

Paleo Solution - 215

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[Music playing]

Robb Wolf: And back from the dead. Howdy folks, I think this is actually going to be episode 215 of the PaleoSolution podcast. Episode 214 ideally happened last week with Chris Kresser. We're still trying to figure that out. If not then maybe this will be episode 214 and so that's just the way things roll around here. Greg, what's going on?

Greg Everett: Man, I have no idea what episode this is. I haven't done one in like two years it feels like.

Robb Wolf: Yeah, sorry folks. It's been absolute insanity working on the cert, Greg moved his gym, it's just been a lot so, yeah. Sorry about that. We're back on track. Squatchy and I came up with a, kind of a system to make this whole podcast thing a little bit easier to get done, so hopefully we're on task now.

Greg Everett: Robots?

Robb Wolf: No. Not robots but just actually having a system do the whole thing. So basically recording it--

Greg Everett: Systems.

Robb Wolf: --one day, one time. If you can make it there cool; if not, get fucked. So that's the way it's going to roll now.

[Laughter]

Greg Everett: It's quite a system.

Robb Wolf: Well you know it's funny because there's tons of people I want to interview and do some different stuff but you know trying to coordinate with everybody else's schedule with my schedule was just crushing me so

Greg Everett: Yeah. I gave up doing that a long time ago.

Robb Wolf: Yeah. Yeah. I finally woke up to that. So anyway, we're back at it. Greg's got his gym moved. What else is new in Catalyst Athletics world?

Greg Everett: Oh, man. Everything is always new; even the old stuff is new.

Robb Wolf: Perfect.

Greg Everett: That's how Catalyst Athletics is.

Robb Wolf: Nice.

Greg Everett: We transcend space time--

Robb Wolf: Hence the catalysis piece. So yeah, yeah.

Greg Everett: Yes exactly. No, I'm working on a new project right now that should be out pretty soon, the Olympic weightlifting multimedia quick start guide. So this is going to be by far the jiggiest kind of resource for those of you who are brand new to weight lifting and you really want to learn how to snatch and clean and jerk well but do it quickly without all the excess information that you don't want. For example, all of the stuff in my 450-page book that does not directly teach you how to snatch and clean and jerk from start.

Robb Wolf: Right.

Greg Everett: So this will be text, photo video, everything, multiple formats, just very simple, very direct. So for those of you who really want that straight forward approach will be very effective for you. So look for that pretty soon.

Robb Wolf: Nice. Out with the theory, in with the do.

Greg Everett: Yes.

Robb Wolf: Cool. Cool. Well let's hammer through our podcast sponsors, Performance Menu, a subsidiary of Catalyst Athletics in the huge, shall I say juggernaut of Catalyst Athletics or Performance Menu Journal of Nutrition –

Greg Everett: This month is the start of our tenth year of publishing that thing.

Robb Wolf: Nice. Nice.

Greg Everett: So how's that for staying in power? How's that for durability and endurance and stamina and whatnot?

Robb Wolf: Accuracy and precision and all that stuff.

[Laughter] Sweet. So Performance Menu Journal of Nutrition and Athletic Excellence, thirty bucks here get you the basic subscription but folks, there's nothing basic about this. You get multiple platform formats, amazing information, cooking biscotti. How the hell does that guy keep coming up with this stuff? A hundred bucks a year gets you all the issues and 15% off in the Catalyst Athletic store?

Greg Everett: You bet you.

Robb Wolf: Sweet, Sweet. Who else? WellfoodCo.com, Well Food Co is your resource for grass-fed snacks, cookies, you know, almond cookies, come on folks they're cookies but they're really good cookies. If you want a cookie, have a Well Food cookie. We have the wolf packs both Aikido and the post workout pack now. Lots of cool stuff going on with Wellfood Co. Check them out.

FrontDeskHQ.com, Front Desk is your mobile based solution for service-based businesses. Everybody's doing it, get on it, check it out. If you're thinking about checking them out, just get a demo scheduled and then you will be hooked. Anybody else, did I forget anybody?

Caveman Coffee, CavemanCoffee.com is a new podcast sponsor. They are actually CavemanCoffeeCO.com because everybody snapped up all the easy URLs back in the day. If you put into the little code window there Robb Wolf, I believe you get a 10% discount on that and 10% of all sales through the Robb Wolf affiliate deal will go directly to the pharm to consumer legal defense fund. Bam.

Greg Everett: Nice.

Robb Wolf: And then also MasaNaturalMeats.com, check those folks out. They are who I get my grass-fed meat in both beef and lamb from. They are outstanding; they service all the continental 48. Great prices, great folks, MasaNaturalMeats.com.

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Greg Everett: Yeah a couple of our lifters have ordered from Masa Meats, big fans.

Robb Wolf: Nice. Cool.

Greg Everett: Alright. Shall we get on with this show?

Robb Wolf: Yeah. Let's do this shindig.

Greg Everett: Okay. I'm a little rusty. Let's see if I can still read English or sometimes what passes as English.

Robb Wolf: I don't know if Natto is English.

[Laughter]

Greg Everett: Beth says,

“Hi Robb,

I’ve loved every one of your podcasts.”

Robb Wolf: Thank you! We’ve loved them too.

Gregg Everett: Every single one. I haven’t even loved every single one of them.

Robb Wolf: We love them when they’re done.

Gregg Everett: “My question is about eating natto for the vitamin K2 content. I did search the site since I couldn’t remember if you’d already addressed this, and found a comment in the post on Weston A. Price vs. Paleo but no real answer.

I have heard great things about eating foods high in K2 along with good fats and protein, but in my research, I found that the food with the highest amount of K2 is Natto (fermented soybeans). I have always heard to avoid soy.

My question for you is whether the fermentation process addresses any of the health issues with soy, assuming it is organic and GMO-free? Or would the concerns with consuming soy outweigh the benefits of the high amounts of K2 to be had?

Thank you for your thoughts!

Oh, here is an article on food time K2 and natto is at the top. I know there has been bad blood between Weston A .Price and Paleo people but I think both camps have some great information.”

Robb Wolf: Yeah. Yeah, we'll address that real quickly at the end. But then you know, my deal again with this is just kind of take it in this ancestral health model and if you want to do fermented soy, knock yourself out. I'm not really a big fan of this stuff. If I go to sushi, I will have some miso soup occasionally but you know I just don't make this stuff like a daily food staple. The goitrogenic effects of soy, the estrogenic effects of soy, all that stuff kind of freaks me out and somehow we motored along for a while without fermented soy as a K2 source.

So you know, your green leafy vegetables, organ meats, all that sort of jive for your full complement of A, D, K1, K2 like all that just makes a ton of sense to me, seems super simple. But again if you want to do natto, knock yourself out. I'm just not a really a fan.

As to the Weston A. Price Paleo deal, I think Paleo has always been very, very embracing of Weston A. Price. It's kind of been the opposite direction of that, that we've had a little bit of animosity. I think that most of that stuff has been put to rest. People are understanding that we need a big umbrella that we're all fighting the same fight and we tend to rally around the ideas of, you know, food freedom and particularly supporting people like the pharm to consumer legal defense fund, so most of those shenanigans seem to have gone away so there you go.

Greg Everett: No more shenanigans.

Robb Wolf: Yeah. At least not in that genre, we'll have to cook something else up later.

Greg Everett: I'm sure we can find more shenanigans.

Robb Wolf: Yeah.

Greg Everett: Okay. Sucks your asmr or ASMR.

"Hey Robb and Greg,

I'm a new listener to the podcast and enjoy it immensely. Slowly making my way through the backlog of episodes so please forgive me it this has been covered before." If it has, we probably don't remember anyway.

"I've known about paleo for about 3 years and tried to eat this way as closely as possible since. I've found the closer I eat to a strict paleo (clean meat, veggies, small amounts of fruit and nuts) diet the more times I experience an ASMR "episode".

Also about the same time as adopting paleo, I probably committed the most unAustralian thing possible and quit drinking alcohol. It wasn't a problem for me, I want an alcoholic or anything, but it definitely was starting to impact my life negatively and being surrounded by alcoholics at work and in my family, I just decided to stop.

My question is, from a biology perspective, do you think the reason for these "episodes" occurring again (I remember experiencing this a lot in school but it definitely stopped for 5-6 years) is due to not drinking anymore or more to do with my diet?

If you're not familiar ASMR, I've included this link;

I think this article is quite a good representation of ASMR. Side note, these videos around on YouTube haven't triggered me before either. My triggers seem to be actually getting a haircut and listening to certain people talk about a subject they're passionate about. Listening to you guys hasn't triggered me before but I suspect that is more due to the fact I mainly listen to the podcast when I'm walking or commuting to work." Or maybe it's the lack of passion.

Robb Wolf: Yeah. Or faking it.

Gregg Everett: [Laughs] "Symptoms of an episode for me is probably best described as goose bumps on my brain (not on top of my skull) and I go into this deep tunnel vision that I can only reference to a somewhat out of body experience. It's an amazing feeling and very enjoyable. These episodes seem to be becoming more frequent and I find myself able to gain more control of it.

Thanks guys. I won't worry if you think I'm bat shit crazy. Hell, I thought I was until I found out this is an actual thing earlier this year and other people get it.

[0:10:07]

Robb Wolf: Oh, man I just have to--

Greg Everett: I have never heard of this before like outside of ecstasy.

Robb Wolf: I had heard about this a little bit in some of my earlier pharmacological explorations shall we say. But just as a side note, when Greg and I almost did this podcast maybe like two and a half weeks ago in between the natto, this question and one other one, I almost shut down the podcast

because I was just like fuck, where is this going? But I'm a little bit less stressed out a space right now.

Yeah, I mean I think the base question here and for folks that haven't clicked on this link yet that these ASMR episodes are almost like an out of body experience meets mild dose of ecstasy plus like Hallmark, you know, commercial that makes you feel all warm and bubbly inside without the weepy tears. So it's kind of an interesting deal that reminds me a lot of the book *Flow* and *Finding Flow* like these heightened experiential kind of scenarios. I really suspect—I mean it's got to be some interplay between the dopamine and serotonin access, that's what triggers all these types of things and fundamentally, yeah, I think pulling booze out of the equation is probably a big factor in this. Alcohol ends up impacting, god, all the neurotransmitters but particularly that serotonin dominant piece of it.

It's interesting like LSD, mescaline, psilocybin all those things really hammer the, you know, the way that serotonin is handled both in the brain and in the gut, so interesting stuff. You know, all I would say is yeah, probably omitting the booze probably had more to do with it than altering your diet, although if you're healthy and kind of firing on all cylinders then this is probably part of the reason why you're experiencing these kind of transcendent or peak experiences. Yeah.

Greg Everett: So I mean are there health consequences to this thing or is it just like a really distracting episode?

Robb Wolf: It's like a tunnel vision plus euphoria. So I mean I don't --

Greg Everett: So like bad during driving or operating other heavy equipment.

Robb Wolf: Well, you know the way that they're triggered—that's actually an interesting thing is the way that they're triggered is usually music, watching someone in a public speaking deal. This is where he was talking about with the podcast. Like it's usually some sort of emotive experience that can trigger it, a sunset, like their—usually it's a human interaction kind of scenario though or like some sort of music or something like that. So I mean you're typically not drifting off during driving or whatever. It's kind of a calm, controlled environment but you get some sort of an intense emotional kind of connectivity to the experience and I've kind of had this stuff with some music experiences and stuff like that you know, under non-pharmacological circumstances.

Greg Everett: So like don't listen to opera on your car stereo and stuff.

Robb Wolf: Well I don't know that opera would really be there but yeah.

Greg Everett: Alright.

Robb Wolf: Something like that, yeah.

Greg Everett: Okay only because you're an uncultured heartless pig.

Robb Wolf: That's true. I did buy tickets to go see Guns 'N Roses in Las Vegas, May 21st so that is true.

Greg Everett: You know for your sake, I wish you the best but I'm not confident that's going to be anywhere near equivalent to your prior experience with the actual Guns 'N Roses.

Robb Wolf: None of them that I've seen since the original band have been really all that good and twice they've been cancelled so we'll see how it goes. Yeah, yeah.

Greg Everett: Alright. Undercover officer weight loss. Jim says,

"Hi Robb,

I am an undercover officer in a major metropolitan police department. Part of my job involves looking like a drug abuser. I am wondering if you can recommend a safe, paleo-centric method to (temporarily) lose a significant amount of weight. I am thinking somewhere in the range of 30-40 pounds. Think Jared Leto in the Dallas Buyers Club.

I am 6'1", currently weigh 190 lbs, and have eaten a paleo diet for the last four years. Knock on wood, I have no major health concerns. My exercise regimen involves mostly cardio and some weight training.

I would appreciate any advice you could give me. I have followed your books and podcasts in all phases of my career in law enforcement and I owe a great deal to your work.

Looking for that cracked outlook. " [Laughs]

Robb Wolf: Wow. Actually, this is the one that pushed me over the edge now that I think about it, when we were getting ready to do this podcast before, Because I was just scratching my head on this deal.

Greg Everett: Crack?

Robb Wolf: Starvation, staying up all night? I mean generally you're just kind of abusing yourself. I mean if you've spent time around people who are abusing themselves, there's just a look to it that's challenging to replicate without a, you know, Hollywood make-up artist kind of background like it's

[0:15:12]

Greg Everett: Yeah.

Robb Wolf: It's got an authenticity to it that's hard to replicate. You could – I mean literally it's like starve yourself, go vegan, get vitamin you know, B, multiple B deficient and you'll probably be close to this. Like eating healthy, training well, sleeping well isn't really going to do you much favor in this regard. I guess if we were talking about just like you were going to do some sting operation and you were trying to lose a ton of water, then you could try some of the water cutting protocols like the MMA fighters do. But then you feel like absolute shit, your performance is going to suck, your cognition is going to suck so it seems like it could potentially be a life-endangering scenario when you could be in an arrest and control deal or have like gun play going on. So I don't know man --

Greg Everett: Well I mean how about just the weight loss alone? I mean would you want to just like really, really reduce calories and kind of focus on more protein than anything else that you aren't completely murdering yourself but you're still kind of wasting away in as healthy a manner as possible?

Robb Wolf: Yeah.

Greg Everett: You know, how can you – how can you drop 30 or 40 pounds and not necessarily look like you've been ridden hard and put away wet but you know, get that skinny Oroville spider bite kind of look.

Robb Wolf: [Laughs] Probably the mainly protein, drink your water and just feel like shit for two weeks would get you there pretty quickly. Yeah.

Greg Everett: Nice. Cool.

Robb Wolf: Yup. Let me know how that goes Jim.

Greg Everett: Yes. Good luck to you.

Robb Wolf: Yeah.

Greg Everett: Also watch that movie Nark that movie is badass.

Robb Wolf: Cool.

Greg Everett: Okay. Best course for morbidly obese 16 year old. Sambot I assume says:

“Hey Rob and Greg,

You guys are great, awesome, beautiful, etc., etc.” Thank you.

So here’s the deal, at age 23 I’ve had incredible success with an ancestral diet over the past year and a half after 4 years of yoyo dieting. I started out at 265, now I’m 176. Proof in the pudding right? The reason I’m writing you though is because I have a 16-year-old sister who is closer to 300lbs, she is on a plethora of medications (mostly psych stuff, lithium, antidepressants, Tourette’s meds), and she is generally pretty depressed.

The good news is, she’s trying to move in with me on the Big Island of Hawaii to find a new perspective on life. This is her chance to turn things around and I want to support her as best I can. I have a pretty broad knowledge paleo protocols and research for a layperson, but there is a lot of info out there and I would love your opinion as to the best route to take for this young woman.

She’s 5’11”, 16 years old, around 300lbs, no exercise background, standard American diet but fewer vegetables, ready for change.

My general goal is to start by healing the gut with lots of simple foods, bone broths, meats, some veg, probiotics of some sort, and RS supplementation (if I can get her to drink the stuff!) which will increase incrementally as I just listened to Kresser telling you about the possible bacterial backfire with the stuff.

On the exercise side I thought maybe, I could start with just walking every day as much as was comfortable. Then maybe moving on to modified squats, inclined push-ups, resistance band type pull-ups, and maybe a little yoga type stretching.

Sleep shouldn’t be an issue, it seems to be a priority for her right now, and I’ve got her meditating, so hopefully stress will come under the reigns as well.

I guess the real question here is, does that sound reasonable and ideal? Also, would it be better to start off with a more low carb approach to

work on metabolic derangement, or should I start her off more moderately and then work down into it for an easier transition?

Goals here are more energy and a happier disposition, I know the weight will come off quickly, so I'm not worried about that, I just don't want to stress her out too much.

Thanks for all the great work you guys do, it's a bit of inspiration and insight that I look forward to every week. Also, I'm pretty sure Robb is going to save the world one day with his sensible paleo approach, so go you!

Your Bro,
Sambot"

Robb Wolf:

[Laughs] Well we're doing what we can. I don't know that it will deflect a giant asteroid or anything but we'll do anything short of that. You know, honestly I think that this – what you have laid out here is great. I wouldn't get hung up too much on what's ideal like what's ideal is just simply what's going to work for her. I mean there's almost – it sounds like there's almost nowhere to go but up with this. Like if she starts walking, she gets some sun on her skin, she's generally eating better in any type of a direction. I think that that's good. If a lower carb deal could be beneficial even on like the neurocognitive stuff for a variety of reasons, but that might be too hard for her to do. I don't know. And it could be better particularly, you know, being in the tropics like getting her excited about fruits and vegetables and fish and all that type of stuff. So I mean without knowing her and talking to her and kind of getting a sense of you know what hang-ups maybe going on, like it's just impossible to say what the best route through this is.

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The main deal is make it fun, don't freak her out, don't overwhelm her with information. The resistant starch stuff, I think is – I would encourage more like green bananas and you know, real food versus having her drink some potato starch and water. Because even for me that stuff is, I mean it's not like nasty but there's some weird palatability stuff there. Frequently people with depression and different stuff like that they get some weird palatability things going on so. We I would just take it easy, take it one day at a time and one step at a time. Don't overwhelm her and you should be able to get some great progress almost no matter what you do with this.

Greg Everett:

Cool. Yeah, good luck. All right. This guy is super excited. LEGEND says:

“First off, you both should be running this country. It would save us all a lot of grief and I know you’d outlaw this crazy curriculum our medical doctors are taught and regurgitating. Problem solved...country saved. Second, you guys are Legend...wait for it...wait for it...Dary.” And then he goes on to spell legendary for us again.

Alright, time to get my lips off your guys ass’. Big question, I NEED YOUR HELP DUDES.

I’m a pro soccer player. I know I would be considered an “elite athlete type” and I should go higher carb, but I just can’t skip out on benefits of fatty/nutrient dense food. I eat a lot of fruit, because I want to keep liver glycogen full to keep anabolic and have plenty of energy throughout the day (because glucose goes to muscle first). I’m more concerned about keeping my liver full than muscle. I prescribe to everything you say, but eat most my carbs as fruits. I believe fructose can have its benefits if used at the right times by a person that knows what he is doing. I know you will probably ignore me after this, but if not...

My other question, is just for you to expand on the biochemistry of fructose. You say it turns into a glucose sponge, so does that mean a 50/50 (fructose/glucose) piece of fruit would also go to the liver or excuse me would all go to the liver or the glucose would still be used to replace muscle glycogen. Greg hates me I know. Sorry brother. Thanks Legends.

Thanks President Wolf and VP Greg. Catch you on the flipside.”

Robb Wolf: Oh dude, I’m definitely not in charge. Greg’s in charge.

Greg Everett: I don’t want to be in charge.

Robb Wolf: Man, so it’s really hard to just draw these like all or nothing deal. So in general, what fructose does is it kind of primes the pump on the glucose transporters in the liver. So you tend to get some – where if we ate just say like a purely starch based meal depending on the insulin sensitivity of the muscle, the fat and your liver, then we will kind of shunt nutrients based on the relative insulin sensitivities of those tissues. If you’ve just been working out or exercising, then it will kind of preferentially go to muscle. If you’re insulin resistant at the muscle, it’s more likely to go into the adipose tissue. If hepatic liver glycogen is low then you’ll tend to store some glycogen preferentially in the liver. Fructose tends to just kind of skew that but again these same stories, these systemic stories, they’re – if we have a high level, hard charging athlete, then we’re still going to

tend to preferentially put carbohydrates into the muscle glycogen. Like that's just the way it's going to go.

There's a good argument for repleting liver glycogen for athletic people because part of the thing that blunts a blood sugar crash and the subsequent cortisol response is actually being able to access easy glycogen out of the liver, which will kind of attenuate these blood sugar troughs during exercise between meals all that type of stuff. So you know, there are some arguments there for having at least some liver glycogen topped off. If you're a hard charging athlete, then that helps mitigate again some of the kind of catabolic effects during exercise.

Part of the problem here is when we move into a non-athletic more sedentary population. Any type of caloric excess, we tend to gain fat. We have the potential for developing nonalcoholic fatty liver disease. Fructose just tends to stack the cards favorably in an unfavorable direction. Like you know, it just makes that whole process a little bit more pathogenic, deleterious. There's all kinds of, you know, people that will argue against this but it seems pretty solid that when we have somebody who has solid legitimate metabolic derangement that limiting fructose at least to some degree is probably a good idea until we reverse nonalcoholic fatty liver disease. Sticking more with starches and you know, low fructose load is probably a smart idea. You might even do lower carb during this period of time to really whittle all the carbohydrates out of the system and reestablish some good you know, kind of glucose homeostasis and all that. But again there's a continuum here and it's not just an on/off deal. It's more of a potentiometer than it is just an on/off switch.

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Greg Everett:

Fancy.

Robb Wolf:

Yes.

Greg Everett:

Okay. Well I suppose it wouldn't be a Paleo Solution podcast without talking about shit at some point.

Robb Wolf:

Exactly.

Greg Everett:

Alex says:

"Hi Robb,

Love the show I am on episode 54 and catching up fast! If this has been answered on a later podcast please let me know and I'll look it up.

Since starting Paleo with butter a year ago my stool has started to float. Is this normal due to the increased amount of fat? If not what should a normal stool look like? A nice S shaped as advertised?" Jesus.

Robb Wolf: Oh man. Yeah it's probably due to the extra fat. Your bile salt production may not have ramped up quite enough yet. If you want to test this then you could add in even more fat and see if you find yourself sprinting to the bathroom with a case of steatorrhea. You know, the nice, well formed, tubular poo is kind of the ideal in this story. Yeah. You don't want things broken up and floating around. Gosh I'm totally forgetting the name of the book by Agale but I think it's Restoring Your Digestive Health. God I'm just an idiot because we're actually going to use this book as part of the certification and all. I can't for the life of me remember the damn thing. But that book actually goes through like what good poo should look like. If you just Google around, like you will find some outstanding photos of this stuff. So yeah, the S-curved turd is probably what you're gunning for.

Whether or not they sink or float will be a little bit dependent on the amount of fiber and resistant starch and bacterial activity and all that stuff. You can have a healthy gut and still kind of a variety of stool appearances.

Greg Everett: Oh.

Robb Wolf: Yeah.

Greg Everett: Okay.

Robb Wolf: Yeah this is possibly why this podcast almost broke me last time. I have to have a talk with Squatchy.

Greg Everett: [Laughs] All right.

Robb Wolf: Yup.

Greg Everett: Paleo Baking/Almond Flour and Kid. Three of my least favorite things.

Robb Wolf: [Laughs]

Greg Everett: Crystal says:

“Hi guys,

We have two small kids, ages one and three, whom we have been raising on about a 90% paleo diet. They eat primarily all organic; yams, apples, pears, coconut milk, chicken and grass-fed beef. We supplement with fish oils and D. Raw veg and eggs are “if they’re in the mood foods” so we try to sneak cooked veg into yam puree when possible. A staple they have gotten used to however (that freeze well and sure are nice for on the go) are almond-flour-based paleo baking. The kids now have a small muffin or a couple of pancakes per day. I found this article below about the “dangers” of too much almond flour consumption and that coconut flour is better. Would love to know your thoughts on this and whether we should cut out the almond flour all together or if this one of those “everything in moderation” things?

My Dr. is also concerned about our kids getting enough calcium being Paleo. Any recommendations you may have to optimize kids health as well as your thoughts on probiotics for kids and any brands you recommend would be great to know too. Thank you for your time and all your constant efforts that keep us informed and healthy. All the best from the Bugg family in North Vancouver British Columbia.”

Robb Wolf: Holy smokes. How did she --

Greg Everett: Man, she snuck in a few more --

Robb Wolf: She snuck in like 80 questions in there.

Greg Everett: - in the last second there.

Robb Wolf: Yeah. So I won't be too verbose in answering then. Tree nuts definitely have some high allergenic potential. I think it's smart to kind of rotate that stuff. If these kids are generally eating well, then the likelihood of having gut permeability is lower so in my opinion like the likelihood of developing nut allergies is probably lower. But rotating that stuff around seems great. Yeah I think both are good options. You know as far as like some of the anti-nutrient stuff, I think people go a little too wild on that. What else in here?

Thoughts on probiotics for kids. I make homemade sauerkraut for Zoe and she smashes that stuff. I think that's --actually it seemed like she asked like 18 questions but now I'm not really... So yeah, you know, rotate the almond in coconut flour. Oh, the calcium deal. Fuck, I don't

even know how to address that at this point. Just Google Robb Wolf and calcium and just set your doctor's hair on fire with that. Somehow, some way we grew tall and strong before eating dairy all the time without calcium. If you want to throw some goat yogurt or something in there so that the doctor is happy and gives you a gold star then that's fine too. But you know, fruits, vegetables, bone broth all that jive actually has a decent amount of calcium. If we're balancing our calcium-magnesium ratio, we tend to do great with that.

Greg Everett: Cool.

Robb Wolf: Yes.

Greg Everett: All right. Where the heck are we now? Hyperparathyroidism

Crimson says;

"Hail Paleo brothers!

Former superwoman here...I'll sum up my past. I've always had issues with bone pain, migraines and stomach problems. I went wheat free about eight years ago. Gluten free seven years ago. I wasn't full on paleo at that time, but close. I felt like superwoman. Nearly all of my issues were gone. :) I did weight training, yoga and Pilates. I put on some much needed weight. I am 5'4" and was at that time 104lb. I am currently usually around 118.

So, something happened about six years ago. Overnight, headaches, stomach problems, weight loss, extreme fatigue and all manner of hell... and then the kidney stones started. I have had almost nonstop kidney stones for three years now. No kidding, these damned things are relentless.

I tightened up my diet and started eliminating dairy, nightshades, etc. Nothing helped. I am still gluten free (I have a serious gluten issue) and now very low oxalate. (The stones are calcium oxalate) This is not stopping the stones. Doctors think that hyperparathyroidism may be the cause of my constant kidney stones. My calcium is in the high normal range. So far, I also know that I have pancreatic insufficiency. I'm working on getting the enzymes necessary to help with that. *they are over \$1,000 a month!*

Robb Wolf: Cranky.

Greg Everett: “I am currently working out two days a week with light weight training and yoga and Pilates mixed in with my routines. So, I manage about two hours of work out a week. This is what I can manage at the time with a 12-year-old girl and full time job and kidney stones... always the kidney stones. My job is not really high stress or anything. I do body piercings. I love what I do.

I sleep well. Sometimes too much. I often have to rest in the middle of the day. This is even after a full night’s sleep. The fatigue can sometimes be overwhelming.

So, I’m facing the possibility of having a parathyroid gland or two removed. Which is said to make symptoms disappear within a couple of weeks. This is looking VERY good to me. I would consider ripping them out myself if it would stop the stones.

I can find very little in reference to hyperparathyroidism on your site. Are there any specific dietary recommendations you would have for this?

I have a few months to maybe get control of this before I let them take the parathyroid glands that are acting up out. What issues might I be looking at if I do let them remove one or two of them?

Though I wish I had more witty comments here, I really just want to get to the point. Much love to your podcast and your team. You’re all f***ing wonderful! ^_^” And then some really creative face that’s not really smiling.

Robb Wolf: It’s kind of smiling. Yeah.

Greg Everett: It has like chola eyebrows and then a flat mouth.

Robb Wolf: [Laughs] Yes. But still it’s warm and inviting.

Greg Everett: It’s... [Laughs] Okay.

Robb Wolf: For three symbols.

Greg Everett: Fair enough.

Robb Wolf: It’s pretty warm and inviting. You know, the main contraindication with hyperparathyroidism is that you definitely do not want too much vitamin D, which is going to exacerbate that whole story. I don’t know if the –you know, like if they checked the potential of an autoimmune situation with

this but you know, the fact that you're gluten-free, you've been eating paleo that all would seem like it would help this. But if they've checked for any type of autoimmune situation, it would be interesting to know if you do have that although tackling that gets challenging because you want to minimize the amount of vitamin D or keep it within pretty tight boundaries because it's going to make the kidney stones worse, at least potentially. It's a noncomplex situation.

I did a fair amount of poking around on this and the hyperparathyroidism is not super common so like the docs are not oftentimes super well versed in doing it and it's kind of a complex deal of dealing with the calcium and whatnot. I would look into is there any possibility that there's an autoimmune component to this. If there is, then trying to figure out how to do as much of an autoimmune paleo protocol as you could within the boundaries of you know, limiting the vitamin D situation, I wonder if getting vitamin D from the sun would be less problematic than supplemental vitamin D. Like you could have better effect with lower doses versus getting it from dietary sources and then short of that I mean the you know, having them removed sounds like it might be the way to go with this.

Greg Everett: Maybe you can just pierce them.

Robb Wolf: Yeah. I was going to say you could pierce them but be careful. There's a lot of important stuff in there.

Greg Everett: Right.

Robb Wolf: Yeah. I mean your neck and stuff.

Greg Everett: Whatever.

Robb Wolf: Okay. You're pretty avant-garde with that.

Greg Everett: Less... [Laughs] She's a professional body piercer.

Robb Wolf: All right.

Greg Everett: She's got it down.

Robb Wolf: That's cool.

Greg Everett: All right. Last one. Preventing muscle loss while rehabbing a right shoulder labral tear. Jamie says:

“Robb and Greg,

I recently found out I have a posterior tear in my labrum in my right shoulder. I’m scheduled to have it surgically repaired in mid-January.” I like how he specifies a couple of times that it’s the right shoulder. I mean not that that’s wrong or anything. I just think it’s funny. Like perhaps we would give different advice if it were the left shoulder.

Robb Wolf: Right.
[crosstalk]

We have clear with the surgeon.

[0:35:01]

Gregg Everett: Yes, yes.

Robb Wolf: Awesome.

Gregg Everett: Bring your own Sharpie and mark it for them.

Robb Wolf: Right.

Gregg Everett: “My ortho said the rehab period is 4-6 months. I was wondering if you have had any experience rehabbing clients/athletes after this type of surgery?

I eat Paleo 85-90% of the time so I’m not worried about putting on weight. I’m mainly concerned with losing muscle mass due to mandated inactivity.

Any suggestions to minimize muscle loss and prevent drastic declines in muscular strength would be greatly welcomed.

Thanks for all that you do to make living a healthy life easy and entertaining.”

Robb Wolf: I’ve worked with a couple of people with this. One guy who is an MMA fighter, I mean you can do all kinds of unilateral work, you know, you can get hip belts so that you can do squats and lunges. Even with the – so like being able to hold a dumb bell at the side probably pretty quickly you’d be able to do that stuff. I think rather quickly you’d be able to do like some prone you know, like a push-up position type things, getting some straight arm kind of loading. So it’s basically do as much as you can with the rest of your body as you would normally do then with that, the

affected right shoulder should do – do as much as you can get away with. You’ve just got to look at this as kind of a long term deal. If you don’t address the labrum tear effectively then it’s going to nag you and nag you and nag you and you never will going to get ahead of it.

So get a little less concerned about losing muscle mass in the immediate term. You know, hopefully you’re right-handed actually and you’ll be able to get the left hand you know, as strong or stronger than the right one doing all kinds of unilateral work and then you can load the lower body just fine doing a variety of unilateral and single leg type stuff. Then just get rehabbed effectively and get back in and hit it. That’s what we did with Tyler and he’s done great with this. You know, it was boring for a while and a little bit nerve wrecking but did a really good rehab on them and he’s crushing it now. He’s up beyond what his PRs were prior to getting injured.

Greg Everett:

Cool.

Robb Wolf:

Yeah.

Greg Everett:

Yeah that’s a good point to underscore is that a lot of people have surgeries or whatever to repair these problems but then never diagnose the source of the problem and end up just doing it over and over again.

Robb Wolf:

Right.

Greg Everett:

Don’t be that guy.

Robb Wolf:

Don’t be that guy.

Greg Everett:

All right.

Robb Wolf:

That’s it.

Greg Everett:

Last words? Last words before we take another three-month break?
[Laughs]

Robb Wolf:

We will be back at it more consistently, I’m trying to set up more interviews because you know Greg is busy, I’m busy. Sometimes it’s hard for us to coordinate. Also, this podcast is maybe illustrative of this, which is in order to keep it somewhat interesting then these questions become more and more medical and it almost becomes a steal where it’s like well go see your family. Go see your healthcare provider, you know, which seems like kind of a limp weened copout but at the same time we’re not

really in a position to offer medical advice. If basic you know, paleo template type stuff doesn't address it then it just doesn't address it then we kind of need to go someplace else. So that's been a little bit of I don't know if I'll call it a frustration per se but you know, to breathe some new life into this Greg and I are going to try to do some interviews and get some other fresh perspectives in here and then you'll definitely see us powwowing as we put together some decent questions. But I'm going to try to bring some new life into this thing to get some different perspectives and not just the same old, same old, damn it.

Greg Everett: Yeah.

Robb Wolf: Yeah.

Greg Everett: All right.

Robb Wolf: So anything else G? Anything that folks should know about or be aware of or...?

Greg Everett: Let's see. When does this come out?

Robb Wolf: Forget immediately....

Greg Everett: This comes out this Tuesday so.

Robb Wolf: It will come out --

Greg Everett: So you guys...

Robb Wolf: ...two Tuesdays because we're probably --

Greg Everett: Oh two Tuesdays.

Robb Wolf: Yeah.

Greg Everett: Okay, never mind then I will not say what I was going to say because it will not exist by then.

Robb Wolf: Perfect.

Greg Everett: Yes.

Robb Wolf: Even better.

Greg Everett: Okay. All right.

Robb Wolf: All right. Thanks for everything, will talk to you soon.

Greg Everett: All right. See you.

Robb Wolf: Bye.

[0:39:12] End of Audio