

Nicki: It is 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 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. 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+.

Robb: Welcome back, friends, neighbors, loved ones.

Nicki: Hello, everyone. This is episode 154 of the Healthy Rebellion Radio. Morning, hubs.

Robb: Morning. You had adventures in Hound-dom?

Nicki: I did. I did. Took Grizz, the now one-year-old Labrador, to the vet for his... He got his three-year rabies vaccine and his distemper, parvo.

Robb: Awesome.

Nicki: Yep, it was exciting. Now we're back. Now we're recording this episode.

Robb: Man, this one's starting off as a barn burner of an episode.

Nicki: And I was going to ask you this. She was telling me about lepto-

Robb: Speridium.

Nicki: Speridium, yep. Apparently it's a thing in this area, so she wanted to give me all the information so I could make an informed decision. Apparently if raccoons or skunks urinate in a puddle or a lake or anywhere and a dog comes behind and drinks it, then they can get it and it's a kidney problem and it can be passed along to humans. She's from Minnesota and they don't have it there, but it is a thing here apparently. So I said-

Robb: Is there a vaccine for it?

Nicki: There is a vaccine for it. That's what she was trying to-

Robb: There's a vaccine for that.

Nicki: There's a vaccine for that. So I said, "Thank you for the information. Let me think about that and talk it over with my husband."

Robb: Well, we'll have to dig into it, but I think we've mentioned on the show, DarkHorse did kind of an analysis looking at all-cause mortality as it relates to different types of vaccines and they made the case, from a study that supports

this, that the attenuated vaccines, where it's like a weakened form of the pathogen, seem to overall generally have a net beneficial kind of profile. And then these things that rely heavily on adjuvants to mount an immune response, not super surprisingly, end up, according to this data, having net negative all-cause mortality. So not only is it the net positive of whatever it's protecting you from not that great, it might have some other untoward effects. And it's interesting that things like polio and yellow fever and some really nasty stuff tend to be these attenuated viruses.

Nicki: Yeah, I have no idea what type of-

Robb: Lepto was a bacterium.

Nicki: Okay.

Robb: Yeah, yeah.

Nicki: Well, anyway, we can discuss that later, but-

Robb: Interesting nonetheless.

Nicki: Interesting nonetheless, yep. I'm trying to think of what else we have up front here in the show. We are going to spend the weekend in Missoula for a little-

Robb: Picks and locks.

Nicki: Picks and locks seminar, ankle picks and wristlocks. So our coach, Travis Davidson here in Kalispell is traveling to the SBG gym in Missoula to do this seminar and Travis is notorious for wristlocking any wrists he can get a hand on, and Robb also can be that asshole who tries to wristlock you every moment he has a chance. Sometimes in the morning I wake up and I go to give him a hug and if I put my hand on his chest, he tries to wristlock me.

Robb: I go slow.

Nicki: Yeah.

Robb: I go slow.

Nicki: Anyway, so I'm excited to learn a little bit of this magic so that I can retaliate only on the appropriate people who deserve it of course, because-

Robb: Which, clearly I am At the top of that list.

Nicki: Wristlocks are mean and dirty and I don't know if I call them like good Jiu-jitsu. Assholes do them and yes, that means I'm calling my coach an. Sometimes, not all the time.

Robb: I think he would own that. I think he would own that.

Nicki: Yeah. Anyway, so that's that. Let's see, I have a note here from Jack, Jack Rustin, one of our moderators inside the Healthy Rebellion who had a comment on our question from Jason last week regarding his blood glucose situation, and we did have a couple of people that wrote in with different thoughts, but this one from Jack was pretty good, so I wanted to read that to you all. He says, "You guys alluded to this, but what I'm thinking about specifically is a situation where those high carb meals are also the ones that include dairy, some butter on the potato, cream or yogurt with the fruit, et cetera, et cetera. If there's a reaction there, it certainly could provoke a stress response mediated glucose surge. I've seen this in a recent client with gluten. Even tiny amounts of bread would elicit a huge spike in subsequent reactive hypo." Hypoglycemia. "Might be worth trying an experiment with pure glucose powder added to a known good meal to see if that behaves in a different way."

Robb: Great idea.

Nicki: Yep.

Robb: And this kind of hearkens back a little bit to how and why I set up the seven-day carb test the way that I did is to be able to ferret out if maybe the carb source or even just foods in general produce a glycemic load in and of themselves or that immunogenic kind of response.

Nicki: So something else for you to tinker with, Jason, and thank you, Jack, for that. Okay. Are we ready to dive into this bombshell of a news topic that you got?

Robb: Sure.

Nicki: All right, it's all you.

Robb: This is just a link to a YouTube video, EU Parliament Covid Conference, Dr. David Martin. And Nicki, you mentioned remembering David Martin from early in the-

Nicki: Early on in the Covid run up, I remember seeing some... He did some video pieces, some YouTube pieces talking about how the Covid... I don't know if it was specifically like this. The protein or something about... It wasn't the vaccine, but it was something about the virus itself had been patented prior to the actual pandemic and he did multiple videos. And again, this is three years ago now, so I don't remember them clearly, but then I remember seeing some people saying, "Oh, well, this can be disproved here, this can be disproved here." I think he's an attorney, right, by-?

Robb: I think he's a physician also.

Nicki: Okay. Again, this is just memory from many moons ago in Covid years. And so when Robb received this video from a friend of his in Portugal and he was playing it this morning and I was like, "That's the same guy." He's got a shaved bald head and very articulate, very eloquent, very passionate on the topic, but now he's presenting in front of the EU Parliament regarding all of the history prior to COVID-19 that deals with the Covid strain.

Robb: And he has citations for all this. And one of the opening citations is that he was sitting in the same chair in the same panel 10 years earlier and warning against the weaponization of biological substances in general and these coronaviruses were part of the topic and it's really a tour de force because it pulls... It's funny, somewhere along this whole story, I just kind of had to step off the train. I was pretty dialed in on, "Okay, EcoHealth Alliance got this funding here and this happened there," and then at some point it was just like, "Oh my God, it's so much." It was a full-time job to stay just on top of that stuff. And he does a really great... Like my friend, he said this is, what I call, Covid for Dummies, history of Covid for Dummies because it goes on to detail that... And this is one of the things that was really concerning for me and when the red flags started popping up for me when we were told that our one way out of this situation was a vaccine and this was before-

Nicki: And a vaccine in a class of viruses that had never had a successful-

Robb: Never had a successful vaccine.

Nicki: Vaccine ever before.

Robb: And they had fucking tried and tried and tried with both SARS-1 and MERS, and actually in this video he makes the case at the SARS-1 popped up suspiciously around some patenting of genetic material related to SARS-1 and even some commentary around there will be a release of this pathogen and the main way to get people motivated by this is a shareholder return for the pharma side and a proper application of force via both political and media means. It's really a fucking jaw dropping piece and if a 10th of what this guy is saying is true, it's like holy shit.

Nicki: If he was a total whack job, he wouldn't have been speaking in front of the EU parliament 10 years ago and he wouldn't have been invited back.

Robb: He had a standing ovation from the parliament.

Nicki: And he wouldn't have been invited back in recent weeks.

Robb: God, I don't even know what to make of it in some ways because he made the point in there that many people have been bought off and I don't know if... A little bit like the US having the reserve currency status, we really benefit from that relatively, and the rest of the world gets a dose of inflation and people

are getting tired of that and maybe folks that have historically been pretty politically aligned with the US, they're just growing weary of the shenanigans and maybe there's some pushback around that, but it's an interesting piece. He speaks clearly and succinctly. It's a 20-minute video. I listened to it on 1.5 speed and it was good. You can understand everything and it takes you about 10 minutes to get through it and it's kind of jaw dropping and he does offer citations and resources for the claims that he makes in there, so it's worth taking a peak at.

I know that in many regards, Covid is largely in the rearview mirror now, but there was a fair amount of warning apparently if you were in the know, I wasn't in the know, but if one was in the know, that something like this was on the horizon and as Covid was even winding down, we were warned by people in that Fauci echelon of government and media that there's another one on the way. And so I think it's important for us to be really well-educated on what the playbook is on this story so that we can be ready if there is something like this again. And goddamn, some people need to be held to account, like wow.

Nicki: That's the problem. It seems like the people that need to be held to account are never held to account.

Robb: It's like the 2008 financial-

Nicki: I read something this morning that some of the people, the investigation that they did into the Clintons, they're trying to pull those files, but the FBI has said that they have been... I'm going to botch this because I don't remember the exact phrasing, but it was something like irretrievably damaged.

Robb: Right.

Nicki: They were destroyed, and so there's... And who knows what has gone on? Clearly some nefarious things have happened, but if you can't even access the evidence because the evidence has been tampered with or irretrievably damaged, then again, going back to the thing where people need to be held accountable, we have a long track record now of lots of heinous things happening and people not being held accountable, and so what message does that send? "Oh, we can just get away with whatever we want as long as we are..."

Robb: As long as you far enough up the food chain.

Nicki: "As long as we have a certain stature."

Robb: We don't hold that stature.

Nicki: No, we don't. No, we don't. Okay. Moving on. Anything else?

Robb: No.

Nicki: You're good there?

Robb: I won't mention the other thing right now. I'll just hold on to it.

Nicki: Okay. Well, I don't even know what you're talking about so we'll just move right along.

Robb: Right.

Nicki: All right, folks. It is officially grapefruit season. As you all know, the Healthy Rebellion Radio is sponsored by our salty AF electrolyte company, LMNT, and grapefruit salt is here, which means there's another awesome LMNT flavor that you can add into your rotation to keep you hydrated, energized, and ready to perform at your best. Whether you're training for strength, endurance, or just trying to make it through a grueling workday, make it a point to put electrolytes in your water. Drinking electrolytes can really improve how you feel and perform. Who doesn't want that? Grapefruit salt is one of our most popular LMNT flavors, even for folks who don't like actual grapefruit, the fruit itself.

Robb: I'm one of them.

Nicki: You can now order grapefruit salt directly from [drinklmnt.com](https://drinklmnt.com) or log into your account and add a box of grapefruit to your subscription. The truth is everyone needs electrolytes, but if you're an active person and/or on a low-carb diet, you really need electrolytes to feel and perform your best. You can get yours at [drinklmnt.com/robb](https://drinklmnt.com/robb). That's [drink-L-M-N-T.com/R-O-B-B](https://drink-L-M-N-T.com/R-O-B-B). I love grapefruit season. It is my favorite flavor.

Robb: It's up there for me and I don't like grapefruits as a standalone item.

Nicki: I do like grapefruits.

Robb: Yeah.

Nicki: And the girls both like grapefruits.

Robb: I don't know what to say about that.

Nicki: Yeah, well, we're better, superior in all ways.

Robb: You've failed me for the last time.

Nicki: Superior aways. Okay, so I'm going to sneak in a quick LMNT question here because it's a question we received, we've answered it before, but I want to answer it again because we have new people listening and popping in and it's a quick one. This is from Alicia. She says, "I'm carnivore and I love my lifestyle. I've been using LMNT for a couple of years, both hot and cold, but recently a friend said, I may be using too much. Is that possible? I use between four to six a day.

Wondering your thoughts. Thanks. Love your podcast."

Robb: I always love these things where it's like, "You're using too much." Well, why? "I don't know. It just seems like a lot." It's like, "Geez, okay." But the most telling thing for the vast majority of people is some GI upset or disaster pants. And I have to say we were tinkering with LMNT pre Jiu-jitsu, during Jiu-jitsu, and I had tinkered with doing two packs and then three packs in a given amount of water. And the three packs in the given amount of water absolutely sent me to the can.

Nicki: It's kind of self-limiting.

Robb: Yeah.

Nicki: So if you're using four a day and you don't have an issue of being loose in the stools, then you are probably fine. And again, it is also really relative to what activity are you doing. You are a carnivore. Are you highly active? Do you live in a really humid or hot area? Are you training in a hot environment? When we were in Costa Rica for a Jiu-jitsu camp when it was 90 degrees-

Robb: 90 degrees.

Nicki: And super high humidity and we were doing three hours of constant movement and literally drenched in sweat, you better believe we were doing quite a bit of LMNT on those days. So a relative question, but again, as Robb mentioned, there's a pretty obvious tale-tell sign.

Robb: And LMNT does have a pretty cool thing that we're spinning up. We're still kind of beta testing it, but it's kind of a quiz to help you figure out where you are in this story. In general, the evidence-based story is that most people see best health lowest all-cause mortality at between four to six grams of sodium intake per day from all sources. Highly active people can easily see that double. People eating a low-carb diet can double the baseline needs. So if you're both low-carb and active, you could see easily a 10 grams per day need, again, from all sources. This is all food, supplemental things like LMNT, olives, et cetera, et cetera. But that thing's pretty cool and it'll be ready probably within a couple of weeks and that will give you at least some solid lane lines to ask you some questions. It'll help you dial that in.

Nicki: Cool. Okay. We have a question from Lee on anti-nutrients. He says, "Hi, I hear a lot about anti-nutrients and I want to make sure that I get as much from my diet as possible. Is there a time you should allow between eating something known to have anti-nutrients followed by something like beef or liver to get the full amount of nutrition from the food? I generally try to leave an hour between having coffee before, then having breakfast, which is usually eggs with beef."

Robb: Great question, Lee, and probably about an hour is fine on this. If one is doing something like corn tortillas at every meal where the phytate load is so

high that we're going to be sucking up every little bit of zinc and iron and all that stuff, I would be way more concerned about this. Coffee can block the absorption of certain nutrients, chocolate can block the absorption of certain nutrients. Again, it's totally up to the individual how geeked out you want to be on this. If you poke around and look at coffee or black tea, there usually are some decent kind of kinetic studies looking at how much binding occurs with a standard serving of coffee or tea and what type of inhibition you're getting of iron absorption and stuff like that.

So if you want to do it, you could dig in a little bit further and just kind of look at the specific items and see what types of things you might get some interference from. I really don't think that generally it's that big of a deal, but if you want to have that extra bit of diligence in your diet, I think an hour is more than adequate on that, particularly for a liquid.

Nicki: Okay. Cassie wants to know what the purpose is of menopause symptoms. She says, "I could listen to your podcast every day. In fact, you are the only podcast I have set to automatically download every time and I listen to a lot of podcasts. Can you guys just talk for a couple hours? Okay, thanks." That's awesome. "My question, as my 45th year around the sun approaches, I am very much not looking forward to the negative symptoms of premenopause and menopause. Seems every person during these times has one or many negative side effects. So why would this be evolutionarily? What's the point in women feeling like shit for years, just nature telling women that they're past their youth usefulness?"

Robb: The use by date.

Nicki: "Thoughts? Thanks for all you guys do."

Robb: So I have a link to really a fascinating paper that digs into the evolutionary biology of menopause and clearly it's a theory-based paper. We don't have randomized controlled trials on this, so I guess in Layne Norton world, this thing doesn't exist at all, but I think it's a wonderful theoretical piece and there's a couple of things that I'm going to pull from the paper and a couple of things that are kind of my opinion and I'll try to delineate some of that. Some of what comes from the paper, and it kind of touches on some of the symptoms around menopause, there's this concept of antagonistic pleiotropy, which is that a gene that may be beneficial or a phenotype that may be helpful in youth may be antagonistic later in life. And people have mentioned things around that. People with Huntington's disease tend to have exceptionally higher fecundity.

They're usually quite fertile, but then they have a higher likelihood of developing Huntington's disease later in life. Interestingly though, in just about every case that I've seen on the antagonistic pleiotropy story, when I really dig into it, what I'm finding is that modern lifestyles typically end up being an epigenetic trigger that takes the Huntington genetic scenario of the DNA based pair repeat and may actually... They say that genetics load the gun and

epigenetics pulls the trigger. I think that a lot of these things are still epigenetically triggered by modern diet and lifestyle. So a lot of what gets floated for antagonistic pleiotropy I think is kind of wrong because they're still not applying this evolutionary biology template and they're ignoring that within a hunter-gatherer, more ancestral life context that we may not see these problems. But that said, and this is a little bit different than antagonistic pleiotropy, a lot of the symptoms that women experience with menopause are similar to what they experience postpartum.

So the changes in body temperature where women will get hot flashes, this is a normal kind of occurrence when women are breastfeeding because when women are breastfeeding and postpartum, their estrogen levels are lower and there's evolutionary adaptation to that because you don't necessarily want to get pregnant immediately again. And again, this is an interesting part of digging into traditional cultures. There was on average a 4.5 year birth spacing in traditional cultures, which is very different than what we see now, but the thoughts around the hot flashes is that it actually creates a warming surface for the baby and minimizes the amount of food energy that the baby needs to be able to grow and thrive. And so there is kind of evolutionary advantage with some things like that. And so part of what's happening is that menopause is a bit of an artifact of adaptations that go into and make things happen for the pregnancy, postpartum kind of environment.

Now I've got a little bit of a speculation, and this is an opinion piece. If we look at that birth spacing and what happens within traditional cultures and we also look at average lifespan, I don't think that in general more traditionally living women experienced remotely as much of what we consider to be menopausal type symptoms, and that's because they probably died before menopause really became that big of a deal because if you have low frequency of births, then you're not having nearly as many menstrual cycles of what you would normally have within a modern context. If you have a couple and then you get pregnant and you don't have one during the pregnancy and then you don't have one for almost five years in between because of the relatively low body fat levels and chronic breastfeeding, not curtailing breastfeeding when the kid is a year old or two years old, that they may breastfeed up into four or five years old, then we end up seeing a lot fewer total menstrual cycles.

So there may be more eggs present and so you may be able to get a woman closer to an old age and still able to have some degree of a menstrual cycle. That is super speculative on my part. Could be complete bullshit so I would put a rather large asterisk on that. I had one other thought around... And then in the paper, it makes the case that... They didn't make that case in the paper. This is something that I'm speculating about, but the point that they did make in the paper is that relative body mass index and physical fitness dramatically influenced the severity of menopausal symptoms. So syndrome X, metabolic syndrome, dyslipidemia, all that type of stuff tracks really powerfully with the worst severity of menopausal symptoms.

So I think that the reason why women get these symptoms at all is that it's kind of a hangover from the hormonal changes that occur with pregnancy and postpartum, just namely the reduction in estrogen levels. I think that there may have been a case to be made that the lower frequency of menstrual cycles could have maybe pushed out the total number of years that a woman could have had a viable menstrual cycle. And then finally, if an individual's physically and metabolically fit, then the severity of these symptoms are much, much, much less in general.

Nicki: So another case to lift some weights and be strong.

Robb: Do a little cardio. Yep.

Nicki: Yep, okay. Interesting. Yeah, I was going to ask if in hunter-gatherer cultures, if anybody had researched whether or not women experienced menopause-

Robb: And there does seem to be-

Nicki: But I don't know...

Robb: It is in the anthropological literature, but it's not super well researched.

Nicki: Okay.

Robb: There's not a ton there. This paper is actually a great resource for other places to go look for somebody living with the huts and interviewing them and talking to them about that.

Nicki: Seems like a great topic to study for any young anthropologist out there that is-

Robb: Absolutely.

Nicki: Curious about this. Okay, our final question this week is from Eric on whether he should eat too little or too late. "What's your opinion on eating too little protein per day or eating it too late? Outside of some injuries, I'm still working through from getting hit by a car while on my bicycle 16 months ago. Things are going well. I'm stable, at a weight of 170 pounds. Feel good, 11% body fat, 23 BMI. I'm 47, eat paleo plus high fat dairy and resistance train, Zone 2, or similar all week. My goal is to maintain or gain muscle so that I can keep playing with my kids and/or get back up if I get into another accident. I aim for one gram of protein per pound of body weight every day, split into three servings at least two hours apart."

"I try to eat my last meal of the day at least two hours before I'm asleep. A couple of times a month due to work or play, I'll miss or forget meals and find myself with only two hours before bed and still 110 grams of protein to eat. How

would you rank, one, eating all 110 grams at once, two, eating only 60 grams, assuming that's about the max I'm going to be able to absorb, or three, eating another meal in two hours right before going to sleep or, four, eating an additional protein serving the next day?" And then he has some additional info. He tends to "lose weight pretty rapidly when I travel and I don't get my regular protein and resistance training. Prior to the accident, I was eating one meal a day, which is why it's so easy for me to forget meals. Weight was stable if a little lower than now, and it was difficult to gain any weight." And he says, "I've been choosing option three, eating another meal in two hours right before going to sleep. I'm interested in what you would choose."

Robb: Man. So one thing is, I think the one meal a day, if you're traveling, if you just get super busy, I think it's something that's cool as-

Nicki: An option if you need had to pull it out.

Robb: ... To a stressful life situation. And I see damn near zero benefit to anything in the rest of our living. I'm really finding that breakfast, lunch, dinner is pretty damn good, particularly for hitting these protein minimums. And so I guess if we're just talking pure theory, a couple of times I've come in and we've had a particularly busy day and I'm kind of behind on things and I too can contend to lose muscle mass fairly easily, and so I'll do a mainly protein meal, go to bed. I know that in Huberman world and circadian biology, this is a total no-no, I don't do it that often. Although I have to say when our kids were younger, we had a pretty legit schedule. I mean we were complete blue hair hour, we ate dinner at like 4:55 and we were all buttoned up and we had our long run before bedtime where we didn't have food in our belly and all that, and we really had that pretty buttoned up.

Nicki: Once you throw in ice skating lessons in Jiu-jitsu and all the other activities that kids like to do-

Robb: That goes out the window.

Nicki: Your evening routine gets pushed a bit.

Robb: And the main thing that I've been looking at is does that later eating seem to negatively influence my sleep? By and large, when I go to bed, I put on some blue blocks, I read on my Kindle with the light really dialed down, and it's usually 10 minutes and I'm out cold. 10, 15 minutes and I'm done. And I tend to sleep through the night pretty well. I don't have a ton of problems on that, so I would think about that with regards to... I would really be concerned about this if it was negatively impacting your sleep. I would really wonder about just front loading some of that protein. If the second meal is difficult sometimes and you're oftentimes forgetting it, I would try to identify just structurally what your day is looking like and try to front load some more calories and protein earlier in the day. There is definitely a case to be made that we don't have to eat in a completely static fashion. Sometimes we can make things up on a later date, but

you can't always do that. You can't always be eating fish-

Nicki: Catch it up.

Robb: Day after day after day. There has to be some degree of consistency there. So yeah, I'm trying to think of what else.

Nicki: I'll also just share the magical food of shrimp. Shrimp, it's so protein dense, low in calories, and no fat. For anybody who's struggling to get in their protein allotment, throw some shrimp in with your lunch and your dinner. It bumps up your protein nicely. It doesn't really affect your other macros. As you all know, we've mentioned that we've been weighing and measuring and whatnot, and I'm just in awe at the magic of shrimp.

Robb: Well, it's nice because you can get some good quality shrimp that's frozen and so it's in the freezer, you throw it in a pan, you do some olive oil-

Nicki: It's really quick.

Robb: Add some olive oil. It's really quick. You could throw some bone broth with it and make a quick little soup out of it. You can do skewers. It is remarkably fast and easy, and Nikki has been using that.

Nicki: It's mind-blowing how... If you're short on protein and you're good with your carbs, you're good with your fat, shrimp is the answer. It's like 42. 42 equals shrimp.

Robb: I like it.

Nicki: The answer to the universe.

Robb: The universal answer to all nutrition problems, shrimp.

Nicki: Yes.

Robb: Because it's some protein, some iodine-

Nicki: Provided you're not allergic to shellfish.

Robb: Shellfish.

Nicki: Yeah. Okay. Sorry, I derailed you. What else are you going to say?

Robb: No, that's it. I mean the big things that I would be concerned about is disrupting sleep. I would also try to figure out how to just consistently at least get two meals a day in and maybe that two meal and a snack, three meal a day type thing.

Nicki: Two meals and some shrimp.

Robb: Two meals and some shrimp.

Nicki: The whole Forest Gump... We need to watch that movie again because that whole shrimp boat sequence and all the shrimp has a whole new meaning to it-

Robb: Pretty good.

Nicki: Now. Yep, yep. Okay. So you would choose?

Robb: I guess I didn't really-

Nicki: You would choose what he's choosing, eat right before going to sleep potentially-

Robb: Probably, yeah.

Nicki: As long as this wasn't a frequent thing.

Robb: Yeah.

Nicki: He's saying it's a couple of times a month.

Robb: Yeah, yeah, a couple of times a month, no big deal. And really any of these options are fine.

Nicki: Yeah.

Robb: If you just get behind the curve, only having a low protein day is not the end of the world. Eating an additional meal a couple hours before sleeping, if it's mainly protein and it doesn't seem to negatively disrupt your sleep, that's fine. And then if you want to front or overload a little bit the next day, then that's fine too. All of that's going to work. We do have a good stable nitrogen pool the way that we maintain muscle mass and it sounds like Eric's active, and so that anabolic stimulus of just being physically active is going to help offset the loss of muscle mass and everything. But there does have to be some degree of consistency there.

Nicki: Cool. All right, that's our questions for today. Any other parting thoughts, hubs?

Robb: Got nothing. Just cross your fingers for more sun for us. It's been a little cloudy, little overcast. Getting some rain, which is kind of good, but goddamn, the weeds grow fast.

Nicki: Which reminds me that I need to go tackle some weeds. We did find some melons that theoretically do well in our growing season, which is very short. I have a Blacktail watermelon and a couple of... Oh, what are those little

cantaloupes called? There's another little melon that has a unique name that apparently-

Robb: It's like a personal-

Nicki: It's maybe a large softball sized melon that apparently does well in this climate too. We went to this little plant sale in the community and these have done well for folks that grow things around here, so fingers crossed that we can actually get them all the way to ripeness.

Robb: Ripitude.

Nicki: Ripitude, yep. All right. That's all I've got. I got to go pull weeds.

Robb: Okay. Bye, everybody.

Nicki: Thank you all for listening. Be sure to check out our show sponsor LMNT for all your electrolyte needs. Remember, grapefruit salt is back, so if you love it, you can get it now. If you haven't tried it, you should try it. LMNT offers no questions asked refunds on all of our flavors, so nothing to lose. Give it a shot. You can grab some at [drinklmnt.com/robb](https://drinklmnt.com/robb). That's [drink-L-M-N-T.com/R-O-B-B](https://drink-L-M-N-T.com/R-O-B-B). Have a fabulous weekend, everybody. Next week, I will be more dangerous with my wristlocks and ankle picks, and I'll see you then.

Robb: Live in fear.

Nicki: Bye.