

# Paleo Solution - 189

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Robb Wolf: Hey folks, It's Robb Wolf. I'm in a new office. I have a Jim Dandy new internet and this is episode 189 of the Paleo Solution podcast and I've got my ever large and in charge co-host Greg Everett on the line with me. What's going on, dude?

Greg Everett: Not much. Monday morning, running a little behind, scrambling to get on the podcast.

Robb Wolf: Fudge, dude, Mondays are just – well maybe if I didn't completely slash out on Sunday and Saturday then Monday wouldn't be so bad. But --

Greg Everett: I feel like Mondays will be better if I slashed out more on Saturdays and Sundays.

Robb Wolf: Yeah, there might be something to that.

Greg Everett: But who knows, we'll never know.

Robb Wolf: So what's new? What's exciting? Tell folks what --

Greg Everett: What's new and exciting is that we, meaning Catalyst Athletics, launched our weight lifting certification and gym affiliation program.

Robb Wolf: Nice.

Greg Everett: Last Thursday. Well that will be two Thursdays ago by the time you guys are listening to this. Really excited about that. That's been in the works for literally like four or five years now it's kind of ridiculous. Something we've been asked to do for a long time and I just haven't quite knuckled down and done it because I was – obviously the biggest concern is quality control with that sort of thing and I didn't want to half-ass it or three-quarter ass it or anything less than 100% full ass it. So it took a long time to kind of decide how exactly we wanted to do it.

Now I think I've settled on a system that I think is going to work really well and that is going to be as reliable as it can possibly be in ensuring that the certification is actually meaningful and that the affiliation is

meaningful and people can actually trust that name. Because it all comes back to me and I don't want to look like a dick head so.

Robb Wolf: Or more so--

Greg Everett: Any more than I already make myself so.

Robb Wolf: Nice. So --

Greg Everett: So you can get that [CatalystAthletic.com/cert](http://CatalystAthletic.com/cert). You can read all about it. You can register for the certification seminars, which is the first step you got to do. Attend the seminar and then do some test taking.

Robb Wolf: Nice and then purchase some PVC and Dynamax ball right they're like --

Greg Everett: Exactly.

Robb Wolf: --fourth level jedi certified at that point.

Greg Everett: Yup. That's it.

Robb Wolf: Cool, cool.

Greg Everett: So we will certify you in having a valid credit card.

Robb Wolf: Did you want to mention any gyms that have met the criteria yet or are you letting that out or...?

Greg Everett: Yeah. Well interestingly enough Nor Cal strengthening and conditioning owned by Mr. Robb Wolf and --

Robb Wolf: Shocker.

Greg Everett: --Mrs. Nicki Violetti or Mr. and Mrs. Nicki Violetti I might say.

Robb Wolf: Yeah. She wears the pants in the family so yeah.

Greg Everett: And let's see here. Michael Rutford's gym out in, oh god, what is it, what is it Prairie City, Kansas?

Robb Wolf: Is it Prairie City or Lenexa.

Greg Everett: He just corrected me the other day and it's Prairie something.

Robb Wolf: Okay.

Greg Everett: Prairie Plains or Prairie some kind of Prairie place in Kansas, which as I understand is pretty much the entire state of Kansas.

Robb Wolf: Yeah. I think they have a hill somewhere where they used to be a garbage stuff and they made --

Greg Everett: Rut probably made the hill to do sprints on or something.

Robb Wolf: Probably.

Greg Everett: And then we've got a lot of other great coaches on board too like Bob Tucano, Jim Schmidt, Paul Fleshler, Danny Camargo, Sean Waxman and so really the affiliation program. The whole point is that we want to be able to have a network of gyms who we feel provide really quality weight lifting coaching but not just quality but in line with the way that Catalyst Athletics does things. So you know, coaching and programming that's compatible with what we believe to work well and so all these fantastic amazing coaches who are all way better than me have agreed to be part of it and they're all people that we refer to anyway so. It's a great group of people to have on board and if you're looking for a cool gym to go train on that list of places is going to keep growing and growing and looking forward to it.

Robb Wolf: Cool. Well and you know generally I would say that the route to success is surrounding yourself with people who are both better at things than you are and smarter than you are. But I can think of a glaring example of a huge deviation from that and I still can't fucking wrap my head around it. But I still think that this is a great move on your part so congrats. We are honored to be an affiliate gym.

**[0:05:03]**

You know, we've been motoring along with the no lifting program that is largely derivative of the Catalyst Athletics programming for gosh like four years now so three and a half, four years so very honored, very excited.

Greg Everett: Awesome.

Robb Wolf: Sweet.

Greg Everett: And that's about all interesting I had in my --

Robb Wolf: Cool.

Greg Everett: --to talk about.

Robb Wolf: So Performance Menu for our show sponsors, PerformanceMenu.com. Journal of Nutrition Athletic Excellence, 30 bucks a year for the base model, 100 bucks a year for all the back issues under the hood, fun. Anything else about Performance Menu that I should throw out there?

Greg Everett: Yeah. That premium subscription, \$100 one you get a 15% discount code for the Catalyst Athletics Store.

Robb Wolf: Nice.

Greg Everett: So you can just go wild. You can read Performance Menu issues and articles all day and buy stuff at 85% of retail.

Robb Wolf: Nice, cool.

Greg Everett: That sounds like a party to me.

Robb Wolf: I like it. I like it. And then we have WellFoodCo.com. Go to Well Food Co. if you need grass-fed jerky, grass-fed whey protein, gluten-free snacky bar type gigs. We have some very interesting items coming out with Well Food Company here pretty soon. Who else do we have? FrontDeskHQ.com, go to Front Desk HQ for all of your service-based business solutions, dog walking, hair stylist. We just had something new like a large Brazilian jujitsu federation is looking at making Front Desk HQ the basic solution for all of their gyms.

Greg Everett: Nice.

Robb Wolf: So that's very, very exciting.

Greg Everett: It will also work for Brazilian waxing.

Robb Wolf: I'm sure it would. You know, front door, backdoor...

Greg Everett: Front Desk.

Robb Wolf: Yeah. Front desk, back desk, you know, it's all good so. Actually yeah, I'll just can that. So the last episode I went completely off the rails. So what this is going up next week. I have a feeling when people -- we may have significantly fewer listeners on this episode compared to last episode because I went completely off the reservation on some stuff.

Speaking of off the reservation, our final podcast sponsor, the Bunny Ranch. Go to [BunnyRanch.com](http://BunnyRanch.com). Check out all the great, pleasure full things that Dennis Hoff and his gals have brought to the world or continue to bring to the world. You know, it's a brothel outside of Carson City so keep in mind that there's porn and boobs and naked folks associated with this deal. So you know, don't read this on your smart phone during say like church services or something like that so. There you go.

Greg Everett: Nice.

Robb Wolf: Cool.

Greg Everett: All right.

Robb Wolf: So Squatchy put together a pretty nice little setup here today.

Greg Everett: Yeah.

Robb Wolf: I think.

Greg Everett: Let's see here. Both of us read this first one incorrectly and it's about waking up not about walking.

Robb Wolf: Yeah.

Greg Everett: Okay. Michael says,

"Dear Messers Wolf and Everett," very formal.

"I'm English and so far too reserved and up my own ass to tell you what a great podcast you do. It's not bad I guess. I had a question about going into ketosis as we sleep. I read someone say that we wake up in a ketogenic state and this is only broken by us having a carb-rich meal. I am a rower and have indeed noticed that I am perfectly happy to do steady state work in the morning on an empty stomach but for any of the HIIT I just cannot summon the speed unless I have a meal beforehand. Is this because I am in ketosis when I wake up? I can't read or talk to... "I thought that it took many weeks of very low carb living to get keto-adapted? I eat high-carb paleo + dairy and occasional legumes. Just wondered what your thoughts were and whether, if I need to do high intensity stuff in the morning, I need to have a high carb meal the night before? Cheers."

Robb Wolf:

So, you know, all of this stuff is a spectrum. Like if you were training exceptionally hard like if you're in the pros actually of like a rowing event, you could be carb topped off like crazy. You could be sipping like a malt of Dextro beverage but because your work output is so high, your body is trying to find energy substrates anywhere we can. Even with a relatively high carbohydrate content in your blood, insulin levels and all that, we would see some decently high beta-hydroxybutyrate, some ketone bodies floating around because your body is just trying to get shit done by hook or by crook.

You know, the overnight fast, you will tend to see people particularly healthy, I put a caveat on this, people who are healthy we will see them dip into ketosis because the blood sugar starts kind of titrating down in the liver. We start running more and more off of body fat and the fat starts funneling into the liver and gets converted into ketone bodies and this should be a really normal process.

**[0:10:09]**

he people who have problems with this typically have some sort of insulin resistance, metabolic derangement and then we may see a cortisol release early in the morning, 2:00 a.m., 3:00 a.m., something along those lines, which will actually pull you out of sleep. What's happening there is the body is trying to boost glucose levels back up to maintain normal brain functioning and all that sort of stuff.

So this ability to kind of cycle back and forth is very, very healthy and what we're talking about with keto adaptation like ala Phinney and Volek, *Art and Science of Low Carbohydrate Eating*, is a completely different story where we're really pinning down the amount of carbohydrate, really goosing the substrate towards that fat ketosis centric activity and it takes some time for the body to adapt to that. There's actually another question I think the very next question on how reversible is ketosis and I guess I'll just kind of leave it at that for right now because this other question we were drawn amuck on this topic here in a just a few moments.

But is there anything else -- oh if you're going to do high intensity stuff in the morning, do you need a high carb meal the night before. I would say probably yes. I fortunately now have tracked down a good jujitsu school and not only is it good but they have some old dude professional hours which means a.m. time instead of just typical Brazilian time which classes start rolling about 8 or 9 o'clock at night after all the other legitimate, successful businesses have closed up and left the mats open.

So if I know that I'm doing a pretty hard session in the a.m., I'd go either typically 8:00 a.m. if I'm rolling at that time 8:00 or 8:30 then I just have a little bit of decaf coffee and maybe a little bit of cream in it and that's it and then do some water beforehand. So that's a largely fasted state deal which the night before I typically do a pretty carb meal so that both the muscle glycogen and the liver glycogen is reasonably tapped off. I feel a little bit, just a little bit lethargic when I first get going in the a.m., but then once I get rolling I actually feel really good like that's probably the best time, best fueling structure, whatever that I have for rolling.

Greg Everett: Sweet.

Robb Wolf: Yeah.

Greg Everett: All right. How reversible is ketosis? Dan says,

“Hello Robb and Greg,

I would like to start by kissing your butts and telling you how wonderful the content is. I drive an hour to and from work each day and it makes my drive rather enjoyable.” Thanks Dan.

Robb Wolf: Thanks.

Greg Everett: “Here is my question, I am researching the ketogenic diet and have read both the Art and Science of Low Carb Living and Low Carb Performance by Dr. Volek and Dr. Phinney. It is pretty clear that the only way to create a keto-adapted state is to be uber strict on all forms of carbohydrate, eat moderate amounts of protein, and a boat load of fat. I also understand that the transition will take 2-3 weeks to fully adapt and another realistic 4-6 weeks to optimize efficiency and see legit changes in body comp and performance.

My question is, once the ketogenic state is established, does it take just as much diligence to reverse the effects? Does the body revert back to a glucose dependent metabolic state quicker than a ketogenic? Am I doomed to never eat a sweet potato or serving of fruit larger than 1/2 cup per day for the rest of my life if I want to remain sexy? Sarcasm aside, my goals are pure ascetic, and I don't want to flush 2 months' worth of work down the toilet because I ate a sweet potato after a hard crossfit workout.

I am 5'8", 176 lbs 15% body fat with a goal of 9% body fat. I follow strict auto-immune paleo protocols with no cheating. I preform 2 crossfit

workouts a week at my local “box”, 1 standard strength session a week at my health club, and I alternate those days with 30 minutes of steady state cardio at a Zone 2 Intensity (confirmed through metabolic testing) and mobility stuff via Kelly Staret. Thank you for your time!”

Robb Wolf: Wow. So what’s the main question here I guess?

Greg Everett: How --

Robb Wolf: Reversible --

Greg Everett: The main question is how quickly would he go back to a nonketogenic metabolic state by eating some carbohydrates. Like if he spent two months getting fully keto adapted and he ate one extra strawberry, would he be suddenly rocketed back to the carbohydrate metabolism.

Robb Wolf: Fat land, back to chubby, Chubsville? Yeah. You know, this is an interesting thing is that the body does tend to gosh, want, you know, want being highly anthropomorphized and all the hoity-toity engineering oriented scientists out there will cringe at me saying this, but whatever. Quit listening to the podcast.

So, you know, the body really does seem to goose out of ketosis if it’s given the slightest opportunity to do so. If we eat too much protein, if we eat too much carbohydrate, the body will tend to pop out of ketosis rather quickly and that’s just kind of an interesting thing. I had some commentary about that in my three-part series on my thoughts on low carb and paleo.

**[0:15:15]**

You know, that said however, following Peter Atia’s kind of experience eating a ketogenic diet for the last two years, what he’s found is as time has gone on, he can actually eat more protein, eat more carbs and he tends to still stay in ketosis. I forget where he is at now but I think it’s somewhere 150 grams of protein a day, something like maybe 100 grams of carbs on most days or some days and he’s still quite ketogenic. But this is on the back side of having been like super low carb, like 30 grams, 50 grams of carbs a day, maybe 100 to 120 grams of protein a day for a long time and really goosing that fat adaptation pathways.

So, you know, it’s interesting, the longer you seem to be legitimately heading towards ketosis, the more the body kind of adapts in that direction. In the interim, it seems like the body does kind of slide out rather quickly. But this is where some of the cyclical carb stuff, you know, ala Mauro Di Pasquale and some other people that have popularized like

phase shift diets, you do within a day maybe two days, you do tend to drop back into a solid ketogenic state particularly if you're using some MCT oil like coconut oil and stuff like that. So, you know, again there's a lot of latitude on this whether we're talking about the ultimate amount of carbohydrate or fat you can take in and still remain ketogenic, also your activity levels very, very important in that story.

The fact that you're doing some crossfit even if it's only two days a week I've got to say...

Okay folks we're back. Thought my internet is fixed, it's not. So awesome times. Greg and I were trying to use Skype again but we're back to our backup option so I have no idea what I was just talking about.

You know, there's just a spectrum of keto adaptation based on activity level and everything. I think where I was headed was you know, when we know how glycogen demanding crossfit is, at this stage of the game it just makes me nervous. Anybody following an autoimmune or a ketogenic approach and doing crossfit, I know some folks do do it. If you've got an autoimmune condition and like Dr. Cherry Walls has mentioned that not only does she need to grain, legume, dairy free but she also needs to be ketogenic to be able to deal with her multiple sclerosis scenario. In that situation, I would really consider lifting weights, doing some low level cardio. Like I would avoid the really glycogen demanding type workouts if that's the way that you need to eat to be healthy. Just my own personal opinion.

It was mentioned in here 5'8", 176 lbs., 15% body fat with a goal of 9% body fat, you can reach that with high protein, moderate to high carbs particularly talking advantage of post workout carbs. Keep fat very, very low. Don't really add any additional fat until you get down to lean body fat levels and then you titrate the fat up a little bit for maintenance and then you should be good to go. So there are other ways to get lean besides just the ketogenic approach. Some people though if they have shift work or other things going on, then you know, we've got those considerations and you might need something ketogenic or quasi ketogenic. But yeah, that's all I've got to say on that. I'm just completely bugged by my internet.

Greg Everett: Sweet.

Robb Wolf: Totally bugged, yeah. Okay.

Greg Everett: All right.

Robb Wolf: Next one.

Greg Everett: Let's see here. Now I'm all confused.

Robb Wolf: I think Ron the Provigil one.

Greg Everett: Provigil. Let's see here.

"Hey Rob, love the podcasts, if only you and Greg were in England to change the attitudes of the obese and ignorant we have here!

My question is about the drug Provigil and specifically use in people who don't suffer from narcolepsy. I've heard that it is used in the military (that could be false) and was wanting your views on the substance and any potential positives and negatives!

Keep up the good work guys!"

Robb Wolf: Gosh, you know, Provigil is one of the few I would say beneficial kind of sleep-oriented drugs that we have out there. Like if you've listened to Doc Parsley's stuff and I know some people got to come out and see both he and I speak at the Nevada Museum of Art and he went through his sleep talk that he typically does more or less for the SEALS.

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You know, things like Ambien and all the related kind of sleep aid drugs, the antihistamines that are used as sleep aids, they make you unconscious. They don't really put you into deep restorative sleep and particularly with the Ambien like it's pretty no bueno stuff at the end of the day. Like you don't establish normal sleep architecture, you don't have all the refilling and replenishing of your brain's neurotransmitters and the resetting of your immune function whatnot. So it's just not all that great.

But the Provigil is really, really interesting in that it seems to legitimately mitigate, maybe even reverse some of these effects of say like neurotransmitter depletion due to sleeplessness, some of the pro-inflammatory effects, particularly it seems like kind of cerebrovascular inflammation that we tend to see with sleep deprivation. So Provigil is one of these very interesting items that seems to be pretty beneficial. It is god I don't know if it's a schedule 2 item but it's monitored in the whole pharmaceutical scene because it does have some addictive potential has

a little bit of a speedy element to it and stuff like that. So it is in monitored in that regard.

When Zoe was first born, I actually got a script for Provigil because I knew in reading up on it that the stuff would be pretty helpful for dealing with the really gnarly nighttime, you know, the recovery from like a gnarly nighttime of sleeplessness and try to help me get through that first month and everything.

Because I use a health savings account just a little plug for that stuff even though those are probably going away so I don't really have a prescription plan. So basically a health savings account with that stuff you pay cash and carry for everything. When I went in to grab the month's supply of this stuff, the pharmacist looked at me and she was like so you have an HSA. I'm like yeah and she's all well it's \$1500 for a month.

Greg Everett:

What?

Robb Wolf:

And I was like dude, Viagra isn't that expensive and she's like yeah. So there's all kinds of interesting kind of politics and reasons behind that which is probably better on the controversial truth than it is on here. But the stuff is pretty helpful. It can be in my opinion pretty beneficial for the right person in the right circumstances. It does have some addictive abuse potential associated with it so you have to keep that in mind.

At the end of the day, this is still a stop gap measure. Like you can't live like an asshole and take this stuff and have it just absolve you of all of the downside and the deleterious effects. Like if you have to do a cross-country drive or you're flying to Europe or something like that and you're going to be hammered from sleep debt, I think that you could make a really good argument for using a couple of doses of Provigil obviously under your doctor's guidance and blah, blah, blah, all the exculpatory clauses. But you have to figure this stuff out and make sure it's appropriate for you and work with a doc and everything. But I think that there are some very solid kind of off-label uses for this stuff that totally makes sense.

Like with what Doc Parsley has talked about with again this is chronic stuff so we want to fix the chronic sleep debt that people have and save something like Provigil more for acute sleep problems. Like if you're traveling, if you have a new baby and you're just like okay a couple of days a week, I've just got to have something that's going to help me a little bit so that I can get some laundry done and stuff like that. I think

that there are probably some arguments for that but again we need to plug the holes in our general sleep stories so that it doesn't kill us all so.

Greg Everett:

Bam, 1500 bucks.

Robb Wolf:

Yeah. I was like oh...

Greg Everett:

That was for a month's supply?

Robb Wolf:

Okay. Those for a month's supply which I was figuring like 30 tablets would actually probably last me over a year because I would just kind of use it kind of selectively. But I was like I don't know that I need it that badly so.

Greg Everett:

[Laughs]

Robb Wolf:

But just as an aside, that is one of the but if I was in some sort of aggressive prescription drug plan then people will say well my insurance picks it up. Yeah your insurance does but then you're paying this insanely inflated price. I did a little poking around on the internet and what the price should be when you consider manufacturing costs and all that sort of jive is probably about like six bucks a month.

**[0:25:26]**

Greg Everett:

Shocker.

Robb Wolf:

But this is an example where you're dealing with a whole like narcolepsy and sleep apnea and stuff like that, a highly medicalized usage for this drug and then also there's a little bit of an addiction potential to it. So that ends up kind of popping the price up a little bit. But it's another one of these things where the US has a very, very goofy medical system. We'll just leave it at that for right now.

Greg Everett:

[Laughs] Okay.

Robb Wolf:

And moving on to more drugs, ADHD meds.

Greg Everett:

Yeah. This guy's name here is awesome. You have to read it. It's Addled but it's

Robb Wolf:

Addle.

Greg Everett:

--ADD is the way it's spelled. Capital ADD as in attention deficit disorder. Just read it.

“Hi guys, big fan of the podcast here. I have been struggling recently with some training issues that I have found to be problematic. I was diagnosed with ADD when I was a kid, and since then, I’ve been off and on CNS stimulant meds throughout most of my adulthood. Recently, because of the demands of my new job, I decided to go back on Adderall after five years med free. During my drug hiatus, I took up crossfit, Olympic lifting, and running and have seen tremendous gains in athleticism. Basically, I am 38 now and could kick my 22-year old’s ass.

However, since I have been back on Adderall, I’ve noticed that I can’t really push the redline as much as I used to be able to. Maybe it’s me just getting older, but I feel like I don’t quite have the fire that I did even 6 months ago. I don’t want to stop taking Adderall because my productivity has significantly improved, but I also want to maintain my intensity of my past workouts. Plus, I am more prone to feeling nauseous during my workouts than I have been since I’ve begun. I have tried to take a reduced dose on days that I work out (and only in the morning), but that doesn’t seem to work. This week, I am also trying to go drug free to see if there is a difference, but now I am writing you a podcast question instead of working.

Do you have any suggestions regarding this issue from a training perspective? I know that you need to drink a lot of water and to remember to eat (which I do), but do CNS stimulants adversely affect testosterone, and if so, are there potential supplemental correctives? Or do I just sacrifice intensity for peace of mind at work?”

Robb Wolf:

You know, I don’t know that we even need to go down the endocrine pathway, like the androgen hormone pathway to get some deleterious effects on performance. What you’re doing with some stuff like Adderall I mean it’s quite similar to methamphetamine. There are some differences there but some of the effects are similar and so part of the problem that you’re going to have with high intensity work output is similar to simply drinking too much coffee. Like if you graph the ergogenic threshold of caffeine consumption, it’s rather a small dose like 100 mg, 50 to 100 mg which an average cup of coffee can have like 250 mg, an average cup of coffee from like Starbucks can have like 1500 mg it seems like.

So and you know what it does epinephrine, norepinephrine or caffeine which stimulates the release or works as a mimetic to adrenaline, epinephrine, norepinephrine, it changes cardio tenacity, the way that the heart pumps blood, the way that it fills, the way that, you know, the ejection fraction leaves the heart. We end up with an optimization in that

story. Like being a little bit wired up, a little bit ramped up improves that whole cardiac output kind of story, which is part of why when we exercise we increase catecholamine release and part of it is modulating immune response and part of it is improving cardiac function and other elements of it are shoveling blood away from the gut and towards the muscles, you know, on and on and on. Like there's all these parallel functions going on.

But if you over stimulate with caffeine, you actually get a down regulation or not a down regulation but a deleterious effect on cardiac output. Like the heart is you know, for lack of a better term is almost like spazzing out. Like it's not relaxing long enough to get a full left ventricular fill and then you get that ejection fraction that's nice and burly and kind of like squirting somebody with a super soaker or something like that. It's more like a spastic sprinkler and Adderall is going to have some similar effects as one kind of mechanism going on here. Another mechanism is that and there's just kind of an unfortunate downside to this but we have – I don't know how to describe it. It's like a certain pool of stress that we can deal with. You know and you throw everything into that, exercise, dealing with kids, financial stress being creative and working.

**[0:30:22]**

When you start digging into any one of these things to a deeper degree then you have less reserves for other activity. So it sounds like you're being productive at work, probably a little more creative, but you're putting some more skull sweat into work and that means just by extension you will have less recovery ability. There will be fewer neurotransmitters available, less neurological function, less immune function available to allocate into really hard training. That's just the way it is.

You know, there may be some other pharmaco that you could go down. We need to start getting a cut from Vinnie at Planet Muscle and get in on some his action, but you might be able to do some tinkering on those axes like you know finding an anti-aging doc and really looking at testosterone and DHEA levels and growth hormone and all that. But I think at the end of the day what we're talking about here is just that you've reallocated a significant amount of your resources into work and creativity and you've just got less left over.

You know, when I wrote my book, I had a good four months where I got up in the morning, made a cup of coffee, drove to an office that I rented in downtown Chico and in this 400-square foot office all that there was was a chair and a table. Like I brought my wireless internet connection with me and that was it. I sat and worked all day long like six to eight

hours of writing. People talk about writing for six to eight hours but they usually don't. They usually flitter around and fart around and I'm just as guilty of that. But when I was writing my book like, I did a legitimate like I wasn't on social media, that's what I was doing. I wasn't in the gym and I tell when I was done with that, I was like smashed and I would still try to do some exercise but it was like my soul had been sucked through my nostrils or something. I think that that's just kind of a reality.

So like taking some things like some adaptogens like rhodiola or any of the good blended adaptogens. Gaia herbs has some pretty cool adrenal adaptogens and stuff like that, some adrenal blends. But I think it's just kind of a reality that if you're going to work really, really hard mentally, you are not going to have as much capacity to work really, really hard physically and that's just a reality. Clearly youth will give you a little bit more of a buffer against that but I think that that's true even when we're younger. As we get older, then that story just gets more and more pronounced.

Greg Everett: Yeah. I can attest to those effects.

Robb Wolf: So that was a long drawn out way of saying we can't have it all.

Greg Everett: Yeah, pretty much.

Robb Wolf: Yeah.

Greg Everett: Okay. Let's see here. Gluten Cutter ad in Women's World this week. You wrote this didn't you, Rob? You read Women's World?

Robb Wolf: Yeah.

Greg Everett: Carol says,

"Hi Rob,

I was wondering if you can comment in your blog on this new product I am seeing a full page ad for in this week's Women's World weekly? It sounds dangerous to me, not sure how it works. Are they saying they can cure celiac/gluten sensitivity? Cheers." And there's of course a link for us.

Robb Wolf: Yeah and it's like these crackers and for the love of god, I tried and tried and tried to find what the ingredients were. I even used this wacky thing called Google and put in gluten cutter ingredients and I'll be damned if I can find the ingredients on this thing. But it's claiming that gluten cutter

has enzymes that help break down gluten. I would assume that that means prolyl endopeptidase that break down these high prolene containing items. But since I can't actually get –they have no easy access to here's the science or anything like that.

You know, it's interesting though the site still recommends how to reduce gluten in the diet and what are gluten-containing foods and what are some sneaky gluten-containing foods like soy sauce and stuff. So it's actually not horrible on kind of an educational standpoint. But then the implication there that you can eat a cracker and this is going to largely solve your gluten intolerant stuff, it's a little dodgy, it's a little nerve wrecking. I would love to see some stool samples of folks that eat standardized meals containing gluten with and without this. You know, maybe ten days without and then ten days with and somebody collects the poo and runs some I guess you do some PCR or something or not PCR but some gel electrophoresis on this and separate out the proteins and see what type of proteins we have floating around in there and see if the gliadin...

**[0:35:31]**

But even within that story talking with Matt LaLonde like there seem to be hundreds of proteins that are potentially immunogenic in kind of wheat, rye, oats, barley all that stuff. So I don't know. I mean if you know that you're reactive, I just don't know that this stuff is all that smart of an item. It's maybe a little irresponsible when we know how sick people can get from gluten intolerance and Celiac and all that stuff and some of the broad acting neurological effects. We know that gluten sensitivity has a likelihood predisposing factor for non-Hodgkin's lymphoma and a host of other problems, gall bladder issues so it's kind of dodgy. But also on the other side of this, it's kind of buyer beware. The information is out there. if people don't take the time to educate themselves on it then I guess kind of out on them but I don't know.

So yeah, gluten cutter not really my best idea and Carol there are better publications than Women's World out there. If you want me to hook you up with a subscription of the Performance Menu, I will do it but you have to promise to not read Women's World anymore.

Greg Everett: Yeah.

Robb Wolf: We have to beyond to at least People or something, something else.

Greg Everett: Wow.

Robb Wolf: Yeah.

Greg Everett: If that's a step up for you, I'm sad. Okay. Sprinter or Long Slow Distance?  
This Chris says,

"Hi Robb and Greg,

Thanks for tackling my question, which is of dubious relevance." Well most of our answers are of even more dubious relevance.

"Much has been said of the duality of certain exercise types and phenotypes: fast twitch muscle fiber vs. slow twitch, excuse me high intensity interval training vs. long slow distance, etc. I wonder if you guys think this may apply to our lifestyle/occupation types as well?

I mean are some of us better suited to professions that are "fast twitch", i.e. professions in which there are explosive periods of activity punctuated by rather long periods of downtime? For example, ER doctor, consultants who are on the road for a while and then back home, soldiers, wait staff, etc.

Or, are some of us suited to the long slow grind of retail (shudder), teaching, research, etc.? Jobs in which the schedule is fixed, the hours predictable and the tasks ones more of endurance and longevity. You know, like marriage.(?!)

Of course, some of us are suited personality-wise to one or the other, but have you ever thought that there may be a physiological reason why some are drawn to one side of the spectrum or the other? I would just like to hear you and Greg pontificate. Or rather, Robb pontificate and Greg dismiss it as a stupid question (smiley face). Thanks, fellas."

I have never done that thing.

Robb Wolf: They know us so well.

Greg Everett: Yeah.

Robb Wolf: It's like they've listened before. You know, there's this personality typing test called the Myers-Briggs and it's kind of developed out of I think some of the Jungian psychology. But it gets a little bit, how do I want to say it, you know, almost like astrology kind of deal like some of the really geeked out elements of it. You know, they go a little bit out in the bushes. But I think that out of the whole thing, the very – it gives you like a four-letter personality type. Like I'm and ENTP, extrovert, intuitive thinking,

perceptive and there's supposed to be all these characteristics with that. But out of any of those things, the first letter, the introvert versus extrovert I think is pretty helpful and pretty telling. It's not saying whether or not you're friendly or unfriendly but it's how you get energy.

We all know people who if you make them sit down and read a book and be alone like they will scratch at the walls and die because they've just got to have an audience. They need to be the center of attention. They need people around them and then we know other folks that if they are thrust into a group of people maybe they can do it, maybe they can motor through it but at the end of the event, they're exhausted and tired and kind of lethargic. Their batteries are recharged by like going for a walk and reading a book and just having some down time watching some TV.

So I think that introvert-extrovert deal is actually a really, really helpful guide. It's actually something that when people have pinged us about opening gyms both Nicki and I have asked this question have you done the Myers-Briggs test and if they haven't then we ask them have you ever noticed are you kind of enlivened by being around a group of people or do you feel lethargic. I can't tell you how many people we ran across who ended up liking training and particularly they liked crossfit, they like doing all the mixed model gymnastic stuff and everything so they're like I'm going to open a gym. Then you start poking around on the person and they're a huge introvert and so it's not say you shouldn't open a gym in that situation but you should probably have some sort of an extrovert in the chain of command to deal with a lot of the day-to-day stuff.

**[0:40:45]**

I would put both Greg and my wife Nicki in more of the gregarious introvert side where they can be a lot of fun. They're fun to hang out with. They can be engaging but I would stick both of you guys in that category of you would rather have like a really small quiet kind of gathering where I would stick myself more in that extrovert deal. Where if you stick me in front of 50 or 500 people and it's kind of life three-ringed circus, like I love that and I can do that, you know, seven days a week, eight hours a day and I tend to just like spin up more and more and more from that process.

So I think that that's one big thing and then another piece is are you a really detail oriented person or are you more kind of idea oriented person, which everybody wants to be an idea person and then we need detail oriented people to get shit done. But I think that introvert-extrovert deal is a piece. I know this is kind of going away from the

question about like are you sprinters versus grinders. I think a lot of that stuff plays into whether or not people have like a risk aversion versus kind of a risk predilection. People who go into business I would say have a little bit more of a risk predilection. Like they're willing to give up some stability and some known for the potential of having something better or something else or maybe just something kind of more under their own control.

Then there are people that are so risk averse. We've had a number of employees like this where we will lay out a potential path for these folks where they could maybe double their income by being a little bit entrepreneurial within the gym or within some other activity that we have going on. It so freaks them out because there's not somebody babysitting them telling them okay you clock in at this time, do these ten tasks and then clock out this time and this is what you get paid. That's been a learning experience as a business owner is trying to figure out what type of people are what. It's remarkably rare the number of people that you can throw an entrepreneurial opportunity at them and not have them shit the bat on it. It's actually kind of surprising to me just as an aside. Greg, any thoughts on all this stuff?

Greg Everett: Yeah, I agree. [Laughs]

Robb Wolf: [Laughs]

Greg Everett: We've definitely had the same experience with employees and there is a shocking lack of self-motivation and willingness to not even take a risk but to just knuckle down and put in the work, you know what I mean? I don't personally get it but yes. I would say that this Chris is on to something. That certainly people are attracted to professions as they are attracted to exercise. Although I don't know, I would have to think about that a little more. I don't know if they necessarily correspond to one another in any given person but they might.

Robb Wolf: I've seen--

Greg Everett: Maybe in the extreme end of the spectrum they probably do.

Robb Wolf: Right. You know, I actually just as an interesting aside, I don't see a ton of super high powered corporate execs. Like the only people I'm thinking of kind of that are more like body buildery, power lifting kind of oriented. The two people that come to mind are like Bill Philips and Arnold Schwarzenegger where it seems like every stinking CEO billionaire that I've known or I've worked with a few they're cardio junkies.

Greg Everett: Yeah.

Robb Wolf: Like the longer the better. You know, and I would say actually that folks who have kind of a power lifting, sprinting predilection, I would label us as kind of lazy bastards for the most part. For me too, it's kind of an interesting thing like I feel like I did a lot of internal work in my 20s to 30s. You know I think dealt with some demons of coming from like a poor family, a family with some mixed legal background shall we say and just you know, some kind of trying to figure out what type of person I was and all that sort of stuff and what important to me.

**[0:45:15]**

Now at this point, like I make good money and I enjoy the work I do. But I drive a Subaru Forrester that I bought with cash five years ago and I'm going to drive it until I have 250,000 miles on it or until I start getting major problem with it.

It's interesting a lot of the CEO types that I've seen, some people who are very, very successful, very driven, there's an interesting flip to that. Sam Harris actually had a really interesting article kind of talking about this stuff. But super, super high achievers are oftentimes not that happy with people. There's some broken element to their psyche where they've got to always approve, they've got to always achieve. They can't rest on their laurels or whatever the stuff is. But fundamentally in my opinion they're not all that comfortable in their own skin and you know maybe--

Greg Everett: They just want you to love them Robb.

Robb Wolf: They just want you to love them, right.

Greg Everett: It's just never enough for you.

Robb Wolf: But it's interesting, you know, like I remember after Steve Jobs died there was some discussion about his childhood and how he had been adopted and like very, very loving adoptive family but the fact that Jobs had been adopted that always was a thorny issue for him. Apparently maybe about two months before he died, the biological father of Steve Jobs tried to reach out to him and just wanted to like go out to coffee with him and Jobs wouldn't do it. He didn't want to meet him. You know, so would Steve Jobs had been the person that he was if he hadn't been adopted and there hadn't been that kind of chink in his psyche potentially of wondering well why did my parents give me up and all that sort of stuff. It's very hypothetical stuff but it's kind of interesting.

I feel like I'm a pretty happy person and the main thing that drives me at this point is some knowledge that I think I and we collectively have some information that can help a lot of people, could save a lot of lives, could save a lot of money, could mitigate a lot of suffering. I tell you the day that I feel like that message is out there or there's enough of a vanguard ahead of me, that I don't need to beat somebody's, you know, the drums on the medical side and everything. Like I'm going to coach the strength and conditioning of an MMA gym and do a lot more time just hanging out with my kids and that's what I'm going to do. And I will make less money, I will have less "prominence" or whatever but I'll be completely okay with that. Like the main thing that drives me right now is I really legitimately feel like we have some information that if we share to the broader scene that it's going to save a lot of lives, save a lot of money, maybe help improve medicine.

But the day that there's enough of a vanguard ahead of me that this message can keep marching forward. Like I'm pulling the ripcord out and I'm doing more stuff that I really, really like and I like this stuff. But I've been doing it 15 years and I actually just like hanging out in the gym and training people. Like I really, really enjoy that having that day-to-day personal interaction, which being a coach, you get to have a little bit of that. The gym is your theater as it were and so you get to go in and do your performance or doing that stuff. It's kind of cool.

Greg Everett:

Sweet.

Robb Wolf:

That was a long answer to a kind of random question I guess.

Greg Everett:

Well he asked to hear you pontificate.

Robb Wolf:

That's true so.

Greg Everett:

You aim to please.

Robb Wolf:

You know, this last one is or the number eight I think we're actually probably good. These last two are really long. Maybe we can shuffle those into a subsequent podcast.

Greg Everett:

All right. Sounds like a plan.

Robb Wolf:

What do you think of that tiger?

Greg Everett:

Yup.

Robb Wolf: Sound good? Okay.

Greg Everett: Go for it.

Robb Wolf: Anything else that folks should be aware of?

Greg Everett: Let's see here. No, I think we covered it. Performance Menu, Catalyst Athletics coaching certification and gym affiliation program. That's it.

Robb Wolf: Bunny Ranch, it's all good. Cool.

Greg Everett: Yeah.

Robb Wolf: Cool, cool. All right, dude, well congrats on the launching of your certification and your affiliation program. Honored to be a part of that and really looking forward to see how folks get in and start taking that on. That will be awesome.

Greg Everett: Indeed.

Robb Wolf: Cool. All right.

Greg Everett: All right.

Robb Wolf: Will talk to you soon.

Greg Everett: See you.

Robb Wolf: Later G. Bye.

**[0:50:04] End of Audio**