

Nicki: It's time to make your health an act of rebellion. We're tackling personalized nutrition, metabolic flexibility, resilient aging, your and answering diet and lifestyle questions. This is the only show with the bold aim to help one million people liberate themselves from the sick care system. You're listening to this Healthy Rebellion Radio. The contents of this show are for entertainment and educational purposes only.

Nicki: Nothing in this podcast should be considered medical advice. Please consult your licensed and credentialed functional medicine practitioner before embarking on any health, dietary, or fitness change. Warning: when Robb gets passionate, he's been known to use the occasional expletive. If foul language is not your thing, if it gets your britches in a bunch, well, there's always Disney Plus.

Robb: Howdy, wife.

Nicki: We are live. Hey, hubs.

Robb: We are still alive, at least. Not dead yet.

Nicki: We are alive.

Robb: What's new? How's your jujitsu going?

Nicki: Jujitsu's going pretty good, actually.

Robb: Yeah?

Nicki: Yeah.

Robb: Cool.

Nicki: Yeah. I had a little bit of low energy today training, but-

Robb: We still got it in.

Nicki: Still got it in.

Robb: We just repped.

Nicki: And did some good drilling and yeah, can't complain there.

Robb: Cool. Cool.

Nicki: Yep. Let's see what ... Oh, and we're taking the girls to Schlitterbahn for the first time.

Robb: We are going to Schlitterbahn for the first time this summer.

Nicki: It's actually open by reservation. They're limiting the number of people in the park. For those that don't know, Schlitterbahn is a waterpark. It's one of the best water parks.

Robb: It has been voted the world's best water park-

Nicki: Apparently in the world.

Robb: ... 35 years in a row. I don't know who votes on these things, but they've been taking it home.

Nicki: It's right here in New Braunfels. We went several times last summer, you get a season pass. It's super, super worth it. The girls absolutely love it. It's super fun time. So anyway, we are going to go do that. Apparently they will be taking our temperatures at the entrance and they're staggering the entrance.

Nicki: In the past you could just show up whenever and stand in line, and then they kind of check your belongings to make sure you're not carrying anything dangerous and then you are admitted. And now they're grouping people, so you have to ... They're staggering the entrance. We will be going and seeing what that experience is like.

Robb: It'll be interesting, as is everything in the age of COVID.

Nicki: Yeah. Let's see ... What else is going on, hubs?

Robb: We have the Rebel Strong Summer Strength program with Basis Health & Performance. That is cranking.

Nicki: That is cranking along, loving that we're just at the tail end of week two of four weeks.

Robb: Officially people have kind of spread out across the board because of the book launch.

Nicki: We started a little late.

Robb: We started basically a week late. It's amazing. It's a combination of just really expertly, intelligently planned strength training. Typically full body workout, squat, press, hinge, pole, lunge. And then they weave in all of this kinstretch mobility work in addition to that. It is-

Nicki: And some PAILs and RAILs, and some capsule work to kind of help solidify your position in some of these movements. Because if you can't establish proper positioning when you're lifting, then obviously things can go arise. Yeah, that's been a ton of fun. People are loving it. We actually had one of our gals say, after completing this week's work, "I'm realizing that this is what I've been missing and have been wishing all the trainers I have hired actually did."

Nicki: She's looking forward to the rest of the program, but she's loving it. Anyway, if you guys aren't familiar with Sarah Grayson and Nate over at Basis Health & Performance and

Chico, California, they've got a great Instagram feed as well. Give them a follow. Just Basis Health & Performance. And for all of you Rebel members, you get in on some stuff like this. It's been a fun treat.

Robb: Indeed, it has.

Nicki: Let's see, hubs. What do you have for us today for our news topic?

Robb: I actually snagged this one from Diana Rogers. She always has some great stuff in her feed, but it's called Beyond Mitigation. It's actually an essay from a person on medium that goes by the handle @FarmersLedge, and how the lingering vestiges of reductionism keep us from real environmental solutions. I have kind of a long paragraph here. I don't know if I need to read the whole thing, but it's been interesting.

Robb: We've done a lot of interviews around Sacred Cow. It's been cool, we've had good feedback and whatnot. But even people that are fairly well-steeped in this stuff, they're kind of jaw dropped with the amount of complexity that we're dealing with. Like when you just say, "Well, is meat healthy or unhealthy to eat?" It's a nontrivial thing to unpack all that. Does the methane emission from cattle, is that going to destroy the planet as many people are saying? You can just say, "Well, of course not," but that's not really an answer.

Robb: That's a dismissal. And so to really get in and unpack this stuff, it's both complex but also it's incredibly interconnected. I think that this is something that the complexity throws people a lot. But when you start layering complexity and you start finding that ethics and health and environmental issues are all really sticky and kind of woven together, it's beautiful in a way.

Robb: Because if you really get going down an avenue that is working with nature, then things work fantastically. There's synergy and benefit. But this medium piece makes the case that as powerful as reductionism has been, it's given us rockets and airplanes and computers and all kinds of stuff. But it really hasn't served us that well for dealing with these complex adaptive systems. The author makes the point that what we end up doing is what he calls mitigation, which is basically looking at the pieces that we can see of a system and just reordering or reshuffling those.

Robb: We don't oftentimes recognize that if there's a problem, the system itself may be broken and that the individual pieces maybe may need to be completely pulled out and alternatives put in there. This is some of the ironic features of kind of the industrial food system getting a green washing in the cases of Impossible Burger, Impossible foods, lab-grown meat.

Robb: It seems plausible that growing meat in a vat is going to be good for the world. And then when you get in and really start unpacking that, it's not good for anybody. It's not sustainable. It's not energetically beneficial. It's from like a ... Just a humanity perspective, food as software where it can be intellectual property that's owned is not

going to do anything good for humanity or developing countries or people who are poor or otherwise marginalized.

Robb: And that's the interesting thing, I think that when you start putting on this kind of general systems theory lens to look at things. If you want to deal with, say, inequality among human beings, we actually need to look at food systems and economy. If you get completely focused on that problem, you'll almost be guaranteed to not only not solve it, but probably make it worse because it's all these other externalities. It's all these other pieces that interplay into making the situation what it is.

Robb: But it's fascinating stuff. This is a lot of what drew me to people like Arthur De Vany and Nassim Taleb and other people as kind of hoity-toity systems thinking stuff that I really think is what we need to think about. Part of what I'm thinking about is how to teach this to our girls, like how do I teach them from the beginning to both understand and appreciate the benefits that a kind of logical linear reductionist process can provide in certain situations, but then be able to ditch that when appropriate and put on this kind of systems lens.

Nicki: We will be linking to this medium piece in the show notes for anyone that wants to check that out in its entirety. Let's see here. I'm just looking at this last sentence of the paragraph that you copied actually, where the author says, "This theory dovetailed beautifully with my most favorite concept of gestalt, where the whole is greater than the sum of its parts," which ties right into what you were just saying.

Robb: Yep.

Nicki: Okay. Our t-shirt review winner today is from @ImAtTheComedyClub. It's a great handle.

Robb: It might be the longest and best handle.

Nicki: Longest. Yeah, yep. Unwavering advice, making Rob provide unbiased advice. "It's crazy that they can change their opinion when new data is published and realized it's beneficial. Who would have thought that science should be listened to and may even change?"

Nicki: The dogmatic often zealot approach to health and nutrition has created fractures in the lives of many people that follow if it fits your macros, veganism, the food pyramid, or even the recommendations of the American Diabetes Association. It's refreshing that Rob aligns with science over feelings, bow and arrow choke the hell out of the push propaganda from big ag and big pharma."

Robb: Bam. I like rear naked choke myself because it's a little more intimate, but I like it. Nicki's a fan of the bow and arrow choke.

Nicki: I love the bow and arrow choke. Yes. @ImAtTheComedyClub, thank you so much for your review. Send us an email to hello@robwolf.com. Include your t-shirt size and your

mailing address, and we will send you a Healthy Rebellion Radio t-shirt. This episode of the Healthy Rebellion Radio is sponsored by BLUblox, the best blue light glasses for better sleep, recovery and optimal wellness.

Nicki: BLUblox sleep plus lenses, they're red lenses, and they block a hundred percent of light in the melatonin disruption zone unlike other brands. BLUblox Come in prescription, non-prescription and readers, and they're super stylish so you won't look goofy and you can wear them with confidence.

Nicki: Or if you already have a pair of frames that you absolutely love, you can send those to BLUblox and they'll add their lens technology to your favorite frames. And when you buy a pair of glasses from BLUblox, they'll gift a pair of reading glasses to the not-for-profit restoring vision. And in addition to the BLUblox sleep plus glasses, they also make them for daytime use and digital eyestrain as well. I think I'm in need of a pair of digital eyestrain ones myself.

Robb: Well, Nicki insists on rarely plugging her computer in so it's dimmer than normal.

Nicki: No, that is not true.

Robb: I blow my stuff up really big, and Nicki has hers on the smallest font possible.

Nicki: That is true. That is true.

Robb: And frequently she will forego using the snazzy monitor that I bought for her to plug into her computer. And instead-

Nicki: It depends on where I'm working. Some of that is true. Some of it is false.

Robb: So I've only got you halfway thrown under the bus.

Nicki: Halfway, yes.

Robb: Yeah.

Nicki: Well, check out BLUblox. Go to blublox.com/Robb15. That's B-L-U-B-L-O-X.com/R-O-B-B-15. And use code Robb15 for 15% off your order. They also offer free shipping globally, so go check them out: BLUbox.com. Hubs, I think it's time for our questions today.

Robb: Let's do it.

Nicki: We've got one from Victor about a 30 day meal plan. He says, "Robb, my wife and I will be starting the paleo 30 day meal plan next Monday, June 1st. We are both quite excited about it and the results we believe we will feel. One major issue that I wanted to get your advice on is the fact that I'm trying to put on muscle mass over the summer break. I'm a teacher and coach, and I want to do this before I return. Hopefully in August, barring all this stuff with COVID.

Nicki: I'm trying to raise my testosterone levels after getting a blood test earlier this month at my urologist office. While the tests were mainly normal, they were on the low-normal side. My plan is to do double kettlebell movements, short sprint workouts, and of course the paleo nutrition plan. We're also trying to conceive a baby over the next two months, and hopefully before we both have to return to school in August because my wife is also a teacher.

Nicki: I've been told and researched that building more muscle as well as building overall strength will help increase my free testosterone naturally. I forgot to mention I'll be 50 on June 20th. I'm a former track and field athlete, 400 meters primarily. Very lean build, CrossFit from 2012-2015, kettlebell training and movements primarily since the summer of 2015.

Nicki: My wife is 16 years younger than me. With all that said, do you have any additional advice as it relates to how the paleo 30 day meal plan and continuing eating paleo afterwards will help me accomplish my goals? Which are increasing muscle mass, getting stronger and increasing my chances of fathering a child sperm, quality account, et cetera. I'm not sure how much the paleo nutrition plan can or will address these issues, but I appreciate any advice you can give."

Robb: Big, big question, a lot of moving parts there. Looking at some of the factors that go into testosterone production, adequate zinc levels, adequate magnesium levels and mega three fats, appropriate protein. Probably might be in an argument, and it doesn't sound like Victor's heading down the ketogenic road, but there are enough people that see even a transient decrease in testosterone and libido doing keto.

Robb: Which again, I think a big chunk of that is inadequate electrolytes, but it's a thing. The things that I would focus on are these really nutrient-dense foods that are rich in zinc, red meat, shellfish. Those types of things are going to be great. But this is some of the benefit, again, to our point in the opening news piece. When you do things that work with ecology, work with biology, then we get a multiplicity of benefits here. Focusing on sleep, doing a probably twice daily meditation, like picking up a meditation would be-

Nicki: That'd be great.

Robb: ... a great thing.

Nicki: Great for your wife As well.

Robb: Absolutely. I think Chris Kresser still has The Healthy Baby Code out there, but if not, the Lily Nichols had some outstanding work around pregnancy, getting pregnant, feeding the mom and baby, like just some phenomenal work there. And then one other thought in this would be I think he talked to his urologist ... Or was it a urologist?

Nicki: That's where he got his blood tests.

Robb: Okay. Okay. Hormone replacement therapy is dodgy in this scenario that if individuals take exogenous testosterone, then it will usually down-regulate your own production of testosterone, including sperm count. But there are some different things like HCG or Clomid that actually ping the system much further upstream, releases luteinizing hormone.

Robb: And if you start it far enough upstream to try to goose the natural production or more indigenous production, I guess would be a better way of saying it, that can be really helpful. If you do some poking around on male infertility and low sperm count and whatnot, then things like Clomid have been pretty well-documented to be helpful.

Robb: I think that noodling on that combination could be really powerful because I think something like a basic paleo template, some challenging but not exhausting training, sunlight, good sleep.

Nicki: Sleep.

Robb: All the rest of that, the meditation. Those things should play together very favorably to at least stack the deck in his favor as much as possible.

Nicki: We've had a lot of success with people getting pregnant once they change. Victor didn't say what he was eating beforehand. We're not sure if he's coming from a standard American diet or-

Robb: Closer to this, yeah.

Nicki: ... he's tried paleo before. But a lot of folks who previously had conception issues when both mom and dad go paleo and start training-

Robb: Some magic has happened.

Nicki: In the gym way back in the day we had ... In lots of gyms, lots of CrossFit gyms I've seen this.

Robb: We started warning people, like we've kind of joked about it. I think people kind of dismiss it, but it literally was something that we would warn people like, "Hey, if you don't want to get pregnant, be aware of doing what we're recommending. You're going to feel really good. You're probably going to be a little more frisky, and the likelihood of getting pregnant seems to be much, much greater."

Nicki: Yeah. Well, good luck to you, Victor. Happy birthday, we missed your birthday, and let us know. Let us know how it goes. Okay. We have our second question from Matt about his HDL levels.

Nicki: "Hey, Robb, I have now for the third year in a row tested low for my HDL levels in the extreme. I'm a 39 year old male, 6'2, about 215 pounds. I also suffer from ulcerative colitis for three and a half years since diagnosed.

- Nicki:** This year, my HDL was at 29. Last year 28, and the year before 27. I've been listening to you since I heard you on Cleared Hot. Do you have any suggestions what I can do to work out and ..." Okay. Punctuation here is a little dodgy. "Do you have any suggestions on what I can do? I work out and I try to have a healthy diet, but I can not drop the weight or get the HDL levels up. My LDL is at a great level and my triglycerides are high as well. Thanks, Matt."
- Robb:** Matt, this is we're doing some advanced testing, like the LDLP, LPIR. We're working with some folks to try to get something that is really slick and like a one stop shop here. My guess is that there's probably some sort of an inflammatory process related to the ulcerative colitis that is pulling down the HDL number. Something that folks often don't appreciate is that things like LPS, lipopolysaccharide, that is a highly toxic substance that comes off of bacteria.
- Robb:** One of the things that our body uses to detoxify it and remove it from our system is lipoproteins. Interestingly, HDL binds to it better than LDL. Although interestingly, also the small dense LDL binds to it better than the large buoyant LDL. This is some of the stuff that in digging into folks' health and looking at their gut health, we can see some trends like low HDL, maybe low vitamin D. It is concerning that the triglycerides are elevated. The HDL appears to be elevated or suppressed. And so this starts looking a lot like kind of classic metabolic syndrome.
- Nicki:** Well, and he has ulcerative colitis. Since he's a relatively new listener, I'm wondering Matt, have you changed your diet at all? What does your diet look like? Are you still including gluten in the mix?
- Robb:** That's kind of the biggest one.
- Nicki:** Whether it's beer or bread or whatever. So really shooting to eliminate the gluten mainly for the ulcerative colitis, if not for just metabolic health in general. And then starting to look at just the composition of everything else, like prioritizing protein, trying to keep your carbs from real food.
- Robb:** Yeah. Raising protein, interestingly increased saturated fat intake tends to elevate HDL. And typically disproportionate to most people, what they see LDL increases lifting weights, resistance training can increase HDL. But if there's some sort of a really significant systemic inflammatory problem here, this reminds me a little bit of why some people will supplement crazy with vitamin D and they never see their vitamin D bump up because the vitamin D is being used.
- Robb:** This is where some dutch testing in that circumstance can be helpful, because you're actually seeing all the metabolites, the upstream and downstream metabolites. A well-informed person can kind of divine the tea leaves a little bit and know some of what's going on, but-
- Nicki:** Dropping carbs in general should help with his triglycerides, too.

Robb: Should help with this triglycerides. It's a great point you make/ sometimes I assume that people are already on board. Without being able to ask, "Okay, well, how are you eating?" It's difficult to know that, but making certain that this basic kind of grain-free paleo-ish type approach, at least for some period of time is enacted.

Nicki: That's really being careful too, if this is your first time doing it. Looking at labels, because gluten and wheat hides in a lot of food, like soy sauce. So reading labels of sauces, dressings.

Robb: I've had some of the keto friendly bars and stuff like that. Many of them will say manufactured in a facility that also processes wheat or whatever, and some of them tear me up. Some of them I seem to be fine. So I don't know what the differences are there, but those are definitely things to look at in this story.

Robb: And I would just keep your ears open. We're going to have some information about some more comprehensive testing that's pretty slick, that some people that we know that have worked with the Reno Risk Assessment program are developing currently. That just gives us a much better baseline to go from.

Nicki: Okay. Our next question is also from a Matt, a different Matt. "Hey, Robb. Thanks for all your work in the nutritional wellness space. The nuance is real and you don't try and oversimplify this complicated subject like many other voices out there, which I appreciate. I enjoy how you start many of your answers with 'man, this is a tough one.'"

Robb: I think I've done that already in this episode.

Nicki: "Because let's be honest, very little in this space is very straightforward. But enough about you, let's talk about me. I've recently started a carnivore diet to see how things go. My story is long and I won't get into all the details as they are not relevant to my question. But for a little context and explanation, I developed pretty extensive vitiligo seemingly out of the blue about a year ago. I'm tinkering with carnivore to see if I can get some improvement.

Nicki: I've seen some repigmentation already and it's only been about six weeks. I've been learning quite a bit from Paul Saladino and I'm formulating my plan similar to his nose to tail approach. I'm about 160 pounds, fairly low body fat, 10-ish percent probably. But would like to gain a few pounds of lean muscle so I'm shooting for roughly 175 to 185 grams of protein and 200 plus grams of fat, totalling around 3000 total calories.

Nicki: Protein sources are sirloin tip, egg yolks, whole sardines from frozen bone broth, beef liver, chicken liver if I can't find beef, beef heart and beef spleen at this point. Still working to source some other organs as well. Fat is primarily beef suet. All of these, minus the sardines, are from local farms. I wouldn't call myself a strict carnivore at this point. I do have some days of only animal products, but I also add in some fruit and honey from time to time. All that said, my question is quite simple.

Nicki: Should the protein target include the protein from the organ meats, or should the 175 to 185 grams come only from lean muscle meats and egg yolks. I'm getting six to eight total ounces of organ meats per day, which equates to around 30 to 40 grams give or take. Up to now I've included them in the total, but if this is not right I should probably add another half pound or so of muscle meat per day. I've heard you talk about not including the collagen protein from bone broth in the total protein target, but I'm unsure about organ meats."

Robb: A really good question. In general, these organ meat sources, although they do provide more of the cysteine versus methionine input, they are still whole proteins and so you don't really need to separate them out the way that we do with a concentrated collagen protein as an example. One of the longer questions and possibly one of the shorter answers on this. Honestly, if he didn't adjust it, all he's going to be doing is ending up close to 200 grams of protein per day. Not the end of the world either way with that.

Nicki: Right.

Robb: Yeah.

Nicki: But great that he's seeing repigmentation from the vitiligo.

Robb: I remember back ages ago when we did the paleo brands seminar with Wellborn and Cordain and all that. CJ Martin ended up interviewing a young guy who had really significant vitiligo, and he had before photos that he was showing. It was like half of his leg, part of his torso previously. He was down to just a few little silver dollar sized spots-

Nicki: On his arms.

Robb: That's where it had receded to. So this is one of the big things that we've seen. I in fact ended up dating someone for a while helping fix their vitiligo. That's a whole other side story. If you ply me with some Element Margarita's at some point, then I will focus in on that in real life.

Nicki: Divulge all those details.

Robb: Yeah, yeah.

Nicki: All right. It's time for the Healthy Rebellion Radio trivia. Our episode sponsor BLUblox is giving their REMedy sleep max. That's R-E-Medy, remedy sleep mask to one lucky winner selected at random who answers the following question correctly. Robb, speaking of sleep for ... I think it's the past five nights, maybe six nights we've been doing something a little strange at bedtime. I read the book. I'm not fully done yet. I'm probably got like 1/10th left. I'm at the end of James Nestor's book Breath. And so the trivia question today is, "What are we doing at night before bed?"

Robb: Is this the PG-13 answer or the NC-17 answer?

Nicki: This is the G answer.

Robb: The G answer. We are mouth taping-

Nicki: Mouth taping.

Robb: Which sounds wacky.

Nicki: Yeah.

Robb: Would you like to explain mouth taping?

Nicki: Yeah. And it's so odd. I've first of all, the book *Breath* by James Nestor is fabulous.

Robb: Well, we'll get him on a Salty Talk.

Nicki: Yeah. And several of our members in the Healthy Rebellion have also read it. He was recently on Rogan and that's a great interview to listen to as well, but the book is great. It ties really well into everything, kind of ancestral health and evolutionary biology and all of this with the size of our mouths and how our mounts have formed and actually are smaller now because of soft foods that we're eating and our airways are smaller.

Nicki: Most Americans have significant breathing issues. In fact, most Americans mouth breathe, especially at night. So anyway, one of the things that he suggests and that a lot of people do, apparently it's a thing, is put a little postage size piece of tape. We're just using kind of first aid tape just over your lips to keep them from opening and to ensure that you breathe through your nose throughout the entire night.

Nicki: If people snore, this can help eliminate snoring. If they're waking up multiple times in the night, sometimes ... This wasn't a thing for us, but he says that a lot of people sleep with a glass of water by their bed on their nightstand.

Robb: Because they mouth breathe so much their mouth is dried out.

Nicki: Yeah, so their mouth dries out periodically throughout the night. So they wake up and have a sip of water and people just think that's normal, but it's not. Mouth taping can help with that.

Robb: You went so far as to say that the nasal passages will remodel, the face will remodel when we do away with the mouth breathing.

Nicki: Mouth breathing. Some of that also is chewing too. But yeah. Yeah.

Robb: Interesting.

Nicki: It's a fascinating book. In fact, one of the things that was like so interesting was apparently ... He's a great writer and he pulls in all of these stories from different people

that have kind of been on the breathing ... You know, been studying and researching breathing throughout history. He'll talk about somebody in the 1800s that was following this group of people and modern day folks, dentists, orthodontists, that people that notice that mouths-

Robb: Probably classic Weston A. Price stuff.

Nicki: The human skull is changing.

Robb: Yeah. Yeah.

Nicki: And there was this one man who was a painter, or he was an attorney and he quit his job as an attorney and wanted to paint. He started traveling west and met up with many Native American tribes and noticed in several of them that the mothers would ... While their babies were sleeping, would stand over them or while they're holding them, pinch their lips together to make sure that they breathe through their nose.

Nicki: And apparently it was considered bad if you took in breath through the mouth. Breathing through the mouth in many Native American cultures, what's considered like the air was not as good. But anyway, fascinating book, this is the longest trivia we've had.

Robb: Wear your BLUblox before bed. And then when you get ready to go to bed, slap a piece of tape.

Nicki: Slap a piece of mouth tape over your lips-

Robb: Seal up your pie hole. It's vertical. It's vertical. You're not going ... Yeah.

Nicki: Yeah. To play, go to robbwolf.com/trivia and enter your answer. We'll randomly select one person with the correct answer to win a REMedy sleep mask from BLUblox. The REMedy sleep mask blocks a hundred percent of the light hitting your eyes. It has zero eye pressure and improves REM sleep scores. The cutoff to answer this week's trivia and be eligible to win is Thursday, July 30th at midnight. That's Sagan's birthday.

Robb: It is.

Nicki: And the winner will be notified via email, and we'll also announce on Instagram as well. This is open to residents of the US only. Okay. Our fourth question this week from Chris is wondering about going higher carb for fat loss.

Nicki: "Hi, guys. I've been a longtime listener. I follow the paleo lifestyle, and a couple of years ago I completed Robb's keto masterclass. I followed the keto gains protocol, weighing and measuring for several months.

Nicki: I lost a good amount of weight but was otherwise miserable, constantly hangry, terrible sleep, increasing anxiety, et cetera. I recently started working with a doctor, a

nutritionist I found through the paleo physician's network. After looking at blood work, the doctor referred to me as a sugar burner, even though I had been on a low carb or a very low carb diet for a pretty long time.

Nicki: The nutritionist suggested I try carb cycling through either some backloading TKD or CKD type profile. I've been playing with the CKD thing now for a couple months, using a combo of keto gains and Lyle McDonald refeed macros. I haven't been losing any weight, but I definitely feel better in the 24 to 48 hours post-refeed. This got me thinking back to the keto masterclass, and Robb talking about some people needing higher carb intake.

Nicki: Did I mention my stress management is terrible, and we have a toddler who won't stay in his bed going on almost four years now? This carb search got me looking at things like RP, which is Renaissance Periodization and WAG, working against gravity. I know it's marketing but it seems like there are a lot of pretty significant transformations, but both seem much higher carb than many of us listeners might be used to. So my question is what gives? Who should or shouldn't try these types of programs. And if one wanted to just test it out, how long should I give it to gauge whether it's working or not?"

Robb: Man, I almost feel like I want to hand this off to you to answer who should or shouldn't. Anybody should tinker with this. Anybody should kick the tires on some different dietary approaches. Even though I had suspected that I probably did much better on the lower carb side, I really tried ratcheting carbs up at various times. I did what Sarah Strange recommended her carb reloading process, which was based off of some work from Mike T. Nelson.

Robb: Let's say I'm doing 20 grams of carbs a day. I do that for a week. Then I go 25 grams of carbs a day for a week, 30 grams of carbs a day for a week. As you stair step up the carbs, you stair step down the fat. For people that have had say some thyroid problems and from really extreme dieting, that can be helpful.

Robb: I could never get it to work for me. One thing I haven't done yet is a consistent blood donation, which it's possible I run a little heavy in iron and that can be an oxidative stress and that can impair your insulin sensitivity. But also thinking back all the way to the time when I was a kid, I just had brain fog my whole life. When I don't eat super high carb, then I don't have brain fog, you know?

Robb: I think that who should or shouldn't tinker with this, if you're not getting the results you want on your current thing, then it's time to tinker with something else. And as far as duration, things need to be at least a month, six weeks to really get a sense of whether or not it's working. If you're doing a really huge shift in what you've been doing previously, then it can take some time to adapt.

Robb: I will say backing up, he mentioned that he was always hangry and had problems with sleep and anxiety. Were electrolytes on point? This sounds classic for that scenario. It is an additional stressor when you don't have the electrolytes on point, which can further stymie fat loss for a variety of reasons, not the least of which is poor sleep.

Robb: I would get in and give one of these things a try. Even within the context of the keto master class, I've leaned closer to ... Or I've leaned away from some of these classic cyclic low carb things where you'll be low carb for five days, and then carb load for two days. Those things never work. They virtually never worked. Just people feel like garbage.

Robb: It tends to just spur people to do more junky, binge eating. That's kind of the way that a lot of these things are portrayed. It's like, "You can have it all. You can eat bacon and eggs one day and then ice cream sundaes the next." It really doesn't work that to the degree you can really reintroduce these carbs significantly. That day needs to be very low fat so that it kind of changes the physiological insulin resistance.

Robb: Most people are unwilling or unable to do that. It makes eating kind of boring and monotonous. We've just noticed that if folks need a little more carbs, just having a little more carbs daily is probably not the worst thing in the world to do. If you know that you're going to have a particularly active day, then maybe you have a little bit more. A little more sedentary, you have a little bit less, but I've found just a kind of ...

Robb: Which ironically sounds a lot like the zone, considering all the ironic pissing matches around all that type of stuff. But the consistency seems to really lend itself well. And if you look at what they're doing within say, like work against gravity in the Renaissance periodization and whatnot, they're pretty darn consistent. They may cycle things a little bit here and there, but there's far more consistency than randomization like what we see in a cyclic ketogenic diet.

Nicki: Okay. And Robb, that article that you mentioned that Sarah Strange wrote, that's on your blog. Right?

Robb: Yeah. It's called carb reloading on robbwolf.com. Yeah.

Nicki: We will be sure to link to that.

Robb: It's a great, great article. Definitely worth a read.

Nicki: Yep. Okay. Our fifth question today is about cinnamon. Charlie says, "In a previous podcast, you mentioned in passing that cinnamon is toxic, but you didn't explain. Could you explain? My wife and I have only been buying Ceylon cinnamon since then, as you suggested, but I have no idea why. Thanks again."

Robb: Well, Charlie, this is that thing of ... Do you remember 'let me Google that for you.' Do you remember somebody would ask a question and you'd put their question in and then-

Nicki: It would send them a link.

Robb: It would type it out for them and everything. And Charlie, I'm not really trying to be a dick, but the cassia cinnamon contains a substance called coumarin, which is a liver

toxicant. You can get a pretty good dose of it doing a teaspoon or so of the wrong type of cinnamon.

Robb: It can be really problematic. So it sounds like you adopted the Ceylon cinnamon, which is the less toxic of the two. I think it does still have some in it, but it's much, much less. That's kind of the long and short of that.

Nicki: But you were saying a teaspoon is sort of the level or is it ...

Robb: Well, it depends on the person to some degree.

Nicki: Most people aren't eating like ... Okay, so it depends on what else you have going on.

Robb: Yeah. What's something ... I'm trying to think. Think about our kids when they put cinnamon on some berries.

Nicki: Right.

Robb: You're shaking some cinnamon on berries or a bowl of fruit. It'd be easy to get a teaspoon spread out over a good sized bowl of fruit. That is the way that you could get a toxic dose of this stuff if you've got the wrong type.

Nicki: Okay.

Robb: Yeah.

Nicki: Hopefully that's helpful, Charlie.

Robb: If not, you can Google it.

Nicki: I think that's the end of our episode this week. Thanks everyone for joining us. Remember to check out our show sponsor at BLUblox for your blue light blocking glasses. Go to blublox.com/Robb15. That's B-L-U-B-L-O-X/R-O-B-B-15. Use code Robb15 for 15% off your order. What else? Thanks everyone again, for all the support with Sacred Cow. We should be finding out in the next week or so whether or not we made it onto the-

Robb: Squeaks onto The New York Times list or not.

Nicki: The New York Times list or not, so fingers crossed on that.

Robb: We're having a great time over in The Healthy Rebellion.

Nicki: We are.

Robb: Come check us out, join at the healthyrebellion.com.

Nicki: Yep. You all have a great weekend.

Robb: Bye everybody.

Nicki: Bye.