

Paleo Solution - 202

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Robb Wolf: Howdy folks, this is Robb Wolf, episode 202 of the Paleo Solution podcast. Gregg Everett is in the house.

Greg Everett: I'm back.

Robb Wolf: Dude, what's going on?

Greg Everett: Oh man just trying to get this movie to go because it's going to be released pretty soon. We're just talking about this. Tell folks what's going on, they're excited. Well we'll be announcing the release date for DVD streaming, download all that kind of stuff pretty soon so it will be all at the same time worldwide release, which I realize sounds odd considering the title of the movie American Weightlifting. But we've already gotten a lot of interest outside of the US oddly enough so.

Robb Wolf: Hey man, like we were just talking about the support of Olympic weightlifting is the most popular sport in the United States. People just haven't realized it yet.

Greg Everett: Exactly who here doesn't want to watch a movie about this obscure poverty ridden sport.

Robb Wolf: [Laughs] It is oddly flushed with lots of hot chicks so.

Greg Everett: Yes, there's a disproportionately large number of gals in the movie.

Robb Wolf: That works. That's okay. It's like our gym, you know, we brought the chicks in first and they end up enticing the guys to show up and good.

Greg Everett: There you go.

Robb Wolf: So there you have it. Let's see here, sponsors. Performance Menu, the journal of health and athletic excellence. PerformanceMenu.com, go in there. It's \$30 a year and you have access to all the current issues of the Performance Menu. You can view them on a variety of different platforms. For \$100-a-year level, you get all the back issues. You get a 15% off in the Catalyst Athletics Store. Greg, did I miss anything?

Greg Everett: No. That's like VIP behind the velvet curtain kind of membership there.

Robb Wolf: Perfect. That's what I'm talking about. That's what I want. I want --

Greg Everett: That's the one I want.

Robb Wolf: That's the one I want. That's the one you guys want the 100 bucks a month one or year, year excuse me year.

Greg Everett: Hundred bucks a year that's like nothing.

Robb Wolf: It would be worth it for 100 bucks a month.

Greg Everett: That's like how much change falls out of your pocket in a year.

Robb Wolf: Exactly. Oh man, FrontDeskHQ.com. Front Desk HQ is your mobile-based solution for service based businesses, dog walking, crossfitting, yoga doing, knight court having they do everything. If you need to track folks' comings and goings, pay employees. They don't quite have point of sale for retail items but that's coming in just a couple of months. But they have some super cool features. Check out FrontDeskHQ.com and usually they give you a little snapshot of what the new deal is. Just if you have a service-based business want to check it out very quick, very easy, contact them. Schedule a demo, you'll be sold guaranteed.

WellFoodCo.com. Well Food Co is where you need to go for your grass-fed jerky, grass-fed whey protein, all that stuff. We are super close to releasing what we're calling the carne bar, the meat bar. The meat bar has been in process --

Greg Everett: Literally for years.

Robb Wolf: -- showing up over -- literally for years. He would show up at Nikki and I's house and we had food processors and Bunsen burners and all kinds of crazy shit going on. We've finally perfected the carne bar, those are coming soon. Finally MASA Natural Meats. MASA natural meats is based in Northern California. Absolutely the best grass-fed meat I've ever had. They ship throughout the United States. Clearly we're not shipping to Canada or the UK or Australia, you silly folks we can't do that. But we can ship it in the United States. So check out MASAnaturalmeats.com. I believe their website is actually MASAMeats. But we have a banner on the podcast page so even if I get it wrong you can go there and get it right okay.

Greg Everett: Awesome.

Robb Wolf: Greg is like sweet Jesus. I just got out of jujitsu and had a pretty good day there although I got kned in the face by one of the new guys. But I did a horribly nasty neon belly grab the collar, the grab under the leg and press down the neon belly.

Greg Everett: Nice.

Robb Wolf: I thought he almost pooped his pants, yes.

Greg Everett: That's a good one.

Robb Wolf: Not that I'm a dick but he's created a little bit of a name for being a spazz and he's a big strong guy so you got calm him down a little bit. I tell you a vigorous knee on belly will do that.

Greg Everett: That will make you feel like pooping your pants that's for sure.

Robb Wolf: Yup.

Greg Everett: My ribs still hurt from being smashed by Nat Thornton.

Robb Wolf: Nat Thornton.

Greg Everett: Five years ago.

Robb Wolf: Yes. Yes. I don't think I ever really like grew my nipples after that between you and him, they sanded down flat so that was awesome. Huge endorsement for the short sport of Brazilian jujitsu.

Greg Everett: Yeah. Rather pleasurable.

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Robb Wolf: So should we talk about algae?

Greg Everett: Let's see. Let's see if algae is safe. All right. Carol says,

"Hi Robb and Greg!

Thanks for featuring my question in your podcast a few episodes ago, much appreciate your feedback and I have not picked up a copy of Women's World since." I remember that question. "I have another question for you regarding another product. When I was Googling

'gluten free' I found this link and a description of a 'flour' or some kind of food product, made from Algae. Can such a food item be safe? I thought I heard somewhere that spirulina and other aquatic plant foods actually have gnarly toxins in them. Have you heard anything about this? Thanks again, for all you do!"

Robb Wolf: Oh man, and the URL for this is just awesome. It's Gris.org and then you can make incredible vegan and gluten-free baked goods from algae.

Greg Everett: There you go.

Robb Wolf: Bam. I guess that's some good Google, you know, search engine placement.

Greg Everett: Yeah.

Robb Wolf: But golly gee willikers. So to address the spirulina, other aquatic plant toxin deal, we're not really talking about the same thing with algae. There's a lot of different types of algae, some of them are fantastic for eating some of them are not. One of the challenges with processing algae like this is where we get guar gum I believe guar or xanthem gum, I forget but these things can act like some of these fermentable carbohydrates that you know if you've got small intestinal bacterial overgrowth were you're active on the whole vod maps kind of story.

The algae-based products can be problematic that way. Not to say that this one is going to be problematic in that regard but you know, if you eat these products and you balloon up and you're farting all over the place, I would just eat a bean burrito. It's just going to taste better. You know, the same effect. So you know, you can get some kind of gut irritation from some of these things. But again I don't know that this is specific case with this. It's just occasionally some of the thickeners in like ice cream or I believe it's the guar gum that's because I don't know of a guar plant. I think it's actually from algae. But that thickener, it's a complex polysaccharide and it can have some kind of irritating GI effects on some people. So that would be my main concern.

The fact that they're actually advocating vegan stuff is also somewhat concerning although funny enough on Twitter somebody had a picture of like a Budweiser you know, those sandwich boards at like a baseball park or whatever and it was talking about I believe Red Bridge which is made by Budweiser, which is a gluten-free beer. But is that gluten-free, vegan? Check out Budweiser. You know, it's a gluten free and vegan friendly and

I'm kind of like oh dude, America's beer just is part of the Castrati now, so...

Greg Everett: Darn it.

Robb Wolf: Awesome. So you're going to have to move to like --

Greg Everett: Now it's going to have to be the princess of beer --

Robb Wolf: --or something.

Greg Everett: All right.

Robb Wolf: Oh well.

Greg Everett: Omega-3 enriched bacon? Irene says,

"Hi Robb and Greg,

I'm a grad student at UCSD taking my final class requirement in a lipid metabolomics class. For my term paper, I chose the omega6/omega3 ratio as my topic, as it has been intriguing to delve deeper into the subject. Upon reading some of the many reviews by Artemis Simonopoulos," or Simopoulous excuse me, sounds like a villain from a Superman movie.

Robb Wolf: Sounds like or from the --

Greg Everett: Yes there you go. "I came across the work of JX Kang on fat-1 genetic transfer." I don't know what any of that just said. "In a series of studies, they inserted the fat-1 gene from worms into human cells, mice, and ultimately pigs and cows which encodes for an omega-3 fatty acid desaturase that converts omega-6 to omega-3. The enzyme is not present in mammals, but is used by worms and presumably other invertebrates. The transgenic animals converted omega-6 ingested from their diets into omega-3 and had far higher levels of ALA, EPA and DHA than their wild-type counterparts with corresponding lower levels of LA and AA, in addition to being otherwise healthy for multiple generations. The authors implicated that this transgenic approach could potentially be used to create livestock capable of providing humans with more omega-3 and less omega-6 in their diets."

Robb Wolf: Bamo.

Greg Everett: “The science nerd within me thinks “wow- cool!” while my inner cavewoman is somewhat appalled and skeptical, and my inner glutton just thinks “mmmm- omega-3 bacon”. But in your opinion, do you think this is a worthy application of genetically modified organisms or just another excuse to irresponsibly grain-feed our livestock? Is it possible that this approach might be more useful in certain animals (such as pigs) than others? It’s becoming easier to find grass-fed beef and flax-fed chickens and eggs, but I still can’t seem to find pastured pork or know of an omega-3 enriched variety. Or do you see the research as simply being useful for studying the effects of the omega6/omega3 ratio in a mouse model?”

Thanks again for all your insightful and entertaining commentary. I’m fortunate enough to train at Invictus, which introduced me to the paleo lifestyle and has become my sanctuary from the idiocies of academia and the frequent futility of biochemical research. Even a thick-skulled, gymnastically-challenged individual such as myself has been able to make progress on the Oly lifts under the genius of coach Cody B and the rest of the Invictus staff.”

[0:10:53]

Man, I feel like I was chewing on a mouthful of gravel that whole time.

Robb Wolf: [Laughs] Well she is what is it a lipid metabolomics gal so that’s a whole big mouthful right there. Let’s see here how do we want to tackle this?

Greg Everett: By the way congratulations to Invictus because I believe they are opening a second location.

Robb Wolf: They are indeed and they are on Front Desk.

Greg Everett: Well...

Robb Wolf: Bam.

Greg Everett: Holy smokes.

Robb Wolf: [Laughs] Not to say, you know, correlation, causation all the rest of that stuff.

Greg Everett: It’s definitely because of FrontDesk.

Robb Wolf: Be fired up and yes it’s definitely Front Desk.

Greg Everett: I can’t promise anything but I can --

Robb Wolf: Let's see here --

Greg Everett: But I guarantee it.

Robb Wolf: The fact that they've been planning this for over a year and Front Desk only hit the scene six months ago is completely irrelevant to that topic. But you know, I think one way to tackle this in talking with Matt Lelonde, we need to have him back on at some point, he went kind of deep down the rabbit hole of the omega-3, omega-6 kind of story and from what I've gleaned from him you know, in his opinion if we have adequate DHA which is the fully elongated form in the omega-6 family and arachidonic acid which is the fully elongated form or I'm sorry omega-3 family for the DHA arachidonic acid for the omega-6 family. If we have adequate amounts of those two the other amounts dietarily of the shorter chain omega-3 and omega-6 fats are not that big of a deal. Where they become very, very problematic is when we have inadequate amounts of the elongated form which this also is just interesting because there's still a few folks out there that are all about these like mother fats or something like that, the short fats and their kind of geeked out on that. You know, I don't know how to say this tactfully other than I think they're fucking wrong.

So you keep playing with that stuff. Folks enjoy the oxidative stress and all that from dealing with that. So that's a thing and so you know, if we're getting enough of this then that probably seems good. It is kind of a cool gee whizz kind of deal like I also the science geek in me thinks that that's kind of cool. The interesting thing is that the bulk of the omega-6, the critters and people are getting is from stuff like soybean oil and stuff that you know, not to go too far down the hippie food production story but not any of that stuff is super sustainable. So you know if you watch the movie King Corn you start learning a little bit about our food supply and god forbid that people spend some time actually thinking about the politics and everything and the money that goes into that.

But it's interesting that our current food production system really doesn't work without some massive government intervention and some propping up and clearly I'm kind of the opinion that we would be better off without that and we would probably see something that looks a whole lot more kind of paleo and decentralized in the food production scene and from a sustainability standpoint, we would probably not see so much like corn oil or soybean oil and these things that are really high in omega-6. So I think a significant chunk of the problem, you know, like this is really cool doing the genetic engineering on the one hand is kind of cool

because you could, you know, if you are forced into a situation in which you have a ton of food substrates that are high in omega-6, we might actually have a way of bypassing that or mitigating some of that negative effect. But that you know, that's treating a symptom, it's not really treating the cause of the whole food production scene.

So I think that that's just a thing to keep in mind and depending on how economics and stuff like that play out, I don't know that we're really going to see the type of propped up food production that we'd seen historically and we might see some shifting around. So I don't know that this is really even going to matter that much in the long term. So it's kind of neat gee whiz. I am actually one of those folks that is not massively off put by some genetic tinkering. I just think that it's smart to think about what you're doing and kind of the outcomes. I am a little bit off put by some of the stuff like you know, making one plant, you know, basically creating mono nonreplicable seed stock like it's almost like sterile seeds--

Greg Everett: Like proprietary seed stocks.

Robb Wolf: Proprietary seeds, like that stuff is just problematic. You create a patented organism and if that organism escapes from one field and gets into another then big entities can sue people for having this escaped genetic organism. Like I really you know, just morally and businesswise I have some serious problems with that and I have more issues with the business side of the GMO story than I really do the purported health issues. The health stuff goes back and forth, back and forth and whether there are health issues or there aren't health issues it's really easy to make an argument from a business and kind of morality standpoint that the way that GMOs are generally being rolled out that there are some problems with that. So that's all you know, goofy thoughts on that. Did I get everything?

Greg Everett: I think so.

Robb Wolf: Yeah and you know, better bacon that's always a route to bliss so yeah I'm right there with you. anything we can do to improve bacon that's --

Greg Everett: Okay. This is a math problem. Does fish oil cancel out olive oil? Dave says:
"Hi Robb and Greg,

Can you comment on this study that claims health benefits of fish oil are negated by oleic acid? I don't use fish oil, but I do eat a lot of salads with sardines and olive oil. Should I use a different oil? Thanks!"

Robb Wolf:

I read this thing and it just makes no sense at all. Like I couldn't dig up the actual study. They were just quoting stuff about this study but one of the things that's really confusing is fish itself actually has a reasonable oleic acid content. Oleic acid is the primary monounsaturated fat that we would find in like avocados, olive oil that sort of stuff. But it's also found in beef, it's found in chicken, it's all over the place and you know, they try to make this argument that the omega-3s are providing some benefit on the one end of like the inflammatory spectrum of the oleic acid is providing some benefits from like an insulin sensitivity perspective. We're pretty savvy with that from the whole food analysis and so for them to say that the supplementation suddenly goes out the window I just don't it just doesn't make any sense. Like and again maybe in the supplement form there is some unknown reason that I would have no understanding why this would be the case if we're talking about supplements versus food unless there's some co-factor in food that is mitigating this process. But even then I just don't really get it.

If you're primarily trying to get your beneficial fats whether monounsaturated or polyunsaturated from food, I just don't see how this is an issue at all. Yeah the study seems super goofy but we've got a link to it, folks can check it out. If there's really some interest in it then I'll try to -this one was a difficult to track down full paper so all I could get on it was the abstract and I couldn't really see the methodology they were using all that clearly on it so that's all I got on that.

Greg Everett:

Sounds good to me. Okay. Pacific wild fish and nuclear waste.

"Hi Robb!!

I just wanted to see what your take was right now on eating wild caught fish from the pacific ocean due to all the nuclear waste they are finding spilling into the ocean from the Japan Nuclear disaster? The thought of nuclear products in my fish scares the heck out of me and I feel like it is something they are going to look back on in a few years, and see how terrible it is on our health and problems it has caused. Any thoughts?"

Robb Wolf:

Man you know, one thing you could do just as a baseline is you get a decent iodine supplement like the radioactive iodine is definitely not good stuff. That's one of the things that can bioaccumulate in critters and so you get a decent iodine supplement. Then you know from there I did a

lot of reading around on this. You're kind of damned if you do, damned if you don't like the Pacific salmon and stuff like that tends to be lower in heavy metals like zinc and cadmium and nickel. We also have talked about the fact that if you're getting adequate levels of selenium then that may not really be all that big of an issue particularly with mercury and some of those fish. So you know, like Atlantic salmon is a little bit more problematic for some of these other heavy metals. It does seem like a legit story that we're getting some not insignificant amounts of reasonably high level nuclear byproducts out in the environment from this thing. I think they're categorizing it as like a level 4 nuclear disaster at this point and ironically Tokyo just won a bid for hosting like the 2020 Olympic games, which seems absolutely hilarious to me but whatever.

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Yeah, I don't know. You know, I think we need a little bit more data on this whole thing. I think it's something to be concerned about. Whether or not this is absolutely a legit concern I'm not super sure. I think based on like prevailing winds and ocean currents and stuff like that, I think that stuff from Alaska is still pretty good to go but even then I'm not – like what's the name of some of the boats that are on like the deadliest catch like the --

Greg Everett: I don't know.

Robb Wolf: --you know, the flowing coffin or whatever the names are.

Greg Everett: It's either girls' names or like some kind of fantasy name.

Robb Wolf: Right, right, right yeah like Manja Deal or something. So I'm not sure. I wish I had a better answer than that but I just don't at this point. It's definitely concerning and I think it's something to keep an eye on and see what the levels that we're seeing out of you know, sampled fish and like how far out and all that sort of stuff.

The kind of scary thing is that some of these products do bioaccumulate and so it starts making an argument again for eating lower down the food chain things like mackerel and sardines versus things like halibut, salmon, you know, these larger longer live fish.

Greg Everett: Alrighty. How about fish sticks?

Robb Wolf: Those are fine. Those are fine.

Greg Everett: Those aren't even real fish anyway so it should not be problem.

Robb Wolf: So long as you have enough tartar sauce with them it completely negates any type of nuclear discharge yeah.

Greg Everett: There you go.

Robb Wolf: They absorb alpha and beta particle decay so it's fine.

Greg Everett: You just deep fry them on --

Robb Wolf: --particles are still a problem.

Greg Everett: --a lead batter.

Robb Wolf: There you go. There you go.

Greg Everett: All right. Bad hyperlordosis, thoracic kyphosis and horrible ankle flexibility. Fudge. Ted says:

“Hey Greg and Rob,

I had a big wakeup call recently to fix my shitty posture. I've got serious anterior pelvic tilt and kyphosis and crap ankle flexibility (I need to elevate my heels about 4 inches to get a below parallel squat)” Holy crap 4 inches is a lot. Dude you're like standing on your toes.

“I want to start a new program to focus on nothing but fixing these problems, I got no other goals at the moment. What advice do you have for rep range and frequency of workouts?

I'm good for hamstring and pec stretches every day, how often should I do back row/ face pulls, chin/pull ups and squat/straight leg deadlifts?

I've been off training for over a year but I've got the time to fix this now, so whatever 'best practices' you can throw my way I'd love to hear.

Thanks a lot, I love the podcast, and a paleo diet helped me lose 50lbs already. I owe you both a lot already.” All right.

Robb Wolf: Nice.

Greg Everett: Well --

Robb Wolf: Male, 25 years old, 6 feet tall, 215 pounds, 321, you got it Greg.

Greg Everett: Oh man. Well as far as frequency and stuff like that, every single day, multiple times a day like literally any spare moment you have, you need to be stretching. It's not glamorous. It's boring. It's typically uncomfortable and unpleasant but so is having to elevate your heels 4 inches just to do a squat so.

Robb Wolf: Seriously.

Greg Everett: The more frequently you can stretch, the faster it's going to work and there's just really no magic way around that so as much as possible. Regarding actual training, I don't really think that your rep range and stuff like that is going to have much of an effect at all. I mean I would train as you normally would but in stretches before and after and even stretch in between every single set of whatever exercise you're doing.

Robb Wolf: Absolutely yeah.

Greg Everett: So like literally your whole life from the time you wake up to the time you go to bed is just stretching. You know, instead of sitting on the couch at night watching TV, stretch the whole time you're watching TV. Like you just have to do it. The ankle stuff is really tough. Like to be honest like that's probably one of the most stubborn areas and I don't know any real rate magic tricks other than patience and frequency but you might check out the mobility wad website that Kelly Starret runs it. I think some of it now is premium access only but I think there's still some free stuff but I'm sure he's got all kinds of fancy bands and gadgets and things like that that you might find a little more effective.

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Robb Wolf: And you know, I completely ditto everything that Greg said and we've had a number of clients that had horrible thoracic kyphosis, I mean like really, really bad both older folks and younger folks, like folks in their 20s and we would get those people you know, on a foam roller a lot and then in class either warm-up, cool down and like Greg said, even between sets of strength work, these people are actually laying over the foam roller right at that junction in the thoracic vertebra where it should be a little kyphotic, but not nearly as kyphotic as what they are. Hands over head and then we would have somebody put quarter pound plates in their palms, which doesn't sound like much but 30 seconds to a minute of doing that and it feels like you're being put to the rack. And you do that again and again and again and Nikki worked with a guy who was a cyclist in his off time and he's a glass blower in his day job which I don't know-

Greg Everett: So he just hunches all day long.

Robb Wolf:

He's hunched all god dammed day yeah and really strong in that position because he spends so much time there but he was in his 60s when he started working with us and after three years of working with Nikki, he had actually regained almost an inch and a quarter of height because of reversing the thoracic kyphosis but we hung him from a bar, we foam rolled his lats, put him on the foam roller with weights. When he was at home, it would literally be you know, like a magazine type gig. He would put two magazines in the floor, get on the foam roller, scoop his hands under the magazines and then just kind of hang out and watch TV until he was about ready to poop his pants from the agony of doing that. Again, it doesn't sound like much but these long, low intensity but long duration stretches are really important for not just remodeling the soft tissue but the more vigorous tissue like bone and ligaments and stuff like that. You can do it, it just takes a lot of time and consistency and we had to fight the desire on his part to get out on his bicycle and we got him to do some cross country skiing, got him to do some kind of those Nordic track like ski skate type things in the summer instead of getting out on his bicycle.

So he still got to get out and do you know, some activity similar to the bicycling that he really enjoyed but it was in upright posture and stuff like that and we made some really, really good progress with him but it just takes some time. And then you will probably find that you're going to do similar stuff addressing the ankles and the other flexibility piece if you're spending a lot of times in those positions.

You know, I know that there are some stuff floating around the exercise science scene saying that stretching before weight lifting or stretching --

Greg Everett:

Oh god yeah.

Robb Wolf:

--you know, between sets and stuff like that.

Greg Everett:

Don't fucking worry about.

Robb Wolf:

Yeah. You know, the best mobility that I used to have and the best strength and everything I would sit in the splits between sets of squats and I could kick super high you know what I mean and to the degree, I have time to do that actually do really well and I'm kind of the opinion that if you train that all the time, you adapt to it funny enough and the thing is not a problem. Like I think the problem with some of these studies is you take somebody who's not regularly doing that and then you subject them to stretching in very strength training kind of circumstance and we see some down regulation of power up.

Greg Everett: Yeah.

Robb Wolf: But I think that you compensate for that.

Greg Everett: Yeah, I think the more important point is that 99% of the people who are talking about that issue and are avoiding static stretching prior to training are people who aren't lifting very heavy weights or doing anything incredibly explosive anyway. Like there's no –you know, all those studies show like the difference that it makes is not exactly significant. Like it's a really small difference. So unless you're literally warming up for like the world championships, you can probably not worry too much about it you know what I mean? Now that said static stretching is not as effective preworkout as it is post workout just because you're not warm and you're not quite as limber yet. But at the same time like this is like for this guy and for so many people, flexibility is the number one concern and so what do you do when something is your top priority? You fucking do it all the time and you prioritize it --

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Robb Wolf: Right.

Greg Everett: --over everything else. Like you can't – if you're oh my god, I had to raise my heels four inches in order to get below parallel in a squat, but I'm not going to stretch before I squat because I don't really – I know I don't want to limit my strength in squat. Dude, I promise you're not squatting that much anyway. So there's nothing to worry about.

Robb Wolf: Right. And you know, along what Greg was saying with the heat this is maybe a good argument for getting some compression gear wearing that under sweats, layer your clothes so you that you warm up better and you stay hot, if you have any type of temperature control in your environment then heating up a little bit. You don't need to turn it into a hot yoga and by the way Huffington Post has an amazing piece on hot yoga that is hilarious. Just Google huff post and hot yoga and oh man if you're having a depressed day it is --

Greg Everett: Oh Huff Po.

Robb Wolf: Yeah.

Greg Everett: All right. Training Program for Mobility, Movement, Stability. Sounds like pretty much every training program in the world. Ryan says:

“Hi Robb,

I’ll keep the question short: do you have recommendations for a training program that focuses on a combination of strength, mobility, natural movement ability, flexibility, and stability? Basically, to get to a point where you can do stuff that gymnasts do, all in line with how humans originally are meant to move?” Gymnasts don’t do stuff that humans were meant to do originally I just put that out there right now.

“Long story short, I am a former heavy weightlifter, rugby-player, and meathead. I’m now way trimmed down, primal/paleo, and have experimented with various forms of exercise. I am not, however, very interested in crossfit. I got interested in Ido Portal’s methods, but it’s super expensive and you cannot do it on your own. I may sign up for capoeira classes once I move to San Diego, but am on the fence.

So...any recommendations?” You’re definitely it on that one.

Robb Wolf:

Yeah you know, and just to comment on some of the like the natural “human movement” stuff like having – I don’t think too many people that listen to this have actually lived as a caveman for any length of time and two weeks definitely isn’t a ton of time. But I actually did that and you know, to extrapolate from that then you think about like deployed military units and stuff like that. What I found was that I was definitely not swinging through the trees doing any type of like really wacky gymnastic stuff through the mountain meadows. I hunted, I fished, I swam. Good mobility, good strength is important but you know, it’s I think that some of this you know, the conception of natural movement gets a little bit skewed when you start trying to do the historical revisionism you know, what did cavemen do.

Now that said, I think that doing stuff like what Ido does doing move MovNat doing gymnastics bodies this is where we get some benefit of exercise science and coaching and you know, culture. Like we learn things. We learn how to get people to do really amazing stuff and when you can do – this is some of the legit insight that I think early crossfit had. You know, if you can develop some of the capacity of the gymnast, some of the capacity of the Olympic lifters, some of the capacity of the sprinter, then you’ve got some really good stuff going on.

You know, if you can do cast to handstand on the high bar you know, swing the basket, swing the support on the parallel bars, go up and down a rope with no hands, you know, using good gymnastics technique. Go from standing and get down and do a back walkover and then pop back

up go do a front roll, back roll, shoulder rolls like basic judo and gymnastics roll type stuff and then if you can listen decently heavy weight, do some jumping, do some running, you know. So I mean to me the program looks a lot like some track and field work and a little bit of really rudimentary gymnastics work.

The interesting thing is like just getting good body line position for a handstand and then getting the capacity to go up very small steps. You know, like the way that I will start getting my ability to go up and down stairs again in a handstand is I'll start off with a judo mat. It's only an inch and a half, an inch and a quarter thick and I'll walk up to it and step up and step down and try to like do step up, step down in place and that is incredibly difficult at least it is for me. But the strength that you get from that, the flexibility the balance, the coordination and everything is really remarkable and then if you're able to get any type of like L-sit press to handstand.

[0:35:01]

Like there are some simple things that you can do. They're simple from a gymnastics standpoint usually for nongymnasts they're quite challenging. But I think that there's a ton of stuff to chase with that. Capoeira is great for kind of applied gymnastics and like they do a ton of back limbers, front walkovers, back walkovers and all that sort of stuff. The bugger is usually if it's run by a Brazilian mestre like they never have their shit together and the classes start at like 10:00 p.m. and go until like 1:00 a.m. So it's always kind of a nightmare if you have a legitimate day job that's why it seems like everybody doing Capoeira is like 15 and has a trust fund or something so.

Greg Everett: Trustafarians.

Robb Wolf: Trustafarians. Yeah. Totally. So I mean Greg, can you think of anything else to throw in?

Greg Everett: Not really because I mean to be honest I'm not really familiar with any existing kind of programs that would fit this bill. I feel like this is just kind of a thing where you need to pick and choose the things you want to do and just do them.

Robb Wolf: Yeah, yeah.

Greg Everett: You know, like I don't think you're going to find like a website with a program that is exactly this you know what I mean?

Robb Wolf:

Right, right. Right. And you know, when we had Ido out to Nor Cal, he laid out a basic template for me that I've had good success with since I'm doing jits now I've had to really modify it. But with that template you had straight arm day, which was basically practicing for front levers, back levers, support holds in the tuck position. But it literally is you know, the shoulder movement maybe active but you're not bending your elbows. Your building strength in a straight arm position. Then you have a lower body day that include squats and Olympic lifts and posterior chain work and then a bent arm day where you're pressing and pulling and you know chasing one arm chins and weighted chins, weighted pressing, weighted dips, handstand pushups, pushups out of the queda de rins position stuff like that. And that's a nice template and then you just rotate on that.

You maybe go two days on and one day off, one day on, one day off, two days on one day off. But you're basically the first pass through on the upper body pressing you know, bent arm excuse me you're pressing and pulling in a vertical plane. The second time you see that you're pressing and pulling in a horizontal plane. So there's a couple of different little tweaks that you can do and you know, if you've got a really rock solid front lever and back lever if you can do yewkis which are basically a pull to front lever with ease and you can rep them out and hold them. You've got a good number of handstand push-ups on rings. You're anywhere near a one-arm chin or a body weight pull-up then you've got some really, really good capacity going on there and you've got good shoulder mobility developing a handstand and the ability to walk on your hands I think is totally legit.

Then if you can tolerate the Olympic lifts at all, the athleticism that you get out of that is just amazing. It's hard to develop that same time of athleticism from the power lifts but I think that throwing in some of that upper body gymnastic stuff really rounds out the Olympic lifts quite nicely.

Greg Everett:

Quite good, quite good.

Robb Wolf:

Quite good. Good show.

Greg Everett:

All right. Jerky question. This one is funny, I was reading it just a second ago. Rebecca says:

"Hi Robb and Greg,

This is kind of a weird question, but here it goes. While grocery shopping the other day at Whole Paycheck a package of jerky caught my eye. It

was beef heart jerky. I'm like "Nice! I need more organ meats in my diet." I take a look at the ingredients and it's just dehydrated beef heart from grass-fed cows. Double nice! It's a challenge for me to find jerky that doesn't have soy sauce in it. Next to it there's grass-fed beef liver jerky. And chicken jerky. All soy-free and all at a great price! I start throwing one of each in to my cart thinking I've just found the ultimate jerky score until I realize I'm in the fucking pet food section. Disappointed, I start putting the jerky back on the shelf, but then I stop and wonder if it would still be ok for me to eat it? Do you think there's any reason why humans can't eat jerky from the pet food aisle? The ingredients alone are perfect for human consumption, but I couldn't seem to get past the picture of the cartoon doggy on the front label."

Robb Wolf: [Laughs]

Greg Everett: Oh man.

Robb Wolf: Oh man.

Greg Everett: Reminds me of a story that I knew a guy, when I lived in Arizona I knew a guy who had been in the Marine Corps for 10 years or so and he told me one day he kind of wandered in towards the back of the mess hall and he had to see all these cardboard boxes stacked you know, like frozen meat and it was stamped right on the side of the box not fit for human consumption.

Robb Wolf: Well and we had a guy a really similar story. The dude in the FBI did a chase to perpetrator into a Taco Bell and the stuff was stamped Grade E but appropriate for human consumption.

[0:40:14]

Greg Everett: Nice.

Robb Wolf: And you're kind of like what's the cutoff on this stuff? Yeah.

Greg Everett: E is pretty far down the alphabet. [Laughs]

Robb Wolf: E is yeah, yeah it's pretty far down the alphabet, great for breast size, not so good for meat quality I guess. So man you know, I would probably take a crack at it personally. But I'm a little bit of a scavenger myself. Like I really can't see any issue with that. Like if the stuff is dried, it probably has a little bit of salt on it to act as an antimicrobial. There are clearly different standards for pet food, you know, handling and like the grades of meat and stuff like that. But that's kind of one of the wacky things in

the United States is that people consider a lot of the offal like the heart and the liver and the kidneys and all that stuff to be just nasty, bad food.

So it automatically no matter how it's handled, no matter what the sourcing it's already assumed to be like boogers and toenails you know, what I mean. It just has you know, this kind of nasty mistake about it. But the handling is probably fine. I mean and this is just from a basic kind of food science perspective. It's got to be handled in some reasonably sanitary fashion or the stuff is going to make pets sick. It's not going to have a decent shelf life and all the rest of that stuff. So man I think the next time I go to Whole Foods, I'm actually going to check this stuff out.

Greg Everett: I mean I feel like it's definitely a step up from the guy several episodes back who is getting all of his meat from dumpsters.

Robb Wolf: Yes. Yes. Touché.

Greg Everett: So.

Robb Wolf: Yeah. Yeah.

Greg Everett: Even if you're eating pet food, Rebecca, whatever your name was, at least you're not that guy.

Robb Wolf: Yeah you're not dumpster diving. Not that we look down on dumpster diving if that's what you want to do.

Greg Everett: Or it's not a moral judgment. It's more of a practical one. Okay. What's the deal with carrots? This is from Seinfeld apparently. Mike says:

"Hey guys,

Insert all the obligatory shit here." Okay.

Robb Wolf: Perfect.

Greg Everett: "When I search Google for starchy and non-starchy vegetables, I see carrots show up on both lists. Are they starchy or not? Does the starch content change when cooked? I don't really have a particular reason for asking, other than being curious.

Thanks guys,

Hopefully, my grammar is proper.” I imagined that whole question in Jerry Seinfeld’s voice and it worked perfectly.

Robb Wolf:

[Laughs] You know, so carrots have some starch and like if you go to the USDA nutrient database also, Loren Cordain has some of this stuff broken down. Carrots have some starch but they actually have a pretty high content of raw glucose or easily liberated glucose and this is where carrots get kind of a bad rep because they have a “high glycemic index” but they have a very, very low glycemic load. Or not very – I would actually put them kind of intermediate. You know, they’re more than lettuce but not as much as potatoes for example. So I mean you could quite a bit of carrot and not end up getting a ton of carbohydrates. So it’s a bit of both. It got some starch. They have some easily liberated glucose which is why they have a reasonably high glycemic index but the glycemic load is not that high because they have a decent amount of fiber and water and all that. When you cook them, it makes it much easier to access the carbohydrates just like anything else. Cooking, you know, basically any type of carbohydrate source even you know, pureeing lettuce is going to increase the glycemic load, increase the glycemic index so.

I like carrots. Zoe loves carrots. I cook some grass-fed ground beef from MASA meats by the way and just another little side plug there and I’ll leave the bulk of the fat. You know, I don’t necessarily straight the meat but I just spoon the meat out, put it in a little glass Tupperware thing because she loves eating the hamburger. And then I will peel and dice up carrots really thin and cook those. Initially they’re kind of blanched. I’ll cook them with some water but also in that fat and cook them down pretty darn soft because she’s getting a decent grill’s worth of teeth but she’s kind of skinny on the molars. She only has one currently so chewing stuff up is still a little bit challenging for her. But I’ll cook them down pretty good and they taste amazing. A little bit of that not bacon fat but the beef smulchz and a little bit of salt and well-cooked and they are very, very tasty.

Greg Everett:

Uh-hum. All right.

[0:45:02]

Robb Wolf:

So do we wrap up with the toilet?

Greg Everett:

Yeah.

Robb Wolf:

Yeah, yeah. We’re finishing with the toilet.

Greg Everett: It makes perfect sense. Okay.

Robb Wolf: Absolutely.

Greg Everett: James says

“Dear Robb and Greg

Rather strange question this:

Has the invention of the toilet had a negative impact on our health in terms of the way we relieve ourselves? For example, I imagine that our ancestors used to squat in order to defecate which obviously engaged the thigh muscles and meant the whole process was an ‘active’ one that used the muscles around the abdomen and colon more. Is there any evidence to suggest that going to the loo on a toilet has meant that waste is expunged less efficiently than when going ‘au naturale’, and that unwanted residual bacteria remain in the body?

Only you guys can handle such a topic.”

Greg Everett: [Laughs]

[0:45:46]

Robb Wolf: [Laughs] And I’m sure that we’ll make a disaster of it but you know, there’s I think we talked about this on some earlier podcasts. There’s a ton of information talking about you know, if you’re not in a squatting position kind of a Valsalva movement but you don’t get pressurization of the ileocecal valve and you allow kind of back sliding of unwanted materials that stuff should go from north to south not south to north. There does seem to be some indication that you get some shall we say backsliding and unfavorable mixing. We’ve messed around with some of the like squatty potty stuff. There are some better things. There are some less better things. I think that there’s some legit argument for this stuff. You know, it’s a very simple fix. It’s kind of unfortunate.

Some of the earlier models of these squatty potty type things had you rather high so you ended up with a fair amount of splash factor.

Greg Everett: [Laughs]

Robb Wolf: Actually and that seems to be the back and forth is the tradeoff is you need a platform that is high you know, high enough so that you can actually legitimately squat and not just kind of have your feet in an

awkward position under you but you're still not really doing a Valsalva deal. But then if they're too high, then you know you end up with some really awesome splash factor and like you need a shower after every time that you take a dump. So those have been the challenges. But you know, it's funny like so many places around the world like they basically have the equivalent of like a pit toilet. Like it may be like an enameled you know, hole on the ground but it's not this big contraption like what you have in the States so.

Greg Everett: Yeah. All right. We wrapped up with poop.

Robb Wolf: Wrapped it up.

Greg Everett: Anything else we need to leave our dedicated remaining free listeners with?

Robb Wolf: [Laughs] I don't think so. We're lining up some good guests American Weightlifting Documentary is coming out soon. Greg will mention when the release date is for that.

Greg Everett: Yeah any time. AmericanWeightliftingFilm.com and [Facebook/AmericanWeightLifting](https://www.facebook.com/AmericanWeightLifting), [Twitter](https://twitter.com/AmWeightlifting), our thing is [AmWeightlifting](http://AmWeightlifting.com). Get on that stuff, follow us, like us whatever you do with each of those things and you can get all of the info.

Robb Wolf: Nice. Outstanding cool, and I can't think of anything else so.

Greg Everett: Cool.

Robb Wolf: All right man so I guess same bad time, same bad chat. So this thing is going up after primal con. I'm doing primal con this weekend. Not doing too much traveling. I am working very, very diligently on the nutrition cert. I actually took an office down at the specialty health clinic and oddly enough I get much more work done out of home than at home so I'm kind of throwing out there that I'm hoping that by the beginning of the year this thing will be available. It will be online. We may host it at lecturepad.org. We may not. We're still trying to hash out some of the details. But it's going to be a format like that where it's going to be an online exam and all that stuff and it's going to be tough. You definitely need to know your basics of bioenergetics and Krebs's cycle, protein carbs, fat, endocrinology. We will provide ample study guides. But if you did not do some basic science in your undergrad or in your experience, you're going to have to really study to pass this thing. It's not going to be a walk in the park, I'll just tell you that.

Greg Everett: Excellent. All right.

Robb Wolf: All right man, alrighty, Greg.

Greg Everett: Okay.

Robb Wolf: I'll talk to you soon.

Greg Everett: See you.

Robb Wolf: Okay, later.

[0:49:35] End of Audio