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Robb Wolff - Paleo SolutionGenre: Author: Do you want to lose fat and stay young, all avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's disease and a host of other diseases? Paleo Solution includes recent, cutting edge studies from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolff, a research biochemist who traded in his lab a coat and pocket protector for whistle and stopwatch to become one of the most popular power and conditioning trainers in the world. From Robb's unique perspective as a scientist and trainer you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.1/1 ThePaleoSolutio

Podcast: Play in the new box Download Robb Wolff is a former research biochemist and 2X New York Times/WSJ author of the bestselling Paleo Solution and Wired is. Robb has changed the lives of hundreds of thousands of people around the world through his iTunes podcast rankings, books and workshops. Robb works as a review editor for the Journal of Nutrition and Metabolism (Biomed Central) and as a consultant for the Naval Special Warfare Sustainability Program. He is a member of the Board of Directors/Consultants for Specialty Health Inc, Chickasaw Nation's Unconquered Life Initiative, and a number of innovative startups with a focus on health and sustainability. Robb holds a purple belt in Brazilian jiu-jitsu, is a former California State powerlifting champion and 6-0 amateur kickboxer. He held nutrition and strength and air conditioning workshops for a number of organizations, including NASA, the Navy Special Warfare, the Canadian Light Infantry and the United States Marine Corps. Robb joins us to talk about the Paleo diet and the science behind his diet choices and recommendations. For more information about Robb, check out his website, LMNT website, or follow him on Instagram, FaceBook and Twitter. People, documents and quotes mentioned in the episode: 03:31 Robb's recent move to Texas came with an instant run from wildlife 05:01 Robb is the first person in Starrett's life to float the idea that food quality matters, rather than just looking at macros 05:49 Robb von - researching a nutrition expert through a significant health crisis 07:51 Arthur Devaney; Lauren Cordein; Grains: The Double Sword of Humanity 11:27 Triple Point as an analogy for performance, Health, and longevity 12:21 You can eat what Lance Armstrong eats, but that doesn't mean you'll perform as he 13:01 zack Bitter is primarily a carnivore, but introduces carbohydrates for the big training days 16:12 Robbie's second book, Wired Is, was inspired by the work that came out of Weizmann Institute's first-to-day A pretty good case to be made that the main sediment of coronary blood sugar events tours rather than the lipid dynamics of 19:42 The transition from high blood sugar to low blood sugar is a great way to make you feel hungry. All the time. 19:58 Lane Norton 21:54 Barry Sears 20:17 Calories definitely matter, but finding the appropriate glycemic load for humans is very important 23:26 DayTwo 24:32 What works for one person can not work for another 25:32 Paleo diet defined 26:17 Keto diet determined 27:10 Diet defined 27:10 Diet defined 27:10 Diet defined 27:10 Diet; Bernstein's Diabetes Solution 29:14 Robb's First Book, Paleo Solution 31:34 Around 2010 CBO Projects that in about 2030 or 2035, the U.S. will be bankrupt from the diasecurity-related health care costs of 38:15 Only 12% of Americans over 20 considered metabolically healthy 39:14 What is the case with health experts we are talking about moving to a 2 meal-a-day model? 44:22 Daily exercise improves life expectancy by 2-6 years. Ironically, you're spending exercise. 44:52 Daily reasonable UV exposure is essential for health, basically checking Kelly's one-man attack on the sun 46:07 Grandma Paradox 47:57 Kelly gushes about LMNT 48:25 When going on a more whole diet, you need to add a little salt back in 49:13 Backstory on LMNT 49:34 Tyler Cartwright; Luis Villasenor - Founder of Keto Profit 50:53 The body needs a minimum of 5 grams of sodium per day to maintain the ratio of sodium/potassium among other things 54:06 Juliet should interrupt Kelly and Robb terrible marketing skills to point out the most important thing about LMNT: it tastes damn good. 55:57 Robb and Nicky Invent NorCal Margarita, which has now evolved into NorCal LMNT Margarita 57:22 Greg Glassman was concerned about the lack of salt in the paleo diet back in 2005 59:07 Robb sites 60:42 Dan John quote , a trainer who trains himself to be an idiot for a client. 61:17 Juliet discusses her love of popcorn in the 48th consecutive episode of Full Sponsor Transcript This episode of Ready State podcast is sponsored by Chili Technology, creators of chiliPAD and OOLER. 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