

Paleo Solution - 274

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Howdy folks, another edition of the Paleo Solution podcast. I'm very excited for our guest today. Laura Schoenfeld is a master of public health and RD and just all round one of the most righteous peeps that I know in the ancestral health scene. She is the founder of the AncestralizeMe.com website, LauraSchoenfeld.com and just doing all kinds of cool work in this paleo ancestral Weston A. Price scene.

Laura, how are you doing?

Laura Schoenfeld: I'm doing well. I have to correct you though, it's LauraSchoenfeldRD.com. Somebody actually has my name as their--

Robb Wolf: Oh, okay. Okay.

Laura Schoenfeld: Do you want to start that over or did you want to?

Robb Wolf: No, no. No, I don't do any redos on the show. So LauraSchoenfeldRD.com. Okay and we'll--

Laura Schoenfeld: Yeah. It essentially is just going to lead you straight down to Ancestralize Me. So people can just go there.

Robb Wolf: Cool, cool. So what's new? When I get ready to press record on this thing, you were breathlessly recovering from a workout. What's the story with your workout? Were you training?

Laura Schoenfeld: Yeah. So I just started training a couple of weeks ago at a place called Capital Strength & Conditioning in Raleigh, North Carolina. That's where I live. I wanted to shout out to my coach, Matt. He's been putting me through paces over the last couple of weeks. I was in a car accident in January so my fitness has kind of bottomed out in the last couple of months and I really want to get back into strength and conditioning in a really safe way. I actually have a CrossFit level 1 certification so I do know somewhat about lifting and designing my own workouts and that kind of thing. But I just really felt like it was time to get somebody to help me get back into shape, do things the right way, prevent injuries and not either go overboard or underboard I should say.

Robb Wolf: Nice.

Laura Schoenfeld: My arms are little shaky and I was just catching my breath from a pretty tough MetCon workout.

Robb Wolf: Nice.

Laura Schoenfeld: So I sound a little shaky, it's not just my nerves.

Robb Wolf: [Laughs]. I love when people say that they're nervous talking to me and then I'll relate that to my wife and Nicki is like you're a moron, why would anybody be concerned about talking to you. I'm like I have no idea but that's awesome.

Laura Schoenfeld: Well as some of our mutual friends may remember when I met you at was it AHS?

Robb Wolf: Yeah, the one in Boston, yeah.

Laura Schoenfeld: Yeah and I was like sweating and shaking and just like I don't even know what it was. Like I was so freaked out and Dianne Sanfilippo would just not let me hear the end of it. So it was--I was like well I'm sweating and shaking this time but it's not from necessarily my nerves, only a little bit of that.

Robb Wolf: Dianne could meet Moses and she would be unimpressed and she would be like yeah whatever it's Robb. I drink wine with that guy.

Laura Schoenfeld: Yeah, well.

Robb Wolf: I'm very honored for that. Thank you very much. So people in the Raleigh area where they can they track down Capital Strength & Conditioning? Do they have a website they can track down?

Laura Schoenfeld: Yeah. He's got a pretty good website. Gosh, you know, I can't even remember what road it's on. It's just right near where my dog goes to daycare sometimes so it's just been like engrained in my memory. I want to say it's Atlantic Avenue. But if you just look up Capital Strength & Conditioning, it's one of the few places in Raleigh that's a place to do heavy lifting but it's not a CrossFit affiliate. So I was kind of turned on by the idea that it was a little bit more controlled, a little less like do as much as possible until you're throwing up kind of thing, not that I'm anti-CrossFit but that's just the experience that I've had at some other CrossFit facilities I've been to. So I didn't feel into that going into that kind of situation. So I decided to take the plunge and get a one on one trainer to really focus on safe strength building and getting back into the level of fitness that I used to be back in the day.

[0:05:31]

Robb Wolf: Nice. Well and particularly coming off car accident and having some issues to work through. So their website is CapitalStrength.com and it looks like a really good website. It looks like they're doing great work and clearly you've vetted it out which is what I tell folks to do regardless of whether they're checking out, wherever you're going, you should definitely ask a number of questions. We've had a quite a few podcasts where we talk about kind of vetting your strength and conditioning coach and as an aside Dan John has a great line that he says he who has himself as coach has an idiot for a coach. It's good to seek out some outside help on that stuff.

Laura Schoenfeld: Yeah. Well I definitely need a lot of help. I'm not the best at form.

Robb Wolf: Okay.

Laura Schoenfeld: So I'm working on it.

Robb Wolf: Very cool, very cool. So Laura I hear questions constantly from folks who their life has been transformed with this ancestral health template. They

really want to get in and help folks and they ask me what the heck should I do? Should I get an RD? Should I go to medical school? Should I do this? Should I do that? You've gone through master's in public health program. You've gone through the registered dietetics process all the while having this ancestral health steeping. Why did you that?

It seems like a hard of process on the best of days but then when you see kind of the compare and contrast to the way that things are done and kind of mainstream orthodox setting and then having this ancestral health idea in your back pocket. Like how much more difficult did that make that process or did you just have the eye on the price of getting it done and it wasn't that big of a deal?

Laura Schoenfeld: Well, that was definitely part of it. Part of it was I'm lucky to have a mother who was just on your podcast recently and she is a registered dietician as well so there was some level of calling here in tears being like I can't do this but just getting a little bit of coaching from her. Luckily, the program I went to is and this is not like humble bragging or anything but it is one of the best programs in the country for the dietetics degree in nutrition in general. So I did find that my program was pretty advanced for a lot of the research side of things.

Robb Wolf: Which program was that?

Laura Schoenfeld: This is at UNC, Chapel Hill.

Robb Wolf: Okay.

Laura Schoenfeld: Not surprisingly a lot of what we learn in our biochemistry classes and a lot of the clinical nutrition classes. There was actually a lot of overlap in what I was learning from for example working for Chris Kresser. I was doing a lot of research for him back when I was in grad school and I was learning tons through that process. So a lot of it lined up so it's obviously that biochemistry doesn't have any sort of, well maybe it does, I don't know, correct me if I'm wrong but it doesn't have as much political influences.

Robb Wolf: There's not a lot of bias in that I mean yeah, yeah.

Laura Schoenfeld: Right, right. So a lot of that lined up and then again I did learn a lot in the clinical side of things. I'd say the hardest part of the program was honestly the public health side of things because it was... I had to say the most frustrating part was seeing all these really well-meaning people working on projects that in my mind were completely pointless.

So one example would be there was a lot of talk about going into childcare settings and schools and getting rid of full fat milk and going to like skim or low fat. So that was like the hardest part. For me, it wasn't that they were like militant about like the food pyramid or anything like that. But I just think there is this level of ignorance in the public health sphere where they don't even realize that the stuff that they're working so hard on is not even going to help that populations that they're looking to help.

Robb Wolf: In fact being jurist to these populations.

Laura Schoenfeld: Right, right. So I would just get frustrated because of the state of things. I wasn't angry at the professors like I mean there is some level of shouldn't you stay up to date on what's actually accurate on nutrition recommendations. But they're kind of in that zone of like let's work on the system of implementing nutrition changes in a population. After getting my MPH, I definitely started having a distaste for public health especially because it tends to have like a one size fits all, everyone needs to follow the same recommendations and those recommendations tends to be based on inaccurate science. So it's just like a kind of big shit show there. Excuse my French. But it was--

Robb Wolf: We speak lots of French on the show. It's fine.

[0:10:17]

Laura Schoenfeld: Yes, fluent French. So one thing I used to do was that I would send articles to my professors that would say evidence shows that full fat dairy does this and this and this and it's like improves body fat percentage and blood sugar control, blah, blah, blah, anything that was showing that full fat dairy products were better than low fat. My professors would always be like oh this is interesting okay like thanks for sending that to me. I went about it in a way that was very innocent like oh I wonder if you've seen this article. I wasn't like I was like you're wrong, this is right, listen to me. Because some people do take a little bit more like an angry this is wrong attitude where as my attitude was always like have you thought about this or did you see this or I'm wondering what you think about this making it very nonconfrontational.

But it was funny because one of my public health professors by the end of my program when I was graduating came up to me and she was like you know what I'm really glad you were sending me that information. My perspective on dairy fat has changed so much over the last couple of years and I really appreciate all the information that you'd sent me. It's

one of those things that it's very slowly changing and there's a lot of barriers to the curriculum changing.

I'd say the biggest problem is that the curriculum does have to be accredited by the Academy of Nutrition and Dietetics which I don't know how often they update their curriculum even though recently they've put out a statement about things like saturated fat cholesterol and not being nutrients of concern. So the trickle down of that change of philosophy into an actual education program, I'm sure is not that fast.

But that said, I do feel like the program was definitely worth my time. Certainly living in North Carolina, it's been very helpful to have an RD degree. I'm not running up against barriers where I can't legally do what I want to do because I don't have the credentials. I know this is something that you've put on your blog a lot and it's something where you and I may, I don't know if we disagree or it's just like a different perspective. But I tend to come from the perspective that licensure for nutrition, I get why it's important and I think that there should be some level of standard for what people need to have as far as an education is concerned before they start working one on one with clients. But I do think that the standard that we have in our state right now in North Carolina is more restrictive than it needs to be. Because obviously there're a lot nutrition programs out there that are great. I think it just needs to get to a point where there's a couple of different options for nutrition programming to go through a master's degree or some kind of... They have like masters in functional nutrition that kind of stuff where that person if they're not an RD even though they're trained would not be allowed to work in North Carolina one on one with people.

So I know it's a little bit controversial. I just feel like I've seen so many people that they're getting information from people who just read a book and then decided to start a blog and maybe have some nice pictures on their website and maybe went to like an online weekend course in nutrition and nutrition is one of those things that I know people think oh it's just food. It's not that big of a deal. It's not going to kill anybody which may or may not be true. The amount of nuance that happens with individuals especially people that have certain kind of chronic diseases, autoimmune disease, diabetes or thyroid disease that kind of thing, I think it is really important to understand how to work within a medical system which you learn in an RD program also learning how to interpret lab values that kind of stuff.

So it's not a perfect system and I wouldn't say that somebody has to get an RD if they're really not interested but I would say that if you can

tolerate some level of discomfort and frustration during the program. I know Diana Rodgers has been through a lot of frustration in her program. It's one of those things that once you're out and once you're able to get into the real world and start working, it's really nice to feel that there's nothing legally preventing you from doing what you want to do.

Robb Wolf: Right.

Laura Schoenfeld: So there're definitely pros and cons. Like I said my program was great. It was--what is it called, now I'm blanking, I don't what it's called. Coordinated program that's what it was called so I didn't have any problems with getting internships. I was guaranteed to get internships that was a really nice side of things so if somebody is thinking about doing an RD program then I would recommend UNC is a really good option. I know the internship side of things can be a little bit of nightmare.

Robb Wolf: Right, right.

[0:15:00]

Laura Schoenfeld: You can avoid that side of things. It's actually not as horrible as a lot of people imagine it to be.

Robb Wolf: Yeah, I mean Diana had a 4.0 in her program and suspiciously couldn't find an internship anywhere which was kind of odd.

Laura Schoenfeld: Yeah, I mean I did actually not get any internships for my summer internship in North Carolina but I tend to give them the benefit of the doubt and think that it was just--I applied to a more popular one. But it all worked out in the end.

Robb Wolf: Awesome. You know on the licensure thing like I would love to see... Because I'm kind of free market libertarian crazy person, as we venture further down to licensure scene for different professions like even within medicine, I would love there to be three or four different American Medical Associations or equivalents and maybe you peel off the osteopaths and they do their gig and then we really compare outcomes within these different groups you know.

Laura Schoenfeld: Right.

Robb Wolf: Once you get this hedge money around things and the structure clearly is good credential and can be very, very good. But once you get everybody under one umbrella, the ability to go in and tweak influence by of

everybody under that umbrella becomes very, very easy and so this is almost it's like a federal power versus state power kind of thing. So I would love to see more decentralization on that. Part of me too like part of my concern with some of that legislation that was popping up, it seemed like and I'm not a lawyer and I've had people kind of arguing both sides of this. That it looked as if someone who was just running a blog, somebody who worked in a gym and they're like they you know here's a paleo shopping list or a Weston A. Price food guide or something like that that person could potentially get in trouble.

I've seen so much power with this decentralized kind of market experimentation type process. Terry Wahls, maybe four years ago, four or five years ago like she was getting some reasonably some hateful responses from the American society of like multiple sclerosis or whatever it is. This last year she was actually invited to attend, not speak at, but to attend their annual meeting and the driver for that was that there were 15 times more chatter and bandwidth regarding paleo and kind of a Wahls protocol related to multiple sclerosis on the multiple sclerosis societies forum than all the other approaches combined.

Laura Schoenfeld: Oh, wow.

Robb Wolf: Clearly, we need science. We need randomized control trials. We need all these type of stuff but I'm also a really big fan of kind of the n=1 experimentation, people getting in and trying this stuff. It's really funny I had gal at the recent Paleo FX. She is a professor at university and she was horrified by my suggestions. Basically, she wanted all the stuff within academic vetting and I was like man, we will be where we are today in a 100 years if we went the route that you're going. But there's some sort of a dynamic tension between those things. I don't know the exact right answer. Clearly, you can dig around on the internet and find some absolutely ridiculous claims from some very, very popular people so I mean it's a mixed bag.

Laura Schoenfeld: It's tough and I think from a legislative perspective at least in North Carolina as far as I'm aware if you're just doing a blog and you're not doing like pain one-on-one counseling with a client then that's not illegal. So it's really just when you go from that like broad information, writing a book, writing a blog, as long as nobody is paying you for it then you're not doing anything illegal. It's not like they're completely shutting down free speech. I remember seeing one person saying that it would be, you get in trouble for talking to your neighbor about your diet, which is not true. I think sometimes the North Carolina Board of Dietetics gets a little bit overly, what's the word, demonized?

Robb Wolf: Scrutinized. Yeah, yeah.

Laura Schoenfeld: I think it's because of the whole Steve Cooksey thing that happened which--being a dietitian, being in like a member of the NCBDN. From that side of things, we saw what they were saying what actually happened was that they were just telling him he couldn't take one on one clients because he was practicing medical nutrition therapy with diabetics. Which if somebody's not trained in the nutrition at all and they're taking clients where they're working with someone who does have a serious medical condition, there is a lot of risk there and then it's like if somebody gets sick or dies, god forbid, who's liable is that something? Is that something he's obviously not going to have to any liability insurance because he's not a licensed professional?

Robb Wolf: Practitioner.

[0:20:29]

Laura Schoenfeld: Yeah. So I think doing blogging and that kind of stuff, people don't need to be worried that the North Carolina Board of Dietetics is going to come shut down their blog because they're sharing their experience with paleo or they're writing articles. Because if that was the case, someone like Food Babe would have gotten shut down a long time ago.

Robb Wolf: Right.

Laura Schoenfeld: Because she is in North Carolina. So I don't want people to feel like the legislation is totally anti-free speech. I get that it's kind of monopoly issue where RDs were the only ones that can get license which that is the problem in my opinion is that there's not enough variety of options with educational paths. But it's one of those things that it's like what do you do? Do you get rid of licensure all together and let anyone hang up a shingle and to call themselves a nutritionist? Or do you make licensure but make it so that there're a couple of different options for education so that there's enough competition where you're not just having one type of nutrition professional that is sanctified by the government.

It's not perfect and I'm all for people doing their own research and finding a nutritionist that they believe is going to be able to help them. I guess my biggest concern having gone through a lot of business training and marketing training and stuff like that is I find that a lot of the most popular people in the field of nutrition tend to be the ones that market themselves really well. It's not necessarily that their knowledge is awesome. I mean certainly there're a lot of people that excel that their

knowledge is so great. Especially for a lot of people, women my age especially tend to be more attracted to another woman that looks the way they want to look as opposed to their being any sort of educational background.

So it's just one of those things that it frustrates me because I take a lot of clients that followed somebody that got them into a worse state of health than what might have been before because they were listening to their recommendations. So there's a lot of controversy there and I don't think there's any perfect option but I don't necessarily think a complete like non-legislated, non-licensed, anyone can call themselves a nutritionist situation is idea either.

Robb Wolf:

Right, right. I like that. My completely crazy libertarian self says no licensure, wild west and everything but then I ended up annoying almost everybody than the more market oriented libertarian folks where I realize that there are people out there maybe 50% of the population that just the way that they are wired up. They really want some sort of guidelines and controls and everything. So I kind of looked at that and say okay so what's kind of a middle ground where we can have some market based signaling that we get best practices out of this and not just the same old rinse, lather, repeat. But so that we can cater to those folks but we've got enough competition. If you have an old archaic form of doing things, it's really not effective like trying to remove full fat dairy out of schools. Let's have some sort competition there so that we can test these things and we can say hey that the school districts that are following these Weston A. price format, they're doing way better based off of XYZ statistical parameters or what not.

Laura Schoenfeld:

I don't know about diet stuff but I did see an article recently showing that there was some kind of middle school or high school that they've changed all their desks to standing desks.

Robb Wolf:

Right, right.

Laura Schoenfeld:

And their showing that the kids are paying attention better and sleeping better and behaving better at home that kind of thing. So I think that would be ideal. There're a lot of barriers to that unfortunately and I think a lot of that is going to come from things like private schools or schools that aren't necessarily limited by a very strict budget. I think a lot of this kind of change is really going to come from more of a grassroots level where you have... I mean dietitians for example going through school right now I get tons of emails all the time about dietetic students asking

me about getting into things like paleo dietetics, not degree but like career that kind of thing.

The more that people like me or people that are interested in this stuff go through this system and actually can like change the system from the inside, I think that'll actually move things faster in the right direction. Because otherwise if nobody would get an RD degree because they didn't want to go through a more traditional education program then the only people getting RD degrees would be the people that believe the low fat food pyramid kind of perspective. So luckily there's a ton of us out here that are more of an ancestral paleo approach. I mean I'm part of a paleo and Weston Price dietetics group on Facebook and I think there's like over, there might be like 200 or 300 of us in that group at this point.

Robb Wolf: Wow, wow.

[0:25:31]

Laura Schoenfeld: Yeah. So and we get into like talk about clients and we have a month--I think it's like a monthly meet up on Google Hangouts. So it's like were all talking together and we let students in there and a lot of them are taking intern. So it's something that--it's definitely grassroots but is moving in the right direction in my opinion. The more people that just kind of bite the bullet and go through the programs that they need to go through to get the licensure that they need in their particular state, the better the face of dietetics will start to change. I think most dieticians especially ones that are in private practice and have a bottom line to consider, they're not going to just keep doing something that's not working. They're going to interested their clients are going to ask them about paleo and the ones that are intelligent are actually going to do the research and determine maybe this stuff is actually correct, you know?

Robb Wolf: Right.

Laura Schoenfeld: At least at some level.

Robb Wolf: Or at least consider it as a tool in a toolbox at the minimum, yeah, yeah.

Laura Schoenfeld: Uh-huh. Yeah. I think being a young dietician and just having gotten out of school like I don't know a year and a half ago, I can see the changes happening and even just that like I said that press release from the academy that said that saturated fat and cholesterol are no longer a nutrient of concern. I mean that was a big deal.

Robb Wolf: Right.

Laura Schoenfeld: And it's funny because I posted the statement on my Facebook page and I had somebody comment like oh well this is old news. I'm like uh-hum yes we understand that the information is old news but the fact that the academy is recognizing it is like that's the big deal. So I don't know it's just really interesting to see the stuff change. It's so funny because I used to get so much--people like tweeting at me or emailing me, asking me like how do you do what you do and like doesn't anyone come after you and tell you that you're doing things wrong?

I'm like no because I have the evidence to back up what I'm doing. It's not like I'm just making stuff up. One of my favorite professors at UNC told that as long as you can provide evidence for what you're doing that the Board of Dietetics is not going to like tell you to shut down or something like that. So I don't know I think there's a lot of fear mongering that happens and I don't know maybe I'm just being ignorant or naïve. There are people with pitchforks standing outside my office as we speak but it's one of those things that I don't want people to be afraid to become a RD because they think they're going to get prosecuted from their local dietetics board.

Robb Wolf: That's a great perspective and I am incredibly ignorant as to the machinations of all that stuff. I had some impassioned people send me information on both sides of the story and I've trying to put together a venue where some of this could be hushed out and discussed but I think you've actually done a very good job of doing that maybe that saved me the work of needing to put that stuff together.

Just on a personal note, I used to take on individual clients and did some nutrition consulting mainly around athletic performance. But as I got busier and things got more popular and also particularly after I got the book out, the people who and this is part of the reason why I don't do on the road seminars anymore and definitely the reason why I don't do individual nutrition coaching anymore. The folks who were reaching out to me maybe 85% of people if they follow book Chris's book or Mark Sisson's book or my book or whatever, 95% of their issues are resolved. They're good to go. They're off and running but that remaining 10, 15, 20% they have some serious medical issues going on.

I was kind of like I'm not really doing this person any favors because all I'm acting as is a middleman basically saying okay you can pay me and now I'm going to tell you to go track down a functional medicine doctor or RD or something. So really wasn't doing people any good in. Even with my on the road seminars, say like 100 people showed up, 15 or 20 of

those people had a stack of medical literature that they wanted someone to help them with and I was like that's not me I'm not a medical provider.

That is why I've been working on this risk assessment program and have this goal of creating an integrated health network that is focused on this ancestral health scene. So I had to really step out of that and kind of redirect my energies both kind of from a moral standpoint, a legal standpoint and also keeping an eye on a longer goal if we have a really robust medical system where folks can be referred then we can take care of them. Like you can get the bulk of the information that most people need from books and websites and what not and then when you have some other lingering issues going on then we have folks like you that we can refer people to.

[0:30:42]

Laura Schoenfeld:

Yeah. Well it's funny with our adrenal fatigue program that we've been running, we're getting a lot of really good results but there's always a handful. It's really like probably at least 30% of the participants that have some other kind of health issue going on that we have office hours and people would be asking questions about digestion and SIBO and hypothyroidism and autoimmune disease and all these stuff. It's like no matter what you do when you try to do a group program or a larger scale educational thing like a talk or a book or anything like that, it's like there's only so much you can tell people before they're individual needs to start to make it more complicated.

So we try to do our best with the program to answer questions on our office hours. But it's just so funny because people will request that we add in additional lessons about thing like, like I said SIBO is a big question that we get a lot of people asking or hypothyroidism, autoimmune disease. It's just like if we were try to make it unique for everyone's situation, our course would just be like this monster and nobody would be able to get through it and it would just be like people would give up halfway through because there would be like 20 videos in each module. So it's really--there is some level of everyone kind of has universal needs, certainly eating a real food diet, it's not like there's some person that's kind of really have health benefits.

Robb Wolf:

Not benefit from that. Yeah, yeah.

Laura Schoenfeld:

Right, right. I mean you can kind of break it down into various like universal truths but once you start to get into like some of the more complicated health issues, it really does get quite nuanced and what may make one person feel amazing could make someone feel completely

terrible. So it's just like and I see this all the time, I kind of build myself like a paleo troubleshooter in my business. I have lots of clients coming to me with they're doing what they thought was totally right and on paper, it looks like it's should be totally right but they're just not responding to it in a good way. So certainly gender is going to affect that, any sort of chronic disease situation, autoimmune disease, adrenal fatigue any of that going to affect how you respond to a certain diet. Age will affect how you respond, lifestyle factor. So there's so many different moving parts when it comes to figuring out the ideal diet. You guys have it really tough trying to write a book because it's like no matter what you do, there's always going to be someone that it doesn't work for.

Robb Wolf:

You know, it's funny within the books scene, I've talked to Chris Kresser about this. I think because I was so early in this scene, I had a given degree of understanding and my book, it still sells well. It still reaches a lot of people but it's actually missing a lot of the nuance that like in Chris's book, there's a ton more nuance in there but he's talked about that. He's simply introducing this nuance to people in a mass consumption format, confuses the hell out of people. Like they just want a black, white, yes, no, binary kind of thing, high carb or low carb? Done.

Even to this day like I'm in this really funny spot where I tend to feel better running pretty much ketotic. Like my cognition is great. I feel really good. My Brazilian jujitsu is not so great. But from just kind of cognitive functioning standpoint, I feel really good on that. But I have a long list of people that I know they've broken themselves eating that way like they needed more carbs. They don't do so well on that low carb thing and so when I throw these nuances out the low carb jihadists like want to rotisserie me at the stake and they're like you sold out to big carbs and I'm like yeah Amanda, the sweet potato lobby is just funding all of my shit. I'm living plush life in Reno from the sweet potato lobby and then I will get some really cranky folks who feel like everybody needs to be eating tons of carbs.

Looking back at my own experience, I had a vaginal birth. I wasn't breastfed. I was on antibiotics tetracycline all through my teenage years to deal with acne. What were some of the other things? Like I clearly had some dairy and gluten intolerances that I didn't figure out until much later in the game and it maybe that I've just – oh and I'm almost certain now that my mom had just gestational diabetes.

Laura Schoenfeld:

Uh-hum.

Robb Wolf: So I just may have some genetic and epigenetic cards stacked against me that that's going to be kind of the way that I need to eat, kind of on this lower carb side of things or I start getting doughy and I have kind of hypoglycemic events and that's just kind of the way it is. It's interesting that this ancestral health model is really, really valuable and I've made this mistake on both sides of this. If we're trying to justify a low carb way of eating, then we'll find low carb examples to justify what we're doing. If we're trying to find high carb ways of eating, then we'll find the high carb cultures to justify that stuff. All of it is very interesting. All of it can inform some hypothesis generation, but at the end of the day, it's really the individual and the individual circumstances that is going to drive this thing finally home.

Laura Schoenfeld: Yeah.

Robb Wolf: Yeah.

Laura Schoenfeld: Well and just because there is evidence for something being ideal, like you said, it doesn't mean that the person is going to work out exactly the way it's supposed to. Like for example, I worked with Paul Jaminet at his health retreats. Every couple, I guess, it's like twice a year at this point and I know from my experience, whenever I do the intermittent fasting with coffee at the same time, it is just like a freaking disaster, like I feel awful. I feel shaky. I feel like totally on edge, like I just get like the worst anxiety ever and I don't – I mean, maybe it's just that I'm not used to it, I don't know.

I'm sure you could come up with a lot of different reasons why I'm just not doing it right. But it just makes me feel awful and whether or not that's supposedly the best thing to do for longevity or cancer prevention, whatever X number reasons you could come up with why that would be a preferable way to live, I just feel terrible doing it. I'd rather take 10 years of life and actually feel good everyday than have this like long life of being anxious and cold and low energy and not being able to work out and over reacting to things and having like emotional instability that kind of stuff. That makes me sound like a maniac, but it's just like, I just tend to be a very, what's the word – I definitely tend to be a more anxious person.

Clearly, from your first experience with me, I was in my little mini panic attack. But it's just one of those things that it's like, if I need to function on a daily basis and I know eating a high protein, moderate carb breakfast is going to make me feel great and make me be able to do my job, make me able to get through 5 hours without eating that kind of

thing, I don't even care what the evidence says. Honestly, at that point, I'm just like, you could give me all the evidence in the world and I know I feel like shit when I do it so I'm not doing it anymore.

Robb Wolf: Right, right.

Laura Schoenfeld: So that's kind of my experience and that doesn't mean that intermittent fasting or bullet proof fasting is like terrible because obviously there's a lot of people out there that are singing its praises, feel awesome doing it, whatever, but it just works terribly for me.

Robb Wolf: Right.

Laura Schoenfeld: So I've learned that and you could give me an entire book dedicated to the science behind it and I just be like alright, thanks, but no thanks.

Robb Wolf: And you know it's funny I'm kind of a round type personality and I can do coffee with food or I can do some intermittent fasting, but if I throw it together, then I've got a disaster on my hands.

Laura Schoenfeld: Yeah.

Robb Wolf: And not everybody reacts that way. Some people, it's totally the bees knees, but it's funny. You know even within this kind of eating a reasonably low carb or ketotic – Quasi-ketotic kind of way of eating, I almost felt guilty eating that way for a long time. Because we had all this information on safe starches and gut microbiome and we need diverse microbiota and you just can't do that on a lower carb way of eating.

Jeff Leach had a wonderful series of post of the American gut and one of the them was hey low carbers, your gut biome isn't that into you.

Laura Schoenfeld: Yeah, I've seen that one.

Robb Wolf: I'm like oh fuck man, like I'm feeling myself. So we'd introduced more carbs and more consistently and I just felt bad. Like just cognition sucked and I would start getting into this cyclical hypoglycemic events. But I'm like, but all this smart people, people smarter than I am are telling me I need to be doing something different. And also just trying to because I'm in some kind of a health education position trying to do some due diligence so that I don't become essentially a food religious fanatic on this thing. So I get in and play with the stuff and I'm just like, man this just doesn't feel good like I'm not firing in all cylinders, but at the same time, whatever it is, you do individually people put a disproportionate waiting

on that. Even if you're saying, hey man this may not be for you, this may not work for you.

(00:40:37)

Laura Schoenfeld: Yeah.

Robb Wolf: Here is kind of an algorithm to go through this. I know Chris does better on more carbs, but he's still for so many of his patients, Chris Kresser – he'll start on kind of a lower carb side of things because tons of people are starting off with sea bone and some digestive issues and food intolerances. So it's a really good kind of reset point to just say okay, we don't know exactly what's going on with you, but let's start here and then we can start working our way forward.

Laura Schoenfeld: Right and it's funny I just wrote a guest post for Chris that's coming out on June 2nd, so I don't know if that's before or after this podcast comes out. But it's called, Are You An Under-Eater, 8 Signs You're Not Eating Enough. It's really funny because – I mean it's not really funny, but so many of my patients and also especially people in the Adrenal Fatigue Program are essentially just like causing a lot of their symptoms from not eating enough. It's been really kind of funny to watch where you tell someone, well your daily needs are probably more around like 2200 calories because you're exercising a lot and you're breastfeeding and blah, blah, blah and they're just like, their jaws just like hit the floor because they think, well I thought I was just eating like 1400 calories a day. So yeah, so it's kind of crazy.

I have a lot of especially women, this is a huge issue that I see in women. They come to me. They can't sleep very well. They have a lot of like emotional instability. Maybe they're not pooping regularly. Feeling cold all the time that kind of stuff. Because a lot of my perimenopausal women are losing hair, that kind of thing. It's just funny because it's like I look at their diet and their exercise routine because they're trying to beat that like 10 to 20 menopausal pounds, that in my opinion, may not even be something that they should be working on beating so heavily. But they're eating like 1200 calories a day, exercising 6 days a week doing high intensity intervals and like weight training and like low carb and all this stuff at the same time.

Robb Wolf: And 50 grams of carbs a month.

Laura Schoenfeld: Right, right and it's like I tell them to eat a banana and they're like that's too much sugar. It's just like, it's just crazy and I mean a lot of people that are in a low carb community suggest that if somebody is not tolerating low carb, that it's because they're not eating enough, which I think is a

legitimate criticism. That's not to say that it's totally accurate for everybody, but there is some level of...

Robb Wolf: That's a place to look for a profit.

Laura Schoenfeld: Yeah, definitely.

Robb Wolf: Yeah.

Laura Schoenfeld” So under-eating is like a crazy – I mean I think it's probably at an epidemic status in the Paleo community just because with real food, it's like.. Especially if you're eating a lot of like lean meat and vegetables all the time, you're really not getting that many calories from that kind of stuff and unless you're really focusing on eating a lot of fat or a lot of carbs or maybe a combination of both if you're trying to gain weight. It's just people can start to feel really bad really quickly if they're just constantly under-eating and over training and that's actually one of the biggest things we see leading to something like adrenal fatigue.

So I've worked with a lot of clients that they had like really bad fatigue, maybe joint pain. They were putting weight on around their middle even though they were dieting and exercising all the stuff and then we got their hormones tested and it was like flat line cortisol, really low estrogen or progesterone or testosterone. Like just their bodies' hormone production was just like completely shut down. Of course then, the recovery diet is like let's try to eat as much as you can and not exercise for a couple of weeks and it's just like complete opposite of what people where doing. So it's just really – I want to make sure that people that are doing Paleo or not are just like Liz Wolf calls the chicken breast, broccoli and coconut oil diet.

Robb Wolf: Right.

Laura Schoenfeld: So whether or not that's a ketogenic or a moderate carb or even a higher carb Paleo, you got to make sure that you're getting the nutrients that you need. It's kind of like non-negotiable. [Laughs]

Robb Wolf: You are going to hang me out to dry here like you're going to flog me on this. So just probably the last month and a half to two months, I've actually been eating pretty much ketogenic. I've been really endeavoring to get 3000 to 3500 calories a day on that. But this is really interesting to me and maybe you have some insight on this. I was eating more carbs previously like 150 to 300 grams a day. I wasn't adding a ton of fat to meals, but some fat definitely do not shy away from fatty meats, but I

was kind of thinking and wonder how many calories a day I'm eating and so I started weighing and measuring everything for a couple of days, which I absolutely detest, but I did it.

(00:45:21)

Laura Schoenfeld: Yeah.

Robb Wolf: And I was averaging about 1700 calories.

Laura Schoenfeld: Oh, wow.

Robb Wolf: Yeah, yeah.

Laura Schoenfeld: Well, I'm sure that that was not making you feel too...

Robb Wolf: Probably not making me feel great, yeah, yeah.

Laura Schoenfeld: And that can explain some of the hypoglycemia that you're having especially if you're very active and you're using a lot of that glucose for exercise. So you never know, maybe you just needed to do a higher-calorie high-carb diet Robb.

Robb Wolf: So just thrown in more fat within that context and...

Laura Schoenfeld: Well, I mean it may just depend on – because a lot of times when I have clients try to add in both fat and carbs, a lot of them gain weight because that's a really good way to gain weight essentially is.

Robb Wolf: Sweet potatoes with butter and coconut oil.

Laura Schoenfeld: Yeah, right. Put some salt and cinnamon on that.

Robb Wolf: Right.

Laura Schoenfeld: And you're just like weight gain central. But on the flip side, if you're under eating and you're eating low carb and then your body is kind of in that, I mean, same sugar burning versus fat burning, I think there's some level of – that's a little bit too black and white as far as what... I think people can be pretty metabolically flexible and their bodies will adjust with they're providing. But if you are on a higher-carb diet and you're under eating, when your blood sugar drops, you don't have that glycogen store to kind of kick in and get your blood sugar back to where it's need to be. So that's when you get those hypoglycemic episodes and then if your bodies kind of expecting to run on carbs, you need to go through the

gluconeogenesis process, which does raise your stress hormones, things like cortisol and adrenaline that kind of stuff.

So it's something that a lot of my clients experience and whether or not that means they should be on low carb or just a higher-calorie diet, it's something that again, you need to experiment with. But certainly under eating on a lower-fat diet is a good way to make you feel pretty crappy as well.

Robb Wolf: Right, right.

Laura Schoenfeld: So like we were saying, it's very individual and it's something that you need to experiment with and don't just listen to people like me and Robb who... We have our experience with people and we've seen a lot of people on different programs that have been helpful or not so helpful, but at the end of the day, you're your own best experts. You can't just blindly follow someone that you trust because some things are working well for them. You really got to make sure that you're paying attention to how you feel and kind of looking at what you're doing and reassessing and not just saying, well I'm eating Paleo so I don't know why it's not working.

Robb Wolf: Well, theoretically, I know something about this stuff, but clearly I don't so. [Laughs]

Laura Schoenfeld: Well, no, I mean, it's really hard. I think people don't understand. They think people like us who are "nutrition experts" have it all figured out that we have it down to like this really fine tune science where our own diets are perfect and we feel amazing all the time and we never get sick and we never have issues with weight.

Robb Wolf: We have boundless energy.

Laura Schoenfeld: Yeah, I mean, I don't know, maybe there are people out there like that. But when you run your own business and you probably have a little bit of a higher stress lifestyle and you have a lot of pressure on you to kind of exemplify this like perfect health, I think a lot of people in our position, they get kind of run down by that. They don't necessarily pay attention to their own health. I know this was something I went through in the last couple of months and that's one of the bigger reasons I got back in the training was because I was like working 12 hours a day and not exercising and just kind of eating whatever was in the fridge kind of thing, which it wasn't that bad. But it was like half the time hardly any protein or

something like that and it's just really easy to stop caring about what you're doing or paying attention to what you're doing.

Even people in our position really need to kind of reassess every once in a while and say okay, is this working, how do I feel, are there changes I need to make. Like where are the holes in my own practice that needs to be addressed because nobody is perfect and if anyone tries to tell you they're perfect, then please run as far away as you can as quickly as you can.

Robb Wolf: I'm perfectly confused about 95% of the time. That's the only degree of perfection that I have on this. So do you mind sharing a little bit of what the science of under eating are? This show is going to go up after that post is going to go live and we'll definitely link that back in the show notes once it goes live.

Laura Schoenfeld: Yeah.

Robb Wolf: What are some of the signs and symptoms of people under eating?

Laura Schoenfeld: Yeah, sure. Well, one the biggest like groups of people that I see in this situation again is that kind of perimenopausal female who gains some weight when their hormones sort of change and then they started to kind of go off the deep end with diet and exercise to get rid of that extra body fat, which rarely if ever works.

So if anyone is listening to this and is going into menopause, just kind of keep that in mind. If you do gain some weight, it is normal. It sucks because obviously you benefit personally in your life and then suddenly, you put on 10 pounds or on your middle when you go through menopause, it's frustrating, but trying to give yourself a little bit of grace and not freaking out about it is probably better for your health in the long run.

(00:50:24)

So I've a lot of clients that they're not losing any weight and they're eating like hardly any food. Of course, there's always the question of accuracy with food diaries, but I do think that these people are significantly under eating. So if somebody is really working hard to diet and exercise and they're not losing any weight, they might actually benefit from increased food intake at least on the days that they're training if not in general.

I've worked with clients who were not menstruating so there is something called hypothalamic amenorrhea. So that's the HA that I was

going to tell you guys about. So that's something where you either don't menstruate or you have an anovulatory menstrual cycle, which just basically means there is no egg released during ovulation period. So a lot of women that either aren't getting their period or having trouble getting pregnant, a lot of times it's because they're under-eating over-training.

I actually had a client who's a friend of mine who her doctors told her she was infertile. They've been trying for a really long time to get pregnant and she had just about given up and I worked with her and basically got her on like a pretty high calorie ancestral diet close to Paleo and not totally Paleo and she got pregnant. So it was one of those things that it's like even people that are on Paleo have the tendency to under-eat and women especially if they're under-eating and over-training can really damage their fertility. When I say damage, its not permanent necessarily, but if you're trying to get pregnant and you're exercising a lot and on a Paleo diet maybe low carb or something like that, just consider like doing the tracking like Robb said to see what you're doing and see if may be you could benefit from some increased calories.

The blood sugar thing that I'd mentioned before is another big one. So like I said, if you're trying out a higher-carb diet and then you're also under-eating at the same time and maybe exercising a lot, again the under-eating over-exercising thing is like the worst combination, but that's definitely got to put people at higher risk for hypoglycemia. It's going to get them that kind of like hungry feeling further. In between meals, they can't really handle it.

I've seen that with people on low carb too. I have a lot of clients that are again trying to lose weight and they go on this kind of low-calorie low-carb diet and they're starving in between meals. They're always snacking. They're kind of in that like constant search for food that they can't concentrate because it's like they're always thinking about food and all we do is we make sure that they're getting more calories at each meal and suddenly then don't care about snacking or they don't dessert or they don't have sugar cravings. So it's just like it's one of those things that people kind of go in the opposite direction. They're like, wow I'm having sugar cravings so it must mean I need to eat less sugar and honestly, it ends up being that we add some fruit in their diet and they're totally satisfied with the amount of sugar that they're getting.

So again, like mood changes, sleep disturbances are another huge one. So again a lot of my older women clients that are going through menopause or already at that hormonal state that's making it hard for them to sleep, but you combine that with under-eating. What I was

talking about before with that change in blood sugar where you get that drop especially overnight. So obviously you're in a fasted state and your blood sugar will start to drop because your body is using it and then if you don't have that glycogen store that kind of release the blood sugar back into your system during the fast, then again, you get into that stress hormone state to promote gluconeogenesis and that can wake people up.

So I usually – the first thing for someone who is not sleeping well is make sure they're eating enough and then sometimes, we even throw in carb and fat dense bed time snack before going to bed because that can just kind of help keep things a little bit steadier. Obviously, you know the importance of sleeping well. So my goal was...

Robb Wolf: I hear it's important, yeah.

Laura Schoenfeld: I know, you know what, it's like people tell me, I don't know if I – I've been sleeping a lot actually lately after my program launched. It was like sleep all the time every day, naps all the time. So yes, if somebody is having a hard time sleeping, then increasing their calories and sometimes increasing their carbs can be really helpful. Feeling cold all the time, that's another really common one. I know that's something I definitely feel especially when I do coffee. So caffeine plus the inadequate food intake or the low blood sugar, I just feel like I'm freezing cold. So that's not super comfortable and again, that's the reason why I don't do the bullet proof fasting or anything like that, but if people have cold hands and feet or if they always feel cold, if they always need like a sweatshirt or something, then they maybe under-eating.

(00:55:15)

Then again, the hair loss was something that we saw a lot in our Adrenal Fatigue Program participants. That a couple of weeks into the program, they are like my hair is not falling out anymore and I'm like, yeah, that's awesome because you're eating the amount of calories that you need to actually grow hairs.

Certainly under-eating definitely affects your thyroid function. There is something called euthyroid sick syndrome where it's essentially low T3 potentially in the absence of any other thyroid hormone disruption. So your TSH can be normal. Even your T4 can be normal, but your conversion from T4 to T3 drops and your reverse T3 production might go up so people starts to get hypothyroid symptoms even that their thyroid is perfectly fine. They're getting enough iodine. They're not having Hashimoto's or anything like that. So that's something that can develop after a long term calorie restriction and then that makes it hard to lose

weight and it makes you feel terrible. It makes you constipated all that stuff.

So that's kind of the overview of what kind of symptoms I see in my clients who are under-eating, but it's just one of those really difficult things especially when someone is trying to lose weight. They're reading like Women's Health magazine giving them like a 1200 calorie a day diet and all that and it's may be for someone who is like 5 feet tall and not very active, that's okay. In the article that I wrote on Chris's website, I do give kind of a quick and dirty way to figure out what your baseline calorie intake should be so it's like make sure you don't go under this number if you're 5 feet whatever...

Robb Wolf: Right.

Laura Schoenfeld: A man or a woman that kind of thing so...

Robb Wolf: I've used calculation like if somebody wants to gain weight about 18 to 20 calories per pound per day, if they want to maintain 15 to 16, if they want to lose somewhere between like 12 and 13, have you used anything like that or...

Laura Schoenfeld: The quick and dirty method that I used in the article is just to figure out what your lowest calorie intake should be so that ends up being 10 times your ideal body weight. So for example I am 5 feet 8 or so, so my ideal body weight is around 140 pounds and ideal should be in quotes because ideal just means if I was lean and kind of the average frame person, then 140 pounds would be appropriate. So I just use that like as a ballpark number and then you add on whatever calories you're burning with exercise. So I might burn like 4 to 500 calories of exercise per day so that means my lowest amount of calories that I should be eating is around 1800.

Now, if you're trying to gain weight and certainly want to add like 500 calories to that. So if my goal was weight gain, I would be needing to eat like 23, 2400 calories per day minimum. My current goal is to, I'd say lean out a little, but not do it in a way that's stressful. So I generally average around like 2000 to 2200 per day on the training day. So again it's one of those things that it's just a rough estimate and people need to kind of see where they feel best.

Obviously, there is a lot of factors that can play into your caloric needs. If your job is sedentary versus if you're on your feet all day. If women are breastfeeding, they need to add at least 300 calories to that. So to form

breast milk, you take about 500 calories out of what you're eating to create it. So 300 is kind of like, if you have some weight to lose, you can do 300 per day. If you don't need to lose weight, then you need to add 500 calories per day to your intake. Other things like gender can affect your calorie needs, how much you're training. If you tend to run a little bit higher thyroid function, then may be you can get away with a little higher calorie intake.

So unlike you, I don't like tracking and honestly, it's like not something I really push on my clients at all. We do it a little bit to just kind of get like a frame of reference. But it's really just helpful to kind of check in every now and then to see, okay, what am I eating, what's the macronutrient breakdown, am I getting enough calories, am I getting kind of a good protein carb and fat ratio, that kind of thing, and making changes as necessary. So obviously, as you like to say, paying attention to how you look feel and perform and if any of that's not going well, then kind of reassessing where you at and seeing okay, should I go up, should I go down, should I tweak my macros, that kind of stuff.

Robb Wolf: Nice. So Robb reaches out to you and you're going to run me through this stuff as a client. Where would you steer the boat with me? Let's say I'm at 130, 140 grams of protein a day, let's say, I'm going to try ratcheting my carbs up again, would you stick me 150, 200 grams a day?

(01:00:06)

Laura Schoenfeld: For carbs?

Robb Wolf: For carbs, yeah, would you go more than that?

Laura Schoenfeld: I mean, honestly, just my philosophy is I don't like to beat dead horses when it comes to my clients. I don't get a lot of clients that don't have some serious health issue so unless there is something that you felt is really not going well, it's possible that what you're doing is working great for you, but it's just really hard to say. I have like an 18-page intake form that I have my clients fill out. It covers everything from sleep habits, stress habits, exercise. I have like a 3-day food diary. I have a food frequency questionnaire. I have health background like medical history, surgical history, all that and then labs. So there's a lot of information that plays into what I would recommend, but you're saying so your goal is....

Robb Wolf: Just maintenance basically...

Laura Schoenfeld: Maintenance.

Robb Wolf: And feeling getting good cognition, continuing to do some old dude Brazilian jiu-jitsu. Like I've been reading more stuff from Paul Jaminet Perfect Health Diet and so looking at things through that perspective. You know, like 130, 140 grams of protein a day, which I think my protein plus carbs deal would be higher than what he is potentially generally recommending, but then shooting for like 200 grams of carbs a day and then the rest of the calorie load from fat and trying to get clearly above my previous insufficient levels probably shooting for somewhere around like 25 to 3500 grams of calories a day.

Laura Schoenfeld: Calories, yeah. Well that would be a big part of it because a lot of times and this is something I've learned from Chris Kresser. It's not like a gram amount that I shoot for, it's more of like a percent of calories. So someone who is burning 4000 calories a day, a 20% carb diet is going to be like, I'm trying to do math off the top of my head. It feel like it ends up being like 250 grams of carbs for 20% carbs, which is still kind of low carb whereas a woman eating 1800 calories in a day, a 20% carb diet might be like 120 grams.

Robb Wolf: Right.

Laura Schoenfeld: And then I also look at timing. So are you doing your jiu-jitsu in the morning, are you doing it in the evening. If you're doing it in the morning, you could probably have a lower-carb breakfast or do fasted training and then have like a carb load after training especially because you sound like you might have a little bit of insulin sensitivity issue. So you obviously, eating carbs after exercise helps make sure that those carb calories go into your glycogen stores and into your muscle and your liver. Whereas if you're exercising in the evening, maybe you have like a small amount of carbs during the day just to kind of like keep things running and then again, have a very high carb dinner.

I tend to do – I don't want to call it carb backloading thing, that's kind of like specific method, but for most of my clients, I recommend eating a higher protein breakfast and a lower protein and higher carb dinner because of the way that carbs and protein affect cortisol. So protein stimulates cortisol release and carbs reduce cortisol release so you want your cortisol high in the morning and low at night. So if you can kind of like make that happen with your macronutrient distribution, it's better than say having a higher carb breakfast and lower carb dinner, high protein dinner sometimes that can disrupt sleep. So again I know this is like clear as mud, but again it really comes down to what your goals are, what your experience is.

So if you have experienced bad health on a high-carb diet, then, yeah, maybe we want to try low carb making sure you're getting the right amount of calories and then maybe just having some specific carb reloads after a heavier training session and then that's all the carbs that you eat. If you've been doing low carb and you feel like crap, like I have a client I'm working with right now who her husband is like very into carb back loading, carb night that kind of thing. We just tested her hormones and again, she is like flat line cortisol, very low hormones in general and I'm basically trying to convince her husband that it's okay for her to have like a banana at breakfast as far as carbs are concerned.

So it's just like with somebody in that situation, I want to take as much load off the cortisol demands as possible. Like I said earlier, if you're trying to get into a gluconeogenic state, that's going to require some cortisol to kind of promote that. So if somebody is already kind of in the toilet with their cortisol, I don't want to be doing anything that requires cortisol to function. So getting carbs at every meal, getting protein at every meal, eating at least 3 solid meals a day, may be having a snack, maybe having a bedtime snack just to keep blood sugar steady that kind of stuff. We go through this in our Adrenal Fatigue Program, but anyone that's got any issues with cortisol really needs to be careful about meal timing and macronutrient distribution and not forcing your body to rely on cortisol if it's just not there so.

(01:05:26)

Robb Wolf:

Awesome. I love it. I love it. I played with trying to put more carbs post workout. It works reasonably well, but I have a sneaky suspicion, which is under-eating all the way around so I'll get in and do some fiddling with that and then let you know how it goes.

Laura Schoenfeld:

Yeah, well like I said with Paleo, that it's really easy to do because whole foods like Paleo foods are pretty darn satiating per calories. So a lot of times, my clients are shocked to see how much food they have to eat and that can be a little bit of like a readjustment in terms of their meal size and that kind of thing. But on the flip side, they get pretty quick benefits in terms of how they feel, how they sleep, their workouts and how well they are able to do weight lifting that kind of thing. Like I said, I think some of the day to day experience of having pretty solid mood and energy and sleeping well and just feeling good, or at least to me, that's kind of more important than if somebody is getting to the body fat percentage that they are aiming for or I'm always kind of like how do you feel is more important than how you look, which not everyone agrees with that, but that's my philosophy with clients and they know that going in that I'm not going to let their health suffer for aesthetic goals so really....

Robb Wolf: That's crazy talk.

Laura Schoenfeld: I know. I know looking good naked is like the purpose of our lives, but...

Robb Wolf: Yeah, because if you look good naked, then you can reproduce unless you can't reproduce because your cortisol is screwed up in your reproductive hormones.

Laura Schoenfeld: Because your hormones are in the toilet and your thyroid is totally screwed and your estrogen and progesterone are just nonexistent, but you're having a lot of sex, but you're probably not enjoying it and you may not be even interested in it and you're not creating any sort of baby out of that situation so...

Robb Wolf: It sounds awesome. That sounds totally amazing.

Laura Schoenfeld: Yeah. It's a good way to propagate species.

Robb Wolf: Totally, totally, totally. Well, Laura where can people find more information about your Adrenal Fatigue Program?

Laura Schoenfeld: Yeah, so the program itself is at mypaleorehab.com. We call it Paleo Rehab. It's kind of like double entendre. One side of it is we do use a Paleo and kind of Paleo plus template. We give some meal plans and add in some things like white rice or extra fruit or dairy that kind of stuff that's not technically Paleo. But we're using a Paleo approach, but on the flip side, like I said, I have a lot of clients that kind of less well-balanced Paleo approach has kind of gotten them into the adrenal fatigue state in the first place. So we're kind of rehabbing them out of it.

So it's mypaleorehab.com and again the program is Paleo Rehab Adrenal Fatigue. It's by me and my co-worker at Chris Kresser called – At Chris Kresser, it's like a business at this point. It's not a person anymore.

Robb Wolf: Right, right.

Laura Schoenfeld: My co-worker with Chris Kresser is Kelsey Marksteiner so she is another RD that we put the program together and we're having really great results. People are feeling so much better in just a short period of time so that's been great. And then if somebody feels like they need to work one on one with someone like me, then they can find me at ancestralizedme.com. I have a little tab called work with me and basically my entry level option is a one-hour comprehensive case review where

you fill out that 18-page intake form and we go over it and come up with the top 3 or so changes to make to help you start feeling better as quickly as possible so.

Robb Wolf: Awesome. Well Laura, you are doing just amazing work. I mentioned before we started recording Laura really went out on a limb and did some defending of me earlier maybe almost 2 years ago. There was a little bit of drama between some different camps in the ancestral health scene and that was kind of getting shagged a little bit and Laura popped your head up and really just well I told you when I took the post that you did and took it out to my wife, I had some tears in my eyes.

Laura Schoenfeld: I honestly why I can't believe that.

Robb Wolf: Well you know it's funny I've had some fallings out with outer individuals like cross fit and stuff like that. When these things go down, you really figure out who your friends are and who is brave and willing to take some lumps for standing up for people when they need some standing up for and you did that and yet no need to do that other than you're I guess a good person and you cared about me a little bit. So I just wanted to throw that out there that I'm very, very grateful for that. It shows a ton of character and you're just doing really amazing work. I've got to say, it's a very exciting time that people like you are entering into the dietetics and nutrition world. We need grass roots but we also need people within the system that are thinking about these things in an integrative, but also a very critical fashion and you're doing all that and I'm just impressed by it and very grateful for the work you do.

(01:10:50)

Laura Schoenfeld: Oh, well, thank you. I do like to kind of hang around people who are a little bit more open to, not -- I don't want to say criticism, but open to changing philosophy if necessary and I have noticed that you've been really good about making changes to your recommendations when the evidence backs it up. So I get kind of frustrated when people kind of dig their heels into a certain philosophy that may be they've gotten really popular because of a certain way of promoting health and nutrition that kind of thing. In order to change that, it would kind of take a little bit of humility so to say the least, so you know I like to surround myself with people in the Paleo community that are really very objective and are willing to change their opinions of things if need be so obviously, you're one of those people.

Robb Wolf: Oh, than you.

Laura Schoenfeld: Chris Kresser is one of those people, Diane Sanfilippo is one of those people. So it's actually been really cool, because sometimes, I will listen to like Diane's older podcast and I'll hear something, I'm like I don't think that that's really accurate. And then like I'll listen to newer ones and she will be talking about how she's like changed her opinion on things. So again, I think that's always the sign of really good person to listen to or to respect as far as the stuff goes because nutrition science is so -- I think people give it way more credibility than it's deserving.

People tend to think that Nutrition Science is this like amazingly accurate type of science and honestly, I think it's like one of the least advanced science fields out there. So just really respecting people who are willing to change their minds or willing to say it depends or willing to say that your mileage may vary instead of just having like this is my approach and either follow it or go elsewhere. So this is my little – that's how I figure out who I actually like listening to.

Robb Wolf: That's awesome and you know clearly you're doing some really amazing work and it would be just phenomenal if there was just a one size fits all or a two sizes fits all or three sizes fits all. We had some great basic guidelines, but as you've detailed here, oftentimes, we have so much nuance and layering and caveat, it gets challenging to on the one hand promote something a concept or an idea that from a heuristic standpoint is reasonably simple for people to wrap their heads around. It's not burying folks within all these details like, you were talking about within your program or folks want all these different modules, who address all these really specific situations.

So on one hand, you want to keep things reasonably simple, but then immediately, that simple heuristic, that simple guideline ends up failing its margins where people don't fit within those parameters. And then when you get in and get specific and I kind of liken it to a microscope where you drill in really deep and then you back out and you've got a bigger picture and you're just kind of working back and forth on that and some people are comfortable with that and some people, that totally freaks them out and I...

Laura Schoenfeld: Right.

Robb Wolf: I guess it's a sign of job security for both of us. People are not comfortable with that process.

Laura Schoenfeld: Well and it's just – I have so many patients that come to me that they put themselves into this state of like anxiety and self-defeat because they

have been working on following the holy grail of whatever nutrition philosophy that they've found themselves falling into. I think it's really, really important no matter who you are, myself and Robb are included in this group, that you just stay flexible and don't take it too seriously. Don't like freak out if you've been doing something that hasn't been working for you, just... It's always good to kind of just take a step back and say, is this working for me, may be there are some changes that I can make. If it's working for you then great, you don't have to be worried about it, but just not turning it into this like well, if Paleo doesn't work for me exactly how XYZ person tells me to do it, then it just must not work.

(01:15:07)

So just being willing to experiment and being flexible, and like I said, not taking it too seriously. Because at the end of the day, your diet could be perfect, you're still going to die.

Robb Wolf: Right, right.

Laura Schoenfeld: So try not to spend too much digging into Google. It's important to feel good, but try to take a step back and enjoy yourself and have relationships and kind of focus on what the important things in life are. Because health is important, but you could be the healthiest person ever and if you don't have good relationships or fun or enjoyment in your life, then it's kind of pointless.

Robb Wolf: Right. I could not agree more. Well Laura, I look forward to seeing you again. Are you going to be speaking anywhere soon or doing any events?

Laura Schoenfeld: Speaking, I was telling you before I have like a phobia of public speaking. It's kind of extra ridiculous.

Robb Wolf: You got to get over that. You're very good at it.

Laura Schoenfeld: I know, it's so bad. It's funny. People always say, oh you're so well spoken. I'm like, you don't know what's going inside my head right now, like if you could be inside my body, you would be so uncomfortable. I think, let me see, what is it. May I might be at, there was like a – I forget it's like 3F's, it's like Farm Freedom Food Festival or something at Joel Salatin's Farm in August.

Robb Wolf: I think it's in August, yeah.

Laura Schoenfeld: Yeah. So think I'm going to be at that.

Robb Wolf: I will definitely be at that.

Laura Schoenfeld: Oh, yay, so I get to see you then.

Robb Wolf: Yeah. See you then.

Laura Schoenfeld: I do work at Paul Jaminet retreats. I'm trying to get back into the conference circuit. They tend to be kind of expensive, but on the flip side, they're super fun and then I get to connect with cool people like yourself so it's always worth going to. Just for your business, you're not exactly just rolling in the dough or whatever, but yes, I'm hoping to start to do some more conferences and then I like said that Joel Salatin event in August I believe I will be at that.

Robb Wolf: Awesome. I really look forward to seeing you there. We will have links to your main website and then also to the Paleo rehab website in the show notes and Laura, thank you again for being on the show.

Laura Schoenfeld: Well, thanks for having me. I can't believe my mom got in here first, but...

Robb Wolf: She scooped you, yeah.

Laura Schoenfeld: I will let her have it. I will let her have it. She earned it.

Robb Wolf: Well, I love your mom too. She is just a wonderful person and you guys are awesome and just very grateful for having you in my life and knowing you both. So thank you.

Laura Schoenfeld: Well thanks.

Robb Wolf: Alright Laura. We'll talk to you soon.

Laura Schoenfeld: Alright.

Robb Wolf: Okay. Bye-bye.

(01:17:36) End of Audio