

Paleo Solution - 395

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Robb: Swing and a miss. Six listeners can't be wrong. We are back. Another edition of the Paleo Solution Podcast. Wife, how are you doing?

Nicki: I'm doing pretty good.

Robb: Nice, nice. You want to tell folks any of the new excitement you've been up to? You went and did a little--

Nicki: No, I don't want to.

Robb: Okay, you don't want to share anything. Okay. She barely tells me anything so I'm not totally surprised that she doesn't want to share.

Nicki: You're the social sharer. I'm the more private person.

Robb: That's true, yeah. Although we horror we ourselves out in various ways doing this stuff, we are not at that level, I hope, of over sharing. I'm just trying to situate our thing here so I can make sure that we're still recording but we've got some question activity going on. Okay. Nothing new that you want to share? Nothing you want to tell people?

Nicki: Let me think.

Robb: You got a stripe in Brazilian jiu-jitsu.

Nicki: I did. I got my very first stripe.

Robb: Congratulations.

Nicki: That was super, super exciting.

Robb: Nicki has been chipping away at this stuff since December.

Nicki: Yeah. Beginning of December, so coming up on six months.

Robb: We had tinkered a little bit here with some jiu-jitsu before and she generally hated it and then just one day you asked or our good friend, John Frankl, was coming to town.

Nicki: John was in town and you guys were doing your nerd fest on jiu-jitsu and I was just--

Robb: Feeling left out?

Nicki: Listening. I can't think of anything in particular that he said or that you guys were talking about but just the curiosity hook kind of sunk in there and I wanted to try it.

Robb: Yeah. And I'll sing my wife's praises a bit. She actually is the legit athlete in the family. I am a hack by comparison. She's been doing really, really well. But Brazilian jiu-jitsu is a hard sport.

Nicki: It's really hard. It's one of the hardest things that I've ever done both mentally and physically.

Robb: Both, you've mentioned, mentally and physically, yeah.

Nicki: Because you've got to respond to another person's body.

Robb: Right.

Nicki: And try to do what you're trying to--

Robb: And trying to figure out what the fuck you're doing too.

Nicki: So many different positions. There's a lot, there's so much to learn when you're new like I am. It seems like a very daunting thing but it's getting more and more fun by the week.

Robb: Awesome. Congrats to you on that. Thank you for being your good training partner because I've been getting better as well because I have somebody to train with more consistently. That's super cool. You want to jump in on the first question here?

Nicki: Yeah, sure. So, the first question is from Mads from Denmark and Mads says: Hey, Robb and Nicki. You have written comprehensively about what types of food to eat and what to avoid. You've also written a fantastic post and guide about feeding kids Paleo. I was wondering, as I'm sure many others do as well, what do you eat? What are some staple meals? What are you go-to breakfast, lunch and snacks? Can you give an example of what you eat on a typical week? I think it would be interesting for folks to hear.

Robb: Man, a funny with this. Peter Attia, brilliant guy, has a very popular blog. It hasn't been as active on of late. His popular posts were what I'm eating now. There was three or four updates to it. He was always shocked by the interest in that. It's the thing that I crack out on the most.

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If I'm going to look something out, that's like Mark Sisson, what is he eating? It is interesting but I will put a little cautionary tale into some of this stuff that it's very individual and it's oftentimes a snapshot. With some of that caveat--

Nicki: Well, and the reason you don't see a lot of pictures of our food is because we don't do the glamorous photo of meals.

Robb: That's like a bucket of slob most of the time.

Nicki: We eat pretty simply. We'll cook a hunk of meat, whether that's a tri-tip or steak or a chicken, and a whack of vegetables and that's pretty basic. Even the kids, it will be whatever meat option. Even if they don't like it. We had baked salmon the other night and we put a little square on each of their--

Robb: Which they were kind of lukewarm, yeah.

Nicki: Into their plates. And first thing Sagan says is, "I don't like this." But she really loves La Victoria hot sauce.

Robb: She puts it on everything.

Nicki: She's three and a half and loves hot sauce. She calls it green lid because it has a green lid. She started dipping her salmon in that and was able to get most of it down. Sometimes the sides are avocado and blueberries. It's pretty simple. We'll make a chili or we'll make a more traditional recipe. We'll do tacos sometimes with corn tortillas for the girls. I'll usually do a couple corn tortillas. Robb's been--

Robb: I've been keto for about five months, yeah.

Nicki: -- completely keto. So, he'll just throw that ground beef on lettuce or arugula and do kind of a taco salad version. I mean, I wish we had a more glamorous response. Breakfast, lunch and snacks. Breakfast frequently is some sort of either breakfast meat or eggs or leftover dinner. This morning we had--

Robb: Little bit of tri-tip.

Nicki: We cooked a big tri-tip two nights ago and so we had that leftover both yesterday and there was still some leftover so you and I both had that for breakfast. We'll do sauerkraut, kimchi, those kind of things as condiments. And actually, I'm really liking, especially in the spring, having a hunk of meat with olives, pickles, sauerkraut.

Robb: I wanted to mention that we do -- It just kind of plays out. We eat a little bit seasonally. In the winter, it's more soups and stews, crock pot type stuff. As it starts getting into the summer, we'll do a lot more canned salmon. We will cook a big piece of meat but then it's cold meat that's in the fridge and then we'll make Mark Sisson style big ass salad.

Nicki: The canned salmon is a huge one. That's been kind of a go to lunch for the last couple of weeks. We'll mix it either some of the Primal Kitchen Chipotle Mayo or if you just take an avocado and mash that up with a canned salmon and then put salt and pepper. That's a go to. If you that in between those sea snacks, seaweed snack things that are super salty so you're making little sandwiches out of those, that is a super yummy little lunch treat. Anyway, I don't know if that answers the question.

Robb: Our considerations were always we're typically feeding the kids and us. We do try to look down the road a little bit and try to get more than one meal out of something so we're cooking a little bit in bulk. We do have some go to staples like the canned salmon. I burn myself out on sardines. If I do three to one kimchi to sardines, I can still eat a can of sardines but I get a gag reflex on it. Totally went overboard on that. I'll eat oysters.

Nicki: And you'll eat oysters, canned oysters, and I can't. I just don't do oysters.

Robb: I do like the oysters. Friday night, we do pizza nights and we do gluten free pizza for the girls. Nicki figured out kind of a meatza crust. We'll get some of the whole foods just kind of breakfast sausage, roll it out really thin. She'll bake that, get a little bit crispy, and then put the standard fixings on that.

Nicki: Sometimes you'll even -- We'll just do ground beef. It's sort of like a pizza succotash or I don't know what you would call it.

Robb: Yeah. You would put all the basic pizza fixings in the skillet.

Nicki: Everything just in the skillet and sautéed all together. That's a way to handle that too.

Robb: Yeah, those are the big considerations. We eat a little bit seasonally. We're doing more fruit now, different types of fruit.

Nicki: Berries are in. Blueberries.

Robb: Potentially we'll shift into some melons in the summer. We don't want to heat up the house so we just kind of do a little bit more grilling outside and colder plates, basically, in the summer. And then in the winter it's more soups, stews, casseroles, that sort of thing. Yeah, hopefully, that was helpful and we're not down to two listeners now. Again, just reemphasizing that stuff. Although we endeavor to eat well we are not gunning for any type of a sense of perfection. It was just so Zoe's birthday and we had a roller skate party for her and got some gluten free cupcakes for all the attendees.

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Nicki: We served salami and--

Robb: Yeah, it's a good point.

Nicki: Normally, at these roller skating, any kind of events that are like this, they want to supply either pizza or hotdogs as part of the party cost. But I spoke with the owner and I was like, "Hey, most of these guests, we don't do gluten. All of the things on your menu wouldn't work." And so I got approval from him to bring our own food. I brought sliced salami, cheddar cheese and a bunch of fruits, like a big bowl of grapes and then strawberries and blueberries and raspberries.

Robb: Mixed berries. And the kids smashed it.

Nicki: All the kids ate it.

Robb: All of the parents were like, this is the best meal that they've--

Nicki: And the parents were commenting that this a great -- Yeah.

Robb: Yeah.

Nicki: And then we did gluten free cupcakes, which everybody enjoyed it so it worked.

Robb: Yeah. Cool.

Nicki: Okay, next question. We have Christy and she says: Hey, Robb. I've been following your stuff for ages. I've got both of your books. I worked out with a personal trainer who turned me on to Paleo and you nearly ten years ago. I lost 145 pounds and mostly kept it off. Every now and then I get into the almond flour baked goods and fruit and put on a few pounds and then I regain my sanity

and desire to feel great and I make better choices and drop the weight. I've been considering keto for a while just to see if I can drop a little more of the weight and feel even better, but here is my hesitation. It's going to sound like an excuse because it is, but I spent a whole lot of my life counting calories, fat grams, carbs, counting, counting, counting, and being hungry.

I think the reason Paleo has worked so well for me is that I eat healthy delicious foods. When I'm in the Zone and not eating treats, which I always make myself, and I eat slowly and mindfully I do really well. I've tons of energy. Although I could lose more weight for sure I'm okay where I am weight wise. I worry that keto will put me back in that headspace of counting and worrying and making myself crazy over choices. If anybody is going to help me over that, it's you though so maybe I should just take the plunge into your Masterclass.

Robb: Oh, man. So, way back in the Paleolithic of our experience, this was one of the pain points that I had with the cross fit community. Cross fit really embraced the zone diet which I like. There's great laudable characteristics about it. It's very much in congruence with both keto and Paleo when you get right down to it.

Nicki: What about the five fries?

Robb: The five fries are a little -- Well, if you only eat five fries then you're still ketogenic. But we found running our gym the only time -- One of the interesting things about cross fit is, particularly for women, because it's performance oriented, although people want to look good and all that sort of stuff, writing their name on the chalk board and coming in dead last was like -- People would kill themselves to not have that happen.

We noticed that in general this kind of seat-of-the-pants Paleo, start with a big whack of protein, eat lots of vegetables, round things out with a little bit of nuts and some little bit of fruit or starchy carbs if you need that. That worked really well and it did not lead to disordered eating. People didn't get neurotic about it. Because I was kind of the nutrition guy for cross fit and they were really advocating the Zone, as a good soldier, I started advocating that more.

Immediately, when we rolled out that CrossFit Journal 21 to people and we had them start weighing and measuring their food, we had two of our clients come to us and they were like, "I'm starting to get neurotic and disordered about my eating because of the degree of scrutiny." This doesn't happen to everybody but it really -- It spooked me because we didn't have disordered eating in our gym. People made great progress.

They developed a pretty healthy interaction with food. I hate saying the healthy relationship with food because I decry that in *Wired to Eat*. But it wasn't a lot of

drama. Now, I will say this. That seat-of-the pants approach tended to get people looking good but we weren't getting a ton of people with single digit body fat levels. They weren't prepped for a fitness competition and stuff like that. But they look damn good. Their abs would come up and they were strong as hell, had great cardio and everything.

And so, Christy, if you've got a little reservation around weighing and measuring your food with keto, I would recommend against just going back to what has worked for you. Because one of the interesting things about keto, because we do shift towards a--

Nicki: Higher macros.

Robb: Well, a higher fat intake. You do need to track those macros because, man, people get themselves in deep water. Nicki gets emails all the time.

Nicki: Overeating.

Robb: People are overeating.

Nicki: Overeating the fat.

Robb: Yeah.

Nicki: Too many calories.

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Robb: Yeah. They just end up getting too many calories because when you removed more the satiating fruits and vegetables in addition to the higher protein which is part and parcel with the basic Paleo approach, then you're inevitably, interestingly, you're shifting towards a more energy dense diet. I think it's easy to overeat on that and we see people do that.

I've learned an enormous amount from Tyler and Luis over at Ketogains and they have just produced shocking success with their approach. They are on point with the weighing and measuring of food but they will also admit that that is the biggest pain point that people have. It is confusing. It's challenging. It's a big education process. There's a ton of handholding involved with that. It works but, again, I think that this is a good example of know yourself and so I would actually caution against--

Nicki: It sounds like you've had -- I mean, you've lost 145 pounds. You know what works for you. I would just do that. Obviously, we all get tempted especially

around the holidays with the almond flour kind of Paleo treats but if we know that that's sort of the thing that derails us then maybe just focus on really avoiding those and just eating whole foods. I think you'll save yourself the headache and the craziness. It sounds like you already know that that's where you tend to go so let's not even go there.

Robb: Yeah. And then a few things to button up. Make sure sleep is really good. Maybe tinker with just a little bit of time restricted feeding, 9:00 a.m. for breakfast, 5:00 p.m. for dinner, something like that. It does not have to be crazy but just a little bit of a time restricted window tends to introduce a little bit more kind of caloric or restriction. Bill Lagakos' work over at Calories Proper suggests that there's some benefit to eating more calories earlier. Maybe that's a little tweak to do and then just kind of go back to what has been working well for you.

Nicki: And I don't know if you're still working with a trainer, if you're just training on your own but just making sure that you're lifting some weights and doing some dedicated strength work because that will always help keep the body composition where you want it.

Robb: Yeah. Cool.

Nicki: Let's see here.

Robb: Now, this one's a big -- There's a bunch of stuff. There's a bunch of background. How do you want to dig into this?

Nicki: I'm just going to read his question and then you can respond and then pull in some of the background points because there's like literally a full page of background--

Robb: There's a lot of really interesting stuff here so if folks want to go to robbwolf.com/podcast and check this one out.

Nicki: We'll post this on there.

Robb: This will be in the show notes because there's a lot of material here. I'm not going to read through all of it, yeah.

Nicki: Okay. So, this is from Rob. He says: What is considered health on the low end of the glucose spectrum when in ketosis? Of course, there's variability and nuance but what is considered to be the low end of a glucose level during ketosis? I eat. At what level do you start calling it a level of hypoglycemia to be possibly concerned about?

Robb: Again, I'll give you a little bit of background. He's been tinkering with kind of a detox approach and has, to his credit, has been looking at his fasted blood glucose levels before each one of these interventions. At one point during his fasting protocol he ended up having a blood glucose of 57 which, for most people, they would either be experiencing horrible symptoms of hypoglycemia or possibly might even be unconscious by this point.

But what's interesting is in the fasted ketogenic state and also just in ketosis in general, it's not uncommon to see folks run at markedly lower average blood glucose levels than what they would with kind of a standard mixed diets. The best answer that I could provide on this is if we are seeing a blood glucose level where we're getting neurological symptoms then that's probably where things are going too low.

Usually there's some buffer on that. Even when people are keto adapted and they start doing some intense exercise we tend to see a glucose dump in the liver to raise blood glucose levels. I think some of that is because in addition to the brain there are red blood cells and some other tissues that only use glucose and the glycolytic process to generate energy. That's kind of a little hedge that the body does.

I think that so long as people are not experiencing kind of a hypoglycemic event where they're experiencing some cognitive impairment they should probably be comparatively okay with this. I'll just mention this as an aside, when I was doing my I, Caveman Discovery Channel show gig, at day ten is when we managed to kill the elk and we're getting ready to eat and then I'm like, "Wait. We need to do blood work on this before."

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Because we had ten days of fasting prior to that. We found like four fish among ten people and I had a couple of frogs and mice and whole lot of grass. I mean, it was very, very calorie restricted. And an enormous amount of exercise. I went into that show keto-adapted but I got fat going into it also because I overate because I knew I both wanted to be keto-adapted and also wanted to carry some body weight, extra body weight going into that. Yes, you can, in fact, get--

Nicki: You came out looking emaciated.

Robb: Yeah, absolutely.

Nicki: I can hardly recognize you.

Robb: When they checked our blood glucose levels, most of my cast mates who were clearly in a ketogenic state by then due to fasting, were in the mid 70s. I was in the 30s with my blood glucose and the doctors re-checked it like five times because they just couldn't believe it. But this is really consistent with what we've seen with some long term blood glucose levels that settle out in long-term fasting. I was just kind of further down that ketogenic adaptation process because of going in keto-adapted and then doing the fasted gigs.

Again, folks, there's a ton of information there from -- This is Rob, right? So, if you want to get in and see some of those details, but the long in short is I think as long as you're not experiencing neurological symptoms then I wouldn't really be particularly concerned about a low ebb of blood glucose. Otherwise, things kind of take care of themselves.

Nicki: Okay. So, the next question is about electrolytes and it's Suzy and she says: Thank you for your explanation about the importance of electrolytes. The three out of nine rules really cemented the concept for me and I'm sipping away for the first time in my life. I would be interested to know how this ties in with the ancestral health concept. It's not like anyone was weighing in magnesium salt or scooping up potash into their teeth, were they? Thanks very much for your response in advance.

Robb: This is a great question. This kind of speaks to, although I love the ketogenic diet, it's one of the ways that I tend to feel best. I think the ketogenic state was very common throughout our evolutionary history but it was an outgrowth of physical activity and time restricted feeding more than a specific macronutrient ratio.

And so if people are eating more protein than what we would typically see on a standard ketogenic diet, more carbs, but doing some time restricted feeding, and they're kind of cycling in and out of the ketogenic state and we're probably not seeing as low of aldosterone, as low of insulin over a 24-hour period or a one-week period, and so I think that part of what we're seeing here is, one, when people transition from a more of a standard westernized diet to a lower carb diet there's a really massive electrolyte and fluid shift that happens with that.

Supplementing electrolytes can really offset a lot of the pain involved with that. If we look at more metabolically healthier people, which I'm sitting next to one of those folks right now, Nicki tends to transition into an out of ketosis pretty seamlessly. Although you've noticed that your workouts are little bit better with a bit of supplemental sodium, it doesn't lay her out remotely the same way that it does for me if I've been eating a little bit on the higher carb side and then transitioning.

I think as a baseline, if people are metabolically healthy, we just don't see this need for the electrolytes. And again, plugging the Ketogains guys, both Tyler and Luis have mentioned that over the course of time people tend to require fewer and fewer electrolytes. Luis still finds that he gets a better workout if he supplements a little bit of sodium.

But again, back to your point about the ancestral model, we could maybe -- God, I hate the term hack. The ketogenic diet, as it's typically used, is a little bit of a hack. We're trying to find this interesting path through the metabolic state and although there are some hat tips towards our ancestral past it's not purely emulating our ancestral past. I think if we were to really put that hat on we would go back and look at the early Cordain eating macronutrient recommendations, do a little bit of seasonal cycling and then have a time restricted feeding when you've got a much more, much better emulated ancestral kind of eating pattern under that situation.

Nicki: Okay. Let's see the next question is from Elizabeth. It's on bodybuilding for teens. Hey, Robb, your name was recently added to the Take Back Your Health Seminar that takes place in Pasadena, California in May.

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I will be there. So, this is how I came to know about you. I'm hoping that due to your experience with powerlifting you may help with my questions. My 17-year old son started bodybuilding about ten months ago. In a short time he has transformed his body and gained about 35 pounds. He's very muscular now, works out about three hours a day and is eating an enormous amount of food. He looks healthy and sleeps well. My husband and I don't know if this is healthy at this age. Can you please comment on this?

Robb: Yeah. My knee-jerk response is that this is incredibly healthy, this is great, this is that opportunity. The pubescent male or female, they're effectively on performance enhancing drugs due to the hormonal growth surges during that time. There's no potential of them stunting growth. We see some problems in weight class sports like rowing or wrestling where kids are calorie restricting. So long as his body composition is good, his skin is healthy, all that type of stuff--

Nicki: He's sleeping well. He feels great.

Robb: He's sleeping well. Yeah. I just can't think of a better thing that somebody could do in this--

Nicki: It's a great hobby, great activity for him to be.

Robb: The interesting thing about bodybuilding and powerlifting, although you do a lot of the similar, somewhat similar movements, we tend to not see the same type of repetitive use injuries. Our good friend Jim Laird talks about this and shares information about the overtraining and burnout syndrome in our youth because they specialize too early in baseball, football, soccer, what have you, and kids are smoked.

Parents think that their kids are, they're in Pop Warner football and they think they're going to be in the NFL and then by high school they've got multiple concussions and they've had two knee surgeries and their kid is done. Unlike that, I think that this bodybuilding and powerlifting approach, again, you're using somewhat similar movement patterns but you can really pull from a wide variety of movements and you can change angles and change loading.

I think that the potential for overuse problem is very, very little and this is a great self-esteem builder. It's a good foundation for lifelong health, building that muscle mass at youth.

Nicki: And having these habits now, it's something that he's likely to continue throughout his life which is--

Robb: Yeah, holy smokes, man. I had an older cousin that got into weightlifting. He was about five years older than I am. This guy just walked on water for me. Anything he did I wanted to do. The fact he got into bodybuilding and powerlifting, I was like, "Man, I want to do that." I think I was like ten or 11 years old. My parents got me like a Sears and Roebuck bench press and cement weight set and I started using that stuff. That set up my habit of exercise. That was the thing that did it.

Yeah, I think that this is great stuff. I'm trying to think of any type of like, okay, so we did a big advocacy for this but what would be warning signs? If he's getting injured, if he has some overused stuff popping up, if he does have disordered sleep or if there appears to be some disordered eating popping up then I would be concerned. But short of those things, this seems like just -- Please, more. More, more, more.

Nicki: Okay. Let's see. I think this is our last question for this show. This is from Terence. Rob and Nicki, loving the Q&A podcast as well as the interview ones. You guys have been nailing it lately. Thanks, Terence.

Robb: Thank you.

Nicki: So, summer is around the corner and I'm looking at some beautiful electric smokers on the market. My dilemma is that I've got that pesky NAT2

polymorphism which says I'm a slow metabolizer of heterocyclic amines and, therefore, I will die a slow torturous death if my meat is placed within spitting distance of a hot coal. Terence, this is great.

Robb: We need to have Terence write the blog.

Nicki: I know that a lot of these smokers can be set to pretty low temperatures like 150 to 200 degrees Fahrenheit to do a low and slow but I was wondering if the presence of smoke and/or heating for such a long period of time produces more or less HCA in the meat as opposed to when I'm oven cooking a roast or even gently reverse searing a juicy rib eye? Please tell me I can eat delicious things without my colon exploding through my anus and nostrils simultaneously. Thank you.

Robb: That would be spectacular. Interestingly, and I will try to remember to put this in the show notes. When I did my unpacking of the movie What the Health, there were a bunch of claims around this heterocyclic amine formation and whatnot.

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A very simple thing that can be done is just putting good quality extra virgin olive oil on your meat before you grill it because of the antioxidants in the olive oil that reduces this HCA formation literally almost down to zero. And then if you were to add ginger or garlic or even rosemary -- Rosemary is a really potent antioxidant. So, if you were macerate that rosemary in the olive oil and then just coat the meat and then cook it you're going to reduce the HCA formation dramatically. That's over direct reasonably high heat cooking.

Now, the way that I cook in our grill, it's kind of a three station grill. It's not a smoker. It's a gas grill. I will get the thing hot and then I will turn off the middle portion of the grill and then put the meat on there. I still get a sear but I'm using the kind of herb enriched olive oil as a little bit of a marinade and a coating and then the two side burners are on but I put those down to between low and medium, put the lid on, and then I cook it low and slow even though it's on a barbecue.

Using that type of methodology, the meat turns out fantastic. It's really, really good. You still get that sear. Nicki's dad is an absolute barbecue ninja so he's like, "Oh, that's a good sear on that." He does all the man stuff around our house, basically, because I can't turn a wrench or swing a hammer. Me actually cooking food that he finds pleasing is great when they come over.

The literature suggests that those two approaches are minimizing the heat exposure and then also using some sort of an antioxidant rich coating. It really

drops the HCA formation dramatically. And then if you want to hedge your bets one step further, if you had a little bit of green tea, a little bit of coffee and these could be decaf green tea or decaf coffee with that meal of the barbecued or smoked meat, those things further mitigate the effects of this HCA formation.

I wouldn't freak out about that. I think that there are smart ways that you can handle this stuff and then there's worse ways where you're cooking a really fatty piece of meat that has no marinade on it, the fat drips down, you get a flame up and you get a charred piece on that meat. That's problematic in this regard. But even then, like Mat Lalonde just pointed out, for most people, they have a really remarkably good capacity to deal with that stuff.

A lot of these studies that had been done are in vitro studies where they're exposing tissues to these heterocyclic amines and this is a very different story versus eating this in a mixed diet. So, again, due to your polymorphisms, I would do a little bit of extra diligence and do that antioxidant rich marinade, cook at a diffused heat instead of enhancing the ability for things to scorch, and you should be good to go.

Nicki: Awesome.

Robb: Anything else, wife? Anything you need to let folks know about?

Nicki: I don't think so. I mean, you will be at Take Back Your Health. This will go up before that, so people listening to this, I think it will--

Robb: I don't know if it will. I'm going there -- Are we putting this up?

Nicki: You're next weekend. Oh no, it's this weekend.

Robb: It's this weekend, yeah.

Nicki: Well, this might go up on Thursday. We'll see.

Robb: Okay. We've been busy.

Nicki: I'm notorious at saying things that are out of date.

Robb: It's okay. I've been doing a lot of work with the Chickasaw nation and so I know we haven't had as many shows up as what we had originally planned on. We're going to try to get on top of that with some cool stuff cooking with those folks. I'll update you as that rolls out. We'll keep you posted on Nicki's navigating of the Brazilian jiu-jitsu world as well. I got a stripe two and I'm now one stripe purple belt. I'll throw that in there. So, very stoked.

But, thank you, guys. Thanks for the continued question and answer interaction and support and we'll talk to you all soon.

Nicki: Sounds good.

Robb: Thanks again for listening to the Paleo Solution Podcast. Here's a quick message from one of our sponsors.

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