

Paleo Solution - 196

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Howdy folks! Robb Wolf here. I am flying solo today. Just got back from the Ancestral Health Symposium. Greg's supper busy. I'm jetlagged. We had Zoey in tow the whole time and it was lot of fun. But I tell you what, travelling with a 15 month old baby multiple times zones, lots of activity, was pretty exciting. So I'm gonna do... I think I did this last year was actually a quick recap of my experiences and some thoughts with the Ancestral Health Symposium.

I know a lot of people didn't get to go; a really amazing experience. It's a lot of work. It's a lot of hassle going to these things sometimes but I got to meet some really amazing people. I was just shocked by the number of people that came from – gosh – Australia, New Zealand, some people from India, South Africa. It really was an internationally represented conference. Clearly the bulk of the people from the United States but a lot of Canadians; pretty cool gig.

Got to hang out with Charles and Jules of Paleo Comfort things. So that was super cool. Before I launch in on stuff and the podcast would probably be about a half an hour covering all the stuff. It'll be a little short. We'll be back to our regularly scheduled scene next time with both Greg and I and then we have some cool interviews coming up, too. I think I mentioned in some earlier podcast, I want to get some maybe about a 50/50, maybe even like a 65-75% interviews, maybe about 25% podcast questions just to change things up and get some different voices in the whole scene.

We're gonna, obviously, keep hacking away in medicine, nutrition and all that. But we'll get some strength and conditioning experts like Jim Laird and some other folks back on here and get some new folks. But back to our podcast sponsors really quick. The Performance Menu, go to performancemenu.com; Journal of Nutrition Athletic Excellence; two different flavours of subscription options – a \$30 a year, a \$100 a year. The \$100 a year gives you access to all the back issues. It gives you a 15% discount on the Catalyst Athletic Store. If you take your training nutrition seriously, you've got to get Performance Menu - phenomenal publication and very honoured to have it as podcast sponsor.

Then we have frontdeskhq.com – Front Desk is your mobile based solution for any type of service based business. It's really cool. When I was at Ancestral Health we had actually a lot of people come up to us and mention that they were using Front Desk in their gyms, in their clinics, in their yoga practice. Really enjoying it. Very easy. Very streamlined interface. Oftentimes the best merchant processing numbers that you can get anywhere with all that. So check out frontdeskhq.com if you have a service based business that you want to run better and more efficiently.

Who else have we got? Wellfoodco.com; Well Foods is a phenomenal company in that we have shifted or are shifting all of our products towards grass fed only GMO, no GMO, organic, etc, etc. So we drew a line in the sand and all of the... I mean it is snack food. It's turkey and almond flour cookies and stuff like that. So we're not calling it something other than what it is. It's stuff that you should have on the go and occasionally, it's not meant to be meals but it's pretty damn tasty and again we're trying to step our game up so that it's reflecting the value system that we talk about and all that stuff. So check those guys out.

And then we'll have a new sponsor here pretty soon. The Bunny Ranch. We're very honoured for having had their support and we actually are going to try to put together another talk with gals out at the Bunny Ranch and we should actually be getting some testimonials from some of the gals here pretty soon. So keep your eyes open for that literally. It should be pretty cool.

Okay, so Ancestral Health Symposium 2013, Atlanta, Georgia. Luckily it was mercifully cool. It had been raining there and hot and humid and we actually had a cool snap at least which was pretty legit. I'm just going to talk about the things that either I was at or I managed to see. Unfortunately, there were bunch of things that I ended up missing but I'll mention some of the highlights of the stuff that I didn't get a chance to see directly. I talked to some folks about them and then just to make people aware so that when the really, really well produced videos that the Ancestral Health Symposium puts together, once those are out, then folks definitely need to go check those out.

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So the day kicked off with some opening remarks from Brent Pottinger and shifted into a talk by Mel Connor and Boyd Eaton talking about the Paleolithic prescription. Little bit of drama and excitement right at the beginning of the whole thing. Mel ended up falling off the back of the stage and Mel's a super, just amazing person, MD, PhD. He's been in this game a long, long time but popped up from behind the stage and went right about his business.

We had a couple of AV issues there early in the whole beginning of the program but overcame that. Both Mel and Boyd did a pretty nice job of talking about some of the recent – I don't even wanna say like anti-paleo that just starts creating such like an us versus them. But there's definitely been push back about the whole Paleo concept and push back from some areas that I find intriguing because out of medical anthropology and whatnot, you would think that we would get some support.

But I think that dissimilar to some of the drama that has popped up related to the Weston A. Price scene, I think that Paleo has a ton of cache and a ton of bandwidth when you look at the amount of book sales and blogs and different things that are going on. How basically all the crossfit gyms have basically adapted this type of stuff more or less. You'll look at the city zero project and some of the return on investment stories that we've got coming out of that. It's pretty compelling.

And I think that some people, for some reason, instead of wanting to link hands and do some good stuff with all these stuff are for some reason bent about the success of the movement. But anyway, Mel and Boyd ended up addressing a number of the things that have come up lately like the increasing genetic variations since the Paleolithic. They actually made that a point which I was not entirely aware of but these are point mutations and even though we could make an argument, there's been genetic drift since the Paleolithic that there's definitely been accelerated evolution. We could make an argument for that.

There was in the fossil record and it appears in the genetic record, there was accelerated evolution during a period about seventy to a hundred thousand years ago when our species almost went extinct. Whenever a species is placed under a significant stress, then you have apparently some increased rates of evolutionary pressures.

But they made a great point which was that at the end of the day, these things don't really amount to all that much with regards to health. It's shifting and shuffling of the cards other than lactase persistence and some different things like that like we haven't had some really significant changes in actually the way that the genome itself functions. So early on we had the statement that we're just hunter gatherers in pinstripe suits and then there seemed to be the swing away from that saying that no, we've actually got a lot more genetic variation and that does appear to be true that there's increased genetic variation.

But then I never thought to ask a question, well, does that mean anything like does it actually mean anything with regards to performance health and longevity? Does it mean anything with regards to actual adaptation to foods and the ability to deal with pathogens or a different sleep patterns and stuff like that? I think that that's the really interesting stuff that will bear some fruit over time exploring that. I think that's also part of why the Paleo scene has been pretty darned successful in the systemic inflammatory area, autoimmune diseases.

There are lots and lots of different ways to lose weight but we haven't discovered too many ways to deal with autoimmune disease that's particularly effective. The vegans have had some success. We'll give a hat tip to them, a nod to them but it'd be great to do some head to head comparisons of how that stuff goes down.

So, anyway, first talk was the Paleolithic prescription and Boyd Eaton and Mel Connor talking about their research and how all that stuff... the original book by Boyd was written and how this idea got on the radar and what the experiences had been watching all the stuff grow.

The next talk was absolutely phenomenal from Nassim Taleb, how to love randomness, anti-fragile responses in the human body and their consequences. If you haven't read the Black Swan, Fooled by Randomness, Anti-Fragile by Nassim Taleb, you've just got to do it. Nassim has... he wrote the foreword for, I believe, Art De Vany's book. If you follow Art's material, I think that you would get a flavour of what Nassim talks about.

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The variability, the randomness – Art has taken some heat because the stuff he recommends, I don't think you're going to produce elite athletes with the way that he trains, what he recommends to eat. This is a lot of what Nassim was talking about was actually talking about building even beyond robustness. In Nassim's book, he talks about robustness just means tough but what he's actually talking about is not just tough, not being a hunk of leather, not being a piece of metal but that when you're placed under a stressor, a tough item will survive a lot of stress.

An anti-fragile item will actually become stronger because of stress. And this applies to markets; it applies to our environment; it applies to evolutionarily adaptable organisms; it applies to our hormonal system, our bodies. And this is a really interesting point to take away in all this. And he talks about what type of dose response curves we should be thinking about with our eating, with our exercise. It's better oftentimes to have a whole lot of something in punctuated exposures like maybe lifting pretty hard on a couple of days a week versus doing super monotonous work every single day.

And then on the days when you're not lifting weights then you're out walking or swimming or doing some different stuff that there's a little bit more randomisation in there and occasionally within that randomisation it might mean that you lift weights everyday for 2 weeks but then you would have a pretty long break out of that. And I think from just a minimum investment, maximum return perspective, I think that this type of stuff is spot on. I think you can get very fit; I think you can get very strong; you can have good body fat numbers from a really minimalist approach.

Where people lose their minds on this stuff though is, and I think it's something that Art hasn't done as good a job talking about because he's just an iconoclast. He's like do it the way I'm gonna do it or go fuck yourself, like you're a moron. Why would you want to be in elite level athlete or whatever but a lot of people do want to be elite level athletes. And I think that that's where this model of performance health and longevity comes in in this triple point picture of this story where there are inflection points where the ability to be pretty strong, to be pretty fit to have some anaerobic conditioning and some aerobic conditioning, I wouldn't say that it's a small amount of activity that goes into that but it's a not displeasurable amount of activity.

Like you can get people to a pretty fit level pretty easily and it's reasonably fun and there's some dynamism to it and stuff like that but when you want to take the next step up, when you want to start winning jujitsu tournaments; when you want to start placing at 5K races; and that sort of stuff or marathons or, God forbid, ultra marathons and that sort of stuff, then the type of activity you need to do, the type of training you need to do becomes very metronomic. It becomes very predictable.

And the flip side of this is that you, in a lot of ways become fragile. And we see this with professional athletes that if we expose these people to stressors like a lack of food, a lack of sleep, like their top in performance is very dramatically impacted. And I compare and contrast

that with people in the military who need to be fit, who need to be functional, who need to be able to potentially go long or lift hard, or whatever, but they're not necessarily elite at any of this stuff.

And this is where there were such a really nice blending with crossfit particularly in the early days when crossfit was a minimalist approach and not as solely focused on the sport of fitness like it is today. But this is where there was a really nice synergy between the demands of the military and what crossfit type stuff would give you. It's part and parcel in the military that you understand that you may have suboptimal food, suboptimal sleep, cold, heat – whatever and you just have to suck it up and keep going.

And it's not that one is right or one is wrong or one is better than another one. It's just I think an understanding of where do you want to be in that spectrum.

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And I've been a specialist before. I prefer being the generalist. I feel like doing combatives is actually a nice place to be for a generalist type person, grappling, kick boxing, boxing – those sorts of things – cause you need strength, you need explosiveness, you need mobility, you need cardio and anaerobic conditioning. And so that's all stuff that goes into that. But Nassim's talk was really phenomenal. I took a lot of notes on it but hopefully this gives a little bit of an overview with that.

And I really highly recommend reading all of his books. And I would actually start with the... I would start with Anti-Fragile. I would then read Fooled by Randomness and then finally wrap up with the Black Swan which is actually, I believe, the opposite order in which they were written but if you read the books in that order, I think you would get a lot more out of it particularly if you don't have a super strong mathematics or economics background or systems type background. You could still get a ton out of it without those backgrounds but if you read them in the reverse order, I think you would get a lot out of it.

The next one by Gad Saad – I hope I'm pronouncing his name correctly – The Consuming Instinct: What Juicy Burgers, Ferraris, Pornography, and Gift Giving Reveal About Human Nature. He's a PhD in Evolutionary Psychology and a great speaker, really amazing presentation talking about the... basically his job is taking his evolutionary psychology background in helping large companies to figure out how to make their marketing more effective which includes evil entities like Coca-Cola and stuff like that but whatever; it's still good to go.

But he had some very cool stuff talking about some idealized feminine in male forms and how we oftentimes are beat over the head that this is bad, idealizing these forms are bad, that it's negative stereotyping or negative social societal things that are handed down and if we were more culturally evolved than we would look beyond this stuff. But he pretty much hikes his leg on all of that and points out some interesting things like there's interesting feature of waist to

hip ratio in females being an optimum across cultures is 0.7 and deviations from that tend to be viewed as somewhat less attractive.

I'm thinking... I'm remembering something from the Nassim Taleb thing about people really enjoy fractal landscapes like when he showed us pictures of roadways versus forests and whatnot and how much more enjoyable the forests are. But interestingly, when we looked at the human form we really like symmetry whereas when we look at nature like some asymmetry and some kind of broken randomness is appealing.

But anyway, back to the porn, burgers, and Ferraris deal. He mentioned that even blind men who have just felt women's forms, they were born blind, they've never seen a woman so they could have never been negatively culturally influenced to accept this idealized 0.7 hip to waist, or I guess it would be waist to hip ratio of 0.7... the blind men would have preferred this even from a tactile standpoint. And so it was really, really interesting. And he had all kinds of commentary about people who drive the fancy car, the men who see the guy in the fancy car immediately assume that the guy's a prick and create these negative associations with them.

Women assume that the guy is taller and witty and charming and everything which was pretty interesting. Gosh so much going on in that talk. You definitely want to check it out when you get the... when the videos are released.

Sexual fitness and women's fertility cycles was an absolutely amazing talk. This was by Dr. Jeffrey Miller. Again, so many take homes with this but some of the... trying to get some of the high points out of my notes here which are chicken scratch. If any of you guys have seen my handwriting, you know that it's absolutely horrible but Dr. Miller made a ton of different points.

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One of them that stuck with me was that the amount of body fat that a woman tends to gain with her pregnancy is pretty closely tied to how much DHA, the long-chain, omega-3 fat, is stored in her body. And the reasons why are kind of interesting.

Once a baby is born, 80% of the DHA that the baby will consume via breastmilk and actually goes into that brain development, which is critical in what they call the 4th trimester, like really, technically our newborn babies are, relative to other species, are really still a fetus or just a fetus existing outside the body because they're so incompletely developed relative to the way that other animals are born into the world. And so, the bulk of the DHA that the baby gets actually comes from the mother's body and it comes from the fat stores that are found in the hips and thighs.

And this was pretty fascinating to me and if the woman has adequate DHA stores, then she tends to gain less body fat. If she has inadequate DHA stores, then she tends to gain more body fat in total. She's hungrier, so that if the percentage of DHA is not high, then the way that you get more DHA, if the percentage is low, then you get more body fat in total.

And then, there were also some interesting features of the increase in body fat typically leads into increased size in... or the increase in body mass index leads to larger babies. And that this is a back-and-forth interplay between the development of the baby and the limitations of the pelvic girdle being able to expand let the baby out.

Very, very high rates of infant mortality all throughout history until very, very recently when modern medicine could intervene... Talked about preeclampsia and the rates of preeclampsia in pre-Westernized, pre modern medical scene. So, a really fascinating talk, trying to think of any other really great takeaways from that, but it was just a phenomenal talk.

A short talk by Michael Hayes, who's the high-fructose corn syrup litigating attorney. I only got to catch a piece of that, but pretty interesting, kind of going after the high-fructose corn syrup thing the same way that tobacco was tackled. So, it'll be interesting to see how that plays out.

What else did I see after that? You know what? No, I said the wrong one. "Why Women Need Fat, Pre-evolutionary Puzzles" by Will Lassik. I goofed, so that wasn't Jeffrey Miller's talk I was just talking about. That was Will Lassik's talk.

What else... I guess I went and got lunch after that. And then, Diana Rogers and I did a talk, "Liberation from the Industrial Food System," which Diana did 9.9 out of 10 of all the work... 99.999% of all the work and gave the bulk of the talk. Basically talking about the Joe Saddleton, Alan Savory, sustainability... I talked a bit about city zero and the large corporate entity that has approached us recently and interested in all this stuff, which I'll hopefully be able to tell you guys more about that later. But Diana did an outstanding job on that.

Hamilton Staple had this great talk called the "End of Paleo's: the Ancestral Health Movement Going Mainstream." I wouldn't bet on it. And he laid out a really interesting and compelling argument that it's highly unlikely that the Paleo concept, ancestral health model actually goes mainstream, which was kind of on the heels of me making an argument that this thing is really taking off, that we have these opportunities to develop a decentralized, alternate kind of food and health care network. So it'll be interesting to see how all this stuff develops. But Hamilton did some great research. He's had a three-part series that he's done at the last three Ancestral Health Symposiums and I believe he gave this talk also with Paleo FX.

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And talking about the similarities between... I don't know if you guys know, but Hamilton is a historian from the State University of New York in New Paltz. And he took a real applied historian's view of what the Paleo movement is and kind of the similarities with the physical culture movement that arose in the early 1900's, and had a run, and then kind of petered out. And will the Paleo story, ancestral health story kind of follow a similar trend?

And he had some stuff that is discouraging, like the how yummy food is, the fact that as big and as fast as the Paleo scene has grown, the main people who are in Paleo are highly motivated individuals. They're either athletes looking for a performance boost or the people who are quite sick and are willing to do almost anything to try and get healthier.

And that middle ground of people, the bulk of the rest of the world, if they're not highly motivated by performance and if they are not highly motivated because they're sick and they're wanting to get better, they're probably... Hamilton's thought is that they're probably not motivated enough to give up all the yummy treats of standard American eating, which clearly... There could be a huge spectrum on that, too. It's not that anybody or a few people end up adopting all this stuff 100%. There's a spectrum of what adoption kind of means in this.

But another interesting piece is just the belief of or lack of belief in the concept of evolution, like if you're going to sell people on mechanisms about why they should do this stuff, we might need to, at least in the United States, we might need to just focus on tell a little bit of a lie, tell a little bit of a story to pacify the masses and just focus on the molecular biology piece of all this stuff.

But if you want to dig deeper as to the how's and why's, and ultimately that's all locked up in the evolutionary story, which I think places like Australia, New Zealand, the European Union, Southeast Asia, I think a lot of places are going to adopt the actual mechanistic explanation of this stuff pretty easily.

In the United States, we have a lower than 15% straight-up belief in the idea of evolution via natural selection. There's a pretty large chunk of people that believe in a kind of an intelligent design kind of story, which at least cracks open the opportunity for discussion about the fact that organisms maybe have changed over time regardless of what the mechanism may be.

But Hamilton's point is that for something to legitimately go mainstream, you've got to get past all of the early adopters and start cracking in... The early adopters have to encompass up to and beyond 15% of the population and with only 14% of the population even giving the idea of evolution via natural selection an affirmative nod, kind of have the deck stacked against us. But it'll be interesting. Again, depending on how many people continue to get sick or as healthcare becomes more expensive, and as things like the city zero project give kind of evolutionary medicine-based approaches or solutions, there may be more adoption and we might crack into a more mainstream adoption of all this stuff. But it'll be interesting to see how that goes.

Let's see here. I did not see the other couple of talks that evening. We brought, like I said, we brought Zoe with us, so we were gone for a pretty good chunk, running around, chasing the baby.

On Day 2, I didn't get a chance to see Chris Kresser's talk "Parasites or Paleo: the Hidden Cost of Modern Hygiene" I think a lot of people are pretty familiar. I did get to see the last like 10

minutes of Chris Masterjohn's talk, which... Chris Masterjohn's talk and Chris Kresser's talk were going on at the same time, so... But we got there a little late again due to baby issues, but...

People are probably more and more familiar with the hygiene hypothesis of some illness stories that... And we just talked about this on the podcast not too long ago, that we may need some sort of bacterial, viral, parasitic infestation to kind of tune our immune system so that it doesn't become either over-wrought and become autoimmune or we may need those exposures to help mitigate cancer involvement. But that's a lot of what I know Chris was talking about in that.

Let's see here. The talk that I was involved with Evaluation Impact of a Paleolithic Diet on Cardiovascular Risk Factors and Lipoproteins in a Law Enforcement Population that was Dr. Scott Hall and myself. Scott did 85-90% of the... well, actually gave the whole talk and then I was just available for Q&A at the end of that.

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But it was basically a recounting of what we've done with the risk assessment program in Reno. And then, it basically brought folks up to date with what I had talked about at the previous year. And then, an expansion on where we've gone since then, talking about return on investment, still a really phenomenal story, somewhere between a 20 and a 33 to 1 return on investment on the cardiovascular risk parameters. We're still waiting to get some sort of a sense of what all this is going to look like when we start including autoimmune disease, neurodegenerative diseases, and the host of other problems that are going on.

So, pretty excited about that, really well received, lots and lots of questions to both myself and Dr. Hall. And we were approached by... There were actually a lot of physicians at this gig. I was surprised, like there was a lot of MDs, a lot of alternative healthcare providers, NDs, DCs. But I was actually surprised by the number of MDs and DOs at the event, like a very, very optimistic, very kind of heartening that that many mainstream medical providers are getting interested in this stuff.

The next thing that I participated in was the survival panel with my friend Billy Berger from My Caveman, and you guys might see his Naked White Behind at the recent... Oh, gosh what is it... Naked and Afraid. He was in the thing that... the Louisiana Bayou, which was an absolutely terrible event. But check that out if you haven't seen it. It was myself, Billy, John Durant, I think most people are familiar with John, Kevin Dolton, who's a friend of mine and also an instructor at California State University, Chico, he's also a client of ours at North Cal Strength and Conditioning. And then, Josh... Oh, man, I'm blanking on his last name... very well-known in the tech and sustainability scene, I feel terrible forgetting his last name. He was a last minute addition to the survival panel.

But we largely talked about hunting and survival within the ancestral context, talked about our own experiences with hunting, foraging, kind of the trade off of going after animals versus

going after plant species, kind of the gnarly adventure that our ancestors were probably on as they expanded across the globe because the plant species are so different from location to location, plant, fungus, a number of items that could either be very, very nutritionally beneficial or could kill you if you ate the wrong stuff. And Billy brought a huge assortment of his handmade, archaic weapons -- a bow and arrow made from Pacific yew, or a bow made from Pacific yew, a hand-knapped flint, obsidian and chert arrow points, got just a ton of stuff.

A really, really fun event, John Durant talked about killing a pigeon in New York Central Park and subsequently eating it, which was definitely a cool story. I only got to... The next thing that I saw, and I only got to see a bit of it, was actually a talk by John Durant Moses to Microbiologist: Religion as a Cultural Adaptation to Infectious Disease. Talking about some... I mean the content is really in the title, talking about some religious, cultural kind of traditions that now, when we look at back with a little bit of a microbiologically-informed position, actually makes a whole lot of sense from avoiding disease. But again, I only got to catch just a brief piece of his talk.

And then, we had a Ketogenic Diets for Athletes panel. Ben Greenfield, Jamie Scott, Jimmy Moore moderated, Mark Sisson was there and I was there. A really good talk, I'll be honest, I wasn't super fired-up going into this because I kind of feel like the ketogenic diet for athletes thing, I don't know that it's been 100% settled. But I suppose... Some decaf coffee really quick, sorry. I just feel like we've been kind of around this tree a few times, but it was some good stuff. Like Ben Greenfield has been doing, he's training for a triathlon. He's been doing it ketogenically, has eaten relatively low-carbohydrate for quite a while and eats Paleo and a good athlete.

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Mark Sisson has been doing some work with some pretty high-level folks, trying to goose the keto adaptation that these folks have via increasing mitochondrial density. Jamie Scott works with a ton of people and has had a ton of experience in these areas. I think the kind of consensus, which we've talked about this on the Podcast, I talked about this in my blog post, my thoughts on low-carb and Paleo, I did a three-part blog post on that, I think that the longer and longer and longer the event, I think that the more that a ketogenic type diet might provide some sort of performance boost or benefit or just being more keto-adapted might be beneficial.

I know there are some, not just MCTs available now, but some actual ketone esters that are being used, so that you could be running ketone-fueled straight out of the gate. And so, what will be interesting on the ketogenic diet front for me is the use of ketone esters, the continued use of MCT oil and stuff like that for finding some alternate ways of goosing ketosis but still having a carbohydrate store so that you've got that low-end gear.

And I think there was a pretty good consensus that more glycolytically demanding sports, like MMA, Brazilia jujitsu, crossfit, like you're just going to have a hell of a time feeding that on or fueling that with a ketogenic approach, like at some point that glycotlytic pathway is there for a

reason and you want to exploit it to the best of your advantage if you want to have high-level performance in some of these areas.

Still, up for discussion whether or not intermittent bouts of ketosis could be beneficial for like an anti-cancer perspective, a hormetic stressor - all that stuff is still great, still wide-open on that story. But it's... I... hesitant to go too far down that ketogenic path other than with very specific populations. But it'll be interesting to see how all that stuff plays out with, again, the MCT oils and the ketone esters.

So, lots of other good talks that day, but I had to do a book signing. And instead of that being an hour that was like two and a half hours. And then, the third day, I did not make it. I was only able to get like five minutes of one talk and five minutes of another talk, so I'm not really going to comment too much on the rest of those talks because I just didn't get a good bite out of any of them to be able to comment too intelligently on it, not that any of this commentary has been intelligent in the least.

But, yeah, so AHS 2013, I thought it was the best one to date. The first day's talks were, for sure, phenomenal, just really amazing people. Nassim Taleb, the different discussions of women's health and the body fat distribution and what not. Some really, really good stuff that first day. The evolutionary psychology piece, talking about... the advertising and how we have these underlying evolutionary kind of psychology traits that go into this stuff, that was really phenomenal.

Big thanks to the folks who put on the Ancestral Health Symposium and thanks for inviting me out for that. Thank you to everybody who showed up. Thanks for all the people who... they have a ton of volunteers, like a lot of people put in a lot of hours working essentially for free to help this thing go, so huge thanks to all those folks.

I guess that's it for today. I'm trying to think of any other highlights. I have a ton of notes on this, but my notes are pretty random and, even for me, *[Laughter]* hard to read right now. I probably should have typed all these up for this thing. But hopefully, if anything, people, whet your whistle a little bit about what AHS 2013 was about. Definitely keep your eyes open for when the videos start going online.

And I highly recommend attending any of these events -- AHS, PrimalCon, PaleoFX. Any of these things are just great to take all this online community and give some life to it. I got to meet a bunch of people that I've had lots on interaction with online but haven't been able to... First time I got to meet them and it was really, really enjoyable. And it just makes all of the stuff a little more real, definitely more enjoyable, and really, really important as we push all this stuff forward. So, again, huge thanks to people and a massive recommendation that folks check this out in the future.

And again, next podcast, we'll be back to our generally regularly scheduled program. I believe the next one will be Greg and I. Then we're going to have some interviews coming up. So, hope you all are doing well and thanks for listening. Bye.

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