

Paleo Solution - 302

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Robb Wolf: Hey folks. Thanks for tuning in to another edition of the PaleoSolution Podcast. Before we get to the fun, here's a quick word from one of our sponsors.

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Nikki: Are you in the warehouse? I see it looks very warehousy in the back?

Gunnar: This is the office.

Nikki: okay.

Gunnar: This is the team. I have our kitchen here, which we run our food program out of for everybody so all employees get organic food and has a better view of the floor over here.

Nikki: I recently chatted with Gunnar Lovelace, cofounder and co-CEO of Thrive Market.

Gunnar: Having grown up with a single mom and seeing how hard she worked to make healthy choices, it was so obvious to me as a child that there needed to be a way to make healthy food more affordable. So for us we break even on the product sales and instead charge money on membership as our profit center. But if that \$60 a year membership to be a part of Thrive, if that gets in the way of somebody, we want to find a way to get them a membership regardless.

Nikki: When you join Thrive Market, you pay just wholesale prices health and wellness products. When you become a member, Thrive provides a free membership to a family in need.

Gunnar: It's been an absolute life dream to be able to be part of this and to see that we can reach so many people, make health and wellness more easy, more affordable, more convenient, more fun and help people vote with their dollars to support conscious products that are do good for their families but also do good for the world.

Nikki: Right now, Thrive is giving away a free bag of Molly Suds nontoxic laundry powder enough to do 70 loads of laundry. If you're not yet a Thrive member, you'll pay just \$1.95 in shipping. If you're already a Thrive

member, you can also get a free bag of Molly Suds with your next order of \$50 or more. Go to THriveMarket.com/WolfSuds.

Robb Wolf: Hi folks, Robb Wolf here, another edition of the PaleoSolution Podcast. Very excited for today's guest. Jennifer Scribner is a nutritional therapy practitioner. She is a GAPS methodology expert. As we were talking before we actually started rolling, we've never had a GAPS practitioner on the program before. I've talked about GAPS. I'm a huge fan of the GAPS protocol but today is the first day that we get to go in deep on that. Jennifer, how are you doing?

Jennifer Scribner: I'm doing great. Thanks for having me today.

Robb Wolf: Awesome. So tell folks a little bit about your background. So tell them what the nutritional therapy association is, why you got into that and maybe any other relevant facts about your background like any health issues or anything that maybe got these methodologies on your radar.

Jennifer Scribner: Sure yeah. Like most people who get into becoming healthcare practitioners, it started with my own health and my own interest. I always was interested in health even as a teenager and I was a vegetarian for 18 years. I thought I was being really healthy because of that. But my big issue was that I had acne and I got –you know, my whole life I thought I was going to graduate from high school and it was just going to disappear. But I found myself in my early 30s still having acne, had tried everything, you know at Sephora, I had tried everything from the dermatologist and nothing was helping. I knew that there was something internally that was making the difference.

So I just started doing my own sort of book and internet research and started to see a lot of connections between the diets that were designed for acne and eating protein and eating antioxidants and people having a lot of inflammation and also saw that paralleling with one of the people in my family who was just diagnosed with heart disease and looking at the inflammatory connection there.

One thing led to another and I kind of put myself on a designed cleanse just of my own making where I was going to have protein at every meal, not eat anymore processed foods and limit the things like wine and dark chocolates to small amounts for a few months. During that period of time, my skin got way worse at first and then it started getting better and healing faster I should say.

Then a couple of weeks in I decided that I really wanted to try organic. I had always bought organic when it was convenient but I said I'm really going to make an effort to eat just all organic for two weeks. That's when my skin actually stopped breaking out as much which I thought was really interesting and looking back in hindsight what I really found was I was so toxic that it was always that straw that broke the camel's back with everything coming into my diet and everything was showing up in my skin that I couldn't process otherwise.

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So that was actually even before I stopped being a vegetarian. But within a couple of weeks after that, I decided that living in Portland, Oregon, we do have access to all sorts of happy meats and I was ready to try eating meat again. I didn't know how to cook anything because I had become a vegetarian when I was 16 never learned how to make meat. But my husband made me a beef stew not knowing anything about the benefits of slow cooked meats, broth, any of that. Just that's what sounded like a good place to start to my body.

When I had that, I had heard stories of you know, people who haven't had meat in a long time, it can make them sick and all that. But for me, when I had that, my body was like yes, please, I've missed this so much, you need this. I was not vegetarian anymore. It was like I'm going to make up for lost time.

Robb Wolf: Right. [laughs]

Jennifer Scribner: During this process, I came across the Food Renegade blog and I started learning about the Weston Price organization. I started The Primal Blueprint book was coming out and I read that and started just one thing led to another and then I came across an advertisement for nutritionaltherapy.com and I felt like that's something that I should know about as someone who isn't into nutrition like I think I was in the no.

I went online and learned that the program that they taught about nutrition was all the things that I had kind of been piecing together myself about a natural diet, ancestral nutrition, that sort of thing. Because they're a program that's based on the principles of Dr. Weston Price and Dr. Francis Pottinger. It's all about the foundational health and whole foods.

It was just that bolt of lightning moment where I had a good job and a career and but I just saw that and I thought this is the next step for something. You know, started that program the following fall and still didn't have any intention to work in that. But I got a couple of the ones in

and I just thought now this is me. I have to figure out how to do this as my career. I have to make a transition.

With the nutritional therapy program, you learned kind of foundationally how to support the body looking at digestion, looking at hydration. It's not so much looking at the individual symptoms and that was my like most people's lens for so long. This idea of looking at the foundations of the body really excited me balancing blood sugar. It's not like a cleanse. It's not a specific thing and it's all about bio individual looking at people in that way as individuals what works for them. Because it's not always this amount of carbs or this amount of fat or you know. It's working with people that way.

That's been how I came up with my company Body Wisdom Nutrition is looking at that individual and that we all have an intuitive sense that we just need to kind of uncover to know what works best. I didn't give them time.

Robb Wolf: That's fantastic. Jennifer, how did the GAPS protocol get on your radar in this whole process?

Jennifer Scribner: GAPS is something that I heard about a lot during school just from other people in the program. Something you'd hear--

Robb Wolf: Really quick, ,tell folks what the GAPS is.

Jennifer Scribner: Sure. GAPS stands for Gut and Psychology Syndrome or Gut and Physiology Syndrome. It was kind of created by Dr. Natasha Campbell McBride. She has a book called The Gut and Psychology Syndrome. It is about healing and sealing the gut lining, repopulating with good flora and letting the body become nourished so that it can detoxify and that kind of heals both the brain and the body by having nourishment and detoxification. So that's sort of my natural version of it.

There's a lot of things that I heard about in school and kind of testimonials of people having these amazing recovery of health by following this particular protocol after trying so many other things. It was just always on my radar and I read the book but I myself didn't feel like I was really compelled to do the diet.

When I graduated from the nutritional therapy program, Dr. Natasha Campbell McBride was starting to do trainings here in the United States for practitioners and that was the next thing that I just kind of felt called to do. I took her first training up in Seattle. At that point, I decided I want

to do the diet even though I don't have a big health issue at this point. I feel like I need to do whatever I'm going to ask somebody else to do and wanted to have that experience.

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So we followed the diet as a household, myself, my husband and our housemate at the time and just wanted to follow it for a few months to kind of get a sense of it not knowing that it would be a specialty of mine by any means.

Robb Wolf: Right.

Jennifer Scribner: But just wanting to have that experience and ended up sticking with it for about a year and a half not quite perfectly. I'm not a perfectionist in that way. So I totally identified with the struggles people have with making these type of changes.

But it was the first time in my life that I ever felt like I could take it or leave it around sugar. I still identify as a sugar addict. The thing that changed for me as someone who was already relatively healthy was I got to a point of sustained energy and mental clarity that I just didn't want to give up anymore.

So I ended up sticking with that, with the GAPS diet longer and I don't follow it anymore but there's a certain point of healing where I feel like you can kind of push the boundaries a little bit and get away with a little bit more but still as well. For me, I think I got to that point of nourishment that was so important.

Robb Wolf: Jennifer, let folks know like how does the GAPS diet really break down? Like is it a ketogenic diet, can it be a ketogenic diet? Where do starches fit into this? Like this is one of the things that I still grapple with. Like I feel really good on a ketogenic diet. There's a lot of information out there saying that I'm going to kill the mucus layer in my gut if I don't have a sufficient fermentable carbohydrate for the gut bugs. But when I stick that fermentable carbohydrate in like a "safe starch" and whatnot, I just don't feel as good. I'm going through like a big battery of tests right now and trying to get to the bottom of like if I have a C. difficile infection although I just had two testing that I didn't but people are saying well maybe you still do. Maybe it's fungal overgrowth. I mean what is the GAPS diet or how much – is it macronutrient agnostic? How do you implement it?

Jennifer Scribner: Well for me like exactly what you're describing is what I want to get to with people on the one on one basis because some people do feel best

when it is followed as a ketogenic diet. So the GAPS typically there's an intro diet and there's a full diet and there's six stages of intro. The first stage is having broths, soups with long cooked meat and vegetables so it's designed to be really easy to digest and then a little bit of probiotic food added to that like a homemade yogurt or sauerkraut juice to start repopulating.

Early on it tends to be ketogenic because we don't have a lot of veggies. We don't have any fruit until later on in the stages. Some people feel their best at that point and that's something that I as a practitioner am okay with honoring in the long run if it looks like their health is overall headed in the right direction or feeling balanced or feeling energetic.

Some people don't do as well with that amount of fat. GAPS is generally a higher fat diet because we want fat to be the primary source of fuel in the metabolism and we want to cut out the fermentable fibers like you mentioned and any of the sugars, anything we want it to be monosaccharide so we want things that break down into the simplest form of carbohydrate that the body can absorb. Because we're looking at not wanting to feed any bad bacterial overgrowths in the gut.

For me I'm a practitioner who doesn't do a bunch of testing at first. I kind of let the body be the guide and just try to really simply focus on food for people and try to help them get that intuitive sense of how they feel best.

Robb Wolf:

It's funny being a biochemist in my past life, I don't know if I weighed and measured as many things as I wanted to weigh and measure but that's usually been the way that I have tackled most of this stuff as well and also with an eye towards just kind of price point for people like testing can be reasonably expensive. But I definitely appreciate if that intuitive process isn't delivering all the goods that we got some good fall backs like organic acid testing and whatnot to get some deeper insight into what's insight into what's going on.

You seem to incorporate in a decent amount of genetics like some SNPS, single nucleotide polymorphisms and particular as it relates to methylation. Like talk to folks a little bit about that. What things are you using to get the genetic information like 23nme or a different outfit and then how are you integrating that?

Jennifer Scribner:

Yeah. So the longer I've worked with GAPS, the more complicated the cases have become.

Robb Wolf: Shocker.

Jennifer Scribner: So.

[laughter]

I love it when it's just somebody who's coming out of the blue and like I want to do GAPS and we can start from the beginning and we can just step by step keep it really simple. But often people really come to me have been following GAPS for a while and they've done a lot of things and sometimes they've done a lot of testing. I think testing definitely has its place. But sometimes people have done so many tests and they still don't know what's going on or they don't know what to do with any of that information.

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So I will refer people out for things like gut testing like you mentioned particularly when it comes to something like SIBO or parasites. But then some of the other training I have is looking at the genetic components because that's another thing that I kind of came across in my own journey was just doing genetic testing out of curiosity finding out my own MTHFR as well as other SNP variations and learning how those would impact my level of detoxification and that I'm not a great detoxifier kind of naturally.

So that's something that I work with people and I have people do typically 23nmeoz it's the most economical way to get that much information and then I will have them run it through something like genetic genie or a nutrahacker and just use those reports because that's most economical.

Robb Wolf: Have you tried promethease? Like that's the thing that I use is genetic?

Jennifer Scribner: I have seen one of those reports but I haven't looked at it in depth.

Robb Wolf: Genetic genie that's a – I'm taking a note on that.

Jennifer Scribner: Okay.

Robb Wolf: Yeah.

Jennifer Scribner: Yeah. they have a free version and they have a paid version and for some people that's enough information to start with.

Robb Wolf: And basically you can pull your 23nme report into that and you'll--

Jennifer Scribner: Yeah.

Robb Wolf: Okay.

Jennifer Scribner: Yeah you can link them together and I only look at genetics when it's already people that I've been working with on the GAPS diet. So it's something that is going to enhance what we're doing not its own separate thing. So it's not a place that I start. I have just like gone through training and I can sit down and look at a 23nme and I have my research cheat sheet and I can do all the interpretation. But it takes four hours for me to do one report. So I prefer that people run it through some type of computer program and then I'll just kind of glean what I need to there.

There's a lot of different genetic SNPs to look at and they're sort of an order in which we'll address certain things. Some of it is based on what the symptoms say for any particular person if they seem to be having sulfur processing issues or having a lot of skin stuff crop up. Some people will have oxalate issues and they'll have the joint pain.

So this is such a super huge topic. I don't want to get too far out there.

Robb Wolf: Go as far out there as you want, whatever lights you up go for it.

Jennifer Scribner: I don't want to go where it's confusing to people because there's so many different acronyms and things like that but essentially these different genetics SNPs, these different variations, there's combinations in which you might have them that can affect you different ways in both your physical and mental health and they're sort of pathways that I like to sort through them and try to address them. Some of that is through, you know, the dietary and lifestyle changes and often that's where I like the GAPS diet because people have a head start on that.

I don't have to talk them into eating organic foods. I don't have to do so much of that kind of baseline explanation. We get to work on these more specific things. But we kind of work on that in order and that's a point where I'll often do nutritional testing and look at a wide range of nutrients and see where they fall within some nutrients that are related to making sure that these genetic variations are kind of overcome within the body.

Robb Wolf: Uh-hum. So you know, I've seen, I've talked with Chris Kresser a little bit. I really haven't gone deep on this methylation story but he's seen some situations where the person would appear to be a poor methylator. They supplement with something like the born methylated B vitamins. There

seems to be a spectrum as to whether or not the supplementation actually addresses anything like the you know, some people the clinical manifestations improve, some people doesn't improve much of anything. Like where are you at on the trying to do targeted supplementation to address this stuff and then are you seeing any benefit, are you seeing the spectrum where some people respond and some people don't?

Jennifer Scribner: Where I bring this in is usually you know, a year to a year and a half down the road of working with someone. So often the people I work with have been so compromised and we've had to do so much of the baseline thing to heal the gut to get minerals in the diet and to just to get them nourished that it tends to work well. But I also tend to work very gently.

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One of the things that I see people will come to me and they'll have gotten the genetic testing and their naturopathic doctor for instance will say okay we'll take five 5 mg of methyl folate because your have this MTHFR variation. When you do that sort of out of the blue and if you haven't looked at some of the other variations that can come into play that I kind of consider downstream of that. Like we need to undam several things and MTHFR is kind of at the top of that.

Robb Wolf: Uh-hum.

Jennifer Scribner: Stream. So we need to address those lower things so if we just start plugging in a bunch of methyl folate, often that will exacerbate people's symptoms where they'll have more OCD symptoms for instance. With kids we'll see like I work with kids on the autism spectrum and we'll see more steaming, we'll see more issues with focus. So we have to be really gentle on how we bring those things in and that's where I like the body to be a guide is I'll look at the test and I'll see okay we're deficient in something like folate but how much do we really want to start supplementing with? Because it's not like we take the one pill and then all of a sudden we magically have enough. This is something that we want to plug in a little bit and our body can use a little bit every single day until it returns to sufficiency and that often can take four to six months depending on the individual.

So with the point that I work with it, it tends to make a difference for people but it kind of depends on what's going on. I know Chris Kresser is someone that works on very complex cases too. So that's why I don't start with genetics because often if we start with genetic stuff we have overlooked the gut things. We haven't addressed something like SIBO. We still have a fungal overgrowth and doing the genetic stuff on top of that isn't necessarily going to make a big difference.

Robb Wolf: Right, right. How would you see fungal overgrowth manifest for folks relative to say like SIBO?

Jennifer Scribner: I --

Robb Wolf: What are some clinical manifestations on that?

Jennifer Scribner: As far as knowing the difference between those two?

Robb Wolf: Maybe when somebody comes to you and they delete some -- say they're like just having a heck of a time getting glycemic control and I know that both SIBO can be a problem there. Like the bacteria will grow, they'll produce some like endotoxins and whatnot that can be irritating to the system but apparently the fungal overgrowth can do something similar also and you know like foggy head and stuff like that. But then also those things can be histamine issues you know--

Jennifer Scribner: Yeah.

Robb Wolf: And stuff like that. So I mean how do you ferret out the differences between those things and start thinking about okay well it's probably not small intestinal bacterial overgrowth. Maybe it's small intestinal fungal overgrowth.

Jennifer Scribner: Yeah. Well you bring up a great point and that kind of relates to what I've just mentioned with the genetics because many people will think they have a histamine intolerance and that it's a genetic thing. When we look at the genetics it's actually not at play for them. What the real issue is leaky gut due to something like SIBO yeast overgrowth or just some nutritional depletions.

So that's one of the ways that it can get kind of gray and things will be overlapping. For me the difference when I'm looking at someone with a suspected yeast overgrowth or SIBO and often people have these things concurrently. They might have parasites, they might have SIBO. Once we have something damaging the gut, it opens us up to other assaults like that.

The big way for me is the simple thing. When I suspect that somebody has SIBO is I will put them on a low food maps version of the GAPS diet and see what their symptoms are like. Generally with SIBO symptoms, we're looking mainly at the digestive stuff is when I suspect it most often.

Robb Wolf: Uh-hum.

Jennifer Scribner: Is people will have the IBS type symptoms with diarrhea or constipation, the alternation. They'll have a lot of bloating. If people are really responsive to that, that's the point where if they are interested in getting tested, and want to do specific treatment then I will refer them to that. Otherwise some people are comfortable just following a low food maps plan for a while and continuing to work on healing the gut and seeing how far that gut.

So with SIBO depending on how bad that overgrowth maybe, some people can address that with diet. Some people need to go a little bit deeper and have more specific treatment.

With something like candida yeast overgrowth, that with the foggy brain is a big one that I see with people and just general sugar cravings. Often low functioning thyroid issues. And there it tends to be more responsive to just completely eliminating sugar is when people feel their best. So it's not so much that every food map is an issue. It's like they might feel completely fine eating a Brussel sprout but having cooked carrots makes them wake up feeling like they have a hangover the next day.

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Robb Wolf: Hmm.

Jennifer Scribner: So these are the ways I distinguish it. It's more so the things that are sweeter, sugary that tend to feed that cycle. Again, that tends to be a more you know, intensive and pronounced overgrowth. It's going to have a more dramatic symptom than somebody who has something very mild.

Robb Wolf: Right. Right. What do you feel like is and this is probably a super loaded question but what do you feel like are the reasons why people are ending up with fungal overgrowth small intestinal bacterial overgrowth? Like I've got my ideas on this but what do you think are all the factors playing into that?

Jennifer Scribner: There's so many factors. I think a lot of it is diet but a lot of it is lifestyle too. The reason I think that is because people respond to those other lifestyle changes. So with GAPS, you know, we look at diet as a foundational thing but I'm also encouraging people and actively working with them on stress management with getting more sleep, with making lifestyle changes and saying no to things and having less stress in their life because that in itself inhibits our digestion.

So we set ourselves up by eating a standard diet, by eating processed foods. With something like SIBO, you know, they've found that having a case of food poisoning will predispose you to having a small intestinal bacterial overgrowth later. So there can be those specific kind of triggers. But things like yeast it can just be having a diet that's high in sugar, early on in life like someone like myself who is always just into sugar. You know, I had a candy jar at my house and I had candy in my pocket and I --

Robb Wolf: It's basically if you lived in a westernized society like how do you not particularly when you look at kind of the ancestral norm versus the way that virtually everybody eats now. I mean who doesn't have a high sugar, high refined carbohydrate exposure. You know, I mean it's everybody.

Jennifer Scribner: Yeah and that's the thing is when you follow a primal paleo GAPS diet, you're sort of the weird one in your family. You're the one eating, who somehow eats crazy foods. But you're doing things that are more natural that were -- so the norm for a couple of generations ago so that's something that I always try to work with people on and just helping them understand how sugar saturated our society is and what really was the norm for our bodies and that we don't even have to look at a long time ago in our evolution we can look back two or three generations and see the amount of even fruit that people ate on a regular basis not to mention the things that are more recent inventions like the sodas and the candy bars at every kiosk and that kind of thing.

Robb Wolf: Right, right. oh man yeah. Zoe usually will go shopping with me. We usually knock out the bulk of the shopping. She's three and a half years old now and we went into Whole Foods which is totally an amazing experience but at the same time we're walking in and Zoe is like dada, I want one of the watermelons and I'm looking and like it's December. There's snow on the ground and the watermelon sitting up there and I'm like well we could try it but it's probably not going to taste that good and it didn't. It's completely out of season. I have no idea what part of the planet the thing came from but I was even kind of noodling on that. You know looking around like Reno here, you don't find a lot of watermelony type things in the winter. There's some sort of ebb and flow to the types of nutrients that you get. I think that we really don't see that now and ebb and flow even at the equatorial regions is pretty dramatic.

Jennifer Scribner: Uh-hum.

Robb Wolf: You know, reading some stuff on the Hadsa and the Saun peoples, you know, lie the summer is actually the low carbohydrate period of time because everything dries out in the watering holes get really small and all

the animals congregate around the watering holes. It's comparatively easy to hunt at that time. But that's where the Hadsa and the Saun like their diet shifts to like 90% of their calories are coming from animal products. Other parts of the year it's super low intake but I just have this sneaky suspicion that that variability is probably good on some level and you know, I know people point out that they consume a lot of honey when it's available but it's not every day. It's not all the time and then you know when they eat the honey it's full of like bacteria and larva and wax and all this other stuff.

Jennifer Scribner: Mmmhmm

Robb Wolf: So again a completely different deal so do you -

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Jennifer Scribner: Well myself and even in clients I've worked with, this is definitely over a longer term, find ourselves becoming more seasonal eaters and that depends on the climate that we're in too. Because that's different. For me in Portland when we get to our very long rainy season, all of a sudden I'm all about like soups and stews and cooked foods. Once the sun comes out, I really want salads again and I do want fruit in the summer but in the winter I hardly think about it. So there's even that seasonality within our body but then say I go to Hawaii in February and it's hot, you know, immediately my body is like alright, let's have juice twice a day.

Robb Wolf: Right.

Jennifer Scribner: I'm not as into cooked foods. So that's something that over time your body starts to remember and you get in sync with that.

Robb Wolf: Right, right. Jennifer do you do much work with like cholesterol, lipoproteins, and that type of stuff?

Jennifer Scribner: Not specifically.

Robb Wolf: Not a ton. Okay.

Jennifer Scribner: Yeah.

Robb Wolf: I'm always curious on the lipoprotein front, you know, like some dairy. We've seen in the clinic here in Reno that some people will see their LDL particle count go up in response to like butter vs say coconut oil. I'm still trying to figure out some of that stuff and you know, there's still a bunch of contention around that. Like the person's A1c is low. Their inflammation is low, but they do a decent amount of dairy and their

lipoprotein count goes up. People oftentimes forget that the lipoproteins which carry cholesterol but they function as part of the innate immune response and so some people would argue that's actually a good thing. Some people argue it's a bad thing. But I do notice that say like coconut oil doesn't really seem to push lipoproteins up or down up in particular the way that some dairy products will. I was just curious if you've done any fiddling with that or have any thoughts around that. Because I'm still reasonably confused about that.

Jennifer Scribner: Yeah. that's a newer area for me. That's something that I'm looking at myself personally because just as you described, I'll be interested to see what you guys figure out too because I'm doing some personal experimentation because I've done that exact same type of testing. My A1c is good. I have no inflammatory markers but I have very high LPA. My doctor recommended taking niacin and I have a really hard time with niacin flushing. So it's really hard for me to be complaint with taking very much of that to try to do that experiment. So that's one of the things I'm just looking out with myself but I haven't really got into that with clients.

Robb Wolf: There's a friend of mine Spencer Nadalsky. He pretty darn good lipidologist at this point but he had a post on niacin doesn't seem to do much of anything. Like theoretically it's supposed to bring lipoprotein count down but when you look at the RCTs and even the epidemiology on it he's like we can't really justify recommending this stuff. So it's yeah, yeah. So maybe you can bag that and feel comfortable there. [Laughs] Whatever else is going on in the niacin wasn't going to change that that --

Jennifer Scribner: Yeah I'm looking for an excuse so.

Robb Wolf: Yeah, yeah that might be it and then it's fascinating to me too that you know, when you get niacin at doses high enough to really push the lipoproteins one direction or the other, it's pretty well understood to be pretty negative with regards to insulin sensitivity. So you know, that's a whole other cattle of fish I guess with that.

Jennifer Scribner: Yeah. And that's a concern with me which I haven't not showing issues with that but I'm always – it kind of surprises me that I don't have those issues with the amount of like sugar and candy I ate for most of my life and still do on occasion you know?

Robb Wolf: Right, right. It's interesting and you know to the seasonal eating part, it's kind of fascinating. I just on a whim because it's the holidays I got a couple of pounds of chestnuts and baked in the oven and have just been destroying those. Actually just jumped on the line and ordered like 40

pounds of them. You know, that would totally be particularly for the like this hemisphere and this time of year like the type of thing that you would be plowing through and lots of soups and stews and curries.

I tend to do better with that anyway. It's funny you mentioned Hawaii though. The time that my digestion is the best and I'm sure there's a couple of confounders here. Like when I'm in the sun a lot, I do better when I'm on vacation I do better because my stress level is super low.

Jennifer Scribner: Yes.

Robb Wolf: But it's fascinating. I'll go on vacation and the closer to the equator or the more sun that I get, my carbohydrate tolerance goes up. My digestion is good. you know, I just feel super bullet proof and then Reno is pretty sunny but I --

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Jennifer Scribner: Yeah.

Robb Wolf: --kind of work my ass off and so I don't actually get out in the sun that much and you know, cry me a river, I get to blog and podcast and stuff for what I do for my job. But it's actually very sedentary. I'm indoors and you know there's all this other stuff. I think in some ways that's kind of this low level of stress for me and at some point I'm just like okay if we didn't have kids, I would just go live under a bridge in Nicaragua and I would call it good because I would actually be healthy. So it sounds like you've kind of experienced similar stuff there.

Jennifer Scribner: Yeah. To me well and similarly most of my clients are remote. I write, I do basically all my own work on my website that sort of thing. so I found myself being very sedentary and I did get a treadmill desk at the beginning of this year and that really revolutionized my life and my energy and so that's made a huge difference.

But I feel like and even since I do have you know, some control over my time and we don't have a ton of sun here in Portland but when we do , I'm out there laying in it in my backyard every day if I can during lunch.

Robb Wolf: Right.

Jennifer Scribner: It's different going to somewhere like Hawaii and Hawaii is my place. Some of it I think is the lifestyle and the stress but I don't think that that's everything. you know, there's some other healing things. I actually would really want to lead a retreat in Hawaii specifically because the pace of life as well as the sun, the sea, one of the things that Dr. Natasha

recommends with GAPS is that people be in natural bodies of water. People be in the sun with their abdomen exposed if there's parts of the sunlight that will go through your entire body and that that can have an important impact on the gut flora too. So you know, who needs an excuse to get in the sun and the water? [Laughs]

Robb Wolf: Right, right.

Jennifer Scribner: Sometimes people need to take a vacation and the thing I find about going to a place like Hawaii is that the benefits come back with me for a while. Some of it is that I have the same experience. Like my digestion is great even when my food isn't. My sleep is so deep and all these other things just kind of just seems so healing for me and that's getting into that really parasympathetic state there is so important. That to me is the biggest benefit and we can encourage people to do that and make our lifestyle changes at home but it's just different being here where I need to do the laundry again and --

Robb Wolf: Right.

Jennifer Scribner: - I need to clean the house and we got to fix the gutters and just all the things that we all have to deal in our lives all the time that getting the break and being really parasympathetic, being in that rest and digest state just adds a completely different level of healing on top of any other thing you're doing.

Robb Wolf: Yeah. When we vacation anywhere sunny, I try to make it somewhere where I can spearfish and I will spearfish until I am hypothermic. Like I'll be out there for like four hours. I mean the water like in Baha or the Bahamas or even Hawaii tends to be reasonably warm when you first get in. You're like oh this feels pretty good but it's still below body temperature.

Jennifer Scribner: yeah.

Robb Wolf: So four hours in it and you're going to be cold but Nikki will see me. She'll swim out and like I'm purple and she's like yeah you need to go in. But if I could just do that all day long that's what I would absolutely do just all the cylinders are clicking. I'm not thinking about anything. I'm totally in that like Zen state and funny enough all the rest of my health issues kind of dramatically improve. So --

Jennifer Scribner: Yeah.

Robb Wolf: -again maybe the coconut farm, I've been threatening the coconut farm for years. I think I need to make that a reality.

Jennifer Scribner: Yeah. if I had my way, we would move too Hawaii and have a wellness retreat somewhere.

Robb Wolf: When you get ready to do that, you let me know and I will be the janitor around the place. I'll keep the place looking spiffy so.

Jennifer Scribner: [Laughs] That sounds good.

Robb Wolf: I'll be all over that. Yeah. So Jennifer, let folks know where they can track you down online?

Jennifer Scribner: Sure, yeah my website is bodywisdomnutrition.com and if you're new to the GAPs diet, I have a video there's that's a brief explanation. I have a couple of free eBooks that talk about what the GAPS diet is as well as getting prepared because I feel like preparation is really the key to implementing that successfully is making sure you kind of got everything lined up so that you're implementing rather than learning and implementing at the same time. There's a contact me there if you have any other questions. There's information on working with me on the website also.

Robb Wolf: Fantastic. Well thank you for being on the show. It' is a great, great treat to connect with you. I forget who put us in contact together but I'm very grateful for whoever that person was. I forget now. Squatchy had it in the notes there but really great to connect with you and let's circle back in a couple of months and have you back on the show and maybe we can go deeper on that stuff.

[0:40:12]

Jennifer Scribner: I would love that yeah. It was a good conversation. It was my friend Toffler who --

Robb Wolf: Oh Toffler, okay.

Jennifer Scribner: -- is a big fan of your show who had said hey, I emailed Robb Wolf because I think you should talk with him so.

Robb Wolf: He was absolutely correct. So thank you Toffler, yeah. Yeah, I remember that now.

Jennifer Scribner: Yes.

Robb Wolf: Well awesome. Have a great day and I'm actually looking out my window and it's sunny and I'm going to go sit in my shorts in the south facing side of our house. It's kind of crazy in Reno so it's like 28 degrees outside but if I can get on the south side of the house and the sun you're actually super warm and I am going to get a tan today by hook or by crook so.

Jennifer Scribner: [Laughs]

Robb Wolf: That sounds nice. I don't think I'll be able to do that here until about April. So I'm going to put on my rain boots and walk up to the store.

Jennifer Scribner: Okay. Well I'll channel some sunlight your way and I'll talk to you soon.

Robb Wolf: Okay, I would love that. Alright, thanks Robb.

Jennifer Scribner: Okay, take care.

Robb Wolf: Thanks again for listening to the PaleoSolution podcast. Here's a quick message from one of our sponsors.

Mitch: It's a little biplane single seater very basic and I do aerobatic competitions which the way I describe it to people is figure skating in the sky.

Jennifer Scribner: That's Mitch, a Sleep Cocktail customer in Sta. Cruz, California. Mitch had a nagging shoulder injury that just would not heal.

Mitch: The injury happened. I was at aerobatic contest and I get up there yanking the stick around and I get back on the ground and I'm going holy cow, like if I elbow through up, it hurt that bad. Some wise guy over there at your house to sleeping is healing so. [laughs]

Nikki: [laughs] Is lack of sleep affecting your body's ability to recover? Try Doc Parsley's Sleep Cocktail. Go to RobbWolf.com/sleepcocktail and use code RobbWolf10 to save 10%.

Mitch: I hope this helps. Boy thanks making such a big difference and I'm going to share some with another friend of mine who has sleep issues. So I'm trying to put the word out so.

[0:42:10] End of Audio