach for many years. And I currently coach various athletes. I've noticed that in the last year and a half, that I seem to over train very easy. What I think is overreaching ends up being overtraining and I just feel horrible for days."

"I do eat paleo and get plenty of rest. I even tried to do one week on and a deload wee but still managed to over train. Many of my older kids that I coach can load for weeks and come out feeling like a million bucks after deload week as they should. So since you competed at the American Open, I'm assuming that you're over 30. How have you changed the way you train leading up to that type of competition?"

"I'm not ready to do masters lifting and would like to compete at the elite level for another couple of years. I guess my ego can't take the reality that I'm just going to keep getting weaker. My coach basically said at this point in my life, I am just struggling to keep my Sinclair and that it's just the way it's going to be. I refuse to believe this. P.S. I have to admit I'm a

little nervous that you're gonna all kinds of grammar errors so please don't be too harsh."

Oh, I won't be harsh. It's a weightlifting question. I'll take just about anything. I am over 30. I'm 33 and I was just turning 33 at the Americans which was my first meet in about 5 years. And it was – the training itself was fine. The meet was horrific because we had 11 lifters on our team there. So basically I was trying to coach and lift and it was horrible. But I did manage to eek like 301 or – I think it was 301 total.

So as long as I hit 300 making only 3 out of 6 lifts I felt okay. I didn't feel like I had to go home and kill myself. That whole year leading up to that, I actually had Bob Morris coach for me. Bob Morris is the former assistant coach at the training center a long time ago and then he was the head women's coach at the training center until he retired. And so his program for me was not particularly gnarly.

I mean when I program for myself which I have been since I left – moved away from Bergner's place and then aside from that year with Bob Morris, I get myself a lot of volume and a lot of intensity. I tend to overdo things. It's just my nature. But he – I was training 5 days a week, fairly heavy. He definitely likes wrap so it was a decent amount of volume but it just wasn't quite as much as I would do otherwise.

And so I felt pretty good on that and I go back and forth between training about 5 days a week and if I have periods of time where work is just crazy and I've got a lot projects going on, I just have a limited time and I'm super stressed with that, then sometimes I'll cut down to 4 days a week very reluctantly but those 4 days are still gonna be pretty damn long like I still have 2 ½ - 3 hour training sessions each day.

I think that you – it's hard to say honestly from the information you've given me, what's going on. It seems like you say you rest well, you eat well, so that's probably not the issue. However, you may have issues like obviously the big one is really declining testosterone levels which is something you can obviously get checked out and there are ways to address that, listen to the Parsley podcast, this last one 181, I think about the vitamin D and all these different things, interactions that you need to get checked out.

And then also as far as overreaching versus overtraining, you know honestly that stuff is really ambiguous and so I wonder how exactly you're determining that you're over trained and if it's simply just like you feel horrible for a few days or if there are other markers you're using

'cause honestly, I feel horrible all the fucking time. And then I manage to come out of it occasionally and do some decent lifts.

So I just wonder that if you're being overly cautious or if legitimately over trained and there's a problem. So one possibility is that you have been legitimately over trained to a large degree for a long period of time and so each time you reset and try something different, you haven't recovered yet already so it's not a real accurate evaluation of that actual training that you're doing that program.

I think you should still be able to do 2 to 3 weeks of pushing per deload week so a 3 to 4 week block with one rest week in there, I think you should still be able to do it in your mid 30s. I have 2 super heavies neither of whom are over 30 but I tend to do 2 weeks on, 1 week down.

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Sometimes they'll go three weeks depending on the program but to me super heavy is kind of similar to an older person in that they have a much slower recovery rate. So again I still think you should probably be able to do at least two to three weeks. More than that I don't even do that with like the young light people. So usually if I can push them hard for three weeks they're ready to back off.

So you may find that you have to reduce squat and pull volume. A lot of times that really is what kind of eats away at you. If you already have a really good strength base which if you're clean and jerking 184 at 94 you've got good strength. So you may be able to get away with training that squat and pull a little less spending more time on snatch and clean and jerk which will be less taxing kind of systemically. You may find that you can keep pushing and at least maintain rather than losing although I'm 33 and I'm still convinced that I'm going to continue getting better and if I don't then I'm just going to blame it on something beyond my control.

So if you're super super curious I'd be interested in seeing your program and kind of finding out more. If you want to shoot me a space face message or something like that or post on our forum or something like we can talk more about that.

Robb thoughts?

Robb Wolf: Not really much to add. I think you covered it really really thoroughly. It sucks getting old.

Greg Everett: Yeah.

Robb Wolf: I think at some point during the West Side Barbell approach in my taking 5 grams of testosterone and testosterone derivatives a week is probably the way to go. So I just haven't figured out how to do that without the DEA tracking me down.

Greg Everett: Ah DEA, always interrupting sports performance.

Robb Wolf: Seriously.

Greg Everett: Okay. Changing goals for the aging athlete. Matthew says "Hey guys for all you do. My question is about goals and even though I don't want your answer to be specific to me I feel I need to tell you a little about myself for context."

That makes no sense at all.

"I consider myself to be a pretty well-rounded recreational athlete. I had a pretty solid start as a kid with Kayokushian." I assume that's some kind of like kung fu martial arts sort of thing.

[Cross-talk]

What's that?

Robb Wolf: It must be. Either that or like a master sushi chef, one or the other.

Greg Everett: "...wrestled in high school, and then spent some time in the Marine Corps. I've done the standard bodybuilding style training split and even competed in a couple of bodybuilding shows. I became a firefighter in 2003, and learned first hand the concept of "functional fitness," even though I didn't call it that. So, when I discovered crossfit in 2008, I thought I'd hit the fitness jackpot, and dove in the deep end."

"Fast forward to today. I'm 37 years old, and as much as I don't want to admit it, my athletic performance just isn't what it used to be. I would never have thought five years would make this much of a difference. I've maintained my strength well, but have gone backward in some of the crossfit met con benchmarks."

“The fact is it just fracking takes me longer to recuperate from an intense WOD than it used to. It also takes about 30 min worth of prep movements from Kelly Starrett’s site before I can even attempt a decent snatch, clean, or front squat. Unless I’m going for the occasional PR, I motor through the daily WOD in about 4th gear, and I don’t really care about where my name is on the board anymore.”

“My recuperation has gotten better since prioritizing my sleep and seeing my chiropractor regularly, but it still isn’t what it used to be. My main goat at this point in my life is to be as injury proof as possible.” I’m assuming his goal. “I never want to be one of those guys in the fire service that goes down from a preventable injury; for example, a back injury from lifting a patient or carrying a piece of equipment.”

“You guys keep us listeners somewhat in the loop with regards to your personal lives, so I can tell you both know what it’s like to put your own training on the back burner. Career goals, work projects, and new baby girls change your priorities to say the least, so I’d be very interested to hear what your thoughts on this, which finally brings me to my question: What do you guys tell your clients when they become discouraged by a lack of progress, or when they realize their best days as an athlete are behind them?”

“P.S. Greg, I was tempted to submit this question in Yoda grammar, but that would have just taken too damn long to write, and I don’t know you well enough to screw with you like that. But hey, it’s the thought that counts, right?”

That actually would have been pretty god damn funny.

Robb Wolf: That would have been pretty cool especially considering the lead in.

Greg Everett: Although this is a fairly long question so that could have killed us on our time cap here.

Robb Wolf: I’m going to have to be concise on this because I’ve got another interview I might have to jump out to...

Greg Everett: Well this guy’s getting old fast Robb. He doesn’t have a lot of time to listen to you anyway.

Robb Wolf: We better do it. Gosh what do we tell clients?

So clearly if we see a lack of progress and you have to look at the person - how old are they, what are their recovery capacities or recovery considerations. The fact that we have a fire fighter I'm assuming that somewhere in the mix we've got some shift work. Maybe not, if not then it's kind of rare and you're really really lucky.

If we have shift work then recovery is just going to be a constant bugger. When you mentioned that it takes you 30 minutes of Kelly Starett mobility stuff to be able to snatch or clean and jerk what it makes me think of is super stiff inflamed muscles, cortisol disregulation, maybe some thyroid disregulation and nothing particularly good.

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And the crossfit stuff is fun but I think that at some point like the fact that you're maintaining strength is good and I think that more often than not people probably should be motoring through these work outs in fourth gear and if you want to peak for a competition or you want to go for a PR in a particular work out then you shift gears and kind of prioritize to peak for that particular event.

And then for the deal of your best days are behind you as an athlete what you do have is technique. You can develop technique until you're dead. So that's part of the thing that I really like about jujitsu. Even though jitsu is a very very physically demanding sport for a 41-year-old dude I'm still in pretty good shape, I'm pretty strong, have decent cardio and all that stuff and the learning of new technique is very intellectually engaging for me.

So I think that that's one of the things that you have to keep excited about whether it's picking up a new sport or whether it is being comfortable with going deep on the technical levels of your current sport is that is something that you can always refine over time and as athletes age when you look at tennis players and stuff like that they tend to start relying less and less on physical prowess and more on guile and subterfuge and intellect.

So that's kind of how the game changes and again there's a whole anti aging medicine pharmacopeia out there that I think is really really interesting from a perspective of trying to stave off the creeping sands of time and I'm totally game for giving that a shot at some point. I don't know that I'm going to be one of the synergetic doctors where I'm like 70-year-old face in like a 15-year-old body or something but who knows?

I think that there's a lot of opportunity out there but you definitely need to assess what's your situation is and be realistic about it.

Greg Everett: Yeah. I know Robb you got to go so I would just say that definitely if you're working the old school Kelly Schedule or even a lot of these departments now are doing 4896 either way it's tough. I know Robb works on ambulance. I did work 24s. I also worked as a dispatcher 11 to 7 graveyards and it takes the starch out of your virtues. It just beats you down.

So that in itself is tough. So if you find that you can improve your sleep when you're not working that's probably going to give you the most mileage out of any kind of intervention you can do

Robb Wolf: Right. Again Doc Parsley episode 181 to definitely give that one a read, a listen.

Greg Everett: Yup. All right. Well...

Robb Wolf: So a little short today folks; apologies for that. I had an interview with Ink Magazine before this and then Greg had a very narrow window of time and then literally in about 35 seconds here I'm going to have an interview with Tech Cocktail for another business related gig. So apologies on the shortie one this time. We'll go extra extra extra long next time.

Greg Everett: Yeah. At least an extra five minutes.

Robb Wolf: Yes. All right Greg. Thanks man. I totally appreciate you fitting me in here.

Greg Everett: Hey no worries. It's for the people.

Robb Wolf: That's true. All for the people. All right man talk to you later.

Greg Everett: All right guys. See ya.

Robb Wolf: Okay. Bye.

[0:28:56] End of Audio