

Paleo Solution - 199

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Robb Wolf: Howdy folks, a very jet lagged Robb Wolf with you on episode 199 of the Paleo Solution podcast. Greg, what's going on?

Greg Everett: Oh man, I'm a very seminar lagged Greg Everett today.

Robb Wolf: Yeah, those weekends are fun but they will take the starch out of your breeches for sure.

Greg Everett: Dude, my breeches are 100% absent of starch.

Robb Wolf: Starch free.

Greg Everett: My socks are absent of starch.

Robb Wolf: Perfect. But good times you – so you had people as far as Croatia and New Zealand I saw.

Greg Everett: We did. All over the place.

Robb Wolf: Nice.

Greg Everett: We had some from right near you know, neighboring towns and then we had Tennessee, New York, Croatia, New Zealand, pretty crazy.

Robb Wolf: Madness, madness.

Greg Everett: Indeed.

Robb Wolf: Cool. Got that from the Bacon Palooza Polyface Farms fundraiser to benefit the farm to consumer legal defense fund and super, super shitty travel coming and going but in absolutely amazing weekend going out there. Had a flight delayed such that I had to stay in Charlotte and couldn't make it to Charlottesville even though it's like a four hour drive. Like they if I took a rental car then it was going to void all of my return flights and the women working the ticket counter like when I walked up and I gave them my ticket they just looked at me. There were four of them sitting there doing nothing and they just looked at me and I like smiled and then I'm like so do each of you want to do one key stroke

entry on this so that nobody gets overly taxed you know. And I think my witticisms were possibly lost on them but they were incredibly unhelpful.

But that night I ended up getting two and a half hours of sleep and then did a gosh like you know, I got up like... Oh, I got to an half an hour of sleep because I woke up at 3:00 a.m. or 2:00 a.m. eastern time could not sleep. Like I just knew I wasn't going to sleep like having done all these travel gigs like I know I'm just going to be like tossing and turning and tossing. So I was in an embassy suite and so I went downstairs and lifted some weights and did some low intensity cardio on the treadmill and --

Greg Everett: You should have started a fight club.

Robb Wolf: Oh, dude, I totally should have. It was that time of the day but a really, really amazing event. Joel Salatin was there. Tons of people from all over the country and man it was a ton of fun like really, really amazing and this whole -- it's just interesting listening to Joel Salatin talk. Like one he's just super funny, dynamic, very caring dude but it's interesting when they're talking about you know sustainable food production and the way that they do things. Like it's all about like the evolutionary biology and the way that nature works and everything. It's just really reminiscent of the way that we talk about this stuff when I'm done at the specialty health clinic and we're thinking through like what are we up to and what are we trying to accomplish and kind of what's the framework that we're using on this. So it's pretty interesting. It's very, very interesting. They had the Bacon Palooza cook-off where people cooked bacon dishes and they had some judging on that and I have no idea who won it. Then we had some top chefs --

Greg Everett: Everybody wins because they eat bacon.

Robb Wolf: Yeah, everybody wins because we ate bacon and lots of it but it was in Stanton Virginia, which was a beautiful little town and it was a ton of fun and it looked like we raised quite a bit of money for the farm to consumer legal defense fund which was pretty badass, a very incredible organization. Like they've been fighting a good fight for a long time with stuff like access to raw dairy and people that raise heritage fig, not pig, heritage pig breeds that the local and state municipalities will call these pigs because they're not the standard you know, pink porky pig looking thing. They call them feral pigs and they demand that these things are killed. You know, you have these small family farms that are usually just kind of getting by and then you have federal agent show up in body armor and tactical gear and they collect their food and kill it or pour the raw milk out and stuff like that and they have historically had virtually no

one to help defend them but that's what the farm to consumer legal defense has been all about. For its existence it's usually been living on a shoestring existence but we're doing a bunch of stuff to put money into there to coin a term from one of our favorite you know, fitness coach is to build a good war chest so that they can do what they need to do. But it was good, it was good and I could probably ramble on and on because again.

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And then I was delayed coming in last night because they found an ant colony on the plane coming in. It came in from Antigo Bay and apparently we had the plane almost fully loaded and then the woman got a phone call from the you know, I don't know who and she said everybody stop, turn around, we've got to deboard. So they got everybody off the plane and apparently an ant colony had set up shop and the cargo hold of the plane and so they had to like quarantine it and fumigate it and all that so I got in at like 2:00 a.m. last night so I'm doing good.

Greg Everett: Rad.

Robb Wolf: I'm doing good. So this is easily going to be one of the best podcasts ever.

Greg Everett: I have high expectations for you, Robb, you haven't let me down yet.

Robb Wolf: Sweet. Sweet. Well luckily you have low expectations with your friendships so that's helpful so. Podcast sponsors, the Paleo Solution journal of nutrition and athletic excellence--

Greg Everett: You mean the Performance Menu? We're on the Paleo Solution.

Robb Wolf: Oh, god man, dude, dude.

Greg Everett: [Laughs]

Robb Wolf: Dude. How about the performance menu folks? Yeah, yeah I am definitely not --

Greg Everett: I'm sure everyone knew what you were talking about. I did.

Robb Wolf: Not fit for primetime right now. The Performance Menu journal of nutrition and athletic excellence \$30 a year membership gets you access to the journal that year, \$100 a year membership gets you back issues, gets you a 15% of all Catalyst Athletics products in store. Did I miss anything?

Greg Everett: Nope.

Robb Wolf: You're just a huge wanker if you haven't bought the Performance Menu.

Greg Everett: There you go.

Robb Wolf: Get on it folks, come on. WellFoodCompany.com., Well Food Co is your place to go for you know, gluten-free, grass-fed jerky. If you're into whey protein, it's an outstanding grass-fed whey protein, which is important for the sustainability issue and also the Matt Lalonde has been talking a lot about heavy metal contamination. It's in other whey proteins, the standard run of the mill whey protein so you get what you pay for. We're a little more expensive but we're better so there you go.

Who else do we have? FrontDeskHQ.com. FrontDesk is your mobile-based solution for running service-based businesses. Just a little side note the Puget Sound Business Journal just did a piece on FrontDesk. Front Desk just got its first round of venture capital, \$3.2 million dollars so they've got their runway for another year of expansion. Folks seem to be really enjoying Front Desk, all kinds of people using it, dog walkers, guitar teachers, knight courts, crossfit gyms, yoga, pilates, mixed martial arts. A very, very good program to be able to run your service based business even the mighty and world renowned Catalyst Athletics uses the product so there you go.

Greg Everett: Seriously end of discussion right there.

Robb Wolf: Yeah, there you go, yeah.

Greg Everett: You know what I mean?

Robb Wolf: Yeah.

Greg Everett: What else can you say?

Robb Wolf: Truly and you know what and I'll just throw this out really quick right now. Massa Natural Meats, I believe it's MASSAMeats.com is a new podcast sponsor. We're going to have some details on those folks soon. I think we're going to have some giveaways to help entice people to check them out. These are the folks who used to actually be Nor Cal Strength and Conditioning clients and they had some family connections with quite a large cattle herd and with some arm bending and cajoling had been shifting over their conventional herd to grass-fed. They have cattle right now. They're going to have sheep soon then they're going to have

pastured poultry and pork. They're located in Northern California but they do ship anywhere in the United States. They clearly don't do any international shipping but Massa Natural Meats is a new podcast sponsor. Cool. Awesome. Okay that's like ten minutes of jerking off just me rambling so I guess we should probably get down to something.

Greg Everett: We should get to the other hour of you jerking off and rambling?

Robb Wolf: Yes, yes.

Greg Everett: Okay. All right. I will gladly partake in this. High potassium levels in blood stream related to paleo diet? Leslie says:

"Hi Robb:

So my question is, could my potassium level of 5.7 (high normal is 5.3) be caused by my diet?

I have been following the Paleo diet/lifestyle for more than two years now-any so-called cheats are few and far between. My diet is rich in greens-fresh, raw, organic, sautéed, roasted-and lean, mostly organic protein sources. I also eat my share of raw nuts, fruits and berries but completely avoid grains and legumes-dairy consumption occasional and to the best of my ability, grass fed.

I am an extremely fit 55-year-old woman who has worked out her entire life-started doing Crossfit 2 1/2 years ago. I feel great since I changed my diet; my energy has increased, I am sleeping better AND I am still making gains in the gym. Getting stronger and feeling good, but concerned about the only glitch in my most recent blood work results. Should I be concerned and do you think the potassium levels are related to my diet?"

[0:10:38]

Robb Wolf: I'm thinking that should be diet.

Greg Everett: Diet.

Robb Wolf: Yeah, yeah. Apparently, she was jet lagged also there in the last paragraph. You know, there's a lot of different ways to look at this. One, I don't think that this is anywhere dramatically outside the norm. Keep in mind also, you know, testing labs, doing any type of laboratory work is what we would say an imprecise science at times. You need to run standards depending on how they tested this, you know, some sort of – depending on the type of assay you use you've got some sort of margin of

error within that. So you're talking about 5.7 versus 5.3 and the interesting thing you know, running samples through some sort of spectrometer or something like that, you could have exactly the same sample or at least you think it's pretty much the same even then prepping you know, blood samples and stuff, there's variance from one sample to the next.

But let's assume that they legitimately really you know, if god looked inside these tubes and was like they're exactly the same you know. Our imperfect non-deified instrumentation when you run one sample to the next, there's probably going to be some error there. There's going to be some slight difference you know, like there's a slight energy surge that the capacitors in the machine don't account for. You know, some slight imperfection in the tube that the instrumentation needs to shine light through or something like that. So I mean there's just variability built into laboratory testing and you know, it's funny that the media and I think the perception of people who aren't in sciences that this thing is such a tight bulletproof, you know, kind of endeavor. But that's where we start talking about statistical analysis and error bars and you know, all that sort of thing.

So just from a testing standpoint, you know, you're not far above high normal and it would be in my opinion probably within the error range of just basic instrumentation. Then the other side of this is again we talked about what is a legitimate normal for so many different values and it's pretty clear that people don't get enough potassium, they don't get enough magnesium in the standard American diet and so what is passing for normal may in fact not be you know, what's optimum or healthy. And then eating a lot more fruits, vegetables, meats you know, things that are generally higher in potassium, your body keeps things within reasonably tight parameters. But if you're just eating a bit more potassium then your body can obviously deal with that by excreting it in the urine but also you're probably going to end up with a bit more. Like your normal baseline is probably going to be a bit higher. So probably way more information than what you needed. Could have just said it's not a big deal to question too, but I think those are some of the little nuances you know, and it definitely isn't so far outside the norm that we would have some issues here.

If we suspected some sort of adrenal issues then this would be another thing that we can see potassium levels starting to creep up. So you know, if your sleep is good, if doing your crossfit like your tackling that in a smart way and we're not suspecting some sort of overtraining kind of scenario then we're probably just talking about either inherent error that

occurs in lab testing or possibly the fact that you just eat a more potassium rich diet.

Greg Everett: All right.

Robb Wolf: Simple question, highly convoluted answer.

Greg Everett: No such thing as a simple question on the Paleo Solution podcast, Robb.

Robb Wolf: That's true.

Greg Everett: Okay. The paleo diet and me. Not me, James. James says:

Robb Wolf: "I apologize for this long message but I am looking for a bit of advice on my particular situation. My background is I've always been a bigger guy pretty strong slightly overweight. Then at 18 years old I blew up to over 500lbs. I ate awful. As an example I would eat 2 triple stacks 2 biggie fries 2 orders of chicken nuggets and a chili for lunch.

Robb Wolf: Dude that's just Steve Pan I mean –

Greg Everett: What about the beverage?

Yeah, seriously.

Greg Everett: Yeah, something to wash that down.

"Then at about 24 years old I started a quest to get healthy before I died. I ate what I thought was right and exercised a lot in 2 years I got to 300lbs, and then at 27 I was thrown from a car at 50 mph broke my wrist and talus in my ankle. For 2 years I worked 2 jobs was stressed and started gaining weight then I quit one job but laziness and depression took its toll. I'm 31 now I weighed in at the doctor at 481 lbs. A friend of mine has ordered your book for me. I have been reading your articles and listening to your interviews via YouTube. As a 6'2" 481lb man would there be any thing extra I need to do anything that needs to be tweaked? And medically should I have my doctor look for anything specific?

[0:15:43]

As far as I know, I have 0 health conditions. The only issues come with being overweight and out of shape. I work overnights so there are some sleep issues, I have leg edema so calves and ankles get stiff makes the cardio part difficult once the swelling increases, some minor aches and pains. My doctor has run all the normal tests and everything comes back as normal. I'm just over weight. I can stick to a meal plan I've done it

before. I see a nutritionist 4 months ago but their plan was nothing like this paleo solution. I don't eat fast food I prepare all my meals. I don't drink soda just water and tea. my main issue is I lack energy to do well most anything and after exercise my recover times is way to long to keep real focus. In the off chance you do read this I'm just looking for added advice once I start the paleo solution. I have a very open mind to this and can stick to a plan when it works. Much appreciated if you do read this and even more appreciated if you have some real solid advice."

Robb Wolf: Man, oh --

Greg Everett: I think that was written on an iPhone.

Robb Wolf: Yeah totally and English as a second language possibly. Man, you know, I'm not being at all cheeky with this but it seems like you know, there's just almost anything that you do is going to be an improvement at this point. So I think to the degree that you start eating kind of on the lower carb paleo side. The sleep issue is a big deal and you know, I would go out on a layman and say that that's probably like a big chunk of this stuff is it possible to change that shift? Like is your line of work amenable at all to a day shift. If not then I mean we've really got our work cut out for us as far as like getting your vitamin D levels up, trying to get --you know, you might one of the wacky things you might want to do a tanning booth a couple of times a week, five minutes a shot and make sure they have a UVA, UVB tanning booth. I mean this is just -- I wish I had something better but this is just a chopped wood, carry water kind of story where you've got to get in and make a change and just stick to it. I don't know what that you know, secret formula, secret sauce is going to be to make it happen.

Crossfit gyms are great because you get that sense of community and accountable like you know, people know your name and they want to know what's going on with you and you meet other people and you get that community piece to it. So it's so much more engaging than just going to the gym and lifting some weights and jumping on the treadmill and walking.

That's part of the reason why I think Greg you would agree that Catalyst is successful as you know, primarily an Olympic lifting gym. It's the community there. I mean people could build a platform like we both have done and lift weights in the garage and some people do that but it's just a lot more fun having a group of people around you and kind of keeping you accountable and motivating you and all that sort of stuff. So I think you got to find something that's fun, something that's engaging and you

know the energy and all that stuff will come with time. Like in the first couple of weeks are probably going to suck. Like it's probably going to be –you know, you'll potentially feel worse than what you did before because you're making an even greater demands on your body than what you've got right now but just the process of existing right now is so demanding on your systems that you don't have a lot left. And then also you throw in the sleep deprivation and that's a whole other things.

So I mean protect your sleep at gunpoint. You know, blackout your windows, make sure that you get the sleep that you need. Like that 8 to 10 hours of sleep even though it's on a flipped circadian rhythm. I know Doc Parsley is working on his sleep book so hopefully we get that out soon and then we'll have some even better and more concrete solutions for dealing with shift work and all that. But again this is just a chopped wood, carry water. Like you got to get in and just start doing something and stick to it and stick to it long term.

Greg Everett: Indeed.

Robb Wolf: I wish I had something more profound than that but that's about it.

Greg Everett: Yeah. I don't know that there is anything much more profound.

Robb Wolf: You got to find some kind of community sport. You got to find some kind of accountability to someone else besides yourself if depression and motivation is a problem. You got to start moving as much as possible, as much as the edema and stuff allows and you got to quit eating triple stacks. That's it.

[0:20:16]

Greg Everett: Yup. Okay. Paleo for Nonagenarians. Gittit says:

"Hi Robb and Greg! Thank you for keeping up the podcast and being my main source of spoken English. Thanks to you guys, I now regularly use "gnarly" and "gig" as if they were legitimate words." And then right after saying legitimate words, she goes on to write a smiley face. Don't do it.

"I'm the proud and lucky descendent of an incredible set of grandparents. My grandmother just turned 80 and my grandpa is 90. Grandma still teaches piano and Feldenkrais full time, and grandpa consults for a firm in microelectronics, so no complaints about their mental clarity. No significant health conditions or meds currently or in the past. They both boast cholesterol levels of over 300 but have resisted going on statins. They eat reasonably well and exercise, but most of all,

have one of those fairy-tale symbiotic relationships which I'm sure is a big part of what gives them such an edge.

All in all, no major complaints about the present, but I would like to do what I can to help them reach a vigorous 100+ together. I'm mainly concerned about grandpa: He seems to have lost some muscle mass lately and he is very thin. His stamina is lower and he needs more rest during the day than his young wife. We live in the same house, so I know his digestion is also not that great.

He exercises religiously every morning using machines with very lightweights doing 12 reps, which he says is difficult enough. Eats some bread, some chicken or fish, eggs, cheese, potatoes, plenty of vegetables, but seems to need something sweet every few hours. He's a holocaust survivor and has scarring from stomach ulcers but that was many, many years ago.

Obviously you don't change 90 year old habits that easily, but he's a very rational person and most of all will do anything to please his lovely bride, who is totally on board and eats pretty primal herself.

Some steps we've already taken are getting rid of industrial seed oils so they now only use olive and coconut oil, and adding a serving or two per week of beef liver. I suggested Betaine HCl but they are worried about the ulcer scarring. What would you suggest? How can we tweak his diet, supplement and exercise routine to get some muscle back on his bones and give him extra vitality? Would it be safe to increase the weights and work at a lower rep range, or even effective with his lowered hormone levels? I'd love to hear any suggestion you have from little diet tweaks to hormone replacement. I see this as hopefully a long-term project so we will probably start with small changes and maybe that will warm him up to some bigger ones.

Looking forward to hopefully hearing your ideas and sharing with them.

Thank you!"

Robb Wolf:

Grittit has been a long time podcast questionnaire. She might actually have the most questions that have snuck through the fencepost here at this point and she's a student of Ido Portal's. I haven't met her yet but I hopefully will at some time. You know, clearly my whole gluten free orientation you know trying to steer the boat towards a gluten free story, I really don't think that betaine hydrochloride would be a problem but that's where you would start very, very conservatively you know, one

capsule with a meal maybe run that for a week. You know, one capsule per meal first week see how things go and just very slowly stair step that up.

You know you mentioned the hormone replacement thing and you know, grandpa is 90 years old. So we start heading into that phase that even the people with the really, really good genetics we see for a variety of reasons, have a limit which is the – you know, you can take our cells and have them replicate about 50 times and then about the 50th replication. Well each time a cell replicates telomerase, which is this enzyme at the end of our telomeres, gets trimmed back. When telomerase is gone then the cells really start breaking down rather quickly. This is where like even people with really, really good longevity like they'll motor through their 70s, get through their 80s but the 80s and beyond like it's a bit of a struggle. Like we really see a very marked downturn in their performance. The amount of muscle mass they carry, the androgens and all that.

I just can't not wrap my head around the idea of some bioidentical hormone replacement doing something like HCG alternating which HCG has a protein moiety, which looks like follicle stimulating hormone and that can help the testes to produce some testosterone. But if you didn't want to do that like some Androgel or like a subdermal testosterone pellet or something. You know, if we did everything perfectly then maybe grandpa has got 10 or 15 years in and this is just like biological aging the way it is now. Like if we can't get in and fix telomerase then at some point the wheels just kind of fall off the wagon

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But it's clear that the people who age really well tend to have younger levels of DHEA sulfate, testosterone, estrogen, growth hormone signaling all the stuff and finding the good doc who can get in and work with that stuff. Like doing growth hormone secretagogues, helping grandpa to sleep better by using magnesium and melatonin and stuff like that. Like I think that all of that is really, really legit and he's already doing great. These things are really inexpensive. In the States it's a little easier than what it used to be to be able to find a doc who can find this stuff but you know, anabolics and even this bioidentical hormone replacement stuff, it's categorized under the same scheduling as what they do heroin and cocaine and stuff like that. It's just ridiculous like some of the potentially most therapeutic stuff we could do for people and you know it will be interesting as we see our baby boomer population bulge age and we see these people breaking down on both because of normal biological functions and also because of poor diet and lifestyle and everything. People will start comparing notes in the folks that are doing something

that looks like a paleo diet and they do some bioidentical hormones and stuff like that. Like those folks are just going to do a ton better.

But it's kind of funny though. Like I see this kind of nervous nelly hand wringing from some physicians and some researchers where they're like well I don't know putting them on testosterone replacement what about their prostate and stuff like that. It's like the dude is 90 like you know, he doesn't have any problems with his prostate now even if he started developing prostate problems which has absolutely nothing in the literature that would indicate that that would be a potentiality. But let's say he did start developing some prostate problems that that's a 10 to 15-year downturn for that to even become a fatal story for the most part. So now we're talking about grandpa being 105 before he dies which seems to be part of what Grittit is actually talking about here and so I think that you know, cleaning up the diet to the degree he's willing to do it because it's a systemic inflammation.

The heavier weight deal, I don't know. Like I think you know, using a challenging weight in the 8-12 rep range is totally fine. Orthopedically it's probably a little bit safer. But what you really want is some good hormonal signaling on the back end of that so that he gets a good response. Otherwise it's --

Greg Everett: Well how about getting some variety in there? It sounds like --

Robb Wolf: Some variety yeah.

Greg Everett: -- he's probably doing the same thing over and over again.

Robb Wolf: Absolutely.

Greg Everett: So even if you're not getting way far afield from that rep range you know, different exercises, different order of exercises, different tempos like anything you can do you know, every two to three weeks or something to mix it up a little bit I think would help.

Robb Wolf: Yeah, totally, totally. You got anything else or...?

Greg Everett: No, that was pretty much the extent of my genius on that one.

Robb Wolf: Perfect, good, good.

Greg Everett: You covered all the other stuff I was going to say Robb.

Robb Wolf: Outstanding.

Greg Everett: All right. Speaking of aging, look at that. Squatchy has done it again.

Robb Wolf: Squatchy is a podcast question putting together genius.

Greg Everett: Yes.

Robb Wolf: So he does a good job.

Greg Everett: Well aside from one question last time maybe, but. [Laughs]

Robb Wolf: That one was pretty popular though. That got some pretty good recirculation, folks like the demineralization question from masturbation so this --

Greg Everett: Over mineralization.

Robb Wolf: The over mineralization theory of aging so maybe we just need to masturbate or have a lot of sex to avoid the problem so yeah.

Greg Everett: Yes. Okay. David says:

“Hi Robb,

Are you familiar with the Over Mineralization Theory of Aging? I eat Paleo but it’s interesting to read about this unifying theory of aging because it would really hold that anti-nutrients such as phytic acid are actually beneficial for chelating and/or preventing the absorption of excess minerals/metals from the body.” What say you, Robb?

Robb Wolf: It is interesting and you know, I think that you know, for even myself, I’ll throw myself under the bus. Like I was really concerned about lectins, specifically in foods and the different lectins would bind to minerals and they’d remove the minerals out of system and whatnot. I think if one is -- you know, where this was really significant was this transitional period in the agricultural story and we were eating a generally low nutrient diet. Then the additional insult of having some sort of chelating agent remove zinc and copper and iron and all that out the diet then it led to overt nutrient deficiencies and were really, really a problem. But when you’re eating a really nutrient rich diet more or less like paleo primal kind of gig, then you’re getting plenty of these minerals plenty and possibly even more important than the minerals themselves is that the fat soluble vitamins that allow you to absorb the minerals and utilize the minerals.

So because we're stacked up on vitamin D and vitamin A and vitamin K and all that then we can actually make good use of these minerals in the diet.

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At that point then then things like some of the antinutrients aren't as big a boogeyman. Now we still need to think about like are they gut irritants because we've got a systemic inflammatory story but I think that we did you know, go after and demonize some things like lectin specifically for good reasons when we're thinking about people eating like a vegan diet or a very impoverished basic agricultural diet that is low in fat, low in fat soluble vitamins and generally kind of low in minerals than the addition of these chelating agents that remove minerals from the body, that could really be a problem. But then when you're – if you're eating some grass-fed meat every day and you got some pastured dairy and you get some sunlight and all that jive then the – you know, like the phytic acid and stuff like are not that big of a deal and maybe are even beneficial like what is being described here. I still think that some of this what's observed in over mineralization like the calcification of arteries and crosslinking, advanced glycation end products we've still got some hormonal dysregulation like hyper insulinism, abnormally elevated blood sugar, problems with systemic inflammation and calcium is a player in like everything from muscle contraction to you know, thrombosis to plaque formation. So you know, we're looking specifically that calcium is involved in that stuff, does it mean that we need to reduce calcium specifically? Maybe not. Maybe we just need to deal with the systemic inflammation from all these other vectors.

I do think that something that we're starting to see is a variety of insulin resistance is related to elevated iron levels and it's not from familial hemochromatosis but it's just based off the fact that that in the past we had certain parasitic infections, we had a certain amount of bleeding that occurred occasionally and that would wick away a certain amount of iron and kept us at a normal level. You know, Greg Everett wrote an article on that for the Performance Menu back in 2005 I think and -

Greg Everett: Something around there.

Robb Wolf: Like I think it's called a better way to bleed or something along that line. But you know, there's some good argument for donating some blood. We've talked about all this stuff before so you know, it's an interesting topic but again I'm kind of looking and I could be wrong in this like maybe I need to expand out my scope, but I'm really looking primarily at what are the things that are causing gut inflammation, systemic inflammation.

That's kind of my primary thing of that's what causing the fires that we need to deal with or the triage that we need to look at.

And then secondarily to that you know, even within that let's say you know if you do have some iron overload, which we would see high ferritin and high iron saturation on a blood test, that would be a potentially high inducer of reactive oxygen species and systemic inflammation so then you should probably go do some blood donation and I've been doing that and I feel like I actually tolerate carbs better with that. Anthony Colpo has written about this quite a bit that he used to be very carbon tolerant, started donating blood on a monthly basis and pretty much reversed all that stuff. So I think it's figuring out how to deal with systemic inflammation first whatever might be the input on that whether it's like a gut irritant or in this case maybe iron overload. I guess maybe David will make the argument that if we had more phytic acid in the diet then we might not absorb all of that iron, which I guess could be a potentiality. But that's an interesting stuff too like drinking a little coffee, drinking a little green tea or eating a little bit of very dark chocolate with an iron containing meal actually blunts the absorption of iron. So there are some ways to actually blunt the absorption of iron if you suspect that you've got iron overload.

[0:35:11]

Greg Everett:

So when you say you tolerate carbs better with regular blood donation, how are you seeing that? Less chub, feeling more better energy or what?

Robb Wolf:

I feel lean, I'm definitely visually leaner and I don't get that kind of carb foggiess and almost even kind of vision blurriness that I would get from a large carb meal and it definitely seems better. I still circle around on that stuff like you know doing the jits and the kind of glycogen demanding stuff that I do. I still search for the sweet spot where I'm able to fuel in the way that I feel like produces some really good performance but that I also feel really, really solid on my energy levels and clear headed and all that type of stuff. I still have to play with that a bit.

Greg Everett:

Cool. Okay. This one comes from your stalker apparently.

Robb Wolf:

Perfect.

Greg Everett:

Amanda says:

"Background:

25/female/5'8/160#

Low to moderate CrossFit exercise schedule.

Eat primally for the most part, but love my chocolate/sweets at least once a week.

Robb, my second man (through my husband),

I'm a little torn about this "aloe vera juice." When I leave it to Google, I get discussion boards and mixed signals, nothing from anything or anyone, which I would consider credible. I was first introduced when I had symptoms of severe heartburn and acid reflux. I've been trying to deal with stress a little better and, for the majority, I'm avoiding tomatoes, tomato sauce, etc. That seems to be going well.

Since then, a couple months ago, I'd laid off of the aloe vera (which I was drinking a few ounces with a glass of H2O in the mornings, for only a couple weeks, if that). Within the past few days, I'd decided to start back up.

I'm feeling fine, no noticeable changes thus far.

I'd read about great benefits, such as added vitamins, improves blood circulation, boost to the immune system, digestive tract health, etc.

I've also read about serious adverse effects, such as being harmful to the kidneys, having cancer causing properties, etc.

I am writing in hopes to hear your thoughts on the ingestion of aloe vera juice, if you'd recommend it... and if so, how often.

Thank you in advance for your response."

Robb Wolf:

You know, I actually had a girlfriend who had some pretty severe GI problems and this was before like the whole gluten sensitivity thing was on my radar at all so. And looking back actually she's contacted me on Facebook and was like hey man, by the way I was totally gluten intolerant and so I think that that was a lot of her problems. But she looked and looked and looked for different things to do and the aloe vera juice actually seemed to help her both from like gastric motility standpoint because she would get a little bit back logged occasionally and also just kind of heartburn and stuff like that. So I think there's some benefits to it and you know, everything has some degree of carcinogen in it. I don't think aloe vera juice is going to be – I would generally say that the benefits are going to outweigh the downside.

You know, as to frequency of use, I do like kind of a cyclic approach like maybe use it for a week straight and then take a week off and then maybe use it one day on, one day off, two days on, three days off. You know something a little bit randomized and just kind of see how you do with that. I do think that there are some pretty well even if somewhat anecdotal but some nicely documented cases of people having improvement in gastrointestinal issues from using aloe vera juice.

You know, now looking back I think that so many of these people have gluten intolerance and grain intolerance and dairy intolerances and stuff like that and so we're using the aloe vera juice to kind of paper over the real problem. But I think that there are some benefit there. I mean if you notice feeling better with it, I would use it. Like I would see more benefit from it than downside.

Greg Everett: Awesome.

Robb Wolf: And maybe we'll start planting aloe vera out in the backyard and we'll start selling that by the tanker car load.

Greg Everett: When you say aloe vera, do you mean pay OD?

Robb Wolf: [Laughs] That would definitely be a potentially more stretch in that -

Greg Everett: That would make you forget about your acid reflux for a little bit.

Robb Wolf: Here's the deal. I need to figure out how to hybridize like San Pedro Cactus with aloe vera.

Greg Everett: There you go. Perfect, that will be the cure all.

Robb Wolf: Yup.

Greg Everett: Okay. Diverticulitis. Jan says:

"Hi, just started reading your book and can't wait to get started." What? I assume she means getting started with -

Robb Wolf: Maybe get started with the diet, the implementation yeah, yeah.

Gregg Everett: "But I have a question about nuts/seeds that is part of the diet. I have diverticulitis and have been told to NEVER eat nuts or seeds. It's been approximately 5 years since my last attack, and I have been very careful

since then. I'm not finding anything in your book addressing this issue. Can you give me your opinion regarding this? Thanks."

[0:40:04]

Robb Wolf:

Oh man, you know, in my opinion again the diverticulitis all of, you know, irritable bowel syndrome, Crohn's, I really think all this stuff is specifically gluten related and then you know possibly dairy, possibly these other grains. Dr. Joe Brasco who's a really well respected gastroenterologist he fully is on board with this stuff. He's seen the same kind of observation with everything.

You know, they recommend against nuts and seeds with diverticulitis because the gut is really inflamed, those items can be difficult to digest and you can end up getting undigested food particles in these pockets of intestinal inflammation and it can be really problematic. If I were going to tinker with this, I would soak and sprout things. Actually what I would do is start with coconut, coconut oil first and then maybe coconut flakes and you know you start with like a tablespoonful first. You don't start with you know, a bagful of the stuff.

I would from there, if you wanted to do some tinkering you know, get some raw nuts, soak, them sprout them, dry them and just start with very, very few. Chew them well you know, that whole thing. God, did I mention this the last podcast you know, that there was a study that came out that seemed to indicate that juicing fruits and vegetables was no better than drinking basically soda and that the only way that you really got the benefit was from eating the whole fruit and I had--

Greg Everett:

I don't think you mentioned that.

Robb Wolf:

I didn't mention this? And dude, people lost their minds. I had --

Greg Everett:

Shocker.

Robb Wolf:

You know what, actually when I interviewed Dr. Perlmutter who's going to be on next week's podcast talking about his book Brain Grain I talked to him about that. So I did talk to somebody it just wasn't Greg.

Greg Everett:

Or maybe you did tell me and I just was not paying attention.

Robb Wolf:

That wouldn't be surprising at all.

Greg Everett:

Only at that one specific moment though.

Robb Wolf: That one specific moment yeah...

Greg Everett: I was totally listening the rest of the time.

Robb Wolf: But actually I had some people call me an extremist because I was suggesting that folks eat whole food and this is just kind of an side and it's just one of those like you know, what the fudge kind of elements of doing this job.

Greg Everett: Oh, god.

Robb Wolf: But you know, getting back on track, I think if you reintroduced these foods to choose small amounts and soak them, sprout them, do all that stuff. I think coconut is a smart place to start and just experiment with it and see how you do. You know, again out of any of these stuff if we can keep people gluten free, that seems to be just the biggest piece to the whole puzzle and then from there we start getting nuance that we can play with.

Greg Everett: Whatever, whole food eater.

Robb Wolf: Dude. You're an extremist.

Greg Everett: [Laughs] Yeah, I'm extremely sick of people saying dumb shit like that.

Robb Wolf: Oh my god.

Greg Everett: Okay. Chewing and its effects on the gums and teeth. See, Robb, this is why I never say anything important because I don't have to deal with that stuff.

Robb Wolf: Smart, smart.

Greg Everett: James says:

"Dear Robb and Greg

After reading Robb's book 6 months ago and applying what lay within my Crohn's disease symptoms have completely receded, so you can add me Robb to your ever-growing list of 'people whose lives you've saved'." I just thought about a t-shirt we were going to make several years back that is making me laugh.

"I'm a saxophone player and hence mindful about the health of my gums and teeth. I have fairly healthy dental work (despite being a Brit) and was wondering what the impact is on our teeth of chewing a modern paleo diet compared to how we chewed our original paleolithic diet.

Obviously we have dudes called dentists compared to the 'olden days', but what are some foods you'd recommend to give our 'gnashers' a good workout.

P.S. (optional) I am currently petitioning British Society of Gastroenterologists to get their asses in gear which Robb and Prof Cordain very kindly signed. I'm currently 39 signatures with 61 to go so obviously a mention on this podcast would be really appreciated." You got it and there will be a link in there if you want to get in on that.

Robb Wolf: Yeah and I Tweeted and Facebooked all those stuff too so I think we actually popped over the line on that. So I think we're good.

Greg Everett: Nailed it.

Robb Wolf: Yeah, yeah. And both Cordaine and I actually had an invite to go speak at this gig. I think if I'm remembering the right one which I'm not going to be able to get out until I get this certification done. But you know, so food you know, the Weston Price folks talk a fair amount about this both on the mineralization side and the fat soluble vitamins and everything. But then there definitely seems to be some benefit for chewing tough food and I think like jerky is a good option, nuts and seeds are a good option.

[]

This may kind of gross some people out but like if I'm eating ribs, if I'm eating chicken, like if those bones or the cartilage are chewable, upable at all then I do it and it's just kind of enjoyable and I think there's good nutrition in it. I suspect that it probably is pretty good for both your teeth and your masticating musculature. So I'm by no means an expert on this stuff. There are some kind of paleo Weston Price oriented dentists that have talked about this stuff a lot and so I would check out like the Weston Price website and do some dinging around there because they talked about the – how good it is particularly for kids to chew on some reasonably tough foods. it helps to develop their jaws. It does actually help cleanse the teeth because the physical action on the teeth and everything so. I think there's legit stuff to it.

Greg Everett: Okay. How about nails? I heard that makes you tough.

Robb Wolf: I probably won't chew on nails.

Greg Everett: [Laughs] Okay.

Robb Wolf: I wouldn't chew on nails. You know, this C60 stuff, I couldn't find anything online with it so I guess we'll skip this one. Like I just couldn't find anything about it at all.

Greg Everett: Perfect.

Robb Wolf: Yup.

Greg Everett: All right. Well that's all fine and dandy. Let's talk about Dandyblend. "Sommer says:

"Hi. I just started paleo about a week ago after devouring The Paleo Solution and am already having fantastic results. I'm hooked! I've been gluten and dairy free for a year, and eat only whole, real foods, so this just felt like the next step." You are an extremist Sommer.

"I have hypothyroidism and even though I felt so much better off of gluten and dairy, I still don't feel the way I think a 25-year-old woman should feel. I have high hopes that a paleo lifestyle, will be the thing that really helps me!

Anyway, I've been hearing about this tea that tastes like coffee called "dandy blend". I'm wondering if it is paleo or not?" Sorry, that question has killed me every time.

Robb Wolf: I know. I know.

Greg Everett: "I'd love to reduce my caffeine intake, and possibly avoid any inflammatory responses that coffee might be causing me. But I just love coffee. I love it black and strong." Me too. I'm with you Sommer. You know what taste great in coffee? More coffee.

Robb Wolf: More coffee.

Greg Everett: Putting all that ridiculous shit in it. "Anyway, I haven't found any really helpful info on any paleo forums about Dandyblend, so I'd love to hear what you guys think. Here's a link to their site. Thanks for your time and for introducing me to the paleo diet!"

Robb Wolf: You know, and the fact that it's called Dandyblend that too must be a British product. It's got to be.

Greg Everett: It's only for like really well-dressed young gentleman or something?

Robb Wolf: Right, right yeah. It's Dandyblend. So this stuff is a dandelion root tea, chicory dandelion roots. Gosh, what are some couple of others that have historically been used as kind of coffee substitutes or alternatives? The interesting thing with coffee is that it's one of the rare things in the American diet that is bitter or at least it starts off being bitter unless you like Greg said bury it under a bunch of sugar sweetener and stuff like that. And dandelion root has some medicinal properties. It produces, it helps produce bile salt, enhance bile salt production because of the bitter taste. Definitely has some digestive benefits. Whether or not it's going to taste as good as coffee that's kind of a tough one.

I think it could maybe be a nice alternative here and there particularly if you're doing you know, like you don't want to consume coffee late in the day. I've been doing some decaf for over a year. That's going pretty well. I probably need some full headed coffee today because I'm completely circling the drain and have a monumental pile of work I need to do so I may actually step up to the plate and do some real coffee today. But I think that the Dandyblend, I couldn't see any downsides to it. You just make sure that the stuff is gluten free and you know, the standard rhetoric and all that because some of these coffee alternatives they will use roasted chicory dandelion root but occasionally roasted barley in them also.

Greg Everett: Dude.

Robb Wolf: You just get that kind of smoky bitter flavor to it. So you just want to make sure it doesn't have roasted barley or other roasted grains in it but other than that you should be pretty good.

Greg Everett: Cool.

Robb Wolf: Is that it?

Greg Everett: That's it.

Robb Wolf: We survived it? God I started off at such a train wreck, I didn't even know what the Performance Menu was so.

Greg Everett: That's okay. I forget it even exists some days.

Robb Wolf: I'm sure you do. [Laughs] It's like having a low grade of cancer, having a --

Greg Everett: Dude it's -

Robb Wolf: --something that you have to do repetitiously day after day, year after year It's like always being in college. It looks like you've always got a final you know, waiting. You never have a moment where you're kind of like okay I'm really done. Like I'm off the hook because you're never really done or off the hook so yeah.

[0:50:14]

Greg Everett: Yeah. Dude I probably for like three or four years after I finished college, I would have this recurring nightmare that I would get called from the school telling me that they made a mistake and I didn't actually graduate. I absolutely refused to go back, just like nope you guys can blow me.

Robb Wolf: Yeah.

Greg Everett: Not happening.

Robb Wolf: Yeah it just would not have wrapped up my bachelor's degree if that had happened so yeah.

Greg Everett: Yes.

Robb Wolf: All right. Anything else? Is that all?

Greg Everett: Next level 1 weightlifting certification is November 2nd and 3rd here at Catalyst and then we --

Robb Wolf: Nice.

Greg Everett: -- just scheduled one in Charleston South Carolina. Listen up, that's the only east coast cert we're going to do all next year so if you don't --

Robb Wolf: Can I go there? Do you have space?

Greg Everett: -- sit there waiting around like oh maybe they're going to come to New Jersey. No, we're not coming to New Jersey. That's it. Charleston April 12th to 13th.

Robb Wolf: North Carolina.

Greg Everett: If you want to be somewhere on the east coast instead of California for some odd reason that's the one you go to go to. So you can get all that information CatalystAthletics.com/cert.

Robb Wolf: What about American weightlifting the movie?

Greg Everett: It's going to be awesome I hope because otherwise I'll be really upset. But it's premiering November 16th here in the Bay Area. You can get tickets online just go to AmericanWeightliftingFilm.com for that info. And then we will be announcing the DVD download, streaming, all that kind of super fancy high tech digital stuff pretty soon.

Robb Wolf: Sweet.

Greg Everett: Yeah.

Robb Wolf: Sweet. Cool dude, all right, man well thanks for tolerating my completely asleep at the wheelness so.

Greg Everett: I kind of feel like we were a little more even today.

Robb Wolf: [Laughs]

Greg Everett: I feel like I go through life feeling like you feel right now so.

Robb Wolf: Well --

Greg Everett: I feel like today was a little more fair.

Robb Wolf: -- you get about 15 times more work done than I do so it's understandable that you feel more ass kicked. You are infinitely more productive than I am so.

Greg Everett: It's chop wood, carry water, it's just like in fast motion.

Robb Wolf: Nice. Very nice.

Greg Everett: Indeed.

Robb Wolf: Sweet.

Greg Everett: Okay, buddy.

Robb Wolf: Awesome. So next week is Dr. Perlmutter's podcast talking about Grain Brain, a really, really cool interview and then Greg and I will probably be back the week after that.

Greg Everett: Sweet.

Robb Wolf: Sweet dude.

Greg Everett: 200.

Robb Wolf: Two hundy. Two hundy.

Greg Everett: Holy smokes.

Robb Wolf: Yeah.

Greg Everett: Who would have thought?

Robb Wolf: It's madness, pure madness.

Greg Everett: [Laughs]

Robb Wolf: All right man we'll talk to you soon.

Greg Everett: All right.

Robb Wolf: See you.

Greg Everett: Okay.

Robb Wolf: Bye.

[0:52:46] End of Audio