

Andy Deas: *Six listeners can't be wrong.*

Robb Wolf: *Yeah, six listeners cannot be wrong.*

Robb Wolf. *Andy Deas. The Paleo Solution. Holy cow!*

Andy Deas: Robb Wolf, Andy Deas back with episode #60 of The Paleo Solution. I think this is the last episode of 2010, Robb. What is going on with you, man?

Robb Wolf: Well, you know, we should name this one the gambling episode because both Andy and I are in the great state of Nevada. Andy is in Vegas. I'm in Reno. Who knows what could happen.

Andy Deas: Well, I learned in Vegas, we went out to dinner on Christmas Eve last night recording this on Christmas day and it was like 11:00 before we actually started eating. So here, you know, I haven't had much caffeine and I'm like, "Holy cow, I need to have coffee if I'm even going to make it through the appetizer. This is like 11:00! This is ridiculous."

Robb Wolf: People don't even come out until like midnight in Vegas.

Andy Deas: I know.

Robb Wolf: That's when the day starts there.

Andy Deas: And my mom was kind of horrified like, "Who are these people gambling?" The casino we're at is one of the local ones, so local so there's not like high rollers or anything, just like some of the local folks like doing a normal Christmas Eve thing for them and just like all these grandmothers and husbands and wives just hanging out playing slots and stuff and my mom is just like horrified by the whole thing. It was pretty amusing and right now, as I was saying before we got on the call, my brother's prepping some Bison and some beef tenderloin and some lamb and some foie gras so Christmas day dinner should be excellent.

Robb Wolf: Nice. Right on.

Andy Deas: Did you guys have any snow?

Robb Wolf: We had little snow in Reno, yeah. The last time that we were here it literally almost [unintelligible] our party trying to get back into California. It looks a little bit mellow this time.

Andy Deas: So being this the last episode of 2010, Robb, anything you want to add before we move into the New Year?

Robb Wolf: Oh, man. Let's see here. Paleo Solution is going to be featured in Us Weekly on December 29th and I think Us Weekly is slightly above the National Inquirer in quality of journalism, but I'm grateful for anything that we get from anybody. So that's super cool, and then Art Devany and I are going to be interviewed pretty soon on SIRIUS Radio and then I'm going to be on Jimmy Moore's show again. I think he's recording that January 3rd, or no, December 31st and I'm not sure when that goes out. So a couple of cool things like that going on and just loads of shenanigans. So, how about you? Anything else you want folks to know about?

Andy Deas: No, although we've gotten several more messages so we're still researching the transcription of the shows and it will be occurring after this goes live that Tuesday or

whatever day that is, which should be the 28th. We will close the request for questions for Mat Lalonde because at this point...

Robb Wolf: There's been an avalanche, folks.

Andy Deas: And I don't know if he's actually paying any attention because, you know, Sarah Fragoso, perfect for her episode. She's very organized and paying attention. I don't know what Mat's got going on this month so he might not even have looked at them yet, but there are some doozy in there. Even some people are like, you know, someone else posted a question, someone else responded. "Oh, that's so much better than my question. You can skip mine if you're going to answer that guy's question." I'm like, "Oh, my Lord, poor Mat."

Robb Wolf: Yeah, it's going to be dog pile on Mat. It's going to be interesting to see.

Andy Deas: Yeah, maybe a multipart episode. We'll have to see how it goes.

Robb Wolf: Yeah.

Andy Deas: Cool. Other than that, man, I think that's it. You're ready for some questions, final questions.

Robb Wolf: I'm ready to roll. Let's do it.

Andy Deas: All right. First one, question from Stanley. "Robb, I've read your book and it really opened my eyes. As a result, for the last few months I'm eating 100% to your recommendations. I'm getting 2.5 grams of EPA/DHA per day from fish oil which admittedly may not be to your recommendations. I'm exercising smart for once in my life and not wearing myself the hell out with long, slow runs and/or grinding weight room strain sessions. I've always slept like a champ, but now I sleep like a champ in a totally blacked out room. Last August, four months ago, my numbers that I got at my yearly physical were total cholesterol of 178 with an LDL of 113 and HDL of 38. Triglyceride was in the 130s and I think it was around 135. That was my last fasting lipid panel. Last week I donated blood. I fasted as usual so that the total cholesterol might potentially be indicative of, I don't know, something. My total cholesterol came back at 233. They didn't break it down in any way so I only receive total cholesterol numbers. Here is my question. Should I blow this off and not worry about it? 96% of me says to blow it off and blow off worrying about any such numbers whether it be LDL, HDL, any subsections of any of these, or anything else related. What is your opinion? For what it's worth, I'm 44 years old, 173 pounds, 5'10", am in good shape and spent a good deal of my adult years as a professional boxer which is to say I've always worked out and been fit and in good shape. I grew up boxing in the amateurs. I've never in my life not worked out in some form or fashion. Thanks in advance, and thanks to Andy for reading my question, and thanks to everyone in the Paleo community, and thanks to anyone else I left out. - Stanley "Striker" Meade." A follow-up note, he said, "Sorry to add more here, but I really should point it out that every other tested or doctor-inspected thing about me is really good. My glucose, blood pressure, etc. are all good. It's only this total cholesterol of 233 that seems potentially out of whack. Thanks."

Robb Wolf: You know, it's really good stuff, interesting stuff. I would definitely follow upon this. Like in the original blood panel, and granted we don't have a lot of the stuff I like to see like the yellow sub-fractions, C-reactive protein, A1c, but the triglycerides are pretty damn high like triglycerides of 130 are way higher than what I would want to see and it would lead me to think that the LDLs would be problematic. The HDLs are actually a little bit on the low side, still back and forth on whether or not any of that stuff really matters in the grand scheme of things relative to just inflammation in the body which we could track via

type Rhinogen and C-reactive protein and whatnot. But I would definitely follow up on this if for no other reason, just establishing a benchmark and pull right out of book or what we have on the website which is get that additional information, look at the LDL particle size, look at the A1c, look at C-reactive protein. I would make really sure that the testing that they're using is capable of distinguishing the VLDLs from the LDLs and whatnot because when you start taking fish oil, naturally when you start getting healthier some of the triglycerides can then get counted as VLDLs or LDLs. So it's kind of a dodgy thing there. You need to make sure that the instrumentation is actually counting what you want to look at. But overall, what we want to see is some overall low inflammation. We want to see those triglycerides levels coming down. I think the level of fish oil that you're taking is probably fine, not that that's probably plenty, and so that's where I would go. So I wouldn't necessarily blow it off, but more from just a position of let's get a good solid baseline and really collect the data that you need and then we can kind of go from there. I think one of the things that we're working on, we're trying to get some flowcharts to help people kind of troubleshoot what they're up to and I think one of the things that we need to do is like so I've started eating Paleo and my total cholesterol went up, what does it mean? And you know, then we go and look at did the triglycerides go down. Yes or no. Did C-reactive protein go down? Yes or no. I didn't get that checked. Well, go get it checked. So there's kind of a matrix or flowchart that we could put together that would help people kind of weave their way through and establish a really strong sense of them moving in a favorable direction and I think that that would be helpful for folks and it would make the data analysis a lot easier.

Andy Deas: Yes. Cool. Good question.

Robb Wolf: Yeah.

Andy Deas: I like this next one. Next we got a question from Darius. He says, "I've recently been introduced to the Paleo diet by my physician. As I've been reading through the book, you recommended eating nuts and eggs which are two of the many things that I'm allergic to. Any suggestions as to what I can substitute them for? I was thinking tofu for eggs. Thank you."

Robb Wolf: I would be horrified by that. Just the lectin load, the estrogen load, I mean this is one of those things that very simply folks just need to eat some dinner for breakfast and we've done some really cool stuff with like some breakfast curries. You can make the curries a little bit on the sweet side using some all spice or some cinnamon or something like that. I know in the performance menu I have published a bunch of recipes that cover breakfast curries. Scott Hagnas has covered some breakfast curries and then there's also just the basic deal of like you have a hunk of meat, maybe some olive oil on it, a little bit of steamed veggies or a hunk of meat and some olive oil and call it good. Like every single meal doesn't have to be like a super well-rounded event. So yeah, I would really prefer that you not eat the tofu for breakfast.

Andy Deas: Yeah. The reason I wanted to put this in because we get a lot of interesting questions about folks like, "Hey, can't eat X in the book. I want to substitute something," but they always suggest something that we're not recommending you eating in the book. So take home is eat more of what you can eat that's in the book versus going outside what we're saying you should be eating.

Robb Wolf: Yeah, yeah. It's some of those things, you know, you'd think that it's pretty obvious but apparently it's not. So yeah.

Andy Deas: Cool. Next we've got a question from True Nuts. "Hi, Robb and Andy. First of all, keep up the excellent work with your podcasts. I'm up to Episode 43 after discovering them earlier in the fall. I can't get through my 45-minute commute without listening. Robb, I've

enjoyed your book and posted a helpful review on Amazon, but noticed that you've spent significant time devoted to the problems with eating grains. There's only so much information that a reader can digest, pun intended, and I suspect that's why there wasn't a similar level of analysis for dairy, nuts, and legumes which brings me to my question which is based on the following assumption. Let me know if I've oversimplified or am incorrect in making it. One of the fundamental reasons for the adverse nutritional content of the grains is that they are basically reproductive embryos, seeds that require protection, anti-nutrients from ingestion and digestion by animals. As such, I can understand why legumes also contain anti-nutrients as they re the seeds and fruit of a particular plant family that happens to fix nitrogen from the atmosphere, not soil. However, I am confused about nuts. Google says that true nuts are generally the seeds of specific trees. Since that is the case, shouldn't they also be significant sources of anti-nutrients designed to protect the nut? What are lectin levels of in nuts compared to grains and legumes? I understand the emphasis on eating nuts because our ancestors likely did, and also the favorable Omega 3 fatty acid profiles in some, but this seems to go against the grain, again pun intended. Needless to say, I'm following gluten-free Paleo with the occasional dairy indulgences post workout and a smart exercise protocol. As a 30-year-old guy, I'm in the best shape of my life so this long question is more of a curiosity than anything that will change what I should be doing. Thanks and keep up the great work."

Robb Wolf: Yeah. It's really a good question and a great observation and this is something that I think, you know, for myself it's been an evolution getting to this spot where we find that people tend to do better with less nut consumption and I think part of the issue is definitely the lectin content like I think that there's a little GI irritation. I think there's a little kind of systemic inflammation that comes out of this stuff potentially. I like seeing nuts used more as kind of a condiment, as an occasional kind of item that you throw in salad or something like that. When people ask how much they should have, what I would be recommending is that you get whole unshelled home ones or nuts and then shell them and/or just be very fastidious about how many have you taken in. Similar to grains and legumes, if you soak them and sprout them then it reduces the lectin load. But you know, it's interesting like different tree nuts, eggs, similar properties to grains and then they're kind of reproductive structures, they've got some anti-nutrients and they tend to be very, very allergenic. I don't think that there's any doubt that these things can be problematic. They're also very nutrient-dense, very chlorophyll-dense. I think base on who you are from what you have happening like if you've got some significant autoimmune problems or some inflammation or something like that, nuts might be problematic. But this is also part of the deal that when you're introducing this stuff to folks and I think maybe a podcaster too back, we talk about this with regards to like balsamic vinegar, there are certain things that are just deal breakers when you're trying to get people to do kind of a Paleo-esque approach and the nut deal is one of those things that people need something to snack on. They need something that's kind of a tree and these are pretty damn good options. Although there maybe some issues with regards to electing content, if the person doesn't have an overt autoimmune disease, then I'm pretty lax on this even if they're over consuming fat content because it's just getting them over the hump. It's getting them off of all the other really narrowly refined food. It's getting their metabolism shifted a little bit more towards a fat mobilizing metabolizing metabolism and then we can maybe wean them down the road towards some better options, and like we've been saying for a while steering people more towards like olive oil, coconut. Coconut seems to have fewer of these lectin-type issues and less of an allergic problem. So that's been kind of the direction that I've steered folks. But really, really good question.

Andy Deas: Coconut is magic.

Robb Wolf: Indeed.

Andy Deas: Unrelated to the question, Robb, as I was half looking at Twitter that's why I was not listening to you. No, just kidding. Did you see our buddy Martin Berkhan from Lean Gains? He said he's so aft up on cheesecake today, 13 pounds in all. Best Christmas ever.

Robb Wolf: Wow. I'll take the recipe.

Andy Deas: Martin is aggressive. I saw that. I was like wow, then I could eat 13 pounds of anything I don't take right now. But you know...

Robb Wolf: You know, cheesecake though, if there was something I was going to crack out on, cheesecake is up there. That's both an aggressive choice and a very good choice in life.

Andy Deas: Congrats, Martin.

Robb Wolf: Indeed.

Andy Deas: Moving on. Question from Tom. "Hi, Robb and Andy. Faithful listener, love the book. Thank you guys are the greatest thing since grass-fed beef. I like that. I've submitted this question in a couple of different forms previously but considering my blood test continued to show that I'm iron deficient and anemic and my doctors cannot seem to figure out why. I submit the question again for your input. There may be nothing diet related to this, but considering one's iron levels are driven partially by what goes in, maybe diet is playing a role. A 34-year-old male, 170 pounds, CrossFit and strength train four to five times a week. In July 2009, a blood test at an annual physical indicated I was iron deficient and anemic. I've had various scans and procedures over the last year-and-a-half with no really success at discovering why. In July 2010, my hemoglobin level was at 9.8, in October it was at 10.5, and today, December 13, it was 12.0. I finally gave in and had two iron injections after the October blood test which seems to have helped raise the number somewhat. My workouts are good. I feel great. I do deal with some digestion problems that have calmed considerably as I lock into a Paleo diet. Many thanks."

Robb Wolf: So my first like only question really kicking it off is simply are you 100% grain, legume, and dairy free? The biggest thing that we see with iron deficiency, anemia, even if a lot of good product is used, is gut irritation. If your gut lining is irritated, it is hard as hell to absorb nutrients. So this is kind of the first thing that I ask and this isn't, you know, it's so funny where people will get in and they'll say "Well, I'm 95% compliant in all the stuff," and when we're talking about nutrient absorption issue, there's either a pass/fail on it and either you are doing it or you're not doing it. So if there's any amount of gluten, if there's any amount of grains in general, legumes, also dairy, potentially problematic. I mean, it's kind of down the list but this is some of that stuff like you do a gut-healing autoimmune-focused protocol. No grains, no legumes, no dairy, maybe even tightening things up on like tomatoes, potatoes, nightshades like just very, very fastidious on the whole gut-healing protocol and then see where you go from there. If that doesn't work, then what I would start doing is taking anywhere from like 200 to 500 milligrams of vitamin C with your iron-containing meals as that tends to help your uptake of iron, but I really think this is probably an issue of good compliance, but not good enough compliance to heal the gut sufficiently to get good absorption.

Andy Deas: Yup. I think the common theme is we'd like to see folks to be 100% compliant if possible in the beginning to kind of get the Ferrari running and then you can see how much crap your body can actually take.

Robb Wolf: Yeah, I like that. How low grade can you make the fuel without bumming out the high-end engine that you produce. So yeah, totally.

Andy Deas: Cool, good question. Thank you. Next we got a question from Bruce. "I know you recommend Natural Calm, but I was wondering about the magnesium citrate that is sold as a laxative. Is this the same stuff? Could you just take whatever amount is needed to get the proper dose, and what does do you recommend?"

Robb Wolf: It is basically the same stuff. In Natural Calm they have magnesium citrate, or no, they have magnesium oxide and then citric acid, and then when you throw those two things into water then you get what is -- the result ends up being ionic calcium citrate and so you get a little bit of the acid-based reaction and then you get some ionic calcium citrate that makes the absorption better. So you could use just kind of like over-the-counter magnesium citrate kind of gig. The dosage is anywhere from like 200 to 600 milligrams at a shot, kind of depends at how big you are, how much other magnesium you're getting in dietarily. It definitely functions as a laxative. You know, the magnesium pulls fluid into the stool so too much is going to be a problematic. That's what Milk of Magnesia is. It's actually magnesium oxide in that case. So you could go with some different options. So the dosing is going to be somewhat dependent on what doesn't loosen up your breeches so badly that you're like dashing to the bathroom, but yeah, there are some other options for that.

Andy Deas: And when you start this, just like all other things in life it ramps up slowly or you will go to the bathroom.

Robb Wolf: Yeah, it can be spectacular.

Andy Deas: I had a client that started this Natural Calm on the road and he called me the next day and he told me the story and I was like, "Did I not tell you to take one-fifth the recommended dose?" "Well, you know, I just did the whole thing." I'm like, "Well, user beware."

Robb Wolf: Especially when you can potentially poop in your breeches, so yeah.

Andy Deas: Exactly. Cool.

Robb Wolf: Oh, one side thing with that I'll throw in additionally. Polyquin and some other folks make some mixed magnesium mineral preparations where they'll have magnesium citrate, magnesium aspartate, different amino acid chelates or organic acid chelates, the theory being that you have different transporters that will act on these different organic acid combinations and then you can kind of get more magnesium into the system for a given dose before you saturate one transport mechanism. I'm not super sure on the physiology with that, if that holds water but there are some folks out there that claim that.

Andy Deas: Yes, and my personal recommendation, Robb, would be before you start playing around with all these fancy combinations of magnesium, 100% Paleo diet.

Robb Wolf: Yeah, shocker.

Andy Deas: Yeah, shocker. Get yourself a base please.

Robb Wolf: Supplements don't fix everything.

Andy Deas: If they did, we would be very rich. Multilevel marketing with Robb and Andy. All right, next we have a question from Mary. This is a good question. "Robb and Andy, now that I have discovered the Paleo way of eating, thanks to the podcast and book, I have leaned out and dramatically increased energy levels. I am interested in starting CrossFit, but I have some concerns. I'm a 45-year-old woman. I'm not extremely fit, although not a couch potato by any means. I'm interested in CrossFit because I kind of find the

conventional gym I belong to so boring and unappealing including the classes yet I find group atmospheres very motivating and I'm just geeked on the prospect of climbing ropes, lifting/hauling radically heavy objects, smashing balls around and other fun stuff like that. My goals are eventually to be able to play hard especially soccer with my two young boys as they grow up, to eventually be able to kick my boyfriend's butt in squash, and to live to the age of 90 at least and to be extremely active and healthy the entire time. Based on the website promo for the CrossFit gym in my area, Montreal, CrossFit is completely scalable to any age and fitness level. Is this really true? The fact that the site also states that CrossFit WOD should totally crush you in order to be effective sort of begs the question. I listen to the podcast regularly and although you both are CrossFit guys, you do seem to harbor some reservations about the health and longevity benefits of such intensive workouts. I'm interested in both a dramatic bump in fitness and a very long, healthy life span. I'm also interested in being able to do my life. I'm a single mom with two young boys, so being crushed by workouts sounds somewhat daunting to me. I'm trying to workout at home, but it is just so uninspiring and so far not particularly effective. I'm not finding any organized groups or activities for people my age in my area. Now that your book is becoming popular, I bet there are lots of people like me considering CrossFit as an option and they may have some similar concerns. So do you have any advice or comments about the benefits/risks of CrossFit group training for someone like me? Do you think that CrossFit should offer different levels of intensity to better accommodate other participants or is the concept of scalability sufficient in your opinion? Keep up the good work, and by the way, you both are going to need to kick the java for good. I was like, Andy, for years this chronic cycle of caffeine addiction withdrawal but finally kicking the habit gave me a major boost. I challenge you all." So first for you, Mary, I will have you know that one of the major New Year's resolutions for me is to actually finally, including decaf, not have any caffeine.

Robb Wolf: Wow!

Andy Deas: I'm throwing it out there because to your point, this cycle is not healthy at all. It's like I don't know if it was Franklin or Einstein that said for some people moderation is not really an option. Yeah, and I mean caffeine is on that list. So I'm throwing that out here, Robb, on the podcast since we'll go off a few days before New Year's Day. So I'll crush myself with the decaf in the last five days of the year.

Robb Wolf: I'm doing no such thing like I have dialed myself back to literally about two shots of espresso a day and I'm cool with that. I feel pretty good with that.

Andy Deas: I need to on spread shirt should throw up like a "Gluten is death. Caffeine maybe death also" shirt.

Robb Wolf: Caffeine is life until it kills you.

Andy Deas: You know what else? I was also thinking the other day, it's like you know when I was a network administrator, I worked in IT land, all the guys have this funny shirts with all these caffeine molecules on their shirts and drank insane amounts of coffee and I think it's hysterical because that is not generally very physically fit group of people and a lot of the exercise, CrossFit, whatever you want to call it, you also have these people like mainlining extreme amounts of caffeine but they're doing it sort of in the name of health and fitness, while the IT folks are doing it in the name of staying up later so they can do more code or watch more movies or video games or whatever they want to do.

Robb Wolf: It's just kind of a bad idea.

Andy Deas: So anyway...

Robb Wolf: I like to work, question.

Andy Deas: I'll let you start first, Robb. This is a doozy. I like it.

Robb Wolf: It's a doozy. It's a really good question though. I mean the fundamental question here, and correct me if I'm wrong, is like do I think doing CrossFit is a good idea for folks. There was another question in here. Should CrossFit have some scalability to it or is the scalability enough? In other words, should you have class formats such that anybody can roll in/off the street and an 85-year-old woman, 18-year-old state champion wrestler and the way that you're going to bring them into your program is to introduce the exact same workout to them but scale it appropriate for who they are and what they're about. Would you agree that those are kind of the...?

Andy Deas: The main questions, yes.

Robb Wolf: The main questions. So now, in a broad picture, I think CrossFit is amazing and obviously like I have my snippy comments and each cue would definitely like for the earth to open up and have it swallow me whole. In some ways I feel similar feelings for most of those folks too, but there's this basic deal that I love the concept, I love the idea, the variety and the intensity and all that. I think back in the day when this was really more an economic-spaced strength and conditioning program, it's like what's the minimum dose we can put in and get the maximum response back when the front page links talked about things like the HIT protocols and Arthur Jones and one set to failure produced similar results as multi-sets and stuff like that. There was some really interesting stuff. There were more gymnastics being played around and all that sort of jive, but always the problems that we faced. I helped open the first gym up in Seattle and coached many people up there before moving down to Chico and I used that basic program of let's just scale this thing for whoever comes through the front door and let's use a workout like [unintelligible] which is one of my favorites, 21/15/9 deadlifts and handstand pushup. So the theory would be you have two new people show up on your doorstep and can you scale that workout appropriate for whoever they are. One person is a state champion wrestler, the other person is maybe an 85-year-old woman, the answer is yeah, you can scale that. The one older woman could be doing deadlifts with a dowel and could do standing press with the same dowel or with maybe like some 5 lbs. dumbbells and then the state champion wrestler theoretically you do a quick movement screen on him and then you throw them in and let him hit the stuff, but over the course of time I found that to be so stunningly ineffective as compared to having some sort of a dedicated movement screen which Andy has been pretty instrumental in helping to expand what that means within North California. We had a whole month long screen and month long ramp up called Beyond Ramp and it was created in an effort to triage people in many ways and some people weren't even ready for that scene. Many, many people end up going into personal training because that's the most appropriate thing to do for those folks from an orthopedic standpoint, from a liability standpoint, and then were able to actually surface everybody under the sun in that workout. So, in my opinion this notion that you can scale things for everybody, can you do it? Yes. Is it the best way to do it? Absolutely not in my opinion and I'll argue this both from the quality of service that you could deliver to your clients. I'll also argue it from an economic standpoint and I'll compare numbers with our gym versus anybody else's gym who is running a different model and I will guarantee that our model will kick your ass because we're delivering a quality product. This is one of those things that's just so frustrating that you get slapped down or get pushed back from simply arguing for a qualitative stratified triage approach to the sport of fitness. I think that is absolutely nuts and so if people don't think that this is accurate, if they don't think it's true and they want to do some comparisons of numbers like how many people come through the door, how do you triage them, how many of those people do you have with you down the road, what's your dollar per square of footage from both the trainers and also for the overarching business. Let's do some comparisons on that and see

where all that stuff plays out and then also let's just kind of look at the quality that you get at the end of the day out of that jive. So I'll argue that this is a better story for the client, this is a better story for the trainers working in the gym, this is a better story for the gym in an economic standpoint. It's better quality across the board all the way around with that stuff. You know, all of that stuff said, I think the CrossFit scene, supportive fitness type scenes, function-based group workout are just phenomenally beneficial. It's an amazing opportunity for a community, for networking, for support. The workouts can be fun. They can be super challenging. They can prepare you for the other things that you have going on in your life including like a [unintelligible] type of orientation, but I think that there are smarter and dumber ways of tackling this and I think that some sort of a beginner's program, some sort of movement screen, being willing to triage people and move them into personal training for both their benefit and the benefit of the program, you need to have all that stuff in place. So that's some stuff that I would sniff around like do they offer personal training. A lot of CrossFits don't because they're emulating the old Santa Cruz model of just a group training format and I think that that's a massive mistake both for the clients and for the boxes that are running it. If they don't offer personal training, there's a serious problem there in my opinion. My wife has written on that topic previously so folks who want some examples of that I'll just refer them to Nikki's blog. If you don't run some sort of a beginner's program, some sort of an on-ramp, if it doesn't last a month at least, I think there's a problem with that and I'll argue vehemently in that regard like most dance classes, most martial arts classes have beginner programs and/or they separate out the beginners from the advanced individuals so that you can establish a base of competency and keep people safe. I think that that's huge and it doesn't minimize the potential intensity, it doesn't minimize the community. What it does is it provides an extraordinarily high quality product that you end up keeping people for years and years on it. We have clients who have been with us for five years. I think that that's phenomenal and it's very telling to the type of training that we're doing. So Andy, did I get anything? Do you want to throw anything else in there?

Andy Deas: Well, I did hear since it's a glass mania now, market share argument there, but I guess my only additional thoughts would be -- I know Mary mentioned in here the site states that if you cross that WOD it will truly crush you in order to be effective. It sort of begs the question so I would say my personal opinion is that a WOD does not have to totally crush you to be effective. In fact, I think overtime we've seen that that may not always be the best approach to get the best results depending on what your goals are. Would you agree with that, Robb?

Robb Wolf: Yeah. You know what? To backtrack a little bit and to actually give a little bit of sympathy to that thing, we as a former CrossFit affiliate now doing our own gig, we have always had a little bit of a dual branding challenge. On the one hand, people look at what we're doing and they think it's too damn hard which we've really worked to make it accessible for just about anybody, but then on the other side of that, you have some people who are legit, good, solid athletes and they look at what you're up to and they're kind of like, "I don't know, it looks kind of easy." So when you have the type of functional training format that we have, and this is a little bit peripheral with what you're mentioning, but sympathize I guess with the plight of gym owners because you're trying to tell people, "Yeah, we can accommodate you but then at the same time it's not so easy that you're going to be unchallenged," and it's a hard thing to provide both of those messages at the same time.

Andy Deas: Yes.

Robb Wolf: I will sympathize with that plight like that's a challenge because you want all of these people in. I think, and Andy and I were talking about this and really the kind of defining characteristic of the people that we see is that they're just a little bit adventurous and they're willing to just give something a shot like they're willing to step outside their comfort

zone and just give something a shot, learn something new and we have people who have never been athletes before and they become quite fit and quite capable. We have people who were athletes before but they come in and they learn a whole new way of doing things, but the commonality there is that folks are willing to just do something new and they kind of like empty their cup and take something new and I think that that's really more the commonality there and then people who don't succeed in these scenarios they're carrying baggage whether it's I can't succeed, like they just have some notion that they're always going to be overweight or they're never going to be athletic or whatever and they end up making that true, or other people were athletes at one flavor or another and they can't quite come to terms with being a beginner again. They just want to be on top. I think those are the things that end up [unintelligible] people out of programs like this.

Andy Deas: Yeah. And so I'm going to close this for you, Mary. This is what I think you should do. I would call the local gym. I would set up an appointment to go down there and check it out. I don't know how they operate. In our world, we have people come in free of 30 minutes for now. We'll do an assessment, talk to them about their goals, but simply make an appointment, talk to them and ask them how they would handle you because you ultimately have to feel comfortable working out there. Maybe they could show you some clients with similar demographics to at least give you some ideas. You know, I think trainers generally are scared of clients that ask that question but I think it's important to ask that question. You're not totally atypical, but you may be different than some of the folks that you commonly see on their website so I think it's a good idea to ask that question and I think it's a potentially great fit for you assuming it's a smartly run box by people that care about the client's goals and long-term success.

Robb Wolf: And you know, if there is one thing that's good about the ubiquity of the CrossFit scene at this point, you certainly can shop around like you can look around and find other people doing things, Poliquin-trained people, CrossFit-trained people, a lot of people out there doing good works. So if you don't like to buy by the first folks that you interact with, keep looking and you will definitely find a good fit.

Andy Deas: Yeah and if it looks like a big warehouse, don't be scared.

Robb Wolf: Our place is a big warehouse, yeah.

Andy Deas: But people still like us. Cool. Good question. All right, Robb, here we go. Are you ready for this one?

Robb Wolf: This is a good one, yeah.

Andy Deas: A question from Aaron. "Hey, Robb. Recently, there have been a number of questions about training for longevity, general health, min investment, max results. In early podcasts, when talking more about elite fitness you often reference back-off weeks, but I haven't really noticed that you referenced them when you were answering questions about training with min investment for max results. So I guess the questions are 1) Do you still need to take back-off weeks when you're following, say, a MEBB style of training if off days are just filled with leisure activities like yoga, trail walks, sometimes just laying on the couch reading a book?" I will just go through all these. "2) If they're still important, does one need to cycle them in as often and if less often, then how often would be prudent? For full disclosure, I follow a strict Paleo diet but with more than occasional 85% cacao dark chocolate treat, 8 to 9 hours of sleep, supplement with fish oil, vitamin D3, magnesium citrate, have low stress. Thanks for the great work. I look forward to the podcast every week."

Robb Wolf: A really good question. You know, I think that though you have a back-off week is just huge even when you are otherwise looking at a smartly periodized program. There should be periods where you are consciously doing less than what you think or might even want to do, and then there will some periods where you really push the envelope and move forward, but there needs to be an ebb and flow with that. I really recommend that people kind of program that stuff in and what I find I know for myself, and it's just so sad because for years and years and years I didn't really listen to this even when I was doing more the kind of mainstream CrossFitesque sort of stuff. Had I simply planned my training in a way that like every third day was a half-volume day, every third week was a half-volume week, every night week was a week off, I would have gotten more out of it and then when you add to do that better thinking with regards to focus on skill work and strength orientation and skill orientation, I think it's just that much better. You just kind of need to look at your own schedule and how you're responding and build that in. I don't know that there's any perfect template to this, but play around with something to the effect of maybe every third workout you do a half-volume workout and then play with that and then try every second workout do a half-volume workout, maybe every fourth workout do a half-volume workout. Play with those things and see what gives you kind of a good return on investment. Maybe even you stagger it out a little bit, every second workout, then every third workout, then every fourth workout, then cycle through that so that there's even all of the randomization in that scenario. I do and I were talking about this and it's an interesting game to play with, you know, how much can you get away with pushing forward, but it's also a really interesting deal of how much can you keep making progress while playing with the bare minimum that you're doing and that's some interesting stuff. You know, it's funny. There's just nothing new under the sun. If you read Clarence Bass' old stuff, this is exactly the same stuff that he tinkered with and I think that he was on a once every 12 or 15 days a week weightlifting protocol there for a while and feeling good and making good progress, and then he would do kind of a Pavolesque train every single day sort of schedule but just very abbreviated time and so there's no perfect answer to this but I think there's some really right fields to be explored with all this stuff.

Andy Deas: Yeah. I think one thing I would throw in is when we were with a lot of folks, when I think of exercise I think of a long-term lifestyle and sometimes we interact with folks that are training at such a high intensity and they feel great like we know this isn't sustainable for 10 years but in their mind they think it is and so sometimes trying to convince them, hey, like some of these weeks are better for you in the long run, man. You may not feel like six months from now they were worth it, but trust us, six years from now you'll be glad you took those weeks off or those days off or half volume days or whatever, and it will be worth it so that you can keep training and feeling good as you age and not feel like you were run over by a car.

Robb Wolf: Exactly.

Andy Deas: And the only other thing I'd add too is sometimes back-off weeks are good and as you said volume and even periods of slightly lower intensity or lower weight so people can spend some time mindfully experimenting with their movements. I think when I see folks that are really good at squatting or deadlifting or whatever, not only are they done a long time but they spend a little bit of tinkering with position, with feel and it's very hard to do that for some folks when you're chasing bigger numbers all the time but periods where you're a little less intense so you can kind of tinker with foot positioning and stance and just kind of feel the movement will help as you work back with the heavier weights.

Robb Wolf: Totally. Great question though.

Andy Deas: Yeah. There is no one magic program. It's a shame. It's a shame. Ah, I like this. This is a good question, a question from John. "Re: T.S. Wiley. Since this lady has no academic credentials and is slippery in explaining her frequent misinterpretations on the subject, does it affect your view of 'Lights Out' where she is displayed as the primary author?"

Robb Wolf: This was some interesting stuff like it was my impression that she had a PhD in Medical Anthropology and then it's come to light that she doesn't have a PhD. She never even wrapped up a Bachelor's degree in Anthropology. I still love the content of "Lights Out." I still love a lot of the suggestions where Wiley has gone of late as this really powerful position in the bioidentical hormone realm and she has something I think called like the Wiley Protocol or something like that and she's taken a lot of heat for it and has taken a flack for it and as a standalone like "Lights Out" I still like a ton, I like the general message, you can sleep more when you sleep in the dark, all that stuff. Keep in mind also she wrote it with this guy who definitely does have a dual PhD in Biophysics and Molecular Biology, but this was kind of a big wet fish slap over the head. I was like wow, I wasn't aware of this stuff. So it's an interesting development to "Lights Out." It makes me not really question the material in that to any large degree. The information in "Sex, Lies and Menopause," which is so very heavily focused on bioidentical hormone replacement, it gives me some pause in that regard. Yamaguchi I think was the co-author with her on the "Sex, Lies and Menopause." She's a physician who practices out of kind of an alternative cancer treatment center in the Santa Barbara area I believe. So I haven't checked back on that scene in years so I don't know if they're still on business, I don't know if they are or they're doing good business, are they getting good results. I don't know, but it's some interesting stuff.

Andy Deas: Yeah. I mean, "Lights Out" is one of the things where the message makes a lot of sense as you said and then the results we see with people who actually take it to heart and increase the amount of sleep and sleep in the dark like we see some pretty amazing results with folks leaning out quicker and feeling better and all this stuff. So for me it's like I still think that's a great book. "Sex, Lies and Menopause" is a different thing, but I think the need to sleep more is pretty common sense at this point.

Robb Wolf: Yeah, yeah. I mean they're a combination. You know, the message, I still just really like that book like the message, it seems to dovetail a lot with a lot of what Art Devany talked about, his early stuff. The sleep, the need for exercise is beneficial and not a stressor, like there is so much good stuff in there in my opinion. Even if Wiley's credentials aren't what we thought they were, I really think that message is still very, very solid and again like the science has typically been solidified on that like there was a lot of very prescient stuff that has come down the pipes since then, you know, where the follow-up data seems to be very suggestive, sleeping in the dark and all that sort of jive, ketogenic diet for reversing metabolic derangement and whatnot. We've just seen fantastic results with it. So yeah, it will be interesting to see where this stuff goes. There's now a website called [wileywatch.org](http://wileywatch.org) where it's almost kind of that quack watch kind of gig where they're kind of following her around and trying to I guess expose some shenanigan she might be up to. It's interesting. It's a really interesting deal.

Andy Deas: Good. Next question is from Diane. "Great seminar yesterday in Woodinville, Washington. I'm beginning to implement my newfound learning into my diet and lifestyle. One question I didn't ask was regarding the oil. Asian cooks will often use a tea oil for stir fries made from compressed tea seeds of the Camellia sinensis tea bush from China, who knows, that is used for high temps to 485 degrees without smoking." She says, "It is full of omega fatty acids, just not sure which ones. I have used it and really like it. Does it fall within the Paleo plan?" Thanks, Diane.

Robb Wolf: Yeah. I mean I wasn't familiar with this stuff. I did a little digging around on it. It's interesting. It's mainly mono and saturated fat so I mean it ends up being very, very similar to olive oil in that regard. The polyphenol looks in the two are obviously going to be different, the different plant-based constituents in there. Use it, don't use it. One thing about this is like really high temperature cooking, it would make an argument from the nitrosamine formation and different kind of carcinogenic polycyclic aromatic hydrocarbons. If you're going to make an argument that there's a way of cooking that's maybe not as good as others, it's high temperature cooking. So from that perspective, it becomes this thing of like, okay, maybe it's low smoke-high temperature oil which doesn't quite make sense to me given the fact that it's mainly a mono and saturated fat. So, I don't know why it's particularly better than, say, like coconut oil or something that's saturated fat. That aside, if you want to use it, it seems fine. I think the main omega fat in it is the linoleic acid [unintelligible] omega 6. So, again, somewhat similar to olive oil. I don't see anything magical about it, that's for certain, but if you like it and it's a got a good flavor or whatever, I don't see any problems with it.

Andy Deas: We could tell that as magic though.

Robb Wolf: I need to do that sometime, just jump on something and just write that on the end like, "No, it does work. You just aren't trying hard enough."

Andy Deas: It is like Progenics.

Robb Wolf: Oh, man, I have a story with that. We'll investigate that here in a couple of weeks. There's a whole good thing with that.

Andy Deas: Well, also, I don't know if you saw that, Robb, but on Brian McKenzie's blog he posted a little story about that last week.

Robb Wolf: No, I didn't catch that.

Andy Deas: I haven't read it yet, but I'll send it to you. Somebody sent it to me on Facebook. I'll forward it to you. I just took a quick look and it was long, I was like, "Oh, Lord. This is going to be a train wreck. I'll read it later." So if anyone doesn't read Brian McKenzie's blog, go there. I think it's like "I am UnScared" or something, Robb. You know what it is? I don't know what it is.

Robb Wolf: Yeah, yeah, yeah, I think that's it.

Andy Deas: So anyway, there's a long story about that and some other stuff on that he's kind of sharing. Also check out the Steroid Times, which has a fun article on Progenics. So anyway, I'm off the reservation now. A question from Sarah. "Hi Robb. I wish I could have attended your seminar this weekend. It sounds like it was incredibly informative. I'm 28 years old and I was a vegetarian for eight years and a vegan for two with the help of my trainer, Rueben Baca." So note, I want to thank Rueben right now for digging up a cool study comparing inducing ketosis in dogs versus humans for my brother. So I appreciate that and Rueben provided Robb with a lot of tequila I think.

Robb Wolf: Rueben is a wild man. He's a trainer among trainers. He's great.

Andy Deas: "So with the help of my trainer, Lierre Keith's book, "The Vegetarian Myth," and your book, I have transitioned to a Paleo diet. My question for you is this. How important is it to include poultry and red meat into my diet? Is it healthy to use only fish as my protein source? I've been using your food matrix and cycling through the varieties of fish that you recommend, but I have not yet introduced other types of meat. How important is it to include free range poultry and grass-fed beef?"

Robb Wolf: No need for it all. I mean if you like it and want to include it for some variety, then that's fine but you could totally pull off the fish, shellfish, that scene would be totally fine. No problem with that at all. I would really try to focus on getting wild cod fish for the most part. If you can't always, then same deal as conventional meat, not the end of the day but nothing is going to be lost from not including poultry and beef and pork and stuff like that. I would personally be very sad never to eat bacon, but beyond that you're good to go.

Andy Deas: Nothing will be lost but a lot of flavor, Robb.

Robb Wolf: Yes. Details, details.

Andy Deas: Yeah, it's all on the details. Next we have a question from Lauren. "Hey Robb and Andy. I'll keep this as short as possible. I hate the winter too. Do you think sunlamps will help with the winter blues? Are they a waste of money?"

Robb Wolf: I think they could be really beneficial. There are some good studies showing like the full spectrum lights helping. We see some affective disorders. Something I need to do a little research on that I want to investigate is what type of vitamin D production including all the secosteroids, all the peripheral vitamin D-like metabolites that are made from normal sunlight exposure, how much of those are made with like a full spectrum light versus like a tanning booth, what's the production of that stuff in a tanning booth because of the intensity. What I want to figure out is what type of light intensity can produce similar results to just standard sunlight and there's going to be kind of a cost benefit trade-off with all that stuff but that's something that I'd like to do a little research in, but I think that they're definitely valuable.

Andy Deas: "Question 2: I love one or two glasses of red wine with dinner five nights a week. Saturday night, I skip the wine and go straight for the hard stuff. I've been rationalizing this due to some study that said women who drink moderately are thinner. I know that Saturday night partying isn't good for the body, but how bad is red wine? My abs could be better, but other than that I'm lean enough and I haven't noticed a decrease in performance. I'm concerned this is bad for my gut. What are your thoughts?"

Robb Wolf: What's my line out of the Paleo Solution like if you think that boost consumption, if you're tackling it with some perception that it's healthy, it's kind of like using an adulterous liaison as an excuse for networking. It's a little dodgy. Now, there are definitely some social elements to it I think like on winding and relaxing, it could be very beneficial. In all honesty like the amount of consumption here it's probably well within what you're going to get a beneficial dose response curve out of that one day a week of serious bendering could undo a lot but overall I don't think it's that big a deal.

Andy Deas: And here's the final question, Robb. "I'm 25 and trying to date, but every dude freaks out when I tell them about the Paleo diet. I avoid bringing it up for as long as I possibly can, but eventually it comes up. Any ideas on how to sugar coat this? Yes, I'm asking you for dating advice."

Robb Wolf: God, we have jaunt the shark. What world is it that you've gone to when Robb and Andy are approached for dating advice?

Andy Deas: Seriously people.

Robb Wolf: You know, I really don't know how to tackle this one. Like maybe you need to lurk around CrossFit gym or something like that and find some dude who is into Paleo chow. I don't know. I would be stoked by that. My wife was vegan when I found her and it was an

enormous amount of effort on my part to get her on the straight and narrow from there. Had she been some hard charging Paleo chick, my life would have been a lot easier. So I'm just saying there's a lot of dudes out there that would be very, very happy by this situation.

Andy Deas: Yes. So here's my vote, Robb. I'm not saying this will work, but this is how I would handle it. One, I would never use the term Paleo diet again. Two, I would not even discuss her dietary choices and just make them and then if they ask about them, I would simply say, "You don't feel very well when you eat X, Y, and Z," and leave it at that because I feel like for a lot of people what happens is you have success eating this way, you get super excited, you tell everyone what you can about it and it gets really annoying and overwhelming and frankly some people don't want to hear about it and don't care about it.

Robb Wolf: I like it, I like it. And you know what? If the guy is waffling on this, then you can always just say, "Dude, all I'm asking you to do is eat more veggies."

Andy Deas: Exactly, exactly.

Robb Wolf: And if that doesn't whip them into some sort of like reproductive frenzy right there, I just don't know what would.

Andy Deas: I mean I think [unintelligible] people do it with their families, which is like after all you don't explain it to them, you just make your choices and you move on and at some point he may be ready to have that discussion and obviously that's down the road. This is like the thing where we get people talking about when they're dating when they're 32. In the first date, they're explaining like what they want their writing to look like and people are like, "Whoa. I'm out." Food is like religion. Don't mess with people's food.

Robb Wolf: Yeah.

Andy Deas: All right, Robb, the final question of 2010. Are you ready?

Robb Wolf: I am ready for it, man. Everybody else has fallen asleep. They don't care anymore so let's finish this up.

Andy Deas: This is a good one. This is a look back from an earlier one from Ben. "I'm a 29-year-old 6'2" male working to reclaim a wasted life. I've always been the fat kid who was terrible at sports, girls, and life in general. High school for me was the worst experience of my life. I was picked on daily and turned to food for comfort. As the years went by, I continued to gain weight until November of 2009 when I realized I was 510-pound waste of humanity. I gave myself two choices: suicide or change. I decided to change. Today I weigh 349 pounds. I feel much better. I want to take my lifestyle changes to the next level. In the past month, thanks to the influence of your podcast, I switched to 100% grass-fed beef, wild caught fish, and local organic produce. I supplement with vitamin D in the morning and ZMA before bed. I avoid all grains, dairy and legumes. Soon I will be adding probiotics to the mix. The next thing I want to accomplish is bringing intelligent training to my life. What would you recommend for someone like me? I would love to try martial arts but I'm afraid that my saggy skin would be an issue. I'm also afraid that my personality might not mix well in group environments. I'm usually very reserved and it takes a lot of time to get me to open up around others. I'm extremely insecure and lacking in confidence. At work, people think I'm a loner freak which really bothers me. I would not want to join a group workout setting where the same stigma is attached. The only thing I really have going for me is an overwhelming desire for change. How would your average CrossFit gym handle someone like me? I've thought about making an

appointment but I haven't pulled the trigger yet. Would I be better off doing this on my own at a local gym until I have more confidence? Thank you."

Robb Wolf: Wow. Really, really interesting question. You know, you can tackle this a couple of different ways. I think in the beginning like the personal training route is a great way to go with this and that's one of the benefits of having that for an option like you could check out a couple of CrossFit-type gyms. I think the martial arts deal too would be really interesting. I would focus more, if you went more on the martial arts-oriented thing, more of like a boxing gym, kickboxing gym. Get somebody to do some private training with you. It's just skill work and conditioning work, and then on that other side looking into some sort of CrossFit-esque gym, see what the cost is for personal training and if you can afford that stuff then I would jump in on that and do it like getting some good exercise and just getting in your body and feeling good. If you are being this compliant on the food, getting a couple of days a week of some good solid training in will just turbo-charge the whole thing and you'll feel better, you'll look better immediately. I think it would be phenomenal, and then over the course of time when you start feeling more comfortable then you could definitely migrate into a more of a group class kind of scenario. You know, you'll only need a couple of days a week of doing some stuff like that and then just do some stuff on your own whether it's riding a bike, going for a walk, doing a little bit of a home workout circuit or something like out on your own just a little bit to supplement on your own I think would be fine and just over the course of time you'll get used to being in this new body, you'll get used to some of the new experiences, get a little more confidence and at the end of the day I think realizing everybody has insecurities, everybody has baggage, everybody has different areas of competence and weakness like if you ever had me try to work on your car or build something in your house, it's the last day the car would ever drive. You know what I mean? So you just have to, I think in some ways as hard as you are potentially on yourself, just realize the people around you probably have similar stuff going on whether they look like they do or not, they do. I think in some ways that then humanizes the people around you and you maybe don't feel quite isolated by the whole process. I would definitely look into getting some trainer, get a trainer, find somebody that your personality jives well with them, that you enjoy the vibe and then run with that. You got any ideas, Andy?

Andy Deas: I totally second what you say and I think some of the questions before, to find out if you're comfortable with that trainer, ask how they would handle someone like you. I think it's a big deal in the beginning to make sure you feel comfortable with just the general approach of how they're going to do it because you're paying them a lot of money and it's a big investment of time and prioritization on your part and so I think meeting with even more than one is a wise idea because it's a fairly big decision. I would say like if you have a surgeon and he's an asshole, it probably doesn't matter as long as he is really good at his job because you're only going to see him maybe once, maybe once and a follow-up, but if you have a trainer, a physical therapist you don't jive with or that you think is an asshole, it's going to be pretty hard because usually you're going to see them like two or three hours a week, hopefully for a really long time so that connection is really, really important and maybe more important than anything else we argue about.

Robb Wolf: Yeah, yeah. And you know, just throw it right out there. Just say, "Hey, I've never been physically active and I've made a lot of progress but I'm still not comfortable in my own skin. I have confidence issues. What do you think of that?" The trainer or the coach should have a good answer to that. They should have enough empathy to look you in the eye and have a good thoughtful answer to that, and if they don't then find somebody else because this whole strength training, personal training coaching scene, there are just the best people on the world at it and there are the worst people in the world at it, but the good ones, the Mike Boyles, the James Fitzgeralds, Michael Radfords, those types of people who are just zen masters of this stuff, that can be an absolutely life transforming experience when you hook up with someone like that. So I would just lay it out there and

be completely honest with them and if they don't have a good answer then keep shopping.

Andy Deas: Yup.

Robb Wolf: But definitely let us know what you do like I'm super intrigued now. I want to know what you're up to, Ben, so give us a follow-up and let us know how you're doing on this.

Andy Deas: And with that, Robb, that is the final question of 2010. We survived.

Robb Wolf: Woohoo!

Andy Deas: And anything else you want to say before we shut the year down and prep for 2011?

Robb Wolf: No. Just thanks to Andy Deas, and Amber, and Mat, and Chops and everybody who's been either directly or peripherally associated with the website and the podcast, and thank you to everybody who listens like all six or eight of you out there. I love you. Thank you for all the support and the huge support that you gave when the book was released and all that. We made New York Times bestseller and just super excited for the future, really good stuff going on.

Andy Deas: Yup. All right, Robb. With that, that is the end of 2010 Paleo Solution podcast, man, Episode 60. We'll talk to you in 2011.

Robb Wolf: Sweet, man. Take care. If something goes array, don't call me to get you out of jail in Vegas. I will not be available.

Andy Deas: I'd only be overdosed of high quality meat, Robb. I think we'll be okay.

Robb Wolf: There you go.

Andy Deas: All right, man. We'll talk to you next week.

Robb Wolf: Bye Andy.

Andy Deas: See you, Robb.