

## The Paleolithic Solution - Episode 8

### 1. Paleo Ketogenic Diet and migraines

Andy will discuss his wife's experiences

### 2. Question from various sources:

Hey Robb,

Saw this on OPT's website. Wondering about your take on these vids:

<http://www.youtube.com/watch?v=By8icw-ua8g> – Prof Peskin's thoughts on fish oils part 1

<http://www.youtube.com/watch?v=t7SYIEuRnVg&feature=related> – part 2

### 3. Question from Mark:

Quick question about paleo cheating. Currently I do NOT use a cheat day, but rather I do use 3 cheat meals throughout the week. Typically these are impromptu lunches I have with clients as a normal course of business. Additionally, I rationalize that I'm able to easily shrug off 1 semi-crappy meal versus an entire day of semi-crappy meals.

Then I came across DePasquale's work, and the resulting conversation with a friend of mine turned into a discussion about carb-loading, anabolic effects, etc. Her argument is that the "cheat" is more than simply a psychological break from the strictness of the diet, and that the carb-loading indeed has an anabolic effect.

Generally speaking, is there merit to her argument...and to DePasquale's work?

### 4. Question from Tim:

Like others I've really enjoyed the podcast, so thanks. I was wondering if you could layout what you think phases of moving from a SAD to a paleo diet might look like. Meaning, do you have a sort of N Phase Plan for moving people to "perfect" paleo? You touched on this in your first podcast when discussing heavy(ish) nut consumption being ok for folks new to paleo, but you also have some fairly strong feelings about what folks are ultimately shooting for (omega 3 eggs only, tons of fish oil daily, fewer nuts, very little fruit, etc). In other words, how do most folks you work with get from point A to point Z?

### 5. Question from Neal:

I have a question for the podcast (or whatever medium you prefer if you should find it a good enough question to answer).

This is a question about contrarianism and what rational outsiders should think about paleo dieting.

I've been following your work for a few years now and I respect your opinion (otherwise I wouldn't bother reading your blog). I also respect the opinions of other writers like Lyle McDonald and Alan Aragon. All three of you know far more than I about nutrition and probably blow my IQ out of the water.

As an advocate of paleo dieting, you are a contrarian compared to the more mainstream, middle of the road recommendations of McDonald and Aragon.

If I am a rational, truth-seeking outsider I should assign contrarian views a lower probability than mainstream views – always. In some cases, I should assign a contrarian view a high enough probability to look into should I have the resources to do so. Paleo dieting certainly fits that bill in my estimation given it's intuitive plausibility.

However, resources such as foundational knowledge, time, and access to studies are hard to come by. So, what am I, a rational semi-outsider, to do when McDonald and Aragon say that it is ok for non-lactose intolerant individuals and non-celiacs to eat dairy and grains, but contrarian paleo advocates say that it is not?

You all are intelligent. There are no biases that seem to be afflicting one group over the other. Yes, contrarians have been right in the past, but they have probably been wrong more often.

This is quite the conundrum for me. I do not feel different when eating strict paleo versus including grains and dairy. So, I cannot evaluate in that respect.

I guess this whole ramble can be summed up in the question, do you believe there are any non-super-geek-outside-credibility-indicators that should push us non-experts to your side?

## **6. Question from Sebastian:**

Hey guy, thanks for this other very informative podcast.

Right now, I'm dealing with irritated/leaky gut and it's the reason why I'm giving a good try to a low carb, no grain, no dairy diet.

I'm just wondering if you think clarified butter would be safe for people with autoimmune problems, given that clarified butter is pure fat without any milk protein or carb.

I know the easy answer is to just cut it out, but if its pretty safe, then I don't see the reason to cut out this option from the diet that brings variety.

In other words, could we see stuff in the pure fat of butter that the body could still dislike?

Also, near the end of the podcast, you mention that not everybody performs well on a low carb diet, but except from people with prior problems (insulin resistance, kidney problems), I don't see why people would feel bad on a diet their body was designed to eat. I guess I just need some clarification on that and I want to eliminate any doubt in my mind about low carb especially since I'm starting to talk about the benefits to people around me.

## **7. Question from Wolfgang:**

I am a 21-year-old skinny-fat male who eats a conventional diet, hasn't really ever "trained" before, and was looking to start a Starting Strength program to put on muscle and mass. What are your thoughts on switching to a Paleo diet before, during, or after this program? Also you mentioned in Episode 5 that leaning out and getting healthy before a mass-gain program lead to better results, how does this apply to my situation? Should try to dial in my diet and exercise before going all-out hypercaloric or should I just ride that wave of initial adaptation to lifting heavy things? Also, do you have any alternatives to the gallon of milk a

day concept that might not cause so much acne (an issue I'm concerned with)? Thanks for any and all help and keep up the good work!

#### **8. Question from Mark:**

Hey guys, great work. Just thought I'd let you know that when I go to Podcasts and then the Health category on my iPhone, your Podcast is the first thing I see!

For a future show although I'm sure it's already in the plans, could you talk about why avoiding dairy, grains, legumes, artificial sweeteners, and veggie oils will help someone with fertility (both pregnancy and health of mom and child after the birth)? I'm looking to start a family in the next couple of years and this info would help make the move to Paleo a lot easier for my wife and I. Kind of parallel here, does an acute exposure to said evils up top throw things off really bad or is a slip up here and there nothing to worry about. Not ideal but life happens. Lastly, is Ezekiel bread ok or is it evil (assuming no pre-existing autoimmune stuff going on). Thanks again!

#### **9. Question from Gabriel:**

Will switching to a Paleo Diet help with the junk food cravings that some women experience during their period?

#### **10. Question from Brett:**

My question to you involves the correlation between OCD and nutrition. Recently my daughter's pediatrician suggest that we take her to a therapist for an evaluation due to some issues we've been having, but I'm wondering if you have any read any research or seen findings on this.

#### **11. Question from Susan:**

One question for you that I hope you can cover...my mother is extremely thin (weighs less than 95 pounds without even trying), has had a history of intestinal/stomach problems (stomach pains that no doctor has been able to diagnose aside from prescribing Zantac), and during a routine check-up discovered that she had significantly high potassium (or magnesium...it had been a while) levels that she had to stay over night in the ER. I know for a fact that she consumes a crazy amount of carbs, usually in the form of noodles, which is probably a big culprit to most of her problems, AND she consumes a surprisingly large quantity of food in one sitting...

I guess my question is, can eating Paleo help someone of this size to gain weight in a healthy and paleolithic way? If so, how should she go about it? I need to convince her Paleo is the way to go.

Thanks for your input!

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

First off let me say I have enjoyed all information you have put out in the CF community. It is a shame how HQ has had a falling out with you.

I am good friends with Greg and Kathleen Falasca at crossfit LKN and they speak highly of your nutrition cert. My question is I am limited to food in a chow hall while deployed. I do have the option of MRE's (Meals Ready to Eat) but they are loaded with sugar, bread and calories. How can a soldier, sailor, airman or Marine try to eat paleo foods in this type of

environment? Are there any suggestions on a paleo diet here in Afghanistan? Do you know of any type of Paleo meals that can be ordered and shipped here possibly? Thank you for your time as I know you are busy

### **13. Question from Chris:**

Sorry if you get this question a lot (I figure you probably do).

What is the best way to handle MRE's with regards to extended time in the field with Army training. As you probably know, they are pretty heavy on simple carbs with splashes of highly processed meat. For long exercises, 10 day field problems or Ranger school, it is not feasible to pack all your food and then hump around 30 extra pounds. Is it better to make do on the minimum of what you can pack or should I just go for the calories and feast on the junk in the MRE?

Also, I am pretty lean at 6'0, 185#, with about 8% body fat. I leave for Ranger school in about 45 days. Common advice is to store 10 pounds of fat before reporting so that you have something to burn (especially for winter classes). In general, what is your recommended method for adding the extra weight without sacrificing too much on athletic performance.

### **14. Question from Tim:**

First I wonder about Huntington's Disease. I saw in a comment that you planned on a post about HD, but I can't find that post, perhaps you never posted one. I recently asked Cordain what he thought about HD. He responded on his paleo blog:

<http://thepaleodiet.blogspot.com/2009/12/paleo-diet-q-8-december-2009.html>

Looks like he thinks gluten is responsible for HD. He also says that a CrossFit member from California tried a paleo diet and that his or her symptoms were improved. Are you familiar with this? Do you even know who it is and if I can contact that person? And do you also believe that HD might be a gluten disease? I would really appreciate any information on this.

If you are out of questions for another podcast (quite unlikely I'd guess) I have a few here:

1) You've told us that broccoli interferes with thyroid function. Exactly what happens to the thyroid and what substances in broccoli are responsible? How much broccoli is needed before the thyroid is affected?

2) My 2.5 year old son has dry skin and rough surface on both of his calves. He does get multivitamin for children. What could cause these rashes and why do they appear on the calves? He does eat grains and dairy, but I guess he shouldn't.

3) In the paleo days vegetables and fruits were seasonal and these are the only alkaline foods. So if vegetables and fruits were seasonal, wouldn't that mean that they often had a net acid diet?

4) You often say "lean meats". What is so important about the meat being lean? If it's about the fat containing toxins because the animal had doses of hormones and antibiotics and was inside all the time and got a bad diet, can't you say "natural meat" or "grass-fed meat" instead? I think saying "lean" all the time sends the wrong message to people. Everyone will still think fats are evil.

5) If the cell walls in vegetables consist of cellulose, how can we get any nutrients from raw vegetables at all?