

**Nicki:** It's time to make your health an act of rebellion. We're tackling personalized nutrition, metabolic flexibility, resilient aging, and answering your 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 The Healthy Rebellion Radio. The contents of this show are for entertainment and educational purposes only, 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.

**Nicki:** 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 bridges in a bunch, well, there's always Disney Plus.

**Robb:** We are doing this.

**Nicki:** We are doing it. Hello, everyone. Welcome back to The Healthy Rebellion Radio.

**Robb:** I haven't seen you all year.

**Nicki:** And happy new year. Robb always says that the morning after new year's Eve, but this year, Zoe beat you to it.

**Robb:** Zoe beat me to it that little rascalion.

**Nicki:** You forgot, and when she woke up, she says, "Morning, dad, I haven't seen you all year."

**Robb:** Well, I was a little distracted this year.

**Nicki:** We were a little distracted. We lost our Gato on, gosh, it was December 27th, I think, 28th.

**Robb:** Somewhere around there.

**Nicki:** Yeah. Thor, who we got in 2015, so Sagan was barely a year old and Zoe was, gosh, probably just about three or a little over three and got him as a kitten and he moved with us to Texas and back here and it was just our really solid mouser, just a good little guy.

**Robb:** And he was the cat that we thought we had lost and we think ended up in our-

**Nicki:** In my sister's RV.

**Robb:** ... in-law's travel trailer.

**Nicki:** They swear they never saw him, but he disappeared for five weeks once when we were still in Reno and we just assumed he got taken by a coyote or something because after five weeks, the writing is on the wall. And then one day, he showed up at the back porch and he was filthy and he's a really he's part bengal.

**Robb:** Phenomenal hunter.

**Nicki:** He was part bengal so he was just this amazing hunter. We've had good hunters as cats before, but this guy definitely takes the cake.

**Robb:** He would catch rabbits larger than himself and then bury them on the sun-facing side of the house and apparently this is what many domestic cats do not display this behavior, so this is still some of his wild Gato behavior coming through and they bury him and let him kind of marinate in the ground for a day or so and then start eating them and it's pretty spectacular watching something eat another organism's head that's larger than his head and he just uses those side teeth and chops through it. But we don't know what happened to him. We're not sure if he developed a brain tumor or he got somehow poisoned. He just got...

**Nicki:** He had come in two days before and he was kind of limping on one paw and so we thought... And then after an hour, he was totally fine. So I thought maybe his paw got frostbite or cold. Maybe he was out roaming around. And so then he seemed fine and then that Wednesday, we came home from jujitsu, well, you and the girls came home because I was running some errands, and Robb found him in the garage laying against the wall crying-

**Robb:** Panting and crying

**Nicki:** ... and panting. And he had pooped there, which is totally not normal and brought him inside and he was just wailing. And took him to the vet and the vet was super confused. Apparently, neurologically, a lot of the tests that they did showed that he could have been consistent with a rat poison type thing, but not all of them. She was like...

**Robb:** Is 50% of the things.

**Nicki:** And then the 50% of the other things was consistent with a head trauma. And if you treat a rat poisoning, it can make the head trauma thing worse. And if you treat the head trauma thing, it can make the rat poisoning thing worse so she was really flummoxed. And so he was at the vet for three hours and then they closed and so Robb went to go pick him up to take him to the overnight vet because he was really not stable. His body temperature was really low and he didn't make it. He died in the car on the way to the emergency vet.

**Nicki:** So it was a rough couple days in the Wolf household because like I said, our girls, he was one of their first little animals in their lives and the first time that they've lost a pet so.

**Robb:** Really anything, yeah.

**Nicki:** Yeah. So very trying. So that was that. But then we had a visit from Dr. Parsley and his girl and had a fun weekend. And our good friends here, the Boons. John made us a phenomenal new year's Eve dinner and celebration of our anniversary and also new year's Eve. And so had some good connection, good community. So super thankful and welcoming in this 2022 with flying colors.

**Robb:** Flying something.

**Nicki:** Flying something. Let's see here. I think that's all of that stuff. I do want to mention a couple of The Healthy Rebellion community announcements. We are in the middle of our cold shower challenge that I've mentioned before that's wrapping up here this weekend. Our kickoff call for our winter 30 day rebel reset is coming up a couple Fridays from now on Friday, January 14th. Actually one Friday from, now that's the next Friday. And then we'll do that optional seven day carb test and then the actual 30 day rebel reset starts on Monday, January 24th.

**Nicki:** So the last day to sign up and participate in that 30 day rebel reset is the 24th at midnight. So if that's something that you would like to join us in and you're not already be a member of the healthy rebellion, it's freedom members, you can sign up at [join.thehealthyrebellion.com](http://join.thehealthyrebellion.com).

**Robb:** And I'll just as a hard sell, the reset by itself which we do three of these a year, most places on the interweb should pay \$200 or \$300 to do a reset like this and it's, what are we doing? 30 bucks a month, and maybe we should charge a shitload more, but this is what we're doing and the community is phenomenal as a baseline. It's a good... I hate saying safe place, but it's a amicable place.

**Nicki:** Well, we get that comment a lot. We get a lot of people saying, "I'm so thankful for this place because I can ask these questions that in other platforms I would be just driven offline or driven into hiding." So there's a lot of discussion about a whole host of topics that people don't feel like putting themselves out there on a platform like Facebook or Instagram.

**Robb:** And it's not an echo chamber. There's definitely a tendency towards kind of a worldview, but there is by no means a complete uniformity. And the funny thing is that people disagree on there and state their cases and then a cheer and celebrate each other as if we were a functional community. So there you go.

**Nicki:** Like it used to be in the good old days.

**Robb:** Yep.

**Nicki:** Yep. Okay. Let's see. Let's move on to news topics.

**Robb:** Just a piece from Vani Prasad which God bless that guy and thank goodness he has not been nixed off of media's social and other ways, although there's interesting stuff afoot about social media. Maybe if we all just pulled up stakes and told Twitter, Facebook, Instagram to fuck off-

**Nicki:** To GFY.

**Robb:** ... and we abandoned them that there would be something magical that would happen as a consequence of that, but we'll see how that goes. But his piece, the title is dishonesty about masking kids results in insanity, and just pulling a piece out of this very nicely written article to justify masking kids, proponents relied on bio-plausibility and cited filtration studies often performed on mannequins. Of course, the physical properties of a mask on a dummy are not the same as asking a child to wear it for prolonged periods of time. If a cloth mask captures 70% of particles or 80%, you still have no idea whether asking a child to wear that fabric mask and accepting that use will be imperfect, has a net health benefit for the child or others around them.

**Robb:** And the funny goddamn thing about that is there's never been a randomized control trial to investigate this. There were some Bangladesh studies that suggested that mass are great for marking in-tribe and out-tribe but almost nothing beyond that.

**Nicki:** So I'm confused about these mannequins, do they have a hole in their mouth and were they had an airbag that they were pushing through?

**Robb:** It's very similar to the CPR mannequin type stuff where yeah. But I mean...

**Nicki:** So they were forcing air up through the mouth of this mannequin.

**Robb:** I assume mouth and nose, yes.

**Nicki:** Okay. I don't know, it just seems farfetched.

**Robb:** Well, it's pretty ridiculous. It's pretty ridiculous, and you could stack, they had some physicists come in and talked about fluid dynamics which is basically what you're talking about in a situation like this, but you couldn't stack the deck more favorably for this kind of mask-centric deal. And I went back and forth on this stuff. When Dr. Fauci first said masks don't do anything, I'm like, "That seems absurd, they've got to do something."

**Robb:** And the best deny again in analysis and others' analysis of that Bangladeshi study that a really well fitting properly applied N95 mask might reduce transmission and disease by about 30%, which is non to reveal but you have to wear it perfectly but you have to do wear it perfectly and you have to do all the right stuff and you can't be pulling it on and pulling it off and using it as a pirates patch one minute and a face diaper the next. And when we are just talking about your run of the mill cloth masks which are now most of what folks have, they do literally nothing.

**Robb:** And just as a quickest side, the Bad Gato just did a piece talking about first they came for dot, dot, dot, and talking about people kind of towing the line and all the story, and it was basically a social media post. I think it was a twitter post from this guy who showed up at a restaurant to eat and I think it was in Boston or one of these places that are super locked up and mandated to the gills and...

**Nicki:** You need to show your vaccine status.

**Robb:** Yeah. And so I think there were five adults and one child, the child under four, and the adults all had their vaccine proof, but the child did not because the child was under foreign. These folks, even within the insanity of vaccinating children which I think is kind of insane and not well founded in science. And if you say it's safe and efficacious, we are not yet at the point to have the data to make those statements that may in fact end up proving to be true, but we do not yet have the data to say that stuff particularly when most childhood vaccines are studied for upwards of 10 years before they are generally rolled out.

**Robb:** Anyway, this parent of the child said to the restaurant owner, "Hey, there are no CDC guidelines on children under four, so you don't need to vaccinate kids under four," And they just said, "Hey, our policy is no vaccine pass, we are not serving you so."

**Nicki:** Did they get up and leave?

**Robb:** Well, they didn't get up and leave, they were ushered out. I mean...

**Nicki:** Okay. Well good, well-

**Robb:** Well, the restaurant here was not going to serve them. They were like, "No, we are not going to serve you."

**Nicki:** I think if I had been sitting in that restaurant, I would also have gotten out.

**Robb:** I would've probably taken a shit on the table and then left.

**Nicki:** You would've spent a night in jail.

**Robb:** And I would probably spend a night in jail, but I mean, the people who get this get it, and then the folks who don't, one is really left struggling for... There are going to be some folks that are like, "Oh, I see absolutely no problem with that. The child that was just birthed, the mom should have had the vaccine so that it was transferred to the child and even then, it probably won't be acknowledged that it was transferred to the child or something like I just don't know, but.

**Nicki:** No, the child needs its own vaccination at birth.

**Robb:** Clearly, clearly.

**Nicki:** Clearly.

**Robb:** Yeah, and immediately upon birth. I don't know, I don't know. The funny thing about all of this stuff, or maybe it's not a funny thing, but just it occurred to me is the pushback begins or the pushback starts becoming itself over the top. Some of my thoughts and feelings become over the top because I'm trying to beat the over the top on the other side of this story and that's not really a great place to go, it's not a good place to move the whole conversation forward, but I really do think that we're at that kind of break point that we need to start doing some stuff within the bounds of reasonableness and not spending a night in jail and all the rest of that. So anyway, anyway, okay.

**Nicki:** All right. I have a second news topic today. And this one was an article by Dr. Marty Makary who is a professor at the Johns Hopkins School of Medicine and this was featured on Barry Weiss's sub stack which is called Common Sense. And the title of this piece is university's COVID policies defy science and reason. And it's a really wonderful piece talking about a lot of the restrictions and regulations that are at all of these universities and he goes through in details the death statistics, the hospitalization rates for adults ages 18 to 26 or whatever the standard college age is and how little...

**Robb:** Real danger exists there.

**Nicki:** Real danger there is, especially when you have to be vaccinated to attend, you cannot be on these campuses without being vaccinated. So the hospitalization rate for a vaccinated individual in this age range is tiny. Anyway, it's a well done piece, but I wanted to read a couple of snippets from this and again, we'll link to both of these articles in the show notes so you can check them out later on.

**Nicki:** So he says, "At these institutions of higher learning and thousands more, science is supposedly held in the highest esteem. So where is the scientific support for masking outdoors? Where is the scientific support for constantly testing fully vaccinated young people? Where is the support for the confinement of asymptomatic young people who test positive for a virus to which they are already immune on a campus of other immune people? The data simply do not justify any of it."

**Nicki:** And then further down, there's another section that I wanted to read. For the past two years, this country has imposed and often unnecessary restrictions on over 54 million school aged children even though they are the least likely group to suffer serious consequences of a COVID infection. Instead, we have damaged their education, kept them from seeing human faces and treated them as vectors without a right to a normal childhood. College students are not the only young people we have harmed, a recent Brown University study found that "children born during the pandemic have significantly

reduced verbal motor and overall cognitive performance compared to children born pre pandemic."

**Nicki:** The researchers pointed out that families of lower socioeconomic status were most affected. At the same time, adults have been allowed to socialize bare faced at bars while children outdoors on playgrounds are still masked. This is nothing short of an abuse of power by adults over a defenseless group. And that sentence there, we can all go to a fucking bar and drink and talk being right next to somebody on a bar stool or standing crowded while children outdoors are wearing a fucking mask on a swing or on the merry go round or on the monkey bars and it's got to stop. And it's time for parents, students college students, the ones that obviously your five year old isn't going to be making a stand, but we have to push back. It's gone to far.

**Robb:** And the thing is there are lots of parents and lots of people, lots of educators that are going to look at folks like us suggesting that we push back against these things that we are monsters, and we're not, we're just not in that whole nest.

**Nicki:** What does the world look like? Okay. So let's just say that this Brown University study is accurate and that children born during the pandemic are verbal motor cognitive performance is all significantly less compared to people born pre pandemic. What do we have in 20 years, 50 years? What does that look like? And it's globally, it's not just isolated to one country.

**Robb:** Do you want me to say something controversial?

**Nicki:** I don't know.

**Robb:** Well, if it gets too far are out in the weeds, we can nix this one so.

**Nicki:** Nix what one?

**Robb:** What I'm going to say next.

**Nicki:** How are we going to nix it?

**Robb:** Your dad can edit it the fuck out.

**Nicki:** Dad's in Idaho so we'll have Squatchy edit it I guess.

**Robb:** Well, Squachy edit it out.

**Nicki:** Okay.

**Robb:** Do you remember early in this story, there was this kind of, "Oh-oh, you silly folks, there are cultures that cover folks faces a lot." Well, it's not everybody's face that gets covered, it's mainly women whose face that gets covered. And the women are still able to see the emotional content of the people around them particularly men who may or may not be abusive or sexually aggressive or whatever. So what's unimportant in that situation is the emotional content of the person wearing the face covering.

**Robb:** But the person wearing the face covering still is exposed to and becomes intimately aware of the emotional content of the people around her because those folks pose a significant threat and wield all of the power in those particular cultures. And so this isn't

a uniform thing, and we don't have lots of examples of uniformity in this, but it was interesting, the lengths that folks went to try to, "Oh, well, this is actually a good thing."

**Nicki:** Justify. You know what? I have to read or I'll see if I remember exactly what it said, but it ties into this, the Gato, boricua Gato on sub stack, he had a post, I think it was either this morning or yesterday where he included a screenshot from I'm assuming the owner of a business and it was basically a notice to all employees that during Zoom calls, so these are all remote employees, during Zoom calls, everybody's going to be required to wear a mask in Zoom calls. And the reason being is that a member of the team-

**Robb:** Is afraid of real faces now.

**Nicki:** ... is afraid of unmasked faces. And maybe it was like gets anxiety from unmasked faces. I can't remember exactly the wording of it. So because one person now has a fear of unmasked faces, everybody who joins these calls for this company has to wear a mask in their own home over a video camera.

**Robb:** And I guess this is one of those things of well, do you rally to the needs of that in person or not? And it's an interesting...

**Nicki:** And there was a commenter that said, "Well, what if there's people that have anxiety over masked faces? Who do you side with?"

**Robb:** Who do you cater to?

**Nicki:** Yeah, who do you cater to? Anyway, that was a bit of a tangent, but this Barry Weiss piece is a really great read, it makes a ton of sense all supported by data. And so again, that'll be in the show notes.

**Robb:** And funny enough, common sense

**Nicki:** And common sense, yeah. All right. The Healthy Rebellion Radio is sponsored by our Salty AF electrolyte company LMNT and this is just a public service announcement to remind you that you still need electrolytes even when it's cold outside. It's far easier to stay hydrated in the summer. The weather's hot, you want to cool off, you want to drink something cold, but in the winter you can be just as active but not really have that same level of thirst and I know Robb, both of us in the last couple of days.

**Robb:** I felt like shit the last couple of days.

**Nicki:** Yeah. I felt kind of run down or like, geez, what is going on? And we realized we hadn't had any electrolytes.

**Robb:** But I just really don't want to go grab another beverage at the same time so, yeah.

**Nicki:** Yeah. So we found ourselves dragging and realized we were woefully not-

**Robb:** Electrolyted.

**Nicki:** Not electrolyted. So anyway, if that's you, you might want to grab some LMNT. You can get your value bundle of LMNT where you buy three boxes and get the fourth box free. You build your bundle with all your favorite flavors, and you can do that at [drinklmnt.com/Robb](http://drinklmnt.com/Robb) that's drink L-M-N-T.com/R-O-B-B. And let's see here, we've got two questions today, our first one is from Josh on creatine and kidney function.

**Nicki:** "Hi, Robb and Nikki. Thanks for all you do. The information is so helpful and you're both entertaining to listen to what is your take on creatine supplements and kidney function? Can creatine supplementation decrease kidney function by increasing creatinine levels or is this just a false indicator as some studies have suggested?"

**Robb:** Yeah. And there's a link in there. Creatinine is a breakdown product of creatine, and it can be an indicator that kidney function is going south. But if one is supplementing creatine, if one's just eating kind of a meat rich diet, if one's eating a meat rich diet and pretty highly physically active so you have a lot of protein turnover, then we can see higher than "normal" creatinine levels. And I think that this is probably doubly a issue these days because I think folks eat such small amounts of protein that you see an even more profound effect with this, it's like two different species.

**Robb:** So yeah, I put in a couple of links in here that kind of talk about this more at length, but it's interesting there are lots and lots of people with diabetes or diabetic related kidney issues and so that elevated creatinine just rightfully sends alarm signals for many situations, but there's other situations in which it's inappropriate for that to be a, a problem or, or to perceive it as a problem.

**Nicki:** Gotcha. Okay. Our next question is from Daniel on immunity and caloric intake. "Hi, team. I've been following your work for years and have been a member of The Healthy Rebellion on and off. Recently, I've been eating more calories purposely to put on more weight during a strength phase. However, I have noticed that when I am eating more, I'm feeling more rundown and get sick more often sore throat, et cetera. When I'm not eating as much, I typically eat in a smaller feeding window and adhere more towards a higher fat, lower carb lifestyle.

**Nicki:** When you Google immunity and caloric intake, it literally seems like each click bait link opposes the other. One says eating less weakens the immune system, the next says the opposite. Do you have any opinion or thoughts on this topic? Are the increased calories causing the body to process more and therefore create extra work or is there no correlation at all and this is just in my head? For context, I'm 5 foot 10, 74 kilos eating about 2,800 calories a day to add weight with approximately 160 grams of protein per day and I'm 38."

**Robb:** Yeah. I mean, any type of chronic calorie restriction or calorie excess becomes a stress. And with stress we can see impaired immune function and all the negative things that we really don't want. It's interesting that... And again, this is within I think the context of a chronically overfed organism when some amount of calorie restriction or intermittent fasting is introduced as seems to be an improvement in immune function, there's all this discussion of three days of fasting totally resets the immune system and whatnot.

**Robb:** And I think that there's truth to that, but it's really punctuated. Okay, one dose of three days of fasting has some magic for the immune system. Great. Do we do that once a week, once a month or once a year? And I think that that's where folks kind of get into problems.

**Robb:** The flip side of this is that gaining weight and gaining muscle particularly 38 year old person, I think that slow and steady is kind of the way to do that. And 2,800 calories a day isn't a huge amount of calories, it actually seems a little bit low to be able to get a qualitative shift in weight, so I'm kind of wondering how little Daniel was eating before.

**Robb:** He also mentioned that when he goes back to normal eating, he's kind of low carb so I'm kind of wondering if he's not just eating kind of shittier food under this circumstance too. I'm kind of reading between the lines there and ma is it the total calorie load or is it...

**Nicki:** Does the food quality change substantially when you move into this kind of bulking phase?

**Robb:** Yeah. Yeah, because the total magnitude of calorie increase doesn't seem to be that much, I don't even know that it's really in the proper realm to technically gain some weight on. Just eyeballing it, it seems like at least about 400 calories shy but it varies from person to person. But anyway, chronic overeating can and will be a stress so that's something to think about.

**Robb:** And also, Daniel, I'm kind of reading the tea leaves here a little bit and I'm thinking that you're just letting the food quality change significantly enough in this process that maybe that as big a factor is any type of calorie, excess, but don't know. You could circle back and tell us.

**Nicki:** Yeah. and if that's true, then you could also try cleaning up the food quality.

**Robb:** Maybe one thing, maybe the glycemic load, or maybe you're adding some wheat or something like that in his context, yeah.

**Nicki:** Right. And then seeing you could do a little and equals one experiment and kind of improve that if that is in fact something that's going on and then see if you notice feeling less run down.

**Robb:** Yep.

**Nicki:** Okay. That's all we have for you this week folks. Robb, do you have any other thoughts, feelings, thoughts on the new year? Anything else you want to opine on?

**Robb:** Cautiously optimistic about 2022.

**Nicki:** Yeah. I like it. I like it. All right, folks. Thank you for listening. As always be sure to check out our show sponsor LMNT for all your electrolyte needs. You can grab yours at [drinklmnt.com/Robb](https://drinklmnt.com/Robb) that's drink L-M-N-T.com/R-O-B-B. Remember to join us at The Healthy Rebellion inside the community if you're interested in participating in this next 30 day Rebel Reset which officially kicks off on January 24th, and you can do that by going to [join.thehealthyrebellion.com](https://join.thehealthyrebellion.com).

**Robb:** And somewhere near the end of the month, my training at 50 will see the light of day, but only in The Healthy Rebellion. And that will be my 50 year update so.

**Nicki:** Exciting. All right, folks. Have a great one, we'll see you next week.

**Robb:** Bye everybody.