

Paleo Solution - 237

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Robb: Howdy folks. We are back. It's another episode of the PaleoSolution podcast. And large and in-charge my good friend Greg Everett is back with us. How are you doing man?

Greg: I'm doing fantastic although I genuinely am struggling to remember how we do these. It took me about 20 minutes to get ready.

Robb: It's been a little while since Greg and I have been getting together. And the process of getting our recording to actually work was possibly a reminder of why we haven't done one together in a while. I'm guessing, but...

Greg: It's been tough scheduling-wise. We haven't done once since I was in our previous gym. And we moved into this gym in January. So that's about 9 months.

Robb: It's been a good long time since we rock and rolled. All I know is Greg was trying to get all the stuff fired up. The main thing that I heard coming from him was fuck these fuckers, fuck, fuck, fucky fuck.

Greg: That's pretty standard. It's nothing unusual for me.

Robb: So dude, update everybody what have you been up to? What's been happening on the Catalyst Athletic side? You guys had some success at nationals. You moved the gym, what else has been going on?

Greg: Yeah, we moved the gym all the way across the parking lot. So new facility, new layout, much better.

Robb: Did you move it for time? Or was it being...

Greg: Well, we kind of did because I wanted to not be closed. I think we ended up being closed by one day. The weight lifters didn't lose any training day so that was really what the rush was for. And then of course there was work to be done. So I don't want to take around moving stuff rather than doing all the other things I need to get done.

Yeah, national championships, when was that? It was July, Salt Lake City when this team won bronze. We had a couple of medalists, individual medalist. So yeah, it was a pretty good run. Catalyst has a few books on their way out before the end of the year. And I got bunch of stuff I'm working on. And it's busy. I keep saying every time we talk it's like yeah I'm working on trying to cut down on the work I'm doing so I can you know have some more time for these creative projects. But it just more and more keeps piling on somehow.

Robb: Shocker, shocker.

Greg: What's going on over there in old Reno?

Robb: You know we had balloon races to people who are tuning up for balloon races and we almost had a crash landing on our house. It actually crashed immediately down the hill from our house so that was kind of cool. We had a baby about a month ago which I think folks are somewhat wired up on that. That's about it.

And we're really cranking on this risk assessment program. We are actually beta-testing the exams. I would actually alpha beta gamma delta and we're probably like delta testing now because our alpha and beta testing, it was pretty clear that what I intended to be the original cert was going to be so hard that there would be two people that would pass it.

And so we had to completely revamp all that stuff and we actually altered the order of how people are going to be entering into that certification process, going general and application first and then actually as people moved their way through the tiers on the certification then it will actually be the more hard core juicy science later that we tried cracking this stuff open. And you know laying the basic foundations to basic science first which is really the way it should learn stuff.

But people were literally going to be spending like two years studying basic science before they even figured out how to modify nutrition for somebody like so what do I eat again man? So we had, that's been an interesting process kind of figuring that out but we're beta testing that in some first responder communities and we're getting some good feedbacks from those folks. And we are trying it in the first responder community first because these guys, you know typically at somebody police military fire who has an interest in coaching, nutrition that type of

stuff but they do not have a background in you know say like basic science they only have an exercise physiology or biology background.

And so we figured that if we could get these guys up to speed and actually get them helping the folks in their teams in some sort of a meaningful way that this would actually be good as far as the roll out you know for mass consumptions. So the thing is we have some really exciting stuff brewing with that which I will update people on soon. But basically just know that we are beta testing it and you will see a lot more on that very, very soon.

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Greg: Cool.

Robb: Yeah.

Greg: Continuing to take over the world.

Robb: Yeah, whatever's left of it. Yeah. Whatever hasn't been stomped on. How's the Catalyst Athletics affiliate program going on? How many affiliates do you have? Who were the, don't you have, haven't you like taken over all of a city in Ireland or something like that?

Greg: Yeah, we pretty much have Dublin covered. We've got three affiliates in Dublin which might sound like over saturation but they're all about 30 minutes apart. So not really any conflict there. So yeah, I don't even know how many we have. It's approaching 20 I think. And good stuff next year. We will be doing some more international certs. I will not be on them. This year was my big travel year. I got you know my coaching staff trained up and off that I can send them out and have them do these seminars for me.

So I'll still do a couple at least here at Catalyst. And then maybe one or two kind of West Coast ones but I've paid my dues with the travel stuff. I can't do it. It's just too hard on me and it makes me a grumpy person and then you guys don't get all the good stuff you deserve because I'm too busy being pissed off about getting on an airplane. Just kidding. I actually suck it up.

Robb: Perfect. Just as an aside, you're already a grumpy person. So it probably isn't a good fit to poke the bear on that. Okay so do you want to jump in on, start with Cross Fit football question?

Greg: Well it wouldn't seem to make sense since that is number one here on our list.

Robb: Number one, yeah. You know we never have started at number 10 and worked backwards.

Greg: We never have, we are so ordinary.

Robb: We'll stick with missionary style for now.

Greg: Alright. Andy says, hi Robb and Greg. First Greg, American Weightlifting Documentary is fantastic. Watched three times. Well done. Thank you Andy. Robb, you're cool. Well done on that. Good work, buddy. In all seriousness, thank you both for all the info and invaluable resource you provide. My question is pretty simple. What are your thoughts on CrossFit football? I know that Robb and John Welbourn are buddies and I'm sure Greg and John are too. I just started the program on amateur progression trying to eek out some strength gain with old fashion linear periodization.

I like the emphasis on heavy lifting with an actual lifting program not random strength thrown in for giggles whenever a coach at a local box feels like it. And the emphasis on short conditioning sessions making CrossFit football much more efficient program to drive positive adaptations and body composition, strength power than normal CrossFit programming.

What are your thoughts on the program, methodology, etcetera for someone not wanting to go to the games but just be bigger, faster and stronger? I don't know. CrossFit football makes me want to grow a nice full beard, wear lots of flannel and have meat on a bone every meal. You know manly shit. Thanks guys.

Robb: Well you know, for me if it makes you feel good then it can't be that bad or something like that. What's the song? If it make you happy it can't be that bad or something like that. what's the song? Makes you happy, it can't be that bad.

Greg: Something like that.

Robb: Something like that. Personally I like the CrossFit football programming. Welbourn and his crew have kind of taken it even a step further where they have the power athlete template now and he has a kind of a pay wall deal for the power athlete programming which I'd like even more because it really caters to a planned, periodized, progression. It still has like a linear progression for beginners and then kind of the conjugate method, block periodization thing on the backend of the more advanced lifters.

But you know the CrossFit football, I think is really good stuff for getting bigger, faster, stronger. Even if in my opinion, even if somebody were looking kind of towards the games, if you were to keep an aerobic base functioning in the background of this thing you know your long run, bike, swim once a week. Each one of those modalities not pounding yourself into the dirt, becoming really, really technical, really proficient to getting really you know as freaky strong as you possibly could, while maintaining a basic aerobic engine.

And then if you wanted to peak for some sort of a CrossFit oriented type event, then you start doing more classic mix modal type stuff. Start pushing the time indexing out longer. And so I think again, you know looking at this is as a GPP program, I think it's very, very good. It's great that it has some periodization and either linear periodization for beginners. Some conjugate plus block periodization for more advance folks. I think that's totally legit.

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And Greg I mean early in the Catalyst Athletics workout, the day before you became much more Olympic lifting specific, this is largely what you did too.

Greg: Well, yeah really what I did in the early days was try to not scare anybody away. So I mean, people forget who are like new to the CrossFit world, when I say new I mean like one year into it, they forget how much has changed year to year in the past 10 years. And so even when I started doing that those workouts of what I don't even know six years ago maybe, the idea to a CrossFit or the idea of doing a weightlifting program and not doing vomit inducing wads every single day, was like absurd.

You could not convince them to do it. In these days I think a lot more people are open to that idea. So really all I did was take a weightlifting program. Add some conditioning to it that was complimentary rather than disruptive.

Robb: Deleterious.

Greg: And kind of reduce the volume of the weightlifting training enough to accommodate that additional conditioning work. So it was really a weightlifting program with some conditioning work to appease the crossfitters who weren't quite ready to let go of that security blanket. And I've completely abandoned the conditioning stuff in the last couple of years because there are plenty of people who write hybrid programs now and they're a lot more interested in those than I am which is zero.

So, but you know people will still come to me and say well hey, can I do your program, do some conditioning and I'll give them that same advice like you keep this structure the same, cut down the volume a little bit. Thrown in some short conditioning. As you said, kind of that conditioning in the background sort of deal at least temporarily. And there are, I'm not going to out them because I don't know if they necessarily all want this known.

But there are a couple of big name CrossFit guys. When I say big name I mean like top 10 CrossFit games kind of people who have admitted at least privately to using the catalyst programs. And then doing CrossFit work on top of it. Actually Rich Froning said it in one of his Youtube videos awhile back. And so that's awesome. I really appreciate that. But keep in mind those guys can handle a lot more than the average persons. Probably don't do all Rich's program word for word.

But as far as the CrossFit football stuff goes, I agree. I'm not extremely familiar with it. You know I don't check the site everyday and any of that stuff. But I think that the, what's his name Andy said, as long as there is a structure, plan, strength program with a progression over time, that's always going to be better than just randomly assigned strength work.

For an absolute novice, the random stuff will work pretty well for a while but that's because anything works. So you know don't get caught up in that and say well the first six months when I was doing CrossFit I put 200 pounds on my dead lift just doing it randomly. You could [Cross-talk] just

picking your nose. Yeah, I think that's a great place to start. And as Robb said it's not a bad place to go even if you're kind of more competitive CrossFit oriented.

Robb: Yeah. And Welbourn too has a number of people, name branders, male, female that have used this program and then thinking about what the other things that they need and kind of overlay that and they've done very, very well with that type of stuff. And I not to blabber this thing but you know I just always like progression in lieu of scaling and that's where following something like a Catalyst program or a CrossFit football or power athlete or some of the other better design programs where they really are thinking about you know starting with the basics and then layering on complexity, getting some competency.

You know you wouldn't go and pick up soccer or tactical shooting or you know any type of activity and really expect to just jump in the deep end of the pool and have any degree of success. You have to layer in the basics and then practice, practice, practice and then practice, practice, practice, and there aren't hacks for these things. You have to get in and lay some foundation and then go from there and then you're going to be much more successful.

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It's maybe not as titillating but you know I see this a lot in jiu jitsu and other martial arts scenes. The schools that have a progression versus a scaling kind of approach that people do much better. You have less turnover, you have less injury and injury potential. So it just makes sense on a lot of different levels.

Greg: Indeed. Totally unrelated but it's a John Welbourn aside. I watched a little bit of First Blood last night. Does he still have this Talk to Me Johnnie website?

Robb: Yes, he does. Yeah.

Greg: Love it. Alright. So those of you who know that movie will understand that reference. But those of you who don't, it's your own fault for not being familiar with that movie. And I will leave it up to you to make the decision to go watch it several times and appreciate the amazing movie that is.

Robb: And Welbourn has done a fantastic job of integrating a significant chunk of the First Blood methos into his websites. So it's outstanding work.

Greg: Alright. Let's see here. Flatfooted weight lifter, Cody says hey fellows. I've tried tracking down some evolutionary purpose for flatfeet i.e. collapse arches but can't really seem to find anything helpful. First question, any thoughts on the purpose of flatfeet from evolutionary perspective. So you can walk on water. Second question.

Robb: For water skiing? Yeah.

Greg: Others affect weightlifting. I've been working on the Olympic lifts here at coach B's for the past six months and in the past I've had trouble feeling comfortable on the bottom of the squat during both the clean and the snatch. I've since relegated myself to using inserts and it's now much easier to sit at the bottom. Shocking. Maybe because my ankle is better aligned with the knee. I don't wear inserts at other times and work on making sure I have proper knee and foot tracking while walking and standing. Anyways, what do you think about using inserts? How does duck-footedness affect other lifters you know? Thanks for the help guys.

I have worn customized orthotics in my weightlifting shoes forever, many years. And I tend to be a little bit on the flat foot side, not extreme but I will not train without them because it seems a big risk for absolutely no reason. I know there's a lot of people out there who are stubbornly oppose to doing any kind of orthotic or insert to support their arches and put themselves on the proper position because they are convinced that they need do some kind of foot exercise training and just believe harder that their feet are going to become better.

I think it's just a totally unnecessary risk and it's a huge limiter. And you just got to remember that everything you know with the weightlifting is ground based and that if there is a problem at the foot, there is going to be a problem all the way up to your wrist over head. It will work its way up there eventually. So make sure that foundation is good. And I don't, I mean I don't mean to be like a dick head about this but I don't even see a reason to think about it. You just said right there the arches or the inserts allow you to sit in better to the clean and the snatch. End of discussion. Like you figured it out, done. But Robb you may have some more Paleo-esque thoughts on that.

Robb: Maybe just an expansion of that. I like trying to do a little bit of both. And so I try to run around barefoot as much as I can and I've got to say over the course of time I would say that my arches have actually improved. I do do some of those foot exercises, I followed some of the mobility walk Kelly Sturet's stuff you know trying to mobilize fascia and everything. And I think that I've had benefit with that.

But then you know I don't really Olympic lift at any type of a level where you know I'm really at the razor's edge. I mainly do power variance of stuff at this point. I don't even really back squat that heavy any more but all that said, I didn't even get custom orthotics. I just kind of grab some stuff out of like a local shoe shop and threw them in my Olympic lifting shoes. And it's a night and day difference for me.

And I actually have good hip mobility, pretty good range of movement. My levers are such that you know my torso the femur, the tibia length are pretty good so that I should be able to sit in a nice comfortable deep squat position. I still want to work the Olympic lifts to any big degree. And I'm doing the full variance, I get some knee kind of some patellar tendonitis. And I get some hip flexor problems.

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And so for me mainly doing Brazilian jiu jitsu just the risk reward deal there hasn't really panned out and so I mainly do the power variance and do some other like skipping and bounding and stuff like that. But personally, I like the idea of trying to get your feet reasonably strong without you know wearing orthotics every day, all the time. And then when you're really you know this is why you do benefit from wearing weightlifting belt and why some wrist wraps are helpful at different points. You know when you...

The paleo evolutionary thing is great and you know paleo man was strong but paleo man didn't back squat three times his body weight. So you know when you start pushing the other edges of genetic potential and what not then there are some things that you might want to throw in the mix to kind of shim up the squirrely edges there. And so I like to take a little bit of an integrated approach.

If we have some flatfeet let's do some stuff that maybe we can affect some changes over time that help improve that. But then within that,

let's use some other technology like some custom orthotics or possibly even starting off with some off the shelf stuff and see if you just get a performance improvement immediately. And 99% of the time people do.

You know this is a funny thing. Again going back you know early early in CrossFit land, in the very beginning of this whole story, we're talking like 2003-2004 I was one of the "stronger guys within that scene". I could power clean and push jerk like 295, 305 somewhere around there which was pretty impressive for that day in time. And I did it basically in sneakers. And I was kind of like you don't need Olympic lifting shoes and then I started hanging around somebody like Mike Burgener and he's like oh it's very impressive you know because Burg's a really nice guy and not a dick like Greg. So he's like yeah that's great man, just light that stuff up.

And then when I really started looking at what legitimate Olympic lifters my weight were actually lifting I was like oh man. It's just night and day difference. I was a pod compared to you know to anybody you know that actually was Olympic lifting. And when I started actually putting the shoes on and getting my positions more dialed in then my totals went up and you know everything was much much better.

So there's just certain things you know if you're doing Thai boxing and you're working some heavy bag stuff then you want the right types of gloves and wraps to accommodate that situation. If you're doing mit work then you might use different wraps and gloves for the mit work. And I'm not a super gear intensive person. But there is a reality that there are the right tools for the right situation. And that's probably completely belaboring the point. But yeah that's my small contribution that has been incredibly large.

Greg:

No, it's true. I mean as old as the sport is, weightlifting is not a paleolithic activity. I mean it's you're using really high ends steel alloys and needle bearings and you know all these different things. And so I think you can't get over board trying to make that fit into a kind of set of cave man circumstances. Like if you want to go outside and lift rocks and sticks and stuffs in the dirt then by all means barefoot would be the full way to do that.

I'm not being facetious I mean that seriously but you're lifting on a platform, you're lifting the barbell, you're doing these things that are very

modern athletic endeavors not really health endeavors per se. So I think you just have to kind of change your perspective on that a little bit.

Robb: Yeah and you know even though on the transferability side, I've seen a lot of – pretty observational but I've seen a lot of the athlete today I really respect Josh Everett, John Welbourn, some other people that say like played football at a high to moderately-high level that had Olympic lifting background. And they lifted in all Oly shoes. And that they got out and they did their sprints and everything and there are track cleats or their football cleats and what not. And so they kind of had the appropriate foot gear for the appropriate time. And the transferability seemed to be pretty damned impressive or this is a selection via these guys are just fucking good athletes. They were going to win no matter what.

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I don't know but I tend to lean towards you know earlier in my coaching development I had possibly and overly idealistic view naturalism in this and over the course of time I've had my eyes opened and have it modify my view on that. Modifying my stands as it were.

Greg: Yes. Har har I get it. Okay.

Robb: Like nobody else does because nobody else is doing it at this point so...

Greg: Let's see here. Another weightlifting one. Tucking during cleans. Ariel says, whenever I do cleans I end up bringing my knees to my chest and ears if I'm doing a tuck jump. That seems extreme. I have tried doing a series of muscle cleans before my clean attempts but once I go for the full clean I go right back to my bad habit. Any suggestions for things that I can do to prevent myself to continuing do this?

I do have some suggestions. Number one though it's not clear here if you were doing this crazy thing with your knees as a part of your elevation on the bar in other words you're kind of actually doing a tuck jump as you pull the bar or if you're just lifting your knees that high as you pull yourself down under the bar which two totally different things. So different ways of try to correct them but I'll start with the first one first.

If you are picking your legs up like that, as you're lifting the bar then the muscle cleans might help a little bit but I think what would help more would be doing a complex of say like 1 to 3 clean poles followed by a clean. And with those clean poles, focusing on keeping constant pressure on the ground with your feet. In other words continuing to push against the platform all the way up through that extension in your body. And then trying to replicate that when you do the clean.

In other words, with the clean you can almost think of it as delaying the time that you actually lift your feet to transition under the bar slightly. Another one you can try would be doing cleans without lifting your feet. Trying to stay flatfooted while you do the clean. Now, understand that I'm not suggesting this as an ultimate technique for cleans, it's a remedial thing. So you know, practice doing that and your warm ups for example or as a separate exercise before you do your cleans and see how that helps.

If you are picking your knees up like that on the way under the bar, I would again do the flatfooted cleans so not moving your feet at all off the ground during excuse me throughout the whole movement. I would try to doing tall cleans so standing in that just straight up tall position. And the only thing you're going to do is pull yourself down under the bar.

So you're going to pick your feet up just enough to move them out into your squat position and reconnect flat with the floor as you pull down under the bar with your arms. So obviously a very light weight empty bar you know to 30-40% of your best clean depending on how much you do in there.

But that will give you a chance to really focus on the minimal foot movement rather than picking your knees and your feet way up just enough to reconnect flat and move out into your squats. So I would start there and see how it goes.

Robb: So Greg, on Catalyst Athletics clearly you're going to have some videos that can be search for tall clean, for clean poles, do you know if you have a demo of this you know feet in place clean? Or do you guys have a video of that?

Greg: I don't right now. But fortunately for the entire world I'm in the process of rebuilding our entire exercise demo library which as it stands is already

the biggest and best one out there. But it's going to be ridiculous. And it's going to be made even more ridiculous by the fact that it's still going to be free.

Robb: Outstanding.

Greg: I got the seminar we did in Manchester a few months ago, during the programming section, one of the gals raised her hand and just asked something like why do you give away so much for free when everyone else charges money? And I was stomped. I didn't have a good answer to that. So enjoy it while you can before I wise up and start charging you guys for everything.

Robb: Oh man.

Greg: This one is called Robb's amazing BS detection. I agree you're pretty good at this.

Robb: [Cross-talk]

Greg: Is this a gorifficus, that sounds like someone from Gwar. Alright.

Robb: It should be awesome.

Greg: That would be pretty awesome. Robb Wolf, in the article you mentioned you were good at sniffing out bullshit from co-dependent types and narcissists that don't want to take responsibility. So almost everybody in the world at this point. They say you can smell fear. Any advice on how to do this. It will make knowing when to know to – what? It will make knowing when to know to stop talking to people about Paleo a lot easier. That was an incredible sentence.

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Robb: Way too any words in there.

Greg: P.S. it seems my parents are just like yours only not as sick. At this point they have paleo library of their own but my dad still doesn't seem to know that white bread like whole wheat bread also has wheat in it. And then he links to an article of yours.

Robb: The Paleo diet how do you convince someone to eat paleo which is one of my I guess more heartfelt pieces. You know this bullshit detector thing,

I think it was in you know it grew out of having some pretty co-dependent parents particularly my mom. Love my mom but some stuff there and you know just figuring out how to navigate that relationship. And I guess if nothing else, if I just get the real thing that the flags are saying, you get a bunch of questions, you throw out, hey well maybe you can try this or maybe you can try that. And you just end up in an argument immediately.

And you get some fear, you get some recoiling. Then that's usually fits the criteria right there. That deals with kind of a co-dependent deal. The narcissistic personality gig is a whole other topic which yeah whenever you sign up to follow a guru of whatever form if you challenge her stance on something, even in a bleak way and provide some pretty substantial support of why you should alter that position and the said person try to take your head off at the shoulder blades then you're probably dealing with a narcissistic personality disorder. I wouldn't probably steer clear of that quicker as oppose to later.

But you know it's just kind of a learning process and we've talked about this at the clinic because we're always, I'm always in this somewhat of an internal battle, an internal struggle about how do you reach to most people. How do you help the most people like my goal with all these stuff I just want people to know from the health stand point that you got some options out there. That if you have some sort of black key, maybe undiagnosable condition, it's kind of inflammatory and kind of auto-immune and nobody can really pin down what it is that there might be some pretty good ideas as to what's going on if you look at it from kind of an evolutionary biology perspective.

If you don't want to do anything about it that's fine. I've just encountered so many people that didn't know that they had options. I've seen people die because they didn't know that they had options. So my goal is just to let people know hey you might have an option. That's my goal. And when I feel like I've reached the point where that message is sufficiently that capped out of the bag enough, it's not going to die, it's not going to go away. Enough people are talking about this. I'm going to shift gears and do some other stuff because I really don't like being embroiled in an interweb debate about Paleo and vegan and all these other crap like that.

I actually don't get off on that. I'm actually I'll at ease being kind of like a guru figure on this scene I do it because it really legitimately seems to help people. But I really, I've seen a lot of stuff like come out of the quantified self-sphere and different things like that. And there's this sense that if you can just get people tracking this or monitoring that that's going to affect change and I just, I kind of call bullshit on about 99% of that stuff.

What I've found is that you know and I've mentioned this on podcast before about 50% of the people that you encounter if you throw an idea out to them like hey go to bed earlier, take a walk, lift some weights, eat something that reasonably approximates what food really looks like not something out of the box or a can. You probably going to look, feel and perform well. Your biomarkers of health and disease will go on a favorable direction and those people would be like cool okay I'll try it. It's not a big pain in the balls to get them to do it.

The remaining 50% of that half those people will take a lot of begging and pleading and cajoling and eventually those people who will kick over and they will give it a shot. And usually they're like super annoying because they're so excited and there is over the top in promoting this thing then is what they were in arguing against you. But they weren't arguing against you in that just completely disengage, I don't want to change anything that I'm doing kind of manner which typifies that remaining 20-25% of people.

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These are the people that are – they're the smoker who ends up smoking through the trick hole. They're never going to be reached. They're never going to be changed. And it maybe as heartless but I am so incredibly disinterested in trying to help those people because there are so many of that other 75 or 80% that with a minimum amount of work, I feel like I, we can affect some change in those people. And then give some momentum and then really you know get the maximum return on our investment.

Whereas there are a lot of people that try to figure out like this I imagine it in my head it's like this meeting dance of a tropical bird. And if you flap your wings and wiggle your ass and bob your head in just the exact

perfect way that it's going to trigger something in those person and they're going to be like I get it, I get it. And you know they're going to buy in and you know will give it a shot. And they just don't.

They never do and you waste your time and it gets frustrating. And you get burned out and you don't want to do the coaching. You don't want to do medicine or whatever it is that you originally signed up to do with this stuff because you loved it. You know, originally you loved this type of thing.

So that's my kind of long winded three T's on that I guess. And you know I still just largely focus on the folks who want help and then it's kind of easy for me and easier for them. And if folks don't want help I just would really appreciate if they were in an insurance trench that was different than mine so I don't have to pay for them. So there you go.

Greg:

Indeed. Alright. Well, it wouldn't be a PaleoSolution podcast without talk about poo. We just can't get away from it. Or as we renamed it for Steve, post food. Alright. Scott says hello Robb, thank you for all your amazing work. You have helped so many people. Since you are a father as well, I'm hoping that you'll have time to answer this question for all the other paleo parents out there.

My 3 year old son who is on a fairly strict gluten free diet mostly grain free with occasional exceptions and does eat grass fed cheese and healthy fats has been dealing with constipation since birth. He was and is still breastfeeding if this makes any difference. We give him a probiotic in the morning with his food.

At the recommendation of our naturopath he's been on Miralax for the past year. He has a bowel movement every 3 or 4 days if we're lucky. And is typically a big ordeal of lots of pushing and discomfort. Sorry for the long background story. Here's my question. From your perspective apart from the typical suggestions of prunes etcetera, what else can we give him that will help him with this and still be in line with our diet? Is there a better probiotic we should consider?

I've heard so much contradictory discussion about the importance of fiber. Also we just stopped the Miralax. There's been some controversy about giving it to children. It's been a week now and he's had a lot of

cramping and borderline diarrhea after being off of it. Any thoughts on the dangers of this product? Thank you so much.

Robb:

You know on the product I just honestly have zero experience with it so I can't really comment on one way or the other on the Miralax. So apologies with that. You know, said the fairly strict gluten free diet, come on friends. With the gluten deal and if there's any type of G.I. s tuff, any type of irritable bowel syndrome there's kind of like pregnant or not pregnant. You're either kind of on that bus or you're not. And so I've got to say like the, it's just a box you got to take. You just got to religiously tackle that gluten-free piece at least initially just to really answer that question.

I wish it was another way around it but there's just like you just got to tackle that like your life kind of depends on it at least for a month, 2 months and see if that's the big deal. Then there's always the potential that you may have also exclude corn. If there is a gluten intolerance somewhere in there, then there's a very very high likelihood of a cross-reactivity with dairy so the grass fed cheese maybe a problem. So I mean there was the usual boxes you got to take on that.

One thing non-food related that I have seen worked really well and I saw it work actually last night with my gassy month in week old daughter is just some belly rubs. And you get the kid down on their back. If the kid is a little older, you have them bend their legs so that their abs aren't really engaged and you do if you're looking at the kid, it's going to be a clockwise kind of belly rub which is kind of the direction of the peristaltic kind of action in the belly. You can throw a little bit of coconut oil on your hands.

And you just get in both hands together, fingers, fingers touching and you go down where you get a little bit of pressure and then you just do small circles. And the small circles carry you and a big circle all the way around the abdominal wall. There's probably some Youtube videos of kind of how to do this stuff.

[0:40:00]

My dear friend Charles Mayfield, actually done this for him while he travels when we've been in the Bahamas before. Because when he travels he gets a little uptight and I'm outing him on this. But he actually

found that to be incredibly helpful. About 10 minutes of me doing that and he did a dash to the bathroom and it was like man, that was laying on the hands. It really worked.

So the kind of manual therapy stuff can be really, really helpful with that. it just gets the peristaltic functions going in the belly. You can play around with magnesium and different stuff like that. But it sounds like you're in this kind of weird, in-between phase of maybe some constipation, maybe some diarrhea so I don't know if you really want to go wild with the magnesium.

But the two things that I would definitely think about, 100% gluten-free and I would also get in and tinker with a little bit of the belly rub and see how that goes. That's say again with super gassy, Nikki had some dark chocolate and she thinks that the dark chocolate was the culprit with that. So the poor kid was like her belly was like a rock. Just distended, really really gassy. I had to start off really gently and I did probably about 15 to 20 minutes of circular belly rubs. And the distention started kind of breaking up and started softening out.

The whole time she's just crying and squalling. And then she shat for like 30 seconds. It sounded like a large whoopy cushion filled with mashed potatoes and gravy. And then she quit crying. And she smiled and she's been fine ever since then and Nikki's like okay no more chocolate for a while. You know we don't know if that was the thing like kids can get gassy. You could have the best of eating and the kids can still get gassy. Their GI tracts are ramping up as they grow.

A 3 year old typically their GI tracts is a little bit more wired up. But man the manual therapy is very powerful if somebody's got a little bit of impaction, a little bit of slow peristalsis going on. It's pretty money.

Greg: Cool. I will not be having mashed potatoes and gravy for lunch today.

Robb: Or possibly ever again.

Greg: Or dark chocolate.

Robb: Yes.

Greg: Alright well, what do say we wrap it up there? That's about the 45 minute mark.

Robb: That works when we've gone over 45 minutes and we have ended up breaking garage band.

Greg: It suddenly goes from 45 to 0.

Robb: To zero. Yeah. Sweet man. Well it's great having you back. Greg and I will drop a Greg and Robb Q and A in the mix here just to liven things up, we had some people requesting that. I think for both of us we're both very, very busy and we just wanted to kind of shift things around and do some interviews and what not to break things up. But I definitely enjoy doing this. So we'll drop him in maybe every third or fourth episode something like that and see how folks like that schedule.

Greg: Cool.

Robb: Sweet man, thank you for helping me remember how the hell we do these things. That was good.

Greg: Pure luck.

Robb: Yeah, exactly.

Greg: Alright.

Robb: Alright man, will talk to you soon G. Take care.

Greg: See you.

Robb: Okay. Bye bye.

[0:43:27] End of Audio