

## The Paleo Solution - Episode 67

### **1. Question from Antoinette:**

Hi,

I just got your book a few days ago and I am reading the exercise section. I have got my six year old doing circuits with me and it was a great way for us to spend time together. Could you tell me a way to do body rows with something around the house? I don't have gym rings and live in a remote part of Australia.

By the way, love your book and I am on my way to better health. I liked the first chapters about vegetarianism and your personal experiences. I was a vego for almost ten years myself and i feel so much better now on a high protein diet of meat and eggs. I am having trouble giving up the coffee...

Keep up the good work.

### **2. Question from Loren:**

Hi, First off I love your podcast, and since newly starting paleo about a month ago, your podcasts have helped me tremendously. I am a nurse practitioner, love evidenced based medicine, and love how you back up this diet with your understanding of it down to the molecular level. Since starting, I've lost 10 lbs, I never have heartburn or IBS issues anymore, and I am finding that after I went through my 2 week lull, my mind is now sharper.

The question is, I run long distances, half marathons and marathons. Since starting this diet, when I run, I feel really weak, and my legs feel like lead. My typical diet is veggie omelet blueberries and coffee in the morning, salad with grilled chicken and evoo and balsamic vinegar with apple for lunch. I have afternoon snack of macadamia nuts and a banana, and dinner is beef or chicken with lots of veggies. Is it my diet? I tried adding back sweet potatoes, but I get instant stomachache whenever I veer from the diet. My next half marathon is in may and I am starting to train now. After 2 miles I just can't seem to run anymore. Any suggestions?

Thank you!

### **3. Question from Thomas:**

Robb & Andy, can't wait until they do an SNL skit on your podcast. Andy's laugh and Robb's constant one-liners still won't be better than the original though!

Questions:

1. Robb on your recent blog post about you're training at 39, you mentioned to go easy with the Natural Calm as it could cause the trots (and I'm not really into self-torture). How much do you take? And are there other factors that would make someone need to take less/more?

2. Just like everyone else who asks questions here, I'm trying to lean out (last 5-10 lbs) but am

also looking to put some lean mass on. I'm 6'-1", 190lbs. Cross-fitting 3x per week for 3 months now, Paleo for 3 months as well, and now I can see the top of my abs with just a little love-handle action...

I've recently calculated my protein intake and was surprised it was less than 100g per day (don't weigh or measure and just didn't have a clue). I have upped that to roughly 1g per lb. of body weight (which is a surprising amount of meat) am taking Natural Calm, Omega-Maine Fish Oil, and 5,000 IU's of Vit. D. In addition to protein, I accompany most of my meals with steamed veggies and cook my meat in olive oil (typically). Other than the meat and olive oil I don't get much fat... Should I try to get more fat in if I'm trying to lose those last few lbs? What is the best type of fat to try to include if so (avocados, coconut oil, etc.)?

Am I on the right track with this stuff and would I benefit from Super Enzymes?

3. (only if you "need" to fill time) On that same blog post (39 and I look AMAZING!!) It seemed like you were taking an entire "Super Supplements" store worth of supplements. I thought going on Paleo was all about getting everything you need from whole foods. What gives?

#### **4. Question from Sean:**

Hey Robb,

Love your book, blog and podcast, you are really changing lives, mine included!

I am 32 yrs old, fit, live healthy and been training since 16. I have been having consistent migraines with aura all my life, (I am 32 yrs old) that seemed to be brought on by stress, lack of sleep working nights or some trigger foods.

They weren't frequent, about every couple months but brutal with all the full body symptoms when they came.

Ever since I started taking ZMA in Sept, 2010 for enhanced sleep, and workout recovery I haven't had ONE migraine! I haven't changed anything else but did some research and found a lot of stuff on magnesium supplementation reducing migraines for many sufferers...

This is a life saver for me and would appreciate your thoughts on migraines and magnesium, and maybe even the zinc?

Thanks Robb, keep doing what you do!!!

#### **5. Question from Yak:**

Hi Robb & Andy,

I stumbled across the podcast a couple of weeks ago and I'm having a great time listening to the backlog of episodes.

I have one goal and that is to look good naked. This however is complicated by the fact that although I feel like I'm doing the right things I can't seem to shift the concentrated fat that's stored in my bum, love handles and waist. I also have a bit of man-boob going on, otherwise I look great! From what I've been hearing & reading this could be down to my Cortisol levels, insulin resistance, thyroid function or too much estrogen. Or maybe all of the above. Either way I'd love it if you could throw some ideas out there for what I could try to address these issues. Would it be worth getting a BioSignature reading a la Poliquin?

A little about me:

Male, 6 foot, 170lbs.

I always had issues with eating sugar and refined carbs and my goal was to lose weight and just feel better. I stumbled across the paleo diet from Mark Sisson's book The Primal Blueprint about a year ago and have been eating that way ever since and feeling great. I eat plenty of protein, fat & veggies, no sugar or gluten. My dairy intake is limited to cooking with butter from grass fed cows (Kerrygold) and my fruit consumption consists a couple of hand fulls of berries a week. I don't weight or measure but I'm confident I'm getting close to 1 gram of protein per pound of body weight a day. I do gym work 2-3 times a week and play football (soccer) a couple times a week. I get 8 solid hours of sleep and take fish-oil and vitamin D supplements daily.

If you can help me find a solution to my quest I'll be eternally grateful!

Keep up the great infotainment!

Yak from the UK

P.S. I don't recall which podcast I was listening to but you mentioned you wanted ideas for t-shirts. Since one of your themes seems to be that you only have 6 listeners how about a shirt that says something like "The seventh listener" next to some Paleo Solution logo?Hi Robb & Andy,

## **6. Question from Nathan:**

Robb,

Assuming you could get a population of people who followed the "paleo prescription" of diet and exercise with a longevity bias, and assuming these people avoided death by accident, what is your speculation on the processes that would ultimately kill them? (presumably in their 90s/early 100s)

### **7. Question from Sam:**

Robb, you made some statements in your book about the cholesterol levels in paleo man. The numbers were low. I'm in strict compliance with your guidelines and have been for four months and my numbers aren't so low. Without going into my numbers, I want to ask how you got the facts on the cholesterol levels of paleo man and to ask you why so many of us seem to not be replicating those lipid numbers. I know enough to not ask you what the numbers mean, so I'll limit the question to what I've asked, which pertains to the contrast between what you wrote our blood should be when following the Paleo Solution and what many of ours are. Thanks for your time.

### **8. Question from Louis:**

Hey Robb and Andy,

First, thanks for the wonderful podcasts and work you do spreading the paleo word. Have been mostly paleo for the last 2 years or so, straying here and there to experiment with things like soaked grains (only non-glutenous grains such as quinoa and brown rice) and fermented dairy (home made kefir). Have definitely found I feel best when staying closer to pure paleo though. I have read Cordain's The Paleo Diet for Athletes, but considering Robb's own experience with pursuing athletic performance, I wanted to see if he would be willing to comment a little about specific nutritional strategies he would recommend for the days leading up to and during multi-day tournaments. In my case it would be competitive ultimate frisbee, where tournaments typically last 2, 3, or 4 days with up to four 60 minute+ matches per day. I always prepare my own food for tournaments, as other people are typically eating lots of bread, pasta, candy, sports drinks etc. So if Robb himself was preparing for an event such as this, how would he approach pre-tournament, periods in between matches, evenings with matches the following day, etc.? Supplements included.

Apologies if something like this has already been covered, and thanks again for the great work you guys are doing.

### **9. Question from Scott:**

Robb/Andy:

A better alternative for those that want some supplementation?

[http://www.amazon.com/Nutiva-Organic-Protein-Serving-3-Pound/dp/B001OHX1ZY/ref=sr\\_1\\_1?ie=UTF8&qid=1295549315&sr=8-1](http://www.amazon.com/Nutiva-Organic-Protein-Serving-3-Pound/dp/B001OHX1ZY/ref=sr_1_1?ie=UTF8&qid=1295549315&sr=8-1)

### **10. Question from Future Amy:**

Hi Robb!

Loved your book and really enjoy the podcasts. We recently started the Paleo diet and aside from my debilitating Nutella withdrawal, it's been a pretty easy transition. There's been some debate in the house about what constitutes "lean meat," specifically grass fed beef. I've read in other Paleo guides that meat should be trimmed of all visible fat. Do you stick to this rule? I was wondering if there's a particular cut of beef that's better than others. And for ground beef, what do you recommend for the lean to fat ratio and why?

Thanks so much for your help! Look forward to hearing from you.

#### **11. Question from Bennett:**

Hey Mr. Wolf,

I just finished reading your book over 2 weeks ago, however i have been doing the paleo lifestyle since January 2nd. Its amazing, and i'm already feeling and seeing results!

I have a question, though. Whats your take on "cheat days" or "cheat meals"? I've heard several different things....also I'm wondering if they can be applied to the paleo lifestyle if kept in moderation (once a month) or would it ruin the whole experience?

#### **12. Question from Jeremy:**

Rob love the show and the book thanks for making the world a healthier place.

I recently read a blog from a Doctor on vitamin D and strength. The Doctor says that vitamin D may help with overall strength in athletes and 40 percent of America is Vitamin D deficient. I was under the impression that vitamin D was a fat soluble vitamin that helps with calcium absorption and can also be produced naturally by sun exposure? Do you know of any studies or evidence that vitamin D helps with our muscle strength? Thoughts and theories are appreciated. I just don't like drinking the juice until I read the ingredients.

Kindest Regards,

Jeremy Jordan

P.S blog link is below-

[http://drmikemerrill.typepad.com/vitamin\\_d/2011/01/vitamin-d-and-exercise.html](http://drmikemerrill.typepad.com/vitamin_d/2011/01/vitamin-d-and-exercise.html)