

Paleo Solution - 191

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Robb Wolf: Hey folks, Robb Wolf here. I'm not even sure which episode of the PaleoSolution podcast this is because I am so excited because we have the six string samurai of nutrition, Nate Miyaki on today folks. What's going on man?

Nate Miyaki: What's going on, Robb? Thanks for having me, man. True honor, seriously. I've been waiting for this for a while.

Robb Wolf: I've been playing the fluffer role with you only slightly longer than what we did before we got Kefir on here. So we've had you close to climax multiple times but now we're consummating our love for each other so --

Nate Miyaki: Well that's great because once I climax man, I'll be asleep and done so...

Robb Wolf: Perfect, perfect, awesome. Well speaking of all that, actually that's a beautiful segue as we get going here. I've got to mention Kate Giovano has been absolutely hounding me to get you on the podcast. She stalks both you and I and on Facebook. She's an awesome gal so I just wanted to give her a shout-out. She basically threatened not only my life but the life of ten generations henceforth of Wolfs if I didn't get you on the show so -

Nate Miyaki: I love Kate too man so shout-out to her too. She is great. She's awesome too.

Robb Wolf: Awesome.

Nate Miyaki: Knows herself too for sure.

Robb Wolf: She absolutely does. Everybody is a honey badger these days. We need something else fierce and aggressive to describe Kate besides a honey badger. That one's gone around the block before so we --

Nate Miyaki: Right.

Robb Wolf: Before we launch in on this, I'll try to do our show sponsors really quickly here. We have Front Desk HQ, go to Front Desk HQ for any of your service-based business solutions. Front Desk HQ can help you run your

gym, your yoga, your Pilates, your dog walking, your music instruction academy, anything where you are taking cash, spending time with people, you need to schedule your day, your time, comings and goings, do billing, do payroll with folks and everything. We use it at Nor Cal. Greg uses it at Catalyst. Lots and lots of folks are jumping checking it out. Check out FrontDeskHQ.com, Front Desk is the name of the product itself.

We have WellFoodsCo.com. Well Foods is I guess your go-to place for paleo friendly, gluten free snack foods, jerky, meat sticks, almond meal cookies that are absolutely amazing and can move you up a couple of weight classes rather quickly. We have some other interesting products coming out with Well Food Co here in the next couple of months. We've got the Performance Menu, The Journal of Nutrition and Athletic Excellence. Go to PerformanceMenu.com. There's a \$30 subscription and \$100 subscription, ridiculously inexpensive on both options. The \$100 subscription gives you 100% access to all the back issues. That stuff is available on multiple formats like you can read it on Kindles, iPads, on your desktop, etc., etc., really phenomenal material there.

Then finally the Bunny Ranch, go to Dennis Hoff's amazing contribution to humanity, the BunnyRanch.com. It is porn, it is hookers. Don't get caught if you're not supposed to be looking at that stuff.

Okay dude.

Nate Miyaki: Wait, wait, wait, that's a sponsor seriously?

Robb Wolf: You didn't hear about that? Yeah. I went and gave a talk at the Bunny Ranch.

Nate Miyaki: Dude, you're my idol. That's I don't know.

Robb Wolf: It was kind of crazy yeah. So you know, one of the gals there had an autoimmune blood disease and was watching. Actually, in her spare time, she's a documentary film buff and she checked out In Search of the Perfect Human Diet and saw some of my stuff in there, saw some other folks' stuff and kind of caught wind of the autoimmune therapeutic potential of a paleo diet. So she grabbed my book and read it and did it and basically put her autoimmune blood condition into remission and then became just a complete fanatic with all the girls there in the house.

Then at the same time with this, Dennis Hoff's physical therapist this guy Bill Paravano, he was working on Dennis and Dennis was facing like a

knee replacement because he was like 100 lbs. overweight. Bill was like hey man, you need to lose some weight, you need to go on paleo, you're super inflamed and so there was just this kind of convergence of both Dennis and Brooke kind of hammering on people. Then just this weird Twitter introduction one day between her and I was like hey if you want me to go out and do the talk I'll do it. I didn't actually think that they would bite on it but they totally did.

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Nate Miyaki: [Laughs]

Robb Wolf: So I went out and hung with them for like two hours. Normally this talk that I gave would take about 25, 30 minutes and the girls were like so excited and had so many questions. Like I would talk for about 10, 15 seconds and get deluged with questions and have to fill all that stuff in so it was kind of cool. At the end of it, I'm like hey Dennis would you want to be a show sponsor. He's like absolutely so here you go.

Nate Miyaki: Here you go. [Laughs]

Robb Wolf: Yeah.

Nate Miyaki: Awesome.

Robb Wolf: Yeah. People still listen to the show even despite all of that so there we go. But dude, that's not what we're here for. We're here to talk to you. So what --

Nate Miyaki: Yeah.

Robb Wolf: I know everybody knows about you, I know everybody follows your stuff but give folks some background on you have a pretty interesting athletic background and coaching background and then you've transitioned into a performance nutrition and particularly a body composition kind of guru in the last couple of years. So give folks a big meaty background about yourself.

Nate Miyaki: Yeah sure. So basically I started more on just the performance side as an athlete myself so doing more track and field stuff, football, martial arts, got into Capoeira gymnastics. I was a pro wrestler for a couple of years. A lot of it came out of personal research and obsession for my own athletic goals and physique goals. Later got in the body building and then yeah, went to university, was more in the pre-physical therapy program. Opened up a training business while I was doing that because I was

studying more kinesiology, biomechanics. But really when I graduated and got going in my training business, you know, I learned right off that but that nutrition is by far the biggest component, whether the goal is health enhancement, whether the goal is physique enhancement, whether the goal is – well sometimes about performance enhancement but definitely applicable there.

Nutrition is by far the bigger component for all of those goals so that's when I kind of started off on my own obsession and personal journey basically studying nutrition for the past 10 to 12 years. You know, a bunch of different philosophies and camps from yours and then more sports nutrition and just research in general. Really shifted my focus on the work that I do both offline and online into the nutrition side of things and sort of tried to merge those backgrounds both as an athlete background and then personal research into an approach that focuses, which is rare it seems on merging sort of health enhancement with physique enhancement. I see people on both sides of the extreme but not a lot of people like you and I who are trying to kind of merge those dual goals, which everyone has. Everyone wants to get healthier and everyone wants to look better and improve their body composition and improve their performance. So it's kind of combining both my formal education, my personal athletic experience, and then my work and my career into narrowing it down into simple approach to follow I guess. I guess that's it in a nutshell is what I do.

Robb Wolf: You know, it's interesting because it seems like we've arrived at this thing with kind of parallel tracks of some athletic background. I don't know that you had like the health problems that I had. Like I had a ton of GI related problems that kind of steered me in the direction that I went. But you know, it's what I'm 41 now heading towards 42 and still trying to scratch and claw and hang on to whatever performance I have. I do some Brazilian jujitsu and still tried to tinker with some basic like gymnastics. I've been getting back in and getting ready to sack up and try like a standing back tuck out on the spring floor again and stuff like that.

Nate Miyaki: Nice.

Robb Wolf: Yeah, yeah. The first time I ever did one I was 28 so I kind of got into that the Capoeira gymnastics scene a little bit on the late side. But you know it's interesting for me that you made the point that not many people try to blend this. You know, I guess the way that I look at it this kind of interplay of performance, health and longevity and kind of an acknowledgement there of maybe tradeoffs on that. You know, like if you want to be an Olympic caliber athlete, then we may end up

compromising some elements of health and longevity but if you score a gold medal and a \$10M Nike contract or something then it's kind of like okay, well I'll make that up on the backend.

Nate Miyaki: Okay.

Robb Wolf: But you know, it does seem interesting that folks don't try to integrate that and the interesting thing to me is that when I integrate performance health and longevity, things actually simplify instead of getting more complex. Like a lot of the really wacky dietary strategies of either uber performance enhancement or you know, like starving yourself trying to live to be 200 years old, it kind of goes out the window. You end up settling out on this something that looks kind of paleo-esque, something that's got a good amount of protein, lots of antioxidant rich hermetic inducing plant materials and then some smart training.

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There's really how do you – you know, I'm sometimes left wondering how I keep putting lipstick on that pig and making it interesting. Like what do you think about all that? One, what do you think about why are there so few people kind of talking about that interplay and what do you do? Like you keep pumping out some great new stuff and some great new takes on this. Like what's the inspiration for that also?

Nate Miyaki: Yeah. Yeah I agree with you. I just think a lot of it is you know, it's kind of merging the classroom with the gym and you get people who just are only interested in one side or the other. So you have many great researchers who've never really had any athletic experience, coached any athletes. I think their work is phenomenal too because they're working more with diseased populations and things like that. So I think that's obviously way more important. But there's also people who they come from more of an athletic background. They're on the field, they're in the gym and they want stuff that improves their performance. I'm kind of one of the guys and you're one of the guys who believes that like you said, you might not get at an A+ in both fields but we're looking to get an A in both and kind of maximize the benefits of both.

Yeah. It's kind of funny. Like you said, it's actually a lot simpler than people think. Now the science behind it, all the endocrinology and physiology and all of that stuff is super complex and can take a lifestyle to learn but if someone is just looking for practical you know, application strategies on what to do, I think it's very simple. The key is getting, is explaining it in a way to people over and over again because there's just so much information overload now. They'll go out and read something else and then come back with some crazy complex system that is like

listen you're worrying about the 3% that it doesn't really matter. You know, focus on the bigger picture stuff.

So it's really about just try to explain it in different ways, use different analogies so people get in their head that hey man it's a lot simpler than people think. It's not easy. It does take some work but in terms of what to do, it's actually pretty simple. Like you just went through it in a minute about what people should actually be doing.

So it's just saying that in different ways and lately I've been thinking about focusing more on the psychology aspects of it. Because the physiology is we've explained it over and over again. Now I'm interested more in looking at the psychology aspects of it. How do we get people to actually do that to find the right motivation, to find the right goal setting strategies to get them to actually apply the simple.

Robb Wolf: Right, right. You know, for me it's kind of interesting because I know folks are kind of hungry for more information particularly in the kind of geeky biochem, physiology, endocrinology immunology side of things. But I've reached a point where anytime I need to sit down to do a kind of long haired science piece for a blog post, it's 20 hours of work.

Nate Miyaki: Yup.

Robb Wolf: Like the last piece that I did was on some genetics and immunology related gluten intolerance and stuff like that and I had to spend probably 15 hours of background research in immunology textbooks. Then even the textbooks are somewhat out of date for what the folks are talking about so I have to poke around online like on Stanford.edu, they have some free immunology stuff. So I have to spend a significant amount of timeframe to figure out okay, what are all the interplay of these genes and interacting with these specific immune cells. So I give myself a crash course on that, write a blog and I'm still at the end of the day, I'm kind of wondering is this getting people to do anything different, you know.

Nate Miyaki: Right.

Robb Wolf: And how to motivate them. You know, honestly for myself I've kind of skewed I guess the psychology piece a little bit in that working in the gym I kind of saw this play out of like 50% , and I described this in my book. 50% of people come in the gym and you say hey listen if you eat this way, give it 30 days, you'll look, feel, perform better, your blood work will improve, you'll get pull-ups, you'll looked jacked, everything will be cool and they're like okay, roger that. They give it a shot and then they're

pretty much bought in for life, you know what I mean. They have their 80/20 kind of buy-in based on like whether they're gluten intolerant or whatever but they figure out what works for them but they tend to eat better than what they ever did.

The remaining 50% about half of that group takes a bunch of arm bending and cajoling and begging and pleading. These people are a huge pain in the ass and eventually they come around and then those people become like the most rabid converted, Orthodox paleolites that you've ever seen. It's almost annoying. They're annoying on the front end because you have to beg them to save their own life and then they're annoying --

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Nate Miyaki:

Right.

Robb Wolf:

-- on the back end because of like yeah, yeah, yeah I get it dude, yeah it saved your life awesome. But then there's like a final maybe 20%, 25% that you could either threaten their life, you could show them every sad movie of somebody dying, you know, like Tom Cruise and Burgess Meredith or whatever in like Magnolia and the old man is dying on the bed and it's like this is going to be you. You could see your grandkids born and they're like yeah, fuck it I don't care.

Nate Miyaki:

Yeah, yeah.

Robb Wolf:

I mean do you see kind of similar numbers play out there? Do you feel like you've whittled yours down to you only have like a 10% non-compliant? Everybody that came through the door, there was about a 20% maybe 25% largely noncompliance.

Nate Miyaki:

Right.

Robb Wolf:

Like we just had to agree that they were going to come in and get their sweat on. They weren't really going to tweak their lifestyle. They weren't going to sleep better. They weren't going to really eat all that much better and we just agreed to make that a non-topic. It was like discussing politics or religion or something. It's like we'll talk about sports or boobs or whatever but we can't talk about that. Like what's your success rate on that?

Nate Miyaki:

Yeah. I think that's similar numbers and I think that's why I do continue to write and try to say it in different ways. Because what I've found is that no one likes to be told what to do, right? So like what's the you know, the

immediate response, hey don't watch porn. What are you going to do? You're going to log in and go watch some porn, right? Like how do you get people to teach them without actually teaching them and I think that's where I think writing and having... Like I refer people to your books all the time and I refer people to mine in my blog post because I'm like when you're actually sitting there trying to tell someone to do whether it's a direct email or in direct coaching again, they just tend to rebel or they don't hear or they come with their own preconceived notions. They read a ton of stuff and they're just information overload and so it's very hard in these modern eras with technologies to actually coach someone.

So I think that's why I keep writing different posts and saying the same. People are like dude, you say the same shit all the time. Like yeah, because I'm not going to tell you something new if I don't believe it. But it's kind of more passive way of learning. Meaning that when someone reads, if someone is actually actively going out and seeking information and reading your blog posts and purchasing your book and reading your book well then they're motivated. When they're reading, it's almost like they are discovering it themselves when they're reading it. It's almost like a self-educational process and to me that is much more powerful than me telling someone what to do.

So I think by having more of the resources, the educational resources so when you film a video or you do a blog post you're giving people resources that are actually going to help them educate themselves which I think becomes much more powerful. So when I switched to that and focusing more on that and trying not to be this sort of authoritative dogmatic figure, actually I started getting true to people more. Actually it's kind of funny after a series of blog posts, I had a client who is basically like hey dude, I've read your blog post and I'm applying it and I'm getting great results and I lost some weight and I'm feeling better. I'm like dude I've been freaking trying to tell you that for two years. Like what the hell happened? It was kind of just by reading this stuff they educated themselves in a way if that makes any sense.

Robb Wolf:

No, no, it totally makes sense. I think there are a lot of people nobody ever wants to look foolish, nobody wants to look like a dummy. Like I know when I go to different Brazilian jujitsu schools, particularly when you're in kind of a group format or in a situation where you're being coached, you never want to look like a complete idiot.

Nate Miyaki:

Right.

Robb Wolf: I actually play the complete idiot card rather well. Like I dress that one up really, really well. But even then there's frequently situations where it's like you would rather see something, hearing something and go home and ruminate and tinker and try to get a little bit of aptitude, a little bit of understanding so that then you could go back and try to just not look like a complete jackass, you know.

Nate Miyaki: Right.

Robb Wolf: So yeah, that totally makes sense.

Nate Miyaki: I think you and I like you said we have a similar background. We've made mistakes along the way and I'm not ashamed to admit it. I'm not perfect. You know, I've followed different nutritional paths where someone starts talking and I can empathize with them saying I know exactly what you're saying because I did exactly the same thing. I think that just not coming off is like an all knowing figure and me explaining some of the mistakes I've made has helped make me a better coach too. Not trying to be perfect, not trying to say you have all the answers but saying how you've learned from your own mistakes and how I think you can help someone in that way much more profoundly. I think that has helped too with some of the demographic that doesn't just take your advice offhand. Basically by sharing your own story a lot of time they're like oh yeah, I know exactly what this guy is saying so I trust him more and I'll give it a shot. Whereas before it was like you got to put them in guillotine choke to do it.

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Robb Wolf: Right, right. You know, and there's a funny piece to that. I've been talking to a number of folks. Actually one guy sent me an email. He's a great educator in this area, kind of on the low carb side of things and he just gets attacked and assailed by people. He sent one of these attacks to a friend of his who's like a Harvard graduated psychiatrist and the guy was like you know, what the deal is here is that there are some people out in the world and when they look at somebody who's either got an MD, has some prominence on the internet, has you know, or is in good shape or whatever, but there's a jealousy there and there's an anger at other people's success and then a desire to tear these people down.

I had never really thought about it like that. I've experienced it a lot but it's interesting that you mentioned being in kind of a prominent coaching situation like you are and then being willing to say hey, I didn't get this right, here's where I feel like I made a mistake here or it just didn't work or here's my latest understanding of this. But it's a fascinating situation

with the inner webs being what they are in that you're a little bit damned if you do, damned if you don't. If you don't change your position and then you just kind of ossify and you create a cadre of people who follow what you're talking about and everybody quits thinking but then you don't really get attacked for changing your mind. But then you change your mind on something and then folks will pop up and say how can we trust anything that you've said because you changed your mind on something. It's like well fuck me.

Nate Miyaki: Yeah.

Robb Wolf: What do you think about all that? Or maybe you get less of that because you're far better looking than I am and the girls are all starry eyed at you or something.

Nate Miyaki: Oh no, no.

Robb Wolf: What do you think about all that?

Nate Miyaki: Yeah. I think for the most part that's where we're talking about some of the more minor issues. I mean I think what we've been saying from the beginning, the 80% that matters the most is not going to change. You know, it's like emphasizing real foods over refined foods and get your essential nutrients, your micronutrients things like that. You know, sure little topics from there change from time to time but I have this curse Robb, that I don't really give a shit what people think, which is a blessing and a curse. It's great for personal happiness and for continuing to learn and get better and just trying to be a better coach, but it's not always great for traditional success.

The way I approach my blog and my content is I'm sharing what I know and doing the best of my abilities with the knowledge I have at that time and I consider myself a lifelong student so I will always be pursuing new knowledge and new ways of looking at things. If some of that 20% changes from time to time, you know I'm not too worried if a few people are like well I can't trust you anymore. It's like well I'm trying to get better too. So I would think as a student you would want your coach to also be trying to get better and to learn new things and progress their knowledge as well. So yeah, but I think you're going to get people who are going to challenge you either way and I don't really care that much.

Robb Wolf: Right. Right, it's better to be on the growth factor than the stagnation factor because if you're going to get punched in the balls either way.

Nate Miyaki: Right.

Robb Wolf: Then it's better to at least be improving your own game and helping people better. So, you know, what are some things – I know for myself like the high carb, low carb kind of rope-a-dope, like that's been an and continues to be this massive point of contention. You know, I've got to definitely throw myself under the bus or acknowledge that I was very excited about low carb or at the very minimum cyclic low carb for a long, long time. You know, it was a number of things that converged when I fixed all my GI problems, the ulcerative colitis. I cut out gluten, cut out grains. You know, that's when I figured out the kind of paleo concept.

Nate Miyaki: Sure.

Robb Wolf: I also started doing cyclic low carb and sort of there were a lot of things that kind of converged at the same time. For the activities that I was doing at the time Capoeira and some gymnastics and a little Olympic weight lifting, it was the bees knees.

Nate Miyaki: Yup.

Robb Wolf: Like it was phenomenal for me. I had great body composition, I had good strength. I mean at a buck seventy, a buck seventy five I could power clean and push like 310, 315 pounds, I could flat foot dunk a basketball and stuff like that, have good leanness. For the type of activities I was doing, you know, all the endurance that I would need but then I started tinkering with crossfit, I started doing some more Brazilian jujitsu, some things that were much more glycolytically demanding and I'd start figuring out some other things like the cyclic low carb approach wasn't really working. I needed carbs more frequently and then clinically I was working with a lot of broken people.

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Nate Miyaki: Right.

Robb Wolf: For whom a low carb intervention seemed to do magic on them and then as they got healthier then I always started titrating the carbs up. My basic intervention is just having like some sort of a safe spot to go to. I've always kind of felt like you know a little higher protein, a little lower carb, get all the inflammation down then we start ratcheting the carbs up based on activity level and we just see where you are and generally skewing grains, although you've helped me reevaluate like the white rice and some stuff like that.

Nate Miyaki: Right.

Robb Wolf: And rightfully so. But that doesn't seem that controversial but yet people lose their fucking minds over that. You know what I mean? Have you had any similar evolutionary or what are your thoughts on all that?

Nate Miyaki: Yeah. I think that's where we're having merging as we talked about, merging our backgrounds is like I don't see it as controversial at all because I have both science background, research background and then athletic background. So it's really about the principle of specificity, right? People get it in training. It's like hey if you're a tennis player, you need to be training differently than a power lifter. But people don't seem to get that in the nutrition world that right diet for the right type and right person and right situation and goals.

So yeah, to me that's really where it's the baseline of the diet is going to be the same regardless right. You're going to cut out some of those modern processed foods that are so damaging to the body like concentrated fructose and gluten and high omega-6 vegetable oils and transfats and things like that. That's good for everyone as a baseline and. So that's why I think paleo diet as a baseline template is awesome because it automatically does that without being overly technical and getting into the deep science where people just get lost. It's like look paleo diet is a simple educational template for people to do that.

Then it's really about -- so like you said you eat a certain amount of protein for essential amino acids, essential fats. You eat a certain amount of plant foods for micronutrients, phytonutrients, things like that. Then it's really just about the argument over anything beyond that essential nutrients and phytonutrients and micro nutrients anything beyond that is just an energy nutrient and we can argue that to death all day what's better adding carbs or adding fats or whatever. But to me, it's really just about adjusting those based on activity levels and goals.

So like you said for someone who is insulin resistant and is obese and is sedentary and is maybe in a disease state, to me I would say the more low carb approach emphasizing healthy fats is obviously going to be much better for that demographic. But then you take someone who's doing like you said more severe glycogen depleting anaerobic training well that runs on carbohydrates. It runs on glucose. That's the physiology of that. So adding back in some carbs to support that anaerobic training, well that's modern activity. That's not a caveman activity. That's a modern athletic activity and modern athletic goals. So the diet means modification at that

point and we just simply add back in some starchy carbohydrates to support that anaerobic training.

Where I think people go wrong is like then they go like more sports nutrition where they're just pounding sugars and all kinds of crap all day. I'm more of along the lines of stick with that paleo base and keep the gluten out. Keep the concentrated sugars out and just add back in some starch like starchy tubers and white rice and stuff. Things that don't have those toxic compounds essentially to support that anaerobic training. So to me, it shouldn't be controversy at all, it's just adjusting the diet to the training program and the goals. But yeah, you're right people are just on two extremes and they can't seem to be able to walk the lines in between and to me it's just about adjusting the diet to the goals but.

Robb Wolf: Yeah. Yeah. I couldn't agree more and you said it much more succinctly and better than I could. You know, there are clearly some folks that benefit from low carb like potentially even being in ketosis all the time for neurological issues, for different mitochondrial dysfunction or just the way they're wired up. Who the hell knows why? You know, they seem to run really well with that and then we have other folks that – and they may run well on that on their current lifestyle and activity level.

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Nate Miyaki: Right.

Robb Wolf: Like you just said, they tweak their activity level a little bit. Like I tend to be a little bit more of a fast twitchy type athlete and I have just avoided what most people call cardio like the plague.

Nate Miyaki: Yeah.

Robb Wolf: Like I just avoid it like the plague. But Joel Jameson we had him on the show just a whiz at training MMA athletes and I was talking to him about some of my recovery issues from Brazilian jujitsu and stuff like that and he's like dude, you don't have an aerobic base. Like part of the problem that you're experiencing is you don't have a fundamental aerobic base. You need to start doing just some like 120 to 150 beat per minute what he calls roadwork 2.0. Like some circuits but it's more like 5 minutes of rowing with 5 minutes of jogging with 5 minutes of shadow boxing or light bag or pad work and you accumulate 30 to 60 minutes of that a couple of times a week and build all the capillary density in your muscles and increase the mitochondrial density.

So I've been doing that for a couple of months and lo and behold, my ability to handle carbohydrate is much better. I'm much leaner. My recovery from jujitsu has just exploded. So I've just been completely hardheaded and stuck in my own what do they say the difference between a groove, a rut, and a grave is death and duration. I was fully in a rut heading towards a grave with the approach that I had towards this like this low level restorative cardio. But I started doing more of that and even in that context in the past I was always up and active, you know, like doing Capoeira for a couple of hours day. It's rest bursts of activity that I think builds a decent aerobic base.

Nate Miyaki: Right.

Robb Wolf: And just running a gym is pretty active because you're demoing stuff and you're up and running around. But then I started writing and blogging and sat on my ass and my body started falling apart and my physiology started falling apart.

Nate Miyaki: Yeah.

Robb Wolf: I need to figure out some other strategies for making that work and part of the strategy was I need a couple of days a week of some low level aerobic activity. But again you know, it's interesting I feel like interestingly now that I've started doing the aerobic activity I need fewer carbs when I'm doing jits and this fits into the whole you know, physiology and fuel partitioning story. Like jits is probably about a 50/50 aerobic versus glycolytic sport but if I didn't have an aerobic engine before, then all I could rely on was glycolysis and lactate production and all the pH changes associated with that. Whereas if I actually have a solid aerobic base then I can use some fats for energy and the rest, burst cycles while rolling and I'm much healthier and I recover faster.

Nate Miyaki: Yeah. Also the diet right because your anaerobic threshold went up so now you can be more in that aerobic gym so maybe you're not burning as many carbs right so.

Robb Wolf: Right. Right. And so interestingly now that I'm in better shape, I require fewer carbs.

Nate Miyaki: Right.

Robb Wolf: So, you know, shocker. You know, it's funny because in the people that I've trained I've done that stuff for them, I always just thought I was some sort of a unique snowflake and that shit didn't apply to me so. Which is ,

Dan John always says he who has himself as a coach has an idiot for a coach so that's a --

Nate Miyaki: Right, right, right, right.

Robb Wolf: I'm sure you know.

Nate Miyaki: You know, and it's funny I think like we've talked about like it seems like people have to choose a side. They're either like low carb ketogenic proponents or they are high carb sports nutrition components or proponents and I'm kind of like based on the demographic, the wide demographic I work with, I'm all over the place. For some people it is. It's very low carb close to almost ketogenic and then for some people it's very, very high carb. It just depends on the person and the situation and the goals and the training and as the training changes, maybe the diet changes. So really I think the problem is trying to pigeonhole everyone into one diet or to find the one diet for everyone everywhere whereas I think you adjust the macronutrients basically all over the place with the core foundation of good food choices and things like that.

So that's why food choice to me is always number one. It doesn't matter if you got good macronutrient profile if you're emphasizing shitty foods, which is kind of what happened to me when I was originally doing body building nutrition. I was on the right macronutrients and numbers but I was getting a ton of GI distress and problems because I was emphasizing the wrong food.

So I think in terms of low carb, high carb, you have to scale for food choices to really see what works.

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Robb Wolf: Right. Right. I guess the analogy that I use with that is if you were an electrician or like a contractor, do you only want a hammer.

Nate Miyaki: Right.

Robb Wolf: Or do you want a variety of hammers, a variety of screwdrivers, a variety of vice grips. Like do you want a lot of different tools that you could use and do you want to be stoked about having exactly the right tool that you need for this specific job. Or do you want to do some sort of slapstick like make do with well okay I've actually got some needle nose but I would really like some vice grips but I can hang on to this thing and we'll kind of make it work. You know, but again it's almost a religious fanaticism on that stuff and it's fascinating.

Let's peel the onion on that a little bit.

Nate Miyaki: Yeah.

Robb Wolf: You know, another layer of like the high carb versus low carb kind of story is the calories in, calories out versus the hormonal state. You know, I think that this is just a layer of increasing Satan like sophistication on both of these camps.

Nate Miyaki: Right.

Robb Wolf: You know, one camp says it's only calories in, calories out and they will cite metabolic ward studies to kind of support this and then people interestingly who are a little bit more clinical oriented will say well you know, it's got a lot to do with hormones like the neuroregulation of appetite. What's your thought on all of that stuff?

Nate Miyaki: Yeah. I think they both matter. Well I kind of go about it different for different demographics. So I think for a more sedentary nonathletic demographic, I always put the food choices first and then work on numbers. Because I think by eliminating a lot of the poor food choices, they're automatically getting in more of a calorie deficit even if they don't care about calories they're automatically reducing calories by emphasizing more satiating foods. So if you're going from eating refined vegetable oil and sugar loaded pastries to steak and potatoes or steak and vegetables, you're automatically taking care of the numbers, of the calories in, calories out.

For athletes, I use a different one because I do think the numbers are what matter most. So, you know, there's the whole if it fits your macronutrients debaters out there, which I think is partially true because I think the numbers are what matter most for body composition goals. But then I do think food choices matter obviously for health reasons and then also because if you need to be in a calorie deficit for fat loss, you need to provide your body with all the essential nutrients and functional nutrients that it needs. You have to emphasize real foods to do that. Otherwise it's almost impossible to stay within your numbers that you need for your goals if you're emphasizing shitty foods

So it's really just a matter of focus. For some people I focus more on the food choices, for other people I focus more on numbers but I think they do both ultimately matter but you kind of by which you prioritize. You're taking care of them both. I mean we start arguing number semantics. It's

like you don't need to worry about calories but you need to lower your carbs. Well what are you doing when you lower your carbs? You're lowering your calories. So it's really we start arguing over the semantics of it but I think they both matter in the end.

Robb Wolf: Yeah I completely agree and it's just interesting we seem to have a similar convergence when we're working with like a general population crowd where most of those folks if we just get them eating some kind of palaeo-esque foods, that's usually enough for them to get some really impressive body comp shifts.

Nate Miyaki: Absolutely, absolutely.

Robb Wolf: Every once in a while somebody will figure out a way to destroy that plan and they'll eat a whole can of Costco almonds in a sitting and stuff.

Nate Miyaki: Right.

Robb Wolf: But I mean those are just kind of ridiculous. Luckily, those are largely outliers although --

Nate Miyaki: Right.

Robb Wolf: --it's not 100%. But when people spin out about the calories and calories out versus the hormonal state, you know, it's kind of funny to me in that I say yes, both. Because if we have somebody who has some thyroid issues then we've got a way different story about calories in, calories out that is hormone driven. If we have a skinny kid that's not in puberty yet trying to gain some body weight versus the skinny kid that just went into puberty, we've got a way different story about what type of calories we can throw into that kid and what type of nutrient partitioning we're going to have.

Nate Miyaki: Right, absolutely.

Robb Wolf: And you know, similarly if we've got a group of 40-year-old males you know, if we were to look under the hood and see what type of like testosterone, estrogen, hydro-testosterone, sex hormone binding protein, growth hormone production, sleep quality which all these things are very hormone driven, not to say that we need to 100% go down the road with that. But if we have a 40-year-old male that sleeps like nine hours a night, he's got an 800 testosterone level and he's like I've never lifted weights before, do you think I could put on some muscle, the answer would probably be yes, you know.

[0:40:10]

Nate Miyaki:

Yeah.

Robb Wolf:

It's like yeah you can probably do pretty damn well with a pretty solid probably higher protein, higher carb some alternating periodized blocks of volume versus intensification and driving that thing forward. We might even put a little bit of body fat on them but we're not going to be super worried because his estrogen levels are not sky high and he's not aromatizing his testosterone and estrogen. But if we have a big fat dude who has moves and we've got a way different story because this guy is already aromatizing almost all of his testosterone and estrogen and so we're going to have a way much more of an uphill battle as far as the androgen levels, you know.

Nate Miyaki:

Right.

Robb Wolf:

And how the nutrients partition. So this again when people just spin out about this stuff and it's interesting to me too the folks that will just cite the metabolic ward studies and only give a hat tip to the calories in, calories out. I really in my gut as a biochemist kind of a junior bird man physicist in my soul of souls, it's like yeah, okay that makes sense. Like the calories in, calories out make sense but why do the recommendations based around reducing calories fail more often than not? Because of the neuroregulation of appetite, because of the way the hormones are responding.

Nate Miyaki:

Right.

Robb Wolf:

And everything. You know, it's one thing to starve people in a metabolic ward in which they can't escape, they have no food stashed under their bed or anything like that versus free living humans. So you know, it's kind of like we need both perspectives to be able to again like at the very opening part of the show to actually help people. To get people to do something that's effective besides the ADA recommendations of 12 servings of grains a day and for the love of god don't eat any animal protein, you know.

Nate Miyaki:

Right, right, right. I think it's because you're working in the real world so you're working with real people every day so I think a lot of the intellectual pontification comes from people who are just talking about this in terms of theory. So yes, anything can sound good on paper but when you've been working with people for how long how many years, I mean forever right. I've been working with people for 15 years, it's like it all matters. It just depends on the person.

So you what I try to do is focus on the one or two actionable steps that are going to get them the 80% of the results based on where they're at now. So for some people it is. It's like listen you take a person who's eating an average American diet and just a lot of that is just say hey, go read Robb's book on the paleo solution because that's going to give you 80% to 90% of your results right there by just cutting out modern refined foods, improving your diet, emphasizing more animals and plants. That's it right there.

Whereas you take an athlete who's maybe too focused on the food choices, not the numbers. For example I get people coming to me they're following a ketogenic diet trying to do a ton of anaerobic training and I'm like listen you can cut your carbs to zero why are you still holding fat, why are you losing muscle, why you got no sex drive things like that. Well it's because you're focusing too much on the low carb or the food choice approach and not enough on the numbers. Hey you need some carbs to support anaerobic training well let's get these up maybe from zero to 150 and boom. You focus on the one or two actionable steps that improves them dramatically. So it's really about I think all of these things matter. That's why I think they're all right and they're all wrong it just depends on the person and where you need to put your focus on helping someone is different based on where they're at.

Robb Wolf: And even where they are can change.

Nate Miyaki: Absolutely.

Robb Wolf: Like you know they have a baby, they shift from day work to night work and I do a ton of work with police, military, fire and these folks, this is where if there's a holdout in my heart for the therapeutic benefit of a low carb approach, it's for these metabolically broken police, military and fire.

Nate Miyaki: Absolutely.

Robb Wolf: Because they have night shift work, they come off a shift or they come off of six-month deployment where they've been doing night ups and they have super low vitamin D levels. These folks don't handle carbs all that well at all. But at the same time we're trying to think about well how do we mitigate cortisol on these folks and it's like well they're going to get virtually all of their dense carbohydrates post workout.

Nate Miyaki: Right, exactly.

Robb Wolf: So we get to –you know, it’s a noninsulin mediated glucose transport. We fly that in. We got some glucose in the liver so that we’re not just tapping on the adrenals to keep the blood glucose up.

Nate Miyaki: Yup.

Robb Wolf: Then in between that it’s more protein, maybe some very low glycemic load carbs in between or maybe just fat in between.

Nate Miyaki: Yup.

Robb Wolf: So literally like a cyclical carb on a day by day basis. You know, you implement that and then you check back in. It’s kind of like you’re sampling the air quality and do we like the direction things are going, are they leaning out, is their sleep quality improved, is their recovery improved or are things not improving? If they’re not, then we need to go someplace else so.

[0:45:19]

Nate Miyaki: Yeah, absolutely. That’s why you’ve got to dive more into details and that’s where like I think people compare either ketogenic to the ADA recommendations of whatever 400 grams of carbs a day and no one walks the line in between. It’s like hey when I’m talking about adding carbs back in for some people, it can be as little as 50 to 75 grams. It doesn’t necessarily mean you’re going from 0 to 350. But for people who try to pigeonhole into one camp or the other, they can’t seem to find anything in between whereas guys like me and you are like I said I’m all over the spectrum depending on the person. You know, it just depends really. When people ask questions, it’s really not trying to evade it. It’s just that really it does depend.

Robb Wolf: Right, right. I get a ton of questions on Twitter where folks will ask a short, seemingly short question and then my answer always is who, what, who are you, what are you doing, what are the goals, what are all the specifics. So it gets devilishly detail oriented on that.

You know, another topic I guess that is reasonably hotly debated is stuff like carb back loading, macro nutrient cycling and stuff like that. You have some folks that will just say all that matters really at the end of the day we could break it down. Like get enough protein because of the anabolic and the thermogenic effect of the protein and the satiating effects of the protein. Partitioning carbs based on activity level and then you know fats

for a little bit of flavor and then essential fats and whatnot. That is far more important than any type of like cycling elements.

What are your thoughts on that? You know, I've got to admit I've swung more around on that other than I do think that there's some benefit towards taking advantage of some post workout easy shoveling of carbs into the muscle minus a little bit of the insulin bolus and whatnot. But are your thoughts on that? Is it 80% just calories and 20% some effect from cycling or is it like 2% effect from macro nutrient cycling?

Nate Miyaki:

Yeah. I think to me it's more like 80. Yeah, like absolutely like to me like post workout is a onetime especially after anaerobic training, you're in a state where your body needs glucose somehow. You can get some carbs in there you have to be anti-catabolic basically and that's going to help. But for the most part in terms of diet and diet structure and all that, I believe it's mostly food choices are numbers that matter the most and then meal frequency, food distribution everything from intermittent fasting to carb backloading to cyclical diets. I think it's about finding the plan that makes it the most practical, functional and sustainable for you.

So you know I recommend a certain structure. It's carb backloading, intermittent feast, eating the majority in calories and carbohydrates at night simply because I think it works so much better from an adherence perspective for people. You know, if we think about it on multiple levels, evolution right there is where hunters and gatherers eating the most of our calories and carbohydrates at night right. From a psychological perspective, people can sacrifice and eat lighter during the day as long as you know they get that big reward at night. It works for social reasons because that's when we want to eat big at night with our families. It works for business reasons because business dinners happen over at night. No one wants to be starving when they're out.

So to me, the diet structure once you take care of food choices in the numbers which are the most important, diet structure is a little more flexible. Like I said I promote one thing but it's not the only thing and I have people who go from traditional three meals a day with some post workout stuff to more of the structure works like two meals a day. They skip breakfast and eat lunch and dinner and they don't worry too much about peri workout stuff. So it's all over the map but to me it comes down to what gives people the best chance at adhering to number one and two which are the food choices and the numbers. It's setting up their diet in a way that makes it practical and sustainable given their lifestyle.

For me what I've found is that yes the carb backloading or the food backloading or intermittent fast whatever you want to call it just people adherence rates and success stories have skyrocketed by shifting to that structure as opposed to the six small meals a day and things like that.

But in the end I think if you scaled for a food choice and calories, you know maybe it makes a difference at the highest levels of physique competition and performance. But for most people I think it's really about just testing, assessing in the real world and then finding what makes your diet the easiest plan to follow and I think that's really moving towards less meal frequency and more distribution of carbs and calories at night has helped a lot of people.

[0:50:26]

Robb Wolf:

Yeah, I would totally agree with that. Like fortunately or unfortunately my jujitsu is typically around like interestingly my hard workouts are typically more morning or like early afternoon. Like anywhere from 8:00 a.m. until noon. So it's made it a little bit difficult to really make the carb backloading work 100% because I do feel like the carbs post workout are of benefit. But what I do like today I knew I was doing a podcast with you so I had a pretty light breakfast.

Nate Miyaki:

Right.

Robb Wolf:

Then I'm going to do actually some anaerobic intervals later. I've got jujitsu tomorrow, I'm trying to do my intervals as early in the day as I can so I'm as close to like 24 hours of recovery before going to jits as I can get. If I can wait until like 5:00 p.m. then I've only got maybe 16, 18 hours of recovery before I go in. But I'll do that hard session and then I do pretty light on the protein, pretty heavy on the carbs post workout and then that'll kind of be lunch. Then the dinner based on how I'm feeling and if I feel like the wacky carbs that I had earlier was enough then I may go a little bit lighter on like the sweet potatoes or yams or something like that. Or if I feel like I really –you know, it's like okay I'm going to have a really hard session tomorrow so I'm going to fuel up more and then do my big protein whack typically in the evening. I definitely have noticed that sleep is better. If I don't have like the TV on and a bunch of lights going and everything, if I keep the lights kind of low and kind of mellow environment about 9:00 or 9:30 and I am out.

Nate Miyaki:

Yeah.

Robb Wolf:

Like somebody snuck in and like ninja blow darted me and I am just flat out done so yeah.

Nate Miyaki: Yeah and I think it's about like I said it's really the right adjusting those to the right variables, right? So that's what works for you and then for other people who, for like me I'm not doing that type of training. I work out around 11:00 as well or 12:00 or 1:00 or somewhere around there so I might just have a light post workout snack where it's some fruit to be anti-catabolic without an insulin spike and dump and then with some protein. Then I'll go home and maybe have my big starchy meal at night just because then I want that anabolic period. So it really just about adjusting. I've worked with MMA athletes who are doing two times a day training six days a week so I'm like no, like well that's not going to work for you. You need to get some of those starches in immediately after your first workout because then you're preparing for the next workout that is happening six hours later. So it really is you have to play around with the variables a little bit once you get into the higher levels of performance and stuff like that.

Robb Wolf: So let's talk about these higher levels a little bit. I'm asking because of my own guilt interest. I'm almost hesitant to go down this road because we spend a bunch of time talking about the generalities which is where 90%, 95% of people need to be and then we start talking about some of the higher level stuff and everybody goes just bat shit on this. They're like well dude, I'm in a lead athlete and so they start doing this stuff that the elite folks do.

But you know, when is this situation where you see the need for consistent three-meal a day large carb aliquots? When do you use a post workout like a Vitargo or waxy maize starch shake with some why protein or something like that? Like who is that athlete? What are they doing where they've got consistent higher carb intake, some liquid carb, some liquid protein, like who are those folks and what's the situation where you're using that?

Nate Miyaki: Sure. It's rarely ever people who are focused solely on physique or body composition actually because I think you know, you got time after a workout to be anabolic. I mean protein synthesis is elevated for what 48 hours after a workout. Glycogen restoration can take 24 to 48 hours. So you got time so to me that demographic if you're not training more than once a day, it's really about in the end getting the nutrients in. Where I see that more applicable is to more performance-based athletes. So we're not talking about body builders or whatever. I'm talking about more elite performance, MMA guys, you know, high level endurance people. That's where I think sports nutrition is a little more applicable.

Believe it or not, I think sports nutrition is applicable to performance athletes but

[0:55:10]

Robb Wolf: Shocking, shocking.

Nate Miyaki: That's where you got to really look at speed of digestion because you know you're now preparing for multiple sessions a day or you know someone like peri workout stuff if you're working out for 45 minutes doing some strength training I don't really think it's that important. But if you're doing two hour rides or two and a half hour sparring sessions where you're really depleting energy reserves well then you might need some sports training within the workout immediately after the workout, things like that.

So it's really more high level performance athletes and looking at their duration and frequency of training and then saying okay well now I see where speed at digestion and all that stuff matters. But if that answers your question.

Robb Wolf: Yeah, it totally does and I would definitely throw like the crossfit games hopeful which is people --

Nate Miyaki: Yes, yes.

Robb Wolf: -- that are you know, I think even for a one session a day person, for a flavor of athlete, I would say the crossfitter depending on what type of gym you're going to like the volume and the intensity may not be well regulated. It may not have quite the periodization that it needs. So that individual I've seen them -- you know, crossfit is just good at expunging every bit of glycogen out like your eyelashes. You know what I mean?

Nate Miyaki: Yup.

Robb Wolf: Whenever you train a muscle to failure that's basically what you're doing is and not just failure once but multiple, multiple times. You're just hammering that glycogen storage capacity and so those folks even if it's a one a day person I've seen them benefit from more carbs, more frequently. Definitely, the post workout carbs I usually start with solid food, see how they do. If they're just not bouncing back the way we want then we stick in some liquid food immediately post workout and usually able to dial things in. But I followed a very similar attack. It's usually when we start seeing MMA athletes and I pretty much refuse to coach endurance athletes. So MMA is about as endurance related as I get.

Nate Miyaki: Yeah, me too.

Robb Wolf: But those folks definitely like we have to keep a huge eye on their sleep, on the peri workout nutrition and a lot of that is based on like can these dudes deal with having any food in their stomach while they're training.

Nate Miyaki: Right.

Robb Wolf: Like maybe they can do some standup like some pads and bagwork but they can't do grappling with the Targo shake sloshing around in their innards and stuff like that.

Nate Miyaki: Right.

Robb Wolf: So there's further tinkering and refining.

Nate Miyaki: I can tell you right there that's the demographic that I see suffering the most from trying to go too little carb is like that crossfit, MMA demographic. Because you know, if you're a strength athlete and you're doing mostly neural bases training, you're not depleting a ton of glycogen right. If you're doing sets of three to five reps and you know, you can get away. But like you said you know, crossfit style training is one of the most glycogen depleting training forms on planet earth and to not kind of fuel, properly fuel that anaerobic training that's where I see a lot of people. That's where I got most of my emails. Man, I'm doing this crossfit training very low carb and I have no strength. I have lost a ton of muscle. I have no testosterone, my thyroid is shots, my metabolism is slow. I'm skinny fat despite all this work and that's really where I've seen that demographic suffer the most.

So I think really that's where I've had to focus a lot and say listen, you know, here is where and why some carbohydrates can maybe help you, you're doing a ton of anaerobic glycogen depleting training so you know, there's research in that area about carbohydrates supporting testosterone levels when given anaerobic training and recovery from anaerobic training. So that's a demographic that I see really benefits from reintroduction of some carbohydrate foods.

Robb Wolf: Totally and you know these folks cruise the inner webs and find these success stories of people who were insulin resistant, peridiabetic, cut their carbs, lose all kinds of weight and then they're well shoot I'll do that.

Nate Miyaki: Right.

Robb Wolf: If that worked for big fatty then that's going to work for a crossfit games hopeful. It's like son of a gun man.

Nate Miyaki: Yeah. I did that all the time. It's like listen it really –you know, treating a disease person trying to save their life is a lot different than treating a high level athlete so. If you just step back from all the information overload and marketing, if you just think about it logically for a second, doesn't that make sense? You know, like is the financial advice you give to someone who's in debt and is it the same as someone you give to a high level investor?

[1:00:08]

Robb Wolf: [Laughs]

Nate Miyaki: No, obviously not. Think about it logically for a second and then people can get over there on sort of dogma once they do that.

Robb Wolf: Right, right. So Nate, tell folks where they can track you down and what swag you've got for sale and any type of seminars or anything you have cooking here?

Nate Miyaki: Yeah, yeah, yeah. So the hub of my stuff is NateMiyaki.com. I don't really know what I'm doing Robb, to be honest with you. I'm like the joker man, the dog chasing cars, I wouldn't know what to do with one if I caught it so.

Robb Wolf: Nice.

Nate Miyaki: But I'm basically everything is you can find out everything about me on my website NateMiyaki.com. I do a little bit of everything. You know, I'll write for some of the magazines. I have a few books out. I have a multimedia product out. So basically different price points for different people and based on what they want. So the book is basically just a Kindle book and then I have a more in depth multimedia product where it's a couple of PDF books and some video white boards I put together to go a little more in depth into this stuff.

Then yeah, I speak from time to time at different companies and health clubs and gyms. I actually love that so I got to promote that better because I love speaking. I just love education so. I'll probably put something up about that on my site soon because I'd like to speak more. I really think that's where you can impact people and stuff like that. Other

than that, offline I have my private training business which is pretty much full so focus on the more educational stuff now so NateMiyaki.com is where I'm at, where that hub is.

Robb Wolf: Nice man. Maybe since you're just over in the Bay Area, is a short drive from Reno, maybe we could --

Nate Miyaki: Yeah.

Robb Wolf: --do a Robb and Nate weekend sometime and do some Nor Cal Margaritas and a trip out to the Bunny Ranch and do some gambling or something.

Nate Miyaki: I would sign up for that right now buddy if you want.

Robb Wolf: Perfect. We're both married so we'll bring our wives so that we have chaperones so.

Nate Miyaki: Yes. Absolutely. I will behave but I would love to do that. Like even sitting around bullshitting with you today has been a lot of fun because I really think if we can all start, I don't want to be like a we are the world type person now but if some of us professionals can start working together instead of haggling over minutia, I really think we can progress this thing forward and really help people which is the end goal, you know.

Robb Wolf: Dude, I completely agree and that's some of my frustration with a few of the folks in the scene who are both positive and then there are some people out there and they are actually like the joker, you know, that line out of Batman where it's like some people just want to see the world burn.

Nate Miyaki: Totally.

Robb Wolf: You know, in the United States we have a national healthcare crisis. Like the congressional budget office has a prediction of by 2030 that 300% of or GDP is going to be allocated to healthcare cost. That means like three time every nickel, dime and penny of productivity is going to go towards dealing with healthcare. Most of that is related to diabetesity.

Nate Miyaki: Yup.

Robb Wolf: And I think that we've got some good templates for helping people find some way through all this stuff. Again instead of kicking each other in the balls on the minutia like trying to link some arms and be like okay well

you know, we need to tackle high end athletes differently than peridiabetic couch potatoes and help each other out and make this all work. You know, it's kind of funny like people get super provincial about they're like well if I go on that podcast or I do this thing then... You know, because what you and I do are pretty fucking similar. What you and I and Mark Sisson do are pretty goddamn similar.

Nate Miyaki: Right.

Robb Wolf: I mean it's very, very similar and there's been this – early when Mark and I first became friends there was almost this slathering masses trying to get like some sort of like a scrap between Mark and I over these tiny points of divergence that we had in the way that we tackle thing. I'm like dude he's my friend and what he recommends is virtually identical to what I recommend and we're better off together than we are separate. You know, there's a reality out there that the ocean isn't infinite but if you go and stick a pale in the ocean the amount that you took out of it is inconsequential and that's similar to making a living helping people with health and nutrition.

[1:05:03]

Like the world is not infinite but at the same time just the United States alone is 300+ million people.

Nate Miyaki: Yeah.

Robb Wolf: Like you can make a fine living going and helping people and you know, supporting each other and being mutually supportive does nothing but help one another. Honestly I would be ecstatic if like the health issues were not issues so I could just focus on like being an MMA coach and try to get my standing back tuck back before I'm 50 years old.

Nate Miyaki: Right.

Robb Wolf: You know, but I have this anxiety that we have all these economic and healthcare issues that are really going to be a big deal. Maybe not so much for like you and I but for our kids and grandkids and that's a no joke deal and that's a part of what motivates me in this and so I guess you know, for both the lovers and the haters just keeping that in mind that we've got bigger shit to deal with.

Nate Miyaki: Absolutely.

Robb Wolf: And just poking each other in the eye so.

Nate Miyaki: It's wasted effort man some of these people and I just don't get it because like you're saying that you could tell you're saying 90% of the same thing and they're just wasting energy over haggling over that 10% where there's some differences. Like who gives a fuck. Just talk about the 90% .

Robb Wolf: Right.

Nate Miyaki: You know what I mean? And I'll give you a good example. My brother was suffering from some health issues. He's mostly sedentary and I always like –you know, I was trying to help him but little brother he doesn't always listen. I pointed him to your book. I'm look dude go read this guy's paleo solution book. It's a great book. It will clear up some things and lo and behold, you know, then I was able to work with him after that.

So actually having guys like you out there and other professionals who are saying the same things. It actually makes my job easier. It helps me because then there's more than one. You always need to hear from more than one person I think but then it helps (a) hey there's this other smart guy who's a well-known coach in the industry. He's saying pretty much the same thing so now you can see there's two of us. Because you've got to remember people are getting their information from a ton of different sources and most people are not saying what we're saying. They're saying something different so why are we who are amongst this group who are saying relatively the same thing, why are we battling over bullshit? It's not helping people and it's not helping people get better.

When you've seen someone suffer and you've seen your own family member suffer, you know your way of approaching things is a little different. You just want to help people. So I have no problem pointing out to other professionals all the time if it's relevant and it helps me because it only makes my case stronger as a coach.

Robb Wolf: Yeah. Well and you know, when I started learning about you and what you were doing, that's when anybody with particularly physique oriented coaching interest like I just shot them to you because that's not my wheelhouse.

Nate Miyaki: Yeah.

Robb Wolf: You know, I don't have that pair of pliers refined the way that you do not by a mile and so it just seemed goofy for me to try to squat on the whole pile and instead build a friendship with somebody that I've enjoyed

getting to know you and all that stuff. So it's been good. So I guess we'll wrap it up before we got too kumbaya on this.

Nate Miyaki: Yeah, I know man. [Laughs]

Robb Wolf: I'm serious about us doing a speaking gig together and if people would be interested in that we could maybe even pump some people through the specialty health program and do a risk assessment on them. Maybe Nate and I can do a half-day of me being the opening thing and then half day of Nate being the closer, good looking jack dude. It will be like some sort of garage band and then the Rolling Stones wrapping up the people that they actually want to see, they could wrap it up with you.

Nate Miyaki: Oh, come on man.

Robb Wolf: That will be good.

Nate Miyaki: I'm actually a loser so no just kidding. Yeah.

Robb Wolf: Cool.

Nate Miyaki: I think that would be great. I think the more we could do stuff like that, I would love it. I think it will be a lot of fun too.

Robb Wolf: Cool, cool. Right on man. Well let's – Nate I think this – so we're recording on the first. I think this goes up let's see here, what's today, it's going to go up on like the July 9th I think.

Nate Miyaki: Good, cool.

Robb Wolf: So just sure to ping me links to all your books and the website and everything and we'll throw that up in the show notes so that people can track down all your awesome material. Dude, stoked having you on. Sorry it took me so damn long like literally my internet has been so bad, I thought about just stopping the goddamn podcast entirely so --

Nate Miyaki: I think the world would revolt if you did that brother.

Robb Wolf: Well I was ready to shoot myself. Like I love doing this but when you get 30 seconds in and your internet fails and then 2 minutes in and your internet fails and like in a 30-minute show it fails like literally like 18 times you're just like yeah, I'm just going to kill myself so. But luckily we held strong on this so we're looking good so.

Nate Miyaki: Good. Last piece of advice, use your porn on a separate computer and then maybe there won't be so many problems.

Robb Wolf: It's taking up too much bandwidth that's what it is, dammit. Okay, okay. But laptop relegated to porn only.

Nate Miyaki: Yes.

Robb Wolf: I'm good.

Nate Miyaki: Absolutely.

Robb Wolf: Perfect. Awesome, man.

Nate Miyaki: Okay, Robb.

Robb Wolf: Talk you soon.

Nate Miyaki: Thanks a lot man.

Robb Wolf: Okay. Take care.

Nate Miyaki: Bye brother.

Robb Wolf: Bye.

Nate Miyaki: See you.

[1:10:31] End of Audio