

Paleo Solution - 186

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Robb Wolf: Hey folks, it's not ground hog's day. It's just episode 186 of the Paleo Solution podcast.

Greg, what's going on?

Greg Everett: I feel like such an idiot answering that question after we've done two podcasts in a row. But I suppose that in real life this would be a week after the last one.

Robb Wolf: Yeah. A week has happened, it's kind of space time continuum worm hole causality exclusion thing, yeah.

Greg Everett: Excellent. So nothing else is going on? It's the short answer.

Robb Wolf: Any updates that were necessary just refer to episode 185 because we recorded that about an hour ago. So there you go.

Greg Everett: Yes.

Robb Wolf: So launching into our show sponsors, the Performance Menu, the Journal of Nutrition Athletic Excellence.

By this point, will we be in June, yes we'll be in June. Episode 101 will be up. The price on the subscription is \$30 for the standard gig which is phenomenal, absolutely amazing.

Greg has lost his mind offering this. It's such a low price but if you want the extra super jiggy hand job of excellence then you go for the \$100 yearly subscription. And you get all kinds of added bonuses.

Is that a pretty good explanation, the Performance Menu subscription?

Greg Everett: That's perfect.

Robb Wolf: Sweet. We have frontdeskHQ.com. Go to [frontdeskHQ](http://frontdeskHQ.com), if you run a service based business. If you run a gym, yoga, pilates, chiropractic office, dog

walking, car washes, anything like that where you schedule people, you bring them in, shake them down for money, send them on their way.

There was some sort of exchange of primarily services. Eventually, they're going to have goods and they're also you will be able to do point of sale for that stuff as well. But the point of sale feature right now basically involves service based stuff. Like personal training, massage, haircuts, all that sort of jive.

Greg Everett: And it's now the official software of Catalyst Athletics. And if that doesn't get you excited I don't know what will.

Robb Wolf: Catalyst Athletics is running on frontdesk software now, robbwolf.com. All the folks doing consulting they're using frontdesk as well. Easy stream line super simple set up. What more can you say? Check out frontdeskHQ.com

Greg Everett: I think they need to make a module for the Bunny Ranch called backroom.com.

Robb Wolf: We can white label if you need it, so no problem. We can do it.

Wellfoodco.com. Wellfoodco is your solution for food. If you need some snack food you can be travelling on the road you need some sort of grab and go item like grass-fed beef jerky gluten free of course.

But folks remember, jerky needs some sort of preservative. And that's why it has a little bit of salt and little bit of sugar in it.

Greg Everett: Oh my goodness. Salt and sugar?

Robb Wolf: Yeah. John and I, Welbourn and I saved the emails on this where people emailed us just losing their minds over this stuff. They're like, "Your jerky has sugar in it." And it's like, yes that's so that the bag that we send you isn't full of mold upon receipt. So there would be a sugar and salt preservative.

Greg Everett: I have an idea. Don't eat it if you don't want it.

Robb Wolf: Yeah. I still don't get it. I finally figured out though and I'm not going to say it on the air. I don't want to create a tussle. But I figured out where the vector on this came from. There's this deal where it's like, you can't have sugar on a particular protocol. But you can have fruit, you can have

some vegetables which all have carbs and so it's just borderline ridiculous.

But anyway, wellfoodco.com. Go there, check it out Well Food Company. Welbourn and I, couple other folks involve with that, good chow.

Are we on to the Bunny Ranch? Did I miss anybody?

Greg Everett: Yeah. Bunny Ranch time.

Robb Wolf: Okay. Bunnyranch.com. Dennis Hoff's amazing offering to humanity. That's why I live in Nevada folks. No state income tax, prostitution, gambling, it's Sodom and Gomorrah here.

So remember that, that is an adult site so if you check it out just be willing to deal with the consequences whether that's an annoyed spouse or an angry IT monitor who thinks that you looking at porn related stuff during your work day is a bad idea. So keep that in mind.

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Greg Everett: How could that be?

Robb Wolf: Yeah, how could that be?

You know what? If I remember correctly by the time this podcast goes up we actually will have the Paleo Solution seminar App, will be available.

Go to robbwolf.com. Look in our offerings there on the right side bar where we have the 30-day solution and a shopping and food guide and all that sort of stuff.

But it's 7 hours, almost 7 hours, 6 hours 48 minutes of video all the slides. This is the last seminar that I did with Paleo Solution seminar in Boston has all the slides, has Q and A. It's a very good production, good quality. You can download that on to – basically any platform that you have iTunes on.

So you can grab that thing. It's a huge amount of information very good pre study material. If you are planning on taking our upcoming nutrition cert that we have rolling out here pretty soon. Also a very valuable adjunct if you run a gym, if you're a personal training kind of coach or something like that.

And if you have clients that have specific questions because there's just a pretty good chance that we answer those questions in the app. And so you could just show folks that 5-minute, 10-minute video clip and just wow them with the expertise on that topic.

It covers everything from basic science, Darwinian medicine, leaky gut, gut permeability, sleep, exercise, performance, health, longevity. It's a whole bit enchilada of fun. But that should be available by the time this podcast goes out.

Greg Everett: Excellent.

Robb Wolf: Outstanding.

Greg Everett: Okay. On with the show. Maximizing development for a child with Down Syndrome.

Michael says, "Hi Robb and Gregg – two Gs I've been following your podcast for a long time. And I was lucky enough to have a question of mine answered back in episode 91. I'm pleased to see you still going strong another 91 episodes later. Well another 93 at the time of writing.

My question back then was concerned with my wife and I preparing for the birth for our first child. Well we had a lovely happy baby boy called Aidan, who is now 18 months old and doing very well. Not everything is perfect though as he has Down syndrome.

The first concern when the child was born with Down's is that they're more susceptible to certain health conditions such as heart, thyroid and hearing issues. After that and as they grow up, the challenge is concerned with slower mental and physical development.

Happily, Aidan is so far free of any underlying health problems. Nevertheless, his general development is noticeably slower than his peers though the full impact of his Down's will not be known for quite a while yet.

My question is quite straight forward. Apart from following standard Paleo diet in lifestyle, are there any other things you think we could be doing or tweak to be made with the diet nor to increase the chances of Aidan continuing to be free of underlying issues and to maximize both his mental and physical development as he grows up?

Aidan was breast fed for his first 12 months and since his eating mainly veggies, red meat, some white fish, banana and full fat greek yogurt, which he loves. Very occasionally, he'll have a small amount of white rice or potato mixed in with some of the above. Many thanks for any thoughts you may have and thanks to the both of you for continuing to provide such a fantastic resource of both information and fun.

Much appreciated, Michael.

Robb Wolf:

Gosh. I just don't see anything really being any different than the standard feeding and watering of any kid. Chris Kresser put together The Healthy Baby Code which is great both for getting pregnant, during pregnancy, breast feeding and then raising the little whipper snappers.

I think, it sounds like you're doing great to the degree that you can get some organ beets thrown in there. It sounds like his getting some good variety. It's fantastic he was breast fed for at least 12 months. That's totally legit. That's a huge boost. You might look into a kid's DHA supplements so that we're making sure to provide plenty of that long chain polyunsaturated fat for brain developments, bone broth.

I think paying particular attention to gut health so the Greek yogurt seems good if that's well tolerated. Kraut, making homemade kraut, it's really odd. But Zoey who's now a year, she smashes homemade Sauer kraut, homemade kimchi like it's kind of amazing coz this stuff is pretty strong tasting. She just hammers that stuff. I think keeping an eye on all that, I think I mentioned bone broth is would be a good addition.

If you ever had any problems looking a little bit towards the GAPS diet which is basically describing what I just laid out there. That could be helpful.

[0:10:06]

Just as an aside on the bone broth deal, this is Robb being a dick because since we're recording an hour after the last podcast. The sun is still not out in Reno. And this shows you how incredibly squirrely I get in low photo environments but I get incredibly cranky and down trodden and everything.

People play up the bone broth like it's the second coming and this unique thing. It was never really that big of a deal for me because for me bone broth is this magic thing called soup stock. I have always made that stuff.

If you have some chicken bones left or tops off your unions or whatever you throw it in a big pot. Boil it down, extract the goodness and use it to flavor other foods. So just gonna take the bone broth people down a couple of notches. It's just a soup stock folks, it's really good but for the love of god, it's not that big a deal.

Okay. Just to wrap that up, I'm being a complete dick. But those are the things that I would do. I can't – I think the general healthy feeding and watering in the kid is your best bet. And probably paying extra attention to gut health would seem a good hedge to your bets there.

Greg Everett:

Alright. Stevens-Johnson Syndrome.

Toni, that's a tough one to say.

Okay, I'm sorry, this is just so confusing.

Toni says, "Hello my name is Toni. I read your book last year and it changed my life. I felt great. Better than I ever have. Last September, I had pneumonia and was prescribed Biaxin.

Several days later, I had sores in my mouth and extremely red eyes. Finally my wife made me go to the hospital. I was admitted and diagnosed with Stevens-Johnson Syndrome. Shortly after my hospital visit, as soon as I can tolerate anything except for ice cream. I resumed paleo, I had a few "flare ups" since the original outbreak but not as severe. This even happened with anti viral medication Valtrex and acyclovir.

I've been reading as much as I can about SJS. Unfortunately, there's a myriad of things that can cause it. The doctors have branded me with a sulpha allergy which is odd because I don't think Biaxin is a sulpha based antibiotic.

What I have noticed is sometimes I become blotchy when I eat foods with sulphites. I've been logging what I eat to try and nail down what is causing it. It's not a real big deal. I don't experience discomfort. Only weird looks when it happens.

My question is, do you think my switch to the diet may have exacerbated a latent allergy? Although I doubt this is the case. Do you think my diet may have caused SJS or could have been a contributing factor? I know SJS is somewhat rare but is there any information you can provide to help me out?

I'm active duty navy and very concerned this may mess with my career. I really enjoyed your book and I'm a huge fan. The doctors at Balboa can be cryptic and reluctant to provide advice or information. Having said that, I promised I will not try to leverage your response with any legal action. I also understand that if this falls outside your expertise. I know you're very busy so I understand if I have to wait a long time to hear back from you.

Thank you so much for taking the time to read this. I know it isn't worthy and probably riddled with grammar and spelling areas. Very respectfully, Toni.

Robb Wolf:

There you have it. It's interesting that SJS actually has some symptomology that looks a lot like really kind of raging celiac disease. It's a different gene locus on the HLA kind of gene spectrum.

But some of the reactivity like the hapten formation kind of quasi auto immune activity is really reminiscent. I didn't, in my research, find any specific stuff relating to gluten cross reactivity with the story. But you see lots and lots of antibiotic immuno modulatory drugs that are players in the development of the whole syndrome.

Could Paleo played a role on this? I guess it could have, I mean the fact that you were eating and alive is going to play a role in the fact that you could develop it. As to reactivity now, this is one of the problems when we get some sort of gut damage, get some sort of systemic inflammatory condition. The whole story changes. What was okay on one day may not be okay on the following days. So I mean there's a lot of moving parts with this thing.

I think that what you're doing seems really good in that you're trying to track what you're eating, see if you get any type of symptomatic response and that seems pretty solid. But we definitely see some sort of consistency here in that some sort of both the antibiotics and the antivirals which worked by completely different mechanisms. But it's interesting that you seem to be getting some sort of a reactivity with this.

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And again, this may auger back in to some of the primary governing control of the immune system related to the whole HLA scene. I'm not sure what more...

Would there any other – think my switch diet may have exacerbated?

I think it's pretty clear that the antibiotics are what triggered this. That's one of the most common things in the literature is the antibiotic exposures.

So I think that that's probably the thing and then from there you are sulphites problematic at this point, possibly. I mean that's where you have to get in and tinker and look at what you're eating and see what the reactivity is and try to mitigate all that stuff.

I wish I had more to give you but it is kind of a nebulous thing. The effects can be really broad. It can go from the epidermis, into the eyes. You can have some other organs system affected by this also. So it's kind of tough to pin it down.

Greg Everett:

Okay. Let's see here. Converting from weighed to unweighed diet.

Joel says, "I'm currently doing a weigh and measured diet around Paleo food principles and found it helps keep me losing weight by keeping my mind on portion size eating calorie intake.

I'm unhappy with doing this, but I have no idea on how to limit my food intake without a kitchen scale. How do I keep myself from eating too much food on paleo without weighing everything out? I've been eating this way for the past 7 months and I've lost 115 pounds.

And I'm happy with my new body, just not the inflexibility of having to weigh my food. 6'4, male, 202 pounds, 28 years old. Eating around 2600 calories a day, moderately active.

Thanks."

Robb Wolf:

Gosh. I guess the only thing I would say with this is it's time to switch to the eye ball method. If you've been weighing and measuring this stuff for a long time and it could even be as simple as you use the same plates and food receptacles.

And so clearly, you just eyeballing what you're taking off the scale and you put it on a specific plate you know what protein size you're getting, you know about how much of fat you're using, what carbs or proportionality is making up the plate and you should then in a reasonably short period of time be able to weigh that stuff out and stick

it on a plate and then just eyeballing you should be able to dish that out and probably be within 5% to 10% error on that

I think pretty quickly even people that were doing the zone for a long time I think that, that's typically the direction they go and then if they feel like things are kind of sliding out from underneath them and their portion size are just getting too big they'll once a month, tighten things up and weigh and measure food for couple of days.

But that seems probably a good compromise is just having some faith that your eye ball method is going to be pretty on task. And then when and where you need to tighten things up then you know that you've always got your measuring cups and your kitchen scale and you can just go back to that if you need to tighten things up.

So I think it's just trusting yourself a little bit and having some faith that you've been doing this a long time. And on an intuitive level, you can probably get pretty damn close to what you've been doing using some legit weighing and measuring.

Greg Everett:

Yeah. That's exactly I was going to suggest is that after 7 months, you should have a pretty good idea of what those different portions look like. And just do that check in once a month or so. Weigh and measure couple meals and just kind of make sure you're on track.

And if it doesn't work and if you feel yourself slipping then go back to weighing and measuring for a little bit. It's not the end of the world. If you survive 7 months doing it and obviously you lost 115 pounds it seems well worth it to me. Alright.

Setting fitness goals.

Sarah says, "Dear Robb and Greg, what advice do you have for determining fitness goals? I have vague goals, like stay mobile as I age and be able carry heavy things and don't injure myself at the Y in an embarrassing manner. All good goals.

But more specific ones could help us solve motivation? How do I figure out what realistic but challenging goals are good for me personally? I'm a 42 year old woman, I'm 5'10, 150 pounds and healthy. But I'd like a stronger core to ward off neck and hip problems. I have to see a PT for occasionally and to be trimmer around the middle, out of the vanity.

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Any suggestions? Best wishes, Sarah. Robb, suggestions?

Robb Wolf:

I guess things that seem fun. I don't know. This just becomes so individual and personalised. I mean it's the totality of human movement is out there. You could join an adult gymnastics class. You could join an Olympic lifting club. You could get going in a rock climbing gym. You could join a capoeira group. You could have 2 days a week of some weights and then do some sprinting.

You could join masters track and field stuff. So I really like the masters track and field competitions because the training for those sort of things and keeping your distances say like 100 meters to 800 meters or something like that seems really good. And you get some camaraderie with it. Obviously I gravitate more towards the martial arts type stuff, jujitsu and everything but I think the main piece is find things that you really enjoy.

If it has a social element to it, I think that that's big, I think that that's a lot of the draw of crossfit is everybody knows your name and they're always glad you came and all that sort of jive. So I think that focusing more on stuff that seems fun and that has a social element and feed your soul a little bit will...

If you pick that stuff out then I think that that will imply then what you need to do with your training to make that stuff happen. If you start doing some Crossfit or you start doing some O lifting then you start delineating some training goals built around that stuff and then you're often running.

I think that part of the reason why you have this very nebulous open-ended question is probably because you're not necessarily doing something that you're pretty passionate about and so that's where you're casting around a little bit and maybe having some problems about where to go.

That was one of my challenges in Chico was that I really wanted to do Brazilian jujitsu. There's a couple of guys teaching but it's always really funky hours and it was just hard for me to make the thing fit my schedule and ironically moving to Reno, I actually found a coach that has an 8AM group class and 11AM group class and so I'm able to do some grappling early and still get some work done and still be available to be Mr. Mom for Zoey in the afternoon and all that stuff.

And so it fits into my schedule well but it's something that I'm passionate about, I enjoy, it's got a social element to it, because of the demands of the grappling, it really delineates some stuff I need to work on. I need to do some peripheral conditioning and then a little bit of strength work to help improve that game.

So I guess that's the stuff I would focus on is figuring out what seems like a lot of fun and then that is really going to drive the boat for you. And without that, I think the reason the train becomes really nebulous. I think it takes a very disciplined person who will go to the gym and just workout for the sake of working out when you don't have something else that you just really, really enjoy doing.

Greg Everett:

Yeah, I would agree with all of that. You definitely have to enjoy it and it's important to find stuff that keeps you motivated naturally instead of having to force yourself to do stuff. But with regard to actually setting goals, I mean this stuff, except for not embarrassing yourself at the Y, mobility and strength is.. both are definitely very measurable.

So you need to just get baselines right now. And so you say stay mobilize your age, I assume that means that you are currently mobile. So that's easy enough. If you're as mobile as you wanna be and that's how mobile you wanna stay, then make sure you have some kind of baseline measurement there like – I don't know – can you do the splits?

Whatever it is, you can bend over and reach the ground. However you're measuring that, there's a million different ways for different movements and positions but... Write it down. Keep track of what you can actually do right now. And if there are certain areas that you do wanna improve other than just maintain, then you can make a goal there like, "Okay, right now I can bend over and touch my fingers to the ground but I wanna be able to bend over and put my palms on the floor."

And then you work towards that. Being able to carry heavy things. The strength stuff is the easiest to measure; it's just numbers. So if you are on a consistent strength program of some type, pick the things that you wanna use as your benchmarks which are usually the big stuff like squat, dead lift, press, bench – that sort of thing.

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And it doesn't really matter. If it's curls – that's fine, too, as long as it's a consistent unit of measurement there. And then take a look at where you are now and how you feel in terms of where that is relative to your long-

term envisioning of this ability to carry heavy things, does it mean you wanna carry a 20lb bag or does it mean you wanna carry 100lb stack of bricks?

You gotta decide that and then get a sense of what in the gym is gonna help you get to that point and I would set a monthly or every other month goals to keep you moving in that direction. And if you're not moving in that direction, then you need to make adjustments to your program, obviously.

Okay. Let's see here.

Fatigued. Train light or rest? Adam says, "What's your number 8?" We can't have that many list for number 8s. "Insert standard flattery here. 43 year old male; Taurus, Paleo plus dairy for a little over 2 years and feeling great all things considered. We have a 2 year old that wakes up in the middle of the night several times a week which keeps me in a chronic state of fatigue.

The good thing is she clearly is going to be a jock which motivates me in the gym. I feel like I've done a good job of finding my exercise limitations. I walk a total of about 2 miles a day to and from the parking deck at work, use a stand up desk, and lift for one hour twice or sometimes 3 days a week. I'm focused on strength, working on sets of 5 or less and I'm primarily stick to compound movements – bench press, squats, weighted pull ups, etc.

Despite the lack of volume I've made really good progress. A couple of weeks ago I benched 225 at 5'7" and 137lbs. I've tried increasing my volume a couple of times and it didn't go well. Aside from the scheduling difficulties, I just can't get enough sleep right now to recover.

My question is this: I need to get in my workouts when I can but sometimes the window is on a day when I'm pretty knackered. Usually I workout anyway but take it easier, i. e. lower intensity and volume, maybe some accessory movements. Am I better off doing this or just resting? Should I keep the intensity up and do a fewer sets? My only worry is that if I only worked out when I feel fresh, I will never get into the gym."

That is true. Rob, thoughts?

Robb Wolf:

A couple of things. One thing maybe checking out Joel Jamieson's Heart Rate Variability platform so that you can see what are the days where

you're... I know Jim Laird has gotten some good mileage out of that. A lot of people gotten some good mileage out of it. Joel sent me all that stuff and I have all the gear ready to go and still have not started doing it which I need to do that.

I've actually got a belt test coming up in jits and it'd be good to get a baseline and then use that for my training. So that's a thought of a way that you could quantify what's going on and then maybe you can... You'll actually have some other feedback mechanisms. I mean to some degree, it sounds like what you're doing is working and I don't think there's any doubt that the challenge on the recovery typically starts coming in when the volume increases.

And this seems to be whether we're talking aerobic work, strength work – whatever the deal is. If we focus a little bit on intensity and we go a little heavier, we go a little hard but it's not super long, then I think that we're pretty good. And then the other side of that is that if we do tackle a little bit of volume or go longer on something like...

Two very different ends of the spectrum. One of them is some weightlifting maybe a little sprinting but not a lot of volume on at the other side; just getting out and doing an easy walks and foam rolling, stretching – all that stuff – that doesn't seem to beat people up too badly. I'm 41. I'm lifting weights maybe 2 days a week to doing jits 2 to 3 days a week, I might do one conditioning day somewhere in the midst of that.

And for that what I'm doing is actually just some intervals. It looks like a fight gone bad interval like 5 different stations, 5 minutes of work, 1 minute rest, but I tackle that completely aerobically as in like I can breathe through my nose the whole time. I never breathe in through my mouth. I'm never leaning over like white buffalo in the sky kind of gig.

And that's been going really well and it's interesting I had a chunk of travel there for a while where I was only getting in to jits one day week and I was actually doing privates for that one day and then I would take notes and review and mentally rehearse stuff. And I've been making great progress off of that even with a really abbreviated schedule and for maybe the first time in my life, I've really been listening to my body.

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And if I'm feeling tired like if I go out into the garage and it's my day to lift some weights and I just don't feel like lifting weights, I don't. I'll just foam

roll and stretch. And so I've had weeks where I lift weights one day a week and that's it. But I haven't gotten sick, I haven't gotten injured, and I'm making progress at the thing that really is important to me which is doing the Brazilian jujitsu.

And so as to whether or not you should or shouldn't train or not train, I think a little bit of that is left up to you. If you take a little time and warm up, usually what I will do is I will warm up and if I'm still just feeling like ass, like if I still just have absolutely zero pop, I might do a little bit of really light almost body building rep scheme, some presses, some bent rows, maybe some super light front squats.

I'm talking at using like 65lbs for 3 sets of 10 on the front squats or something like that. And then if I still just am not really feeling all that good, then I'm done. I just don't do anything. But I did some tiny little bit of work, a little bit of mobility work, got my metabolic rate up just a little bit but... Where in the past I would push through and typically the way I would push through is making a big pot of coffee or my stimulant pack of like coffee and DMAE and all that stuff and I just don't do that anymore.

And it's too bad I didn't do it when I was more youthful but... What is it? Youth is way still I'm young so I don't know that there's a 100% right or wrong answer on this. Again it seems like you're doing a pretty good job of managing this stuff and I would listen to your body a little bit, maybe consider doing heart rate variability gig so that you've got a more quantifiable measure of what's going on with your recovery and just go from there.

Greg Everett:

All right. Yeah, I would largely agree with that. If you're only training 2 to 3 days a week as it is, you don't wanna start skipping a bunch of workouts when you're tired. You got to get in and do something unless you're really, really dying. Usually in my experience and the experience of my athletes, even those days and you come in feeling like complete shit, you end up feeling a lot better after having gotten in a little training even if it's much less, much easier than what you had planned originally.

A lot of times, sitting around doing nothing just makes you feel worse. Okay.

Bullet proof coffee, MMA, diet, and weight.

Man, 4 topics in one question.

Robb Wolf:

Its madness.

Greg Everett:

Right. Ian says, "Long question so I'll skip the praise and comment about loving listening to all the podcast or the post casts. I'm an MMA fighter from the UK and have over the past year or so switched to the bullet proof diet. Paleo like and I'm enjoying the energy and health benefits. I'm currently doing intermittent fasting 6 days a week from a bedtime of 9 to 10PM until first food around 12PM - olives, mackerel, or sardines and an avocado.

Sound lovely.

I train harder on 6:30 am for an hour and take branched chain amino acids before and after. Now I've heard you mention this is a bad idea which I agree with but I have a 700 calorie bullet proof coffee around one hour before training. This obviously keeps me in ketosis for fat loss/weight control and gives me more than enough energy to train hard.

It contains around 30 to 40 grams of grass fed butter and 30 ml of MCT oil. Does this, in your opinion, change anything on athlete's training during intermittent fasting and not refuelling for around 4 hours after? I'm finding I have loads of energy during my AM session and cardio strength increases are good.

AM sessions are the hard ones with classes and more technical work in the PM. Also, as I compete in the weight category sport, I need to watch my weight carefully to avoid difficult weight cuts. I only like to cut 10 lbs and don't like losing too much weight during camp when I'm training hard. So I spend a lot of time either calorie restricted or close to neutral as obviously when I eat too much weekly rest, free feed day my body is happy to hang on to the extra leaving me back at slight calorie restriction while using bullet proof coffee, intermittent fasting in a heavy training load.

MMA seems nearly impossible to get right. I need to be a lot lighter than is natural. 170lbs is too high. Guys are massive. I need to be able to go hard for 15 minutes with a little rest. Need to be strong enough to pick up another human up with speed and power and do it over and over not to forget getting hit in the face and taking damage during the process.

Not sure where to balance everything that's needed to be done. I think I'm on the right track but everyone will say at least one thing I'm doing wrong generally. As you train an MMA guy, I thought you might be able to give some insight and keep me on the right track. On a side note, I have a keyhole surgery coming up with a 4 to 6 week recovery time.

I need advice on how to eat and train during this time. Thinking about just completely relaxing and enjoying some extra food and rest. But at 40 plus, I'm worried that if I let go too much or at all, I'll struggle to get back to my current level of fitness or just critical due to being a combat sport. Mistakes hurt.

[0:35:02]

I hope to continue to compete until the wheels fall off. I would have said knocked out but that has already happened.

And I think there was supposed to be some kind of smiley face there.

Hoping to make it on the podcast as I'm listening to the podcast from the beginning at work and at home getting through 3 or 4 in a day. Really enjoying the info, thanks. See my last fight here. It didn't go so well but that's the game.

And then there's a similar weird character in there. It's not showing up here. I'm very disappointed. I'm hoping it's a smiley face getting punched or something. And then a bunch of stats here that I won't read.

Robb Wolf: Bunch of stats yeah.

Greg Everett: And currently in between fights, awaiting key hole surgery on my my knee cartilage so I'm around 179 pounds. I'm training every morning with a few evening sessions here and there. Whew!

Robb Wolf: Holy smokes. You know it's a good question. Again, I almost feel responsible or culpable on the whole intermittent fasting thing because we wrote about it and issue eleven?

Greg Everett: Yeah. It was like 2005.

Robb Wolf: It was 2005, July 2005, so it's a long time ago. Some really interesting stuff with the intermittent fasting. The benefit of intermittent fasting, we have all this cool stuff like transient ketosis, cellular autophagy. We clean out some of the broken down, used up protein in our cells. So it's kinda like a potential hormetic stressor rejuvenating process with all that. That's all legit but if you're doing cross fit, if you're doing MMA, if you're doing some hard training otherwise, hard exercise does most of what intermittent fasting does. And each of them represents a stress that you have to recover from.

And I've just seen enough people do too low carb, too much intermittent fasting in the midst of really hard training and it just freaks me out now. If you feel like it's going great then I guess god love you. Keep doing it. That's awesome. Just eyeballing this, I'm thinking that there's not enough carbs. It really makes me nervous that you are going a significant period of time post-workout, with only BCAAs, no carbs in that scene.

It's interesting. I've been fishing around on the internet. I just do some Google trend stuff and just see what's floating around out there. I put in ketosis, ketogenic diet and MMA, ketosis, ketogenic diet, Brazilian jujitsu and there's like Sherdog and a few places people kick around with it. They talk about it a little bit but you don't see anyone talking about wild success with this stuff. And then you put in, say, vegan diet or paleo diet for the same two search queries BJJ and MMA and you see tons of people doing it, tons of people reporting it "Hey, I feel way better," "My digestion is better," whatever.

And I think two of the features with both paleo and if you're eating vegan you're typically eating cleaner. If you're doing the paleo thing correctly you're not limiting carbs and most of the people who are writing about this they mention that you do a lot of post-workout carbs, do some white potatoes, sweet potatoes, maybe some white rice or whatever. But I see a lot of people and even some very, very high level players who are just singing the praises of say, like paleo for example. Just focus on that.

So very non-scientific, just very observational but it's intriguing to me. I know it's like Rousey? The gal, the MMA fighter, she claims that she does like one meal a day. She eats it at the evenings; it's just big meal. Maybe she does and maybe it does well for her.

I just don't see that many people do well on that protocol, the additional stress, the constantly relying on the adrenal glands to keep blood glucose up. Even if you're in ketosis, you still produce some blood glucose for some elements of the brain and the red blood cells, the parts of the physiology that will not adapt to ketosis. And then at the end of the day, when you're really fighting an MMA fight, it's not a ketone-driven endeavour. It can't be unless both dudes are in ketosis and in my opinion, it's probably going to be a very not exciting fight because they're just not gonna have anywhere near the pop that they would normally have to do that – the usual glycolytic based activities.

[0:40:09]

So that stuff just makes me nervous and again what you're doing seems to be working well so I guess, it's hard to argue with that but I can see a really easy argument like the...

I don't see too much of a problem for you getting up, doing a little bit of fasted training or maybe even cutting some of the calories on like the bullet proof coffee and then you'd go into your training. But I would really throw some carbs in the post workout period. And you just need to proportion things in such a way that you're not overeating.

You might, if you start doing that, you will see the scale probably shift up because I'm gonna guess that you're probably glycogen depleted right now. And so if you start accreting more glycogen in your muscles, I think you'd store 4 grams of water for every gram of glycogen that you store so you're liable to see some scale shift in that regard but I think you're also gonna see a performance bump and improvements.

So I don't know, man. And it's true. The training for MMA and the weight cuts, it's a tough game. It's a really, really tough sport. And this is, again, where I like sport Jujitsu where the tournaments I like are the ones where you basically walk up, step on a scale, you make weight and then you walk on to the mat and you fight.

I actually hate the whole weight cutting thing. I wish that people just fought. I wish that people had to be the same weight ten days out, the day out, an hour before for the fight. I think that it'd be healthier. I think the fights would actually be more interesting. Yeah, it changes a lot of the complexities and how good you are at managing your pharmacology to go up and down on the weight and everything but – I don't know.

I'm just not really a fan of it but that's getting far field. There was a question also on the recovery deal, I would still maintain a base level of activity. Maybe you'll look at this as an unloading period so you're not totally going wild in the gym but even with one leg you could still row, you probably still swim, depending on what type of sutures or whatever you end up on with at the end of that.

I would stay active. I don't know that you wanna go completely to pot during that period, and you're just gonna have to dial your food down a little bit to match a lower energy output. But this is the time to do a lot of visualization. You can do a lot of technical visualization like if you're sitting on a rower, riding the bicycle, one legged or if you can ride a bike with two legs if you have that type of range of movement.

The visualization stuff is pretty legit. You'd get a lot of mileage out of that so that's where you can delineate what parts of your game you're trying to improve and really put some mental thought into that.

Greg, any other thoughts? Any ideas?

Greg Everett: I like your ideas. I'm going to endorse your ideas for that question.

Robb Wolf: Thank you.

Greg Everett: Officially.

Robb Wolf: Thank you.

Greg Everett: All right. Water purification. Joe says, "Do you guys purify your tap water? Would you recommend that people take it a step further with a Brita filter and buy a heavy metal removing bacteria and virus killing fluoride removing purifier? What system would you recommend of any? Thanks. Joe. P.S. Greg, can you do us a solid and drop any hints on the American weightlifting documentary?"

Robb Wolf: That's where that was from, yeah. You wanna tackle that?

Greg Everett: Ah, yeah, sure. I can tackle that. I'll give you some hints and that is that I'm working hard on it but busy guy, spread thin so it's a slow going process and I'm definitely hoping to have it out in the fall but you guys are just gonna have to be patient.

Robb Wolf: So buy lots of Performance Menu subscriptions and then Greg is capitalized enough to actually out this project together.

Greg Everett: Seriously, that's a good point. That, Robb, it makes an incredibly good point. The more shit you guys buy from Catalyst Athletics, the less I have to work which means the more time I can put into that movie which will not make us any money. So there you go. Do it for the people. Do it for everybody, the public good.

Robb Wolf: Do it for everybody, yeah.

I actually just use the refrigerator water purifier deal. I'm not super geeked out on that stuff. Welbourn has this Kangen water purifier and you recharge it with these mineral chips and everything and I gotta say the water tastes damn good.

[0:45:03]

The fluoride deal doesn't really freak me out all that bad. I don't know. I'll say this. There's a lot of smoke and mirrors out there with this stuff. Probably a decent water purifier is great if you live in a municipality that the water has been through a dozen other people. There is a legit point that there are some municipalities say like in Los Angeles where the waster literally has been in and out of a bunch of people before it actually makes its way back to the ocean.

And so you can grab the tap water and sample it and you can get detectable levels of estrogens because of the birth control pills bioaccumulating in the water and stuff like that. So I think to some degree, depending on the location that you happen to call home, you're gonna have a more or less compelling reason to do what you're doing.

Reno water's actually pretty good 'cause we're at the top of the water shed and we're the ones actually poisoning it for everybody else downstream so not as big a deal. So I guess I would look a little bit... I think you can contact your local municipality and they will report like the parts per million of the various things that are in your water.

You also have to consider what type of house you're in, how old it is, and all that stuff. That's another, I guess, somewhat, interesting thing is used to the water pipes were typically copper. Now I think a lot of water pipes are going to PVC type stuff. Is that a good idea? Maybe not. There's xenoestrogens and all that crap.

Maybe I'm making a stronger argument for actually getting a water purifier. I know some of them that... So if you wanna go uber, uber jiggy what you'd get is a system that is both water distillation system that then has another piece to it that adds back in the minerals. So distillation removes the minerals and then you need to add them back in.

But the deal with the distillation for the most part is that you're removing most of the organic solvents and all that and typically somewhere in that whole system is some sort of an activated carbon filter so it's removing the organics but then you're removing anything like fluoride, heavy metals, etc, because of the distillation. You're removing the organic compounds because of the activated charcoal and then you swing back around and reintroduce some of the minerals for a better flavor and just so you've got some minerals in there at the end.

But I honestly have not followed manufacturers on all that stuff. So I think Mercola sells a couple of those. We've actually got a Mercola question coming up here which is maybe what prompted me to remember that. But I can't really help you on manufacturers per se. You'll just have to fish around on that.

Greg Everett:

All right.

astaxanthin, sunburns, and showers. Charlie says, "I was reading Dr. Mercola's website and saw him praising astaxanthin, checked reviews on Amazon, sure enough miracles reported especially for eye sight and chronic joint pain. Mercola says the stuff is utterly safe but I'm a bit concerned because most vitamins and antioxidants that seem too good to be true usually do have a safety limit.

When consuming from whole foods, there's usually some kind of cofactor that mitigates the damage. Is astaxanthin really so great? Is it really that safe? What whole foods, if any, contain significant amounts? What cofactors might food sources contain if we're looking to stack them in pill form? Also, Mercola suggests not bathing for 48 hours post sun exposure to maximize vitamin D effects.

That sounds gross.

It seems the vitamin is formed in skin oil and needs time to soak in. Actually, he says to use soap only on your pits and groin and just wash gently in plain water everywhere else. This is precisely what I've been doing anyway because it helps my skin from breaking out. But is it really that helpful for Vitamin D?

To connect these subjects, Mercola says astaxanthin reduces the damage from sunburn and possibly the risk of skin cancer. Know anything about that? I'm neither Mercola devotee nor a hater. Just getting a second opinion before I add another damned pill to my daily routine. I'm already trying small amounts of sunbathing after hearing you talk about it. I came across Mercola's site while trying to figure out safe sun exposure time limits. Charlie, formerly from Oklahoma now in Colorado."

Robb Wolf:

So there are like 50 different questions in here. What's the first one?

Greg Everett:

Let's just say is astaxanthin good and safe?

Robb Wolf:

Good and safe? I think it's probably good and safe. The food sources are going to, for the most part, gonna be seafood oriented.

[0:50:04]

The astaxanthin is what gives pink seafood its pink color. Pink Flamingos are pink because they eat astaxanthin rich seafood and the astaxanthin bioaccumulates and build up in their feathers; pink salmon that's wild caught is pink because it's eating algae and small fish that have eaten algae that bioaccumulate the astaxanthin; farmed salmon, they actually used to feed it like red dye number 5 but now they're feeding it astaxanthin because people were upset that the pink color was from red dye number 5.

It really does have some interesting mitigative effects on like oxidative damage particularly in the eyes and from photoreactivity considerations, astaxanthin and zeaxanthin are part of the big family of carotenoids but they don't convert into vitamin A unlike beta carotenes and some of the other alpha beta gamma carotenes.

Possibly interesting side note, when I knew that I was gonna do the I Caveman Show, I knew about the effect of astaxanthin mitigating sunburn and so I started taking a combo formula. It was from Solgar, I believe, and it was astaxanthin zeaxanthin combo. I would take that with a fatty meal because it's a fat soluble substance and so that's the way that you're going to absorb it the best.

And I tried to get out in the sun as best I could before this event but it was interesting, everybody on the show except me ended up with really horribly cracked lips really early in the show like within 3 days. And so we had wind exposure, really bad sun exposure because you don't have hats and we were outside way more than what we're used and we had some people who are light skinned, we had some people who are dark skinned but everybody except me ended up with cracked bleeding lips.

And the camera crew – God bless those guys – they were sneaking Chapstick into the camp and leaving it little rodent burrows and stuff like that so the people could grab some Chapstick off camera and save themselves. So very anecdotal but that really... I think that helped keep my lips from cracking and everything.

So I like astaxanthin like ideally you would get it from seafood sources. If you can't get it that way, I think that it's probably reasonable to take a supplement. Again, like supplemental antioxidants are little bit dodgy because we haven't really seen a ton of research showing things like high

dose vitamin E and vitamin C and whatnot to be beneficial in general but... Or I could give it a shot.

As to the vitamin D gig, I think that this is all accurate as far as washing away the oil being a problematic feature of vitamin D production. For years I tend to – and this is probably gonna push me over into dirt worshiping hippie land – but I’ve typically just spritz off for years. I mean I’ll do the same thing.

I’ll give the hoo-ha a little blast with some soap but other than that I’m pretty much spritz off with water and it’s interesting, as long as I eat well and I’m not stressed out, I don’t really use much in the way of deodorant. If I’m travelling and I’m stressed out, then I’ll start noticing some body odor. If my food isn’t as good, I’ll notice some body odor.

But generally, if I’m chill and just motoring through my life like I’ll jump in the shower and spritz off and I’m pretty good with that. My people usually comment that my skin looks good and I feel pretty healthy with that and everything so, yeah. I don’t know.

Greg Everett: Cool.

Robb Wolf: So there’s some links there so that folks can read up on the Mercola stuff so, yeah.

Greg Everett: All right. Final question.

Herbal tea and biology. Travis says, “Robb and Greg, thanks for all the great work you do. I’m a long time fan of the podcast, blog and book. Two quick questions. One, is there any concern with high consumption of herbal teas? I know I’ve read about chamomile being problematic with certain individuals but what about mint rooibos I think is the best pronunciation I found, etc. I’m sure the poison is in the dose but would it be healthy and safe, for example, for an average male to consume 8 to 10 cups or more peppermint tea per day?

Two, I’ve come from a history background but I’ve recently wanted to pursue a self study of science specifically biology to give me a better foundation for understanding ancestral health and fitness. Any recommendations on the basic biology text or are they all pretty similar in content? Thanks for continuing to be awesome. In that your brilliance fills me with awe.”

Robb Wolf: Thank you, thank you. You know the 8 to 10 cups of peppermint tea a day, I mean almost all of these things have their own mixed bag of both beneficial substances and toxicants. Most of these teas have some xenoestrogen. I'm a fan of the... what you would call diversifying the toxin load and so I would recommend mixing it up instead of just being really pedantic about one particular type of tea.

So maybe you do mint one day and rooibos another and then some green tea another day – I don't know. It's not gonna kill you. You're not gonna... Unlikely that you're gonna keel over and die from it but I just... Seems like a good idea to just mix that stuff up just to avoid some sort of potential problem.

As to the biology thing, if you get a basic college Biology book, what are we talking about? Are we talking to like organismal biology, systems biology, like a basic survey of biology is gonna be talking about biomes and where critters live and stuff like that which might be helpful if you get more like a molecular biology book, then I think you start getting a little bit closer to the... It seems like the goods understanding things from an ancestral health perspective.

I know that there's a ton of really amazing free online material like Con Institute, even some stuff on YouTube like top of the food chain educators from Stanford University, Harvard. They have all kinds of full course work for free online. So I think that that seems like a really accessible way to get in and cover a lot of that material and you can pick and choose what you've got going on.

Greg Everett: Nice. We're done. We've finished this doubleheader.

Robb Wolf: We're done, man. I think we're done.

Greg Everett: All right. I'm definitely cooked all the way through. Stick a fork in me.

Robb Wolf: Uh, me, too. Me, too. So gosh, I think that's it. I can't think of anything else to prattle on about. I think we got people up the speed.

Greg Everett: Sweet.

Robb Wolf: All right, man. Well, cool. Go work on your American Weightlifting DVD and I will do whatever it is that I do.

Greg Everett: It will remain unnamed.

Robb Wolf: Exactly.

Greg Everett: All right.

Robb Wolf: Awesome, dude. Will talk to you soon.

Greg Everett: All right. See you.

Robb Wolf: Okay. Bye.

[0:57:53] End of Audio