

## Paleo Solution - 399

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Robb: Six listeners can't be wrong. It's another edition of Paleo Solution Podcast. You guys just missed something.

Nicki: Horrendous.

Robb: Horrific. Nicki was -- what was it? It was something from the New Kids on the Block Christmas album?

Nicki: Yeah. I don't know. You said something which triggered a string of lyrics.

Robb: Oh my god, you're triggered. Nicki's triggered.

Nicki: No, it didn't trigger me but it triggered my brain to remember a string of lyrics which I--

Robb: I'm triggered now. When Nicki sings, particularly when it's from New Kids on the Block, I'm triggered.

Nicki: Which I never. I don't ever. Back when I was 15--

Robb: That's why we have two kids because you haven't sung that before. I'm sorry, folks. We're airing some dirty laundry here. What's new, wife, other than just causing me to want to go fiddle?

Nicki: I do that pretty well.

Robb: You do. Yeah. So, jiu-jitsu is good.

Nicki: Jiu-jitsu is good.

Robb: The Lazy Lobo Ranch is good.

Nicki: We're good.

Robb: That's it? Nothing else to share?

Nicki: Kids are having a good summer, playing a lot, getting some creativity time, outdoor time.

Robb: Awesome.

Nicki: You're pointing at me to face the microphone. I tend to look at who I'm talking at.

Robb: Yeah, shocker. Okay. Yeah, that was probably one of the most awkward starts to any of the podcasts and we typically have -- We do awkward well with the Paleo Solution Podcast and that kind of brought things to a new level. But we're here with the best questions in the world, you guys' questions. We'll--

Nicki: Jump into those.

Robb: Jump right into that, yeah.

Nicki: All right. We have a question from Sarang. "Hey, Robb. You have been successful in making me and thousands of guys like me to become total nutrition nerds. We have all been listening to your podcast for months, years, and reading all kinds of books and blogs we can find to quench the thirst for more knowledge. For some reason, it's a highly addictive subject and I'm thinking and reading about it most of the time. It would be great if you could list out some books that are knees deep in the science and not just superficial advice. The whole Paleo nutrition community would be thankful for that. Thanks in advance."

Robb: Yeah. So, we've done this a time or two over the years. We'll spit out a reading list. It's interesting. There's some consistencies there like the first book I'm going to recommend always makes the cut. And then from there, it kind of varies. I think it's a little bit where my headspace is on the given day and I left one slot open in case Nicki decides that she has a recommended read.

The first one is a book called !Kung San: Men, Women and Work in a Foraging Society. I actually mentioned this book in our previous Q&A episode. This is by Richard Borshay Lee. It's a really fascinating account of what Professor Lee living with the Kung San. This was in the early 1960s. These folks were still comparatively unaffected by westernized outside influence. It's interesting because it gets into so much of the social dynamics of a hunter-gatherer group. He gets into domestic violence, violence among groups upon one another.

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I mean, it's really interesting stuff. It also touches a lot on their food and just kind of the foraging economy and how the division of work ends up optimizing the ability for these folks to live in what is a pretty harsh environment. It's valuable in my opinion because it really paints a remarkable picture of life within a hunter-

gatherer group and this extended family group. We can use that to inform a lot of the, maybe the places where modern society breaks and falls down. Like why are CrossFit gyms so valuable and popular? A lot of that is this extended family network and this third place effect. You have to do a little bit of reading between the lines to get that stuff but I think it's really valuable in that regard.

My second recommendation is a book called African Exodus: The Origins of Modern Humanity. This is just kind of an investigative journalistic piece by a fellow who has done research in this Paleo anthropology area and tracks the story of humanity. There had been a couple of different thoughts around the spread of humanity throughout the world. There's this multi-regional theory which is this idea that lots of different species of humans evolved in different regions of the world. And then there's more of African origin theory.

He details the, I guess, kind of like the detective story behind discovering the information that lends support for one of these theories, the other one. It's a fascinating read. It does get into the nutritional elements peripherally but it's fascinating. It makes the case that our ancestors were, in fact, not vegan and that we killed just about everything that was large enough to sight and atlatl or an arrow at. It's interesting in that regard but, again, really valuable from a big picture perspective.

My last two recommends actually diverge significantly from nutrition specifically to the degree that I think that I've had any maybe insights in this nutrition world is because I actually spend a lot of time reading stuff outside of just nutrition. I read things in physics and economics and all kinds of stuff. Trying to learn just fundamentally the way the world works, I think, is incredibly helpful for people and we actually have too little of that. A lot of the drama that we see in the world today is, you could argue, boils down to both emotionality but also people just not really understanding how the world works.

My third recommendation is a book by Matt Ridley called The Rational Optimist: How Prosperity Evolves. It's interesting, maybe uncomfortable for some people because it really makes a case that innovation and markets and the exchange of ideas and goods and services is the reason why we have it as good as we do today. Now, a lot of people will say that the modern world is a horrible terrible place to live. My only question to them is where in history would you prefer living than now?

If you really understand history you'd be nuts to want to live anywhere other than now, particularly if you're a woman, particularly if you are a "minority" and all the rest of that type of stuff. It's, again, I think a really interesting read. It doesn't absolve all of modernity. Clearly we have problems. We have problems with pollution and multinational corporations and the fact that sugar and big

food industries understand the revolutionary biology and exploit it to create hyperpalatable foods, whereas our gatekeeper medical community are largely ignorant of this stuff. All that stuff is true. But if you're well educated on these topics then you stand a lot better chance of both navigating it and helping to educate people about it.

The final book that I would recommend is really a step away from the stuff but it's called *The Ascent of Money: A Financial History of the World*. I have found that in general folks are really painfully ignorant of basic economics and also what money is, what our financial systems are. And they have these really wacky pie in the sky ideas about the way this stuff works or the way it should work.

This literally tracks the history of money from the transition from a hunter-gatherer lifestyle to agriculture and the need to basically have accounting as a means of tracking who owns what and then the development of things like insurance and property rights. It's a really fascinating read.

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Again, in my opinion, if you don't understand these things, these are foundational characteristics of our modern world, and if you don't at least at a passing level understand this stuff then the world is effectively magic. You really operate only from an opinion basis. You don't have an understanding of how it works. And the likelihood of you making a poor decision or having an opinion that is not just wrong but potentially injurious to yourself and others is exceptionally high.

All that stuff sounds hoity-toity and maybe holier than thou, but again, to the degree that I feel like I've had something to offer besides just proteins, carb and fat, it's an outgrowth of getting in and digging around in this stuff. My wife sitting next to me has an Econ background, which I think was a little bit of, in addition to her just being pretty easy on the eyes, she's super smart and we've always been able to sit down and talk about economics and finance and evolution and thermodynamics and stuff like that, at least a superficial level, and try to make some sense of the world from that stuff.

It's super gratifying for me and informative and, again, like somebody wanting to understand not just nutrition, I think you need to go way beyond just nutrition and understand economics and thermodynamics because all these things ultimately tie in together.

Nicki: Awesome. And there is one more spot. Maybe if you think about another--

Robb: We'll noodle on it. Nothing you wish? Nothing that would leap out at you to contribute to that?

Nicki: Another that leaps out at me right now. Nutrition nerd geekdom, the thing that's popping into my head, which I don't know is appropriate is that metabolism textbook.

Robb: Oh, Lecture Notes on Human Metabolism. Yeah, let's put that in there. That's a really good one. You can get this one for free. In the show notes I'll have links to all this stuff for where to track it down but this one's called Lecture Notes on Human Metabolism.

Nicki: I'll spell check it later.

Robb: Yeah, there we go. So, the cool thing about this, an MD PhD at the University of Ottawa wrote this book and it's a great -- It's written for pre-med students. It gets into some pharmacology, it covers the basics of organic and biochemistry and it really orients it from the perspective of someone going into medicine or allied health sciences.

Again, this thing, for a hardback it's \$35. He has everything available online for free. I'll get some links to that. It's a super cool book and you could jam through that thing in a self-learning process and really have a damn good steeping in general organic biochemistry as it specifically relates to health and medicine. It's a good call on that.

Nicki: Okay. Let's see, question number two. We have a question from Mary Ann on liver stress: First, thank you, Robb and Nicki, for all you've done and sacrifices for the message of clean eating and sustainability. Do you know of or have you read any research on possible liver stress associated with consuming the amount of protein recommended in the Ketogains calculator for a 57-year old female athlete. I will elaborate if you need more background information. Sincerely, listener number seven.

Robb: Nice. Just shooting from the hip, the Ketogains recommendations are actually very pedestrian when you look even at what Loren Cordain's protein recommendations were. So, the Ketogains recommendations for a female around Nicki's size would be 100-110 grams of protein, maybe 120 grams of protein.

Cordain was routinely recommending 200 plus grams of protein for a female Nicki's size. I think both of those are completely fine. When you look at the research on folks both in isocaloric and in overfed state, when you overfeed protein, people tend to gain lean body mass, they tend to lose body fat. The

problem that arises is if we have protein absent any extra fat or carbohydrate at some point.

This is where the rabbit starvation kicks in. We do have to take that protein apart and some of the byproducts include these nitrogenous waste products like ammonia and urea and you do need either carbohydrate or fat to act as cofactors in the metabolism of protein. It is devilishly hard to get people to spontaneously eat at that level for an extended period of time.

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Folks will do a protein sparing modified fast where they eat very high protein, low carb, low fat. The theory with this is that you're going to maintain a maximum amount of muscle mass particularly if you're doing some resistance training but you're introducing as large of a caloric deficit as possible and so you can really affect some remarkable body fat changes by doing this in a brief period of time. But you are potentially going to head into that protein toxicity realm at some point and so people start feeling bad and they just don't like doing it. You don't do it for extended periods of time.

But both for the liver and the kidney, the research just doesn't support any type of toxic or degenerative process for those organs unless there's some sort of pre-existing pathology like some people who have hepatitis C or some other inflammatory liver issues, high protein, even ketogenic diets could be potentially problematic for them.

In some cases, it's interesting, hepatitis C also seems to benefit from ketosis which is ironic. But there is a concern there. If there is inflammation in the liver then is the additional throughput of dealing with proteins or the production of ketone bodies, is that a net win or a negative? But in general, for I think Mary Ann's concern, no, there is not an issue here unless you have some sort of a pre-existing liver issue.

Nicki: Okay. Let's see. We'll move on.

Robb: I really wanted to answer that one just no and then move to the next one but it doesn't really seem like that's given folks their nickel work doing that.

Nicki: Let's see. We've got a question from James. Protein needs, muscle gain with bodybuilding and keto. So, for an intermediate to advanced ketogenic bodybuilder powerlifter looking to maintain muscle mass during a cut, what would be your initial recommendation on protein consumption? Same question for building muscle also. Much research seems to have been done on fat loss. Are there any studies showing the performance of the ketogenic diet when it

comes to muscle gain versus a higher carb approach? Maybe less muscle gain but fat free.

Robb: Okay. I'm actually going to answer this in reverse. That last question, we actually had some research recently, multiple papers. I'll dig those up and stick them in the show notes. Ryan Lowery and some other folks had been tinkering with this stuff. But the long and short of it is that when we calorie match on resistance training protocol, either a novice or experienced weight trainers, there's really no difference between carb fed approach and muscle mass gain versus a ketogenic approach. The one caveat there is it does appear that in older individuals a ketogenic diet may actually be superior to a carb fed individual.

Nicki: Older age-wise or like older training age?

Robb: Older age-wise. That's a good question but total chronological age. And some of the theory with that is that a ketogenic diet may improve the signaling that occurs with the androgen receptor and so we may get more metabolic response there. So, yeah, I mean carbohydrates are important for glycogen related activities and we have a question, actually the next question is going to be related to that.

There are situations where one may do a targeted ketogenic diet but that is more for the glycogen needs or even the central governor concerns of total energy status than it is whether or not you're going to gain a maximum amount of muscle mass, carb fed versus keto fed. The other question, maintain muscle mass during a cut, that's a little bit hard to pin down because people will do a cut in a lot of different ways.

Some people will look at this three months out from, say like they're doing a photoshoot or a competition or something like that, and they introduce 10% calorie deficit each day and they maybe do that five days on, one day off. The day off they go back to a maintenance level of calories just to reset the metabolism a little bit. In that situation, you could be a one gram of protein per pound of lean body mass, a 1.2 grams of protein per pound of lean body mass.

All indications are that for most people that will probably be enough. If you do a protein sparing modified fast, which would be a much more rapid approach to a cut or fat loss, you might want to do 2.2 grams of protein per pound of lean body mass. Some people do even higher than that. So, the more severe the calorie restriction, the higher the protein needs to be, the fewer the feedings in a given day, the higher the protein needs to be.

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So, if you're doing an OMAD, a one meal a day approach, which some people do, I'm not saying it's not right, I'm not saying it's wrong, but you will need more protein to prevent muscle loss on a one meal a day schedule versus a two a day versus a three-meals a day. This is one of the arguments for and one of the reasons why some people in that fitness scene, four to six meals a day or three meals and three snacks or whatever, if you are constantly feeding your body it tends to lay the body's fears -- I know I'm anthropomorphising.

The body relaxes a little bit because it's got a constant titration of food in even though you have a caloric deficit, you're introducing some protein to the body and so it stays in a positive nitrogen balance and all that, happy horse shit and everything. So, there is an argument for more frequent feedings under certain circumstances.

Again, there are people that are successful at two feedings a day versus six feedings a day. It all really depends on where you are. We could put a bracket on this anywhere at the low end of 0.8 or 1.0 grams of protein per kilogram of lean body mass all the way up to 2.2-2.4 grams of protein per kilogram of lean body mass.

Nicki: Okay. As with most things, there is not a black and white answer.

Robb: I wish there was. We could have wrapped this thing up at show number ten and been done.

Nicki: Okay. We have a question from Greg: Hi. I did a targeted ketogenic diet and do CrossFit. I primarily consume more significant amounts of carbs maximum 20 grams for 195-pound male before doing classic CrossFit workouts where high intensity interval training is part of the workout. I do this because, one, I perform better than without the carbs. Two, I feel and recover better afterwards. And, three, I'm afraid of my body going catabolic because it can't get energy fast enough during workouts. A lot of what I've read about keto and exercise deals with endurance workouts and weightlifting. What is the best approach specifically for keto and HIIT for optimizing performance and/or safety/avoid going catabolic?

Robb: Yeah. So, some interesting stuff of late. Alessandro Ferretti, who is a brilliant guy in the UK, he and his research team just wrapped up a study where they -- It wasn't a randomized controlled trial. The people were selected because they had been on a ketogenic diet for a period of time. So, there is some potential selection bias on that stuff. They normalized the diets and then they tested them at the pre-intervention -- You know what? I'm mistaken. I'm mixing up some different protocols.



They had these folks who were not initially keto-adapted then they spent six weeks keto-adapting these folks but they did some initial base line testing and then they did some testing throughout the process. And what they found is at the end of this keto-adaptation period which was four to six weeks, these folks generally maintained all of their high intensity interval performance. An important caveat with that was, I believe this was on a Wingate bike that they were testing it which is tough. This is hard stuff no matter what.

One of the things that we've seen with CrossFit combatives like jiu-jitsu and MMA, obstacle course racing, people will absolutely explode on a ketogenic diet. I think that relative to a mono-structural activity like rowing or cycling or even running for that matter, you can do so much more work in such a brief period of time that, to Greg's point, the energy demands are just stratospheric. They're just enormous.

My take on this is there might be an issue in the central governor. The central governor is the part of the brain that samples what our total energy status is, how much energy is going in, how much energy is going out. Even if you are keto-adapted, if you got in and started doing a super hard CrossFit workout that involved running and thrusters and pull ups, basically every muscle group in the body, and you're just going hell bent for leather, you could, even in that keto-adapted state, you could drop your blood sugar significantly.

You would not be able to then to upregulate in a compensatory fashion your ketones in a way that would offset the challenges to the brain. We still have tissues like red blood cells that need a certain level of glucose to run. And so people like Elijah Markstrom and some other people have noticed that when they do these mixed model activities there's almost like a governor on them.

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Their heart rate is higher at any given work output when they're ketogenic relative to not purely ketogenic. I think that this is where the targeted approach can be really valuable, just anywhere from five to 20 grams of carbohydrate immediately pre-training provides that bolus of carbohydrate so that the body doesn't just have to ding the liver via cortisol and epinephrine to get that glucose elevation. I think that buys one a little bit of time.

The folks over at Nourish Balance Thrive, really they exist because they started off both training and coaching people using a ketogenic diet. I wouldn't say they've abandoned the ketogenic diet but they use it in a very strategic fashion now. They tend to use it during the aerobic base phase of folks' training and then they play back and forth with do these people do better at just a moderate carbohydrate intake, do they do a targeted intake?

I can't really say what the optimum would be here other than it's going to be something in between an appropriately dosed targeted intake which like for Brazilian jiu-jitsu I ended up getting the glucose tablets that diabetics use. Those are super handy. They go bad in my bag. They don't spill or leak anywhere. Right before I will do the general class, which I don't use the glucose tabs for that, then when we get ready to do some pre-rolling I run over and grab one or two of those, crunch them up, shoot down some water and then I'd been doing great with that.

Either something like that or just a moderate carbohydrate intake and maybe you modify this based off the day. If you have a comparatively sedentary day or maybe a purely aerobic or strength training day, maybe you're on that more ketogenic spectrum. And then if you are anticipating a friskier day then you're 100-150-200 grams of carbs on that day.

Nicki: Okay.

Robb: I'll make sure we're still recording. We had this thing turn off on us a couple of weeks ago. Okay.

Nicki: That's always slightly frustrating when you're 30 minutes into an episode. All right. Question from Rob: I was wondering if you could shed some light on my usual response to being in ketosis. I've been on a very strict ketogenic diet for about six months now. I've tested my blood ketones hundreds of times using an Abbott FreeStyle meter and I'm almost always in the one to three millimolar range.

I've experienced some of the commonly talked about keto symptoms such as occasional feelings of euphoria, appetite suppression sometimes to the point of nausea if I have consumed a lot of fat, trouble sleeping due to that buzzing ketosis feeling in the body some speak of. The trouble is I don't seem to do well when my ketones are derived from my own body fat or at least it appears that way.

I say this because I still often feel classic carb starved feelings if I have eaten, irritable, trouble concentrating, et cetera. Eating lunch solves that but this seems strange given that my ketones could still be at three yet I experience those symptoms. Perhaps those very few carbs in the lunch are what my body wants or perhaps my body prefers ketones from other sources than my own body fat.

What has pushed me to a breaking point is the water fast I attempted this weekend. I began my fast after lunch on Friday, extremely low carb high fat, and during the fast felt exactly the same as I have on any fast I've ever done pre keto.

It was really difficult. I was irritable, had headaches, trouble concentrating, the exact same feeling as a carb withdrawal.

I was testing my ketones frequently in the days leading up to the fast so it should have been a breeze in theory. Yes, I took plenty of sodium, potassium and magnesium. It doesn't change it at all. To thicken the plot further, I tested my ketones regularly throughout the whole fast. On Friday night, they were about three millimolar and by Saturday lunch time they were up around four. By Sunday lunch they were up to five to six millimolars yet I still felt like I was in a serious carb withdrawal.

Is it possible that ketosis is just not for me? I've heard Dom D'Agostino mentioned that a minority of people don't thrive in ketosis. Any help would be appreciated.

Robb: Man, super thorough question and commentary. The original tagline question was having carb withdrawal symptoms despite a very high blood ketone level. As I was reading through this, I was like not enough electrolytes. But it sounds like the electrolytes were being appropriately addressed although I will say this both myself and many other people thought that they were doing enough and then good folks like Tyler Cartwright and Luis Villasenor of Ketogains are like, "Dude, no, you're not getting enough." And when I finally got that right, it was--

Nicki: Actually measured them and tracked them like--

Robb: Actually measure them and track them. It was a night and day difference and I felt like an absolute idiot. That would be one thing. Are you really following that recommendation from the Ketogains electrolyte calculator and are you weighing and measuring--

Nicki: Not a calculator but there's just a general outline, yeah.

Robb: Yeah, the recommendation. That's one thing.

**[0:30:02]**

And then Rob touched on the final part which is ketosis is a tool. And like any tool, it is -- A hammer is great but if you want to cut a piece of wood very finely and precisely you don't use a hammer. You use a saw. A saw is a great tool but if you want to put a metal spike through a piece of wood you don't use the saw. You use the hammer.

Ketosis is awesome. It's a great tool but it may not be the right tool for you. And there's a lot of different variation on this stuff too. You could do some time

restricted feeling where you frontload the carbs early in the day and then your last meal is low carb. Like your first meal is at 9:00 a.m., the last one is at 4:00 or 5:00 p.m. You still got a long period of fasting. It's low carb during that period of time. You could add some MCT to your meals. I would really recommend going easy on that. I poisoned myself with an MCT powder two weeks ago. I had to miss--

Nicki: It was ugly, folks.

Robb: -- a jiu-jitsu. This is just an aside, but I was using a product that is a protein plus MCT product that's really cool. What the heck is the name? I'm blanking on the name. I'll stick that in the show notes. Really cool product. But I was looking at them like, "Oh, I'm not going to be able--" I really don't do shakes all that often but this day I was like, "I'm not going to get real food. I'm going to do a double dose." Because then it was going to hit my protein minimum which is what I really focused on.

The mistake that I made though is that this thing had a significant amount of -- a single dose had a significant amount of MCT powder. It was like 22 grams of MCT from the powder. The powder is definitely more forgiving on your GI tract than the liquid is. But holy shit, I was so sick.

Nicki: You couldn't roll.

Robb: I couldn't do jiu-jitsu.

Nicki: He got to the gym and he went to the bathroom and he came out and he looked like Casper the ghost, totally white and sweating.

Robb: It was horrible. I've had some horrific hangovers and some other whacky illnesses. This was literally one of the sickest I've ever been in my life and I did it to myself and poisoned myself. So, go easy on the MCT oil. But again, for Rob, lots of options here. As always, do the thing that helps you to look, feel and perform your best. It's definitely sounding like--

Nicki: You're not feeling very well.

Robb: You're not feeling well on ketosis. I just not too long of a diversion on this but people are super fucking geeked out on fasting and all this stuff right now. The first article that I wrote on this was in 2005 for the performance menu. Arguably, I'm kind of one of the earliest people in this scene exploring, recommending, tinkering with fasting.

It was about mid 2006 that I wished I had never published this piece on fasting because the deleterious effects that people are getting when they were going too aggressive on the fasting. Fasting plus CrossFit, fasting plus absolutely no carbohydrates. I think it's broken far, far more people than what it has ever helped with regards to cellular autophagy and hormonal cycling and all the rest of that stuff.

I really question why folks are doing fasting particularly if it's just crushing you. There's some arguments around metabolic flexibility and stuff like that but there's also a reality that most of us have had rounds of antibiotics, we might have iron overload. There might be all these different issues. And fasting just may not be a good fit. If it's making you borderline feel like you're going to die, it just might not be a good fit.

It sounds like in this whole picture, fasting made the situation worse. This is another good illustration of higher ketones don't necessarily make things better. We've talked about this ad nauseam just with the fat loss approach to ketogenic diets. Ketone levels do not correlate specifically with body fat loss. It doesn't necessarily mean in old people that higher ketone levels are more therapeutic. There's some arguments for that around cancer and some neurodegenerative diseases.

Again, this is getting really specific. If you're facing cancer and your integrated approach to this thing, the folks that you're working with, they're saying, "Hey, okay, so you're going to feel like shit because of the ketosis because it doesn't really work that well with you but you're going to have better chance of beating the cancer."

Nicki: That's worth it.

Robb: It's probably worth it. But if we're just looking at performance, health, longevity and you feel like dog shit from this thing, don't do it.

Nicki: Rob, I wonder if you've tried just doing standard low carb, maybe around that 75 to 100 grams of carbs per day and just really focusing on hitting your protein goal and seeing if that, if you still have those carb cravings that you're describing. That might be something to play with and not really worrying about your ketone levels but just seeing if you're leaning out, if you feel good, your cognition is good, you're sleeping good. Maybe play with that and see how you feel.

**[0:35:12]**

Robb: Yeah. And again, if you do want to goose a little ketosis, there's MCT oil, MCT powder, time restricted eating windows. There's a lot of other ways to tinker

with that so that maybe you go in and out of the process instead of like chronic ketosis.

Nicki: Okay. Our final question is from Kilson. Keto and picking a primary care doctor. Hey, guys, huge fan of the show. I just read through *Wired to Eat* and really enjoyed it. I think it's a really good catalyst for getting started on the right foot. I've been messing around with keto for a while now. Almost three years ago I was walking around at 357 pounds and found out about keto.

I started boxing and lifting and made it down to as low as 250 pounds. That's over 100 pounds weight loss. That's awesome. After some injuries and some life struggles, I flew back up to 300. For the past few months I'm back on the grind and trying to make it back down to a weight I feel good at. Big part is thanks to podcasts like yours. Thank you very much.

All right, the question. I haven't gotten a physical or seen a doctor in a while now, maybe close to two years. I'm having some trouble picking a primary care provider. What are some things you look for in a doc? Do you use some sort of platform to find a doctor who is in the know about stuff like Paleo and keto? I really want to get on top of this and find a doctor. I'm from New York, which is flooded with doctors but I'm just not sure who to go with. Any suggestions on how to narrow the choices?

Robb: Yes. So, years ago, we put together a website called [Paleophysiciansnetwork.com](http://Paleophysiciansnetwork.com). It's not curated. It's not vetted.

Nicki: Not updated.

Robb: It's not really updated. We put this thing together because when we were on the road a ton with the Paleo Solution seminar that we used to do, it reached a point where like maybe 20% of the crowd would arrive with like a foot thick binder of medical blood work and I'm not a doctor. I'm always willing to try to help people understand what this stuff means but it's not my job to try to figure any of that stuff out as far as what to do.

And so there was clearly a desperate need for practitioners. And so in kind of a snowball pitched into hell, we spent a lot of money putting together the Paleo Physicians Network and just tried to advertise it and like, hopefully, the people on there actually had a background that was amenable to this ancestral health approach.

Nicki: Well, you can see on there who's an MD, who's the chiro, who is the -- They list there.

Robb: And the general feedback that we've had is that it's been good both for practitioners and for patients seeking folks out. I would look there. There's another website that the people actually have maintained and curated it. I think that one's called Primal Docs. You could look around there for some folks in your area. And then, finally, there's an outfit called SteadyMD. We're kind of friends with those guys, have done a little bit of work with them. What this is, is kind of a concierge doctor, that experience where you pay per month to work with a specific individual like--

Nicki: And you can find people that are basically experienced in, like Spencer, a doctor who lifts or there's people who are--

Robb: Like Mark Cucuzzella consults with them. He is super geeked out on the ketogenic diet.

Nicki: Endurance athlete. Doctors who are specialized in endurance world and whatnot. Most of them have some background with Paleo and keto but you can look on there and see if there's somebody that resonates with you and then like Rob said it's like a monthly fee and you can text them. There's an app interface. You can interact with them via Skype or video or also text. That might be an option too if you don't find someone in your immediate area that you feel like you connect with.

Robb: Yeah. Cool. Anything else, wife? Is that it for now?

Nicki: I don't think so. I think that's a wrap.

Robb: Okay, cool. Thanks, guys. Thank you for the continued support. Thanks for the awesome questions. The only reason why we do this, is because you guys are so damn smart and ask such great questions.

Nicki: And if you want to follow some of the other shenanigans Robb is up to, follow him on Instagram @dasrobbwolf. Why did you go with @dasrobbwolf?

Robb: There's a little bit of a background with that. I regret it deeply now. I never really thought Instagram was going to be a thing so I was not taking it seriously. And Dave Castro's handle was @thedavecastro and so I was like, "Well, fuck, if I'm going to one up him on that, I'm going to be @dasrobbwolf." Because what's more authoritative than doing it in German, you know? And now looking back at it, it was an absolute idiot's endeavor.

Nicki: And now somebody else is Robb Wolf.

Robb: I'm sure somebody, yeah. There's actually some poor schmuck that has been bludgeoned on Twitter. His name is Robb\_Wolf and he likes smokes and drinks and is into music and he's just like, "I fucking hate you." I'm really sorry. He ended up landing on @therobbwolf first. He instant messaged me and he's like, "Yeah, I got this one first. This isn't happening again."

Nicki: Cool. All right

Robb: Okay. Thanks, wife.

Nicki: Thanks, guys.

Robb: Bye.

**[0:40:40] End of Audio**