

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 1 million people liberate themselves from the sick care system. You're listening to the Healthy Rebellion rate.

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

Robb: How you like them sour apples? Welcome back.

Nicki: That was such a good movie, Goodwill Hunting.

Robb: Maybe we need to watch it again.

Nicki: I think we do. It's probably been like 20 years.

Robb: I've not watched it since Robin Williams' passing, so...

Nicki: When did that movie came out in like the nineties, right?

Robb: Ages ago, yeah.

Nicki: Such a good movie. I don't know why we started with... What were we doing?

Robb: Shenanigans before recording were many and varied.

Nicki: Like how do you like them apples. So now they're sour apples.

Nicki: Well folks, thank you for tuning in to another episode of the Healthy Rebellion Radio. This is episode 99.

Robb: Wow.

Nicki: Yeah, we're getting up there. Let's see here. Let's just dig right in. We are in the middle of the seven day carb test this week inside the Healthy Rebellion Community. And this coming Monday begins our 30-Day Rebel Reset, our seventh Rebel Reset. So if any of you are still on the fence, haven't joined, want to get in on the action, you must join by Monday, January 24th at midnight.

Nicki: At midnight, we close the course and no new people enter. We like to go through the resets as a group. Everybody on the same page together. And so it's kind of a cohort-based thing. So if you want to get in on this one, the deadline is January 24th.

Robb: And if you're on the fence, that's not a comfortable place to be. Get the hell off there. Join the party. Do what you know you need to do.

Nicki: Yes. And to do that, you can go to join.thehealthyrebellion.com. Let's see here, sorry if... I'm not sure if I have the Omicronic. Was that you and Sagan called it?

Robb: Yeah, the Omicronic.

Nicki: But definitely feeling run down. Definitely have a little bit of a cough, had the sore throat.

Robb: Sagan got sick, and then we hunkered in.

Nicki: And then Zoe, and then I started feeling poorly.

Robb: I feel modestly poor, knock on wood, but I think I'm going to skate out of this-

Nicki: Yeah, I hope you do.

Robb: The best of the group.

Nicki: Okay. So I think that is all-

Robb: Did you mention that just to make excuses for-

Nicki: Because I'm normally not quick on my feet when we're doing this, but I feel like I'm going to be fairly slow today. So I'm just giving a disclaimer.

Robb: Slow pitch stuff only then.

Nicki: Yes. Okay, your turn. News topic today.

Robb: Shifting gears more into regenerative and sustainability. This a cool paper ensuring planetary survival, the centrality of organic carbon and balancing the multifunctional nature of soils. It's a really comprehensive piece. It makes the case for the expansion of the industrial row crop food system pretty fucking insane.

Robb: It's not that you can or necessary should do away with that system entirely, but there's a lot of things we could be doing even within the industrialized process that would improve things a lot. I'll read a piece out of the beginning of that.

Robb: "Not only do soils provide 98.7% of the calories consumed by humans, they also provide numerous other functions upon which planetary survivability closely depends. However, our continuously increasing focus on soils for biomass provision, food, fiber, and energy through intensive agriculture is rapidly degrading soils and diminishing their capacity to deliver other vital functions. These trade-offs in soil functionality, the increased provision of one function at the expense of other critical planetary functions are the focus of this review."

Robb: It's complex, but it's pretty accessible. It really paints an interesting picture when you think about the whole planet of the vegan things, which is just row crops as far as the eye can see, if you remove animal inputs particularly. And then we still have that pesky problem of degrading the soil and the way that you largely fix or mitigate that is the reintroduction of animals in a rotational basis in a food production system like people have been doing around the planet for millennia. So good paper, and a little shift away from what we've usually been looking at.

Nicki: Cool. All right. The Healthy Rebellion Radio is sponsored by Our Salty AF Electrolyte company element. One of the questions we'll be answering in today's episode comes from Dave. In his question, he also shared about his experience with element, so I thought I would share that here in our sponsored segment.

Nicki: This is what Dave says. He says, "Also element is amazing and has changed my life. I truly mean that. I'm an avid mountain biker, and I used to routinely get cramps, sometimes quite horribly. I tried everything. The only thing that helped, but only only to a degree, was using some salt tablets. But after I started using element this summer, they're completely gone. It's amazing. But even more, I used to also routinely have heart palpitations, not the dangerous kind, but still unnerving as well as restless leg syndrome. Both are gone now. And after I made the connection, I've noticed that if I feel the palpitations or the beginning of restless leg, within 30 minutes of taking element, they're gone. That's happened frequently enough that I'm now sure it's causal. I've literally never seen or heard anyone make the connection between restless leg syndrome and salt or electrolytes, but it clearly mattered for me and seems plausible in retrospect, given the role of electrolyte deficiency in nervous system and muscular dysfunction. In any case, thank you."

Robb: Pretty cool.

Nicki: Pretty darn cool. So you guys can grab your electrolytes at drinkmnt.com/robb.

Robb: Cool.

Nicki: All right. Question one. This one actually wasn't a question. This one is from one of our Healthy Rebellion Community members, Maryanne, and she just made a post in the Rebellion. Robb, you wanted to chat about it a little bit.

Robb: Yeah.

Nicki: I'll read what she posted and shared with the community. She says, "I just got in from my best long run ever. It was a 12-mile run, two repeats of two miles easy, four miles at half marathon pace. I want to thank Ryan Baxter." He's one of our moderators inside the Healthy Rebellion, "... for introducing me to Steph Gaudreu and the concept that too much calorie restriction while training hard is a mistake. My daily calorie intake gradually increased from 1200 to between 1400 and 1800. My performance has improved, and my weight size has stayed the same. It's easy to see how so many female athletes get their heads so screwed up."

Robb: Yeah, Maryanne's a great person. She trains really hard, has just been a wonderful asset and part of the Healthy Rebellion Community. But I just feel like this is one of these things that pops up again and again and again, where folks are wanting to lean out a little bit, sometimes for aesthetic reasons, sometimes to help with performance. Maryanne is a runner, and so if you're a bit lighter, that's certainly not going to factor poorly for you at least up to a point. But too much of the calorie restriction, it just so goes without saying at this point that you start seeing retrograde performance and oddly you oftentimes see retrograde body composition.

Robb: It's just cool that in a... I think it kind of goes back to how do you look, how do you feel, how do you perform. One of these interesting benefits of chasing performance primarily that the look and feel usually comes about pretty well, too. Not always a hundred percent, like if somebody's carrying a lot of extra weight and their training, whether it's strength training or endurance training, there may be some degree of calorie restriction in there if the person really wants to lean out. Sometimes you can just introduce the total caloric deficit via excess training, which is, I think, a not bad way to do it. Not always available though, depending on how much people are eating, but it's just interesting how powerful it is to put performance and just feeling good in the moment first. And then everything kind of takes care of itself from there.

Robb: Sometimes you need a little privation and there's going to be a little bit of suffering involved, but oftentimes just that performance focus with an eye towards nutrient-dense food and good sleep and all that stuff-

Nicki: Maximizing recovery and fueling the activity.

Robb: It works wonders.

Nicki: Yep. So now to the actual listener submitted questions. This one is from Dave, who we heard from in our element ad. His question is, "Hi, Robb. I'm trying to figure out how to get enough grams of protein in my diet, and it seems almost impossible without massively overeating. I'm about 210 pounds and my ideal weight with healthy composition is probably in the 190-200 range, depending on whose advice you follow in the paleo-keto, IF-carnivore community. I should be getting at least 100 grams of protein and possibly as much as 200 grams by some accounts.

Nicki: Over the last month, I've been tracking macros carefully and eating basically nothing but meat, eggs, cheese, above-ground veggies, and some good fat. But it's rare that I get more than about 80 grams of protein, even when I try. And if I do get much more than that, I feel over full the entire day.

Nicki: I've made a point of trying to see if I could get 150 grams of protein and eating almost nothing but meat. Still couldn't do it. Is it actually feasible to meet the recommendations? The only ways I see to do it are either to drink gobs of whey powder, which would be rather unenjoyable, or work out so much and so intensely that my body would happily double up the calorie intake, which seems rather impractical as a fully employed 53-year-old. Am I missing something?"

Nicki: And then at the very end, he says, "By the way, since writing this a few days ago, the insight I had was that I was adding a fair amount of fat as well, which makes me full. So this week I'm reducing the amount of added fats like butter and clean mayo to see if that makes room for more meat."

Robb: I think Dave probably answered his own question there. You know, it's funny. I had my teeth cleaned a couple of days ago, and God bless people who just have to have somebody in their space all day and it's on them to make light polite conversation. This is why Nikki is so glad that we don't own a gym anymore because she doesn't have to do that. But the gal asked me, "What do you do?" "I wrote some books around paleo diet and everything." She lamented, "I just can't get my diet right." I just said, "I'll guarantee you, you're undereating protein. I'll just wave a magic wand and I'll tell you you're undereating protein. I would go venture so far to say you probably have some sort of aversion towards protein and don't feel right when you eat it, and that causes you problems, and so you eat all the other stuff." Literally, her jaw fell open. She's like, "That's exactly it. I just don't like protein. Red meat gives me GI problems."

Robb: I started digging a little bit. I'm like, "Is it really red meat, or is it all the stuff that you eat with the red meat?" And she was like, "Oh, I never thought about that because usually it's red meat plus this and red meat plus that." And so this inadequate protein intake is definitely a thing, and still to this day, and I mentioned to this gal, the dental hygienist, I said, "We do these resets, and every single time we have several hundred people and folks who've maybe been following my work for a long time. If body composition is still at issue, they are not eating enough protein. Every single time we will have somebody who overeats protein at some point and overeats some fat in addition to that, but it's just really, really rare."

Robb: It sounds like Dave probably got down to some of the root cause stuff. I eat about 50 grams of protein. Most meals it'll be 40-50 grams, so I'm somewhere between 120 and 150 grams of protein per day most days. Might be a little more one day, a little less another day, but definitely in that realm. We've mentioned that doing multiple protein sources can be a big-

Nicki: Helpful.

Robb: ... boon in this regard. So some steaks, some chicken, some shrimp, and doing 15 grams of protein from each source is not that big of a deal and usually tastes good, and it's kind of leveraging the stuff that I talked about in *Wired To Eat* how to eat less. This is actually leveraging it in a way so that we can eat more. We're going to eat more of that protein because all kinds of magic happens. If we undereat the protein, we tend to overeat everything else. We have shitty body composition, poor appetite control, and all the rest of it.

Robb: So Dave... I'm dying. I just choked on my swallow. Dave, if you hear this and you tinkered with the reduction in fat, I would definitely want to know how that goes.

Nicki: Cheese for one is very calorically dense and it has protein, but it also has-

Robb: Typically, most cheeses have more fat than protein.

Nicki: Right. So that would be one that I would eliminate and try to... If you're still struggling to get the protein, ditch the cheese. Go for more of the meat, eggs, chicken, shrimp, beef.

Robb: Even eggs aren't that great. In this whole story, I remember Diana Rogers did Marty Kindle's data-driven fasting, and she was horrified. She's like, "My freezer is filling up with egg yolks because they tell me to eat these egg whites and ditch the yolks." She gets really good eggs, so she couldn't just bring herself to pitch them. And so she was saving them for other uses, but she was like, "Lo and behold, I'm eating more protein and less fat and I'm leaning out and feeling better."

Robb: So eggs are wonderful. They're super comparatively nutrient dense, but in this battle to get adequate protein, they're pretty ho-hum. They're about 50% by weight fat, and then fat is twice as calorically dense, so you end up with a lot more fat calories than you do protein calories.

Nicki: Yeah. So ditch the cheese ditch, the eggs, some of the eggs. I don't know what portion of Dave's day is how many eggs he's typically eating, but stick to more things with a face.

Robb: Yeah. The way this can be driven at first... Dave's goal is to lean out, so hit that protein minimum or more, really minimize the addition of fat, and get to your leanness and then start adding fat. Effectively, what you're doing here a protein-sparing modified fast in a way.

Robb: Other ways of doing this, if it's too rough, if you feel too bad, don't have to run it this way. But this is a seat-of-the-pants PSMF that can work really well to kickstart fat loss and get you going in a good direction.

Nicki: Cool. Dave, let us know. Report back.

Nicki: Question three, and our final question for this week is from Jen on kids in lockdown. She says I was listening to the New Year's podcast regarding kids development and COVID

lockdowns. I work in prevention and mental health awareness. The lockdowns have been awful and the lack of shared community has been devastating on so many. But I worry about the rising cry coming from the education and occupational health sectors regarding lags in kids' development during COVID. This lament is, at least in my personal experience, spawning conversations on how this proves that homeschooling is defunct and schools' choice shouldn't be an option. Obviously parents can't teach their kids anything, right?"

Nicki: "Experts showing up and telling the rest of the country that the people in an area are too stupid to handle themselves and their kids is a national legacy." I'm not sure if that's what she meant. "While the detriment of lockdowns needs to be explored, I worry about this rallying cry and what exactly it may mean for our kids' overall futures. Just my crazy two cents."

Robb: What are your thoughts on that? What she's driving at here, and we heard some divining with the tea leaves.

Nicki: Yeah, we read that piece. It was Marty McKay who wrote that piece for Barry Weiss and he cited the study and I believe it was from Brown university or it was some study that showed that during COVID, there was developmental delays, cognitive delays in children during COVID, a massive decrease in cognitive abilities. I think that's what she's referring to. When I-

Robb: Really the underpinning thing that I took from this is that the school board type folks and whatnot are saying these lags, these developmental things, everybody went on homeschooling and it failed.

Nicki: Right. But nobody went on homeschooling. People went on sit-at-home on Zoom, whatever they call it, distance learning or whatever. I appreciate the question, Jen, but I feel like it's almost the exact opposite because I feel like... So maybe the people that want control, the folks, the administrators in education and the school boards and all and whatnot, they obviously probably don't want kids leaving and going to homeschooling. But I don't feel like it proves that homeschooling is defunct, and I feel like it proves that what they were doing in a distance fashion is failing kids in a horrible, horrible way.

Robb: I think that that might be a fairly easily sussed out thing where you look at a cohort of kids that were legitimately homeschooled versus the kids that were put into these distant learning scenarios, where they're sitting on a Chromebook and getting whatever it is that's fed to them. I think that you're going to see some really shocking differences there. But I do...

Robb: This is another thing. Somebody brought this up, and I forget where it was because I just lose track of all the stuff that we we get exposed to. But somebody made the case that... And maybe this is all conspiracy theory land, but a good number of conspiracies have turned out to be, in fact, accurate theories. So I'm just kind of like whatever at this point, but controlling what our kids are exposed to and the way that they think is a fairly important talking point for at least some folks in this world.

Robb: I mean, everybody's concerned about it, but there are groups of people that are concerned about it in a way that kind of raises the hackles for me. This being turned into a rallying cry around why more state control should be enacted around the education of kids, not less. I could see it being spun that way because this whole pandemic has been spun in a similar fashion.

Nicki: But if anything, I feel like... What I've seen anyway is so many parents were able, during the last two years, to actually see what their children were being taught or the lack thereof by being in the same room while the Zoom call is going on. Just being like, "My kid sits in school for eight hours, and this is what they're getting," that I feel like there's been a big exodus out of public education or traditional schooling, I should say, into homeschooling for people that are able to do.

Nicki: I was just listening earlier today. Barry Weiss has a new episode out with... I don't have it at the top of my head, but a man named Alec, who's been reporting on school closures and lockdowns, and specifically like the damage that these last two years have had namely on kids. He's had several article over the past couple of years. He was basically saying that society has failed these kids because in the last two years, especially kids in really lower income, they didn't have a laptop at home. They didn't have a secure internet connection. So when all the Zoom learning was happening, they were falling through the cracks. Normally in school, they're visible. You see the kid getting on the bus. You see them in the classroom. But because they didn't even have the means to log on consistently, they became invisible.

Robb: They disappeared.

Nicki: They just disappeared. He mentors one young man in this type of situation, and the message that these kids are picking up on is that school is not that important. If it was that important, then society would have prioritized opening them up, making it a thing, not closing them for two years.

Nicki: And so most of the disparity between the haves and have-nots is increasing. Private schools across the country, mostly were still open. A lot of the schools in lower income neighborhoods were not. They talked about one area in New Mexico, a town in New Mexico that borders Texas. The town is literally on the border of New Mexico and Texas, and New Mexico had pretty stringent restrictions and lockdowns, and Texas was wide open. There were kids in New Mexico who couldn't do all of the normal things, couldn't go to school, football season was closed. Right across the town line, Friday night football is happening, and life is continuing as normal. They had three teenage suicides in that New Mexico town last year because of this.

Nicki: Anyway, I'm only partially through that episode, but it kind of ties into this. There's so much that we're not even going to realize, see, get a full accounting on with regards to children and these horrific lockdown policies. Most of the suffering is again these kids that have essentially disappeared because nobody can lay eyes on them.

Nicki: Here's another heartbreaking thing. He shared that there was a young man that was out in the grocery store and saw his teacher and said, "Hi, Mr. Johnson, Mr. Smith, whatever." The teacher didn't know who he was because this kid on Zoom never had his video on." The teacher was like, "Who are you?" You're missing all of this.

Nicki: If school is important for, not just the learning, but the community aspect, the social interaction, the peer-to-peer interaction, and the teacher-student interaction, and you take that away either entirely or put it in this artificial online scenario where you can turn your video off, and so nobody even knows what you look like... I don't know. It changes things dramatically.

Robb: I don't have a lot to add to that other than I think that this is something we should all keep our eyes open for, and should really... If folks start trying to push some agendas to... Someone made the point that they're going to try to come down on homeschooling

because so many people have shifted into homeschooling, that there might be an effort to come down on that. They've done a remarkably good job of fiddling and fudging data around this pandemic, and they're going to likely do similar with educational milestones and whatnot.

Robb: I think it's something. I appreciate Jen bringing this up. If you care about kids, if you have kids, this is something that we all need to keep an eye on. It's heartbreaking now looking back that more of us didn't stand up harder, but we didn't know at the beginning quite where we were going. It was very conspicuous to do much standing up, standing out right at the very beginning. And then once the wave was initiated, you didn't stop it. Nobody stopped it.

Robb: Even as we're winding this down, even as the people who were sowing the fear porn originally are winding this down, there are going to be a lot of people that just are not willing to put this stuff away. There's some saying around the only reason why you have a military is to fight a war. If you've got a military that's ready to do something, you're going to find something to do with it. It just reminds me of the state of mind that the Branch Covidians are on this topic. The people who apparently had fairly meaningless lives and a lack of connectivity and all the things that go into the mass formation psychosis, they got it from this, and they're not going to want to let it go.

Nicki: I will say, I just saw before we start recording this that Boris Johnson is...

Robb: He's stepped it all back.

Nicki: Stepped it all back. Getting rid of all COVID restrictions and lockdowns and going to Plan B, which is no restrictions. That's pretty encouraging.

Nicki: And then I also saw... Somebody in the Rebellion shared this... In Ottawa, I believe in Canada, there was a talk show host interviewing, I think it was a mother and two children, and the children were being asked, and this was all in French... maybe it was Quebec. "What do you think should happen to people that won't get vaccinated?" This little five-year-olds, seven-year-olds are saying, "We should call the police on them. We should do what our government is doing and make it really, really hard for them so that they can't function in society and it'll help them to submit." And it was all subtitled. The host was smiling and "Oui, oui. You'll make a great politician one day." It was just mind-boggling actually.

Robb: Oui, oui. We will keep an eye on the temperature of the oven someday.

Nicki: Yeah. Anyway, I don't know how we totally went on a tangent there, but...

Robb: Well, this shit is all related to that. I mean, there's a really powerful battle between a push for fundamental freedoms and folks who feel like freedom is too dangerous when we consider safety. Always and forever, there's been a balance and an interplay between those things, between freedom and safety.

Robb: We do have some laws and some rules. You can't drive the wrong way down a road without getting arrested. If you hurt somebody in the process of that, you may go away for a long time. We've talked about this plenty. Just that it's fascinating the world that we live in now, that folks are willing to seemingly abandon all sense of freedom and the hope that there's going to bring about some additional layer of safety, which is really ambiguous, whether it is. There's no discussion about what the other things are that

we're giving up like creation of social bonds, education, and supply change, on and on and on. Our world has been and changed in ways and hopefully not broken irreparably.

Robb: And man, there's just kind of a fight that's brewing between these two world views. It'll be interesting to see how it plays out

Nicki: For sure.

Robb: You got anything else?

Nicki: I don't think I do. My head is a little fuzzy today. Thank you all for listening yet again. If you want to get in on our winter 2022 30-Day Reset, go to join.thehealthyrebellion.com to sign up. You have until Monday, January 24th at midnight to do so to get in on this current reset, and be sure to check out our show sponsor. You can go to drinkmnt.com/robb. Hope you all have a fabulous weekend and we'll see you next time.

Robb: One final thing. Next time you hear from me, I will be 50 years old at least, if not a wee bit more. On or about January 24th, My Training at 50 will go up in the Healthy Rebellion. That is the only place it will be available. So if you want to check out what my training has been, what my food has looked like, whether or not I'm on HRT, TRT and all the rest of it. That's the only place you'll find it.

Nicki: That's a nice little dangling carrot.

Robb: Dangling gerund.

Nicki: Dangling carrot.

Robb: Dangling something.

Nicki: You're dangling something. All right, folks. Have a good one. We will be back next week with episode 100.

Robb: Oh, wow.

Nicki: Yeah. Today's 99. You'll be 50 and we'll be on episode 100.

Robb: Wow. The mathematical correlations stagger the mind. Okay, bye, folks.

Nicki: See you later.