

ROBB WOLF INTERVIEW

I know you're a biochemist, does the evidence that the paleo-lifestyle is the way to go appear to you when you were a student or active in your biochemist work?

When I was doing cancer and autoimmunity research...that's when this paleo concept came to me. But it was because i was VERY sick from eating a high carb, low fat vegan diet at the time. that did not work well for my metabolism.

How long did you follow the lifestyle you promote? What was the greatest improvement of your health, following this lifestyle?

I've been eating this way almost 15 years. The improvements to my health have been shocking: digestive problems like Ulcerative Colitis are just gone. I never get hungry or suffer low blood sugar crashes. It's pretty amazing.

Paleo guys usually says that humans aren't designed to digest cereals and legumes. If well cooked, well prepared and knowing that saliva and pancreas synthesise amylase enzyme which digest starch, is this advice really solid?

We can "digest" quite a number of things that are not healthy for us! Soaking and cooking do reduce toxicants in grains and legumes, but do not remove them entirely. buyer beware!

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Do you think it's healthy to eat exotic food (papayas, coconuts, ...) for a caucasian guy for example, knowing that his ancestors lived in non-exotic location for generations and used to eat local food?

I think it's likely fine, but I do like matching intake to seasonality a bit. If someone is overweight and in the dead of winter, I think eating a melon is perhaps not a great idea.

In paleosphere there's blogs who relates about no-soap and no-poo experiments, claiming that it is a paleo way to go. What is your position about that? Did you think it could trigger profound positive changes in health regarding the cut of chemicals passing through the skin?

Please, for the love of god, shower, use deodorant. I don't think most people need soap and shampoo every day, but if you are getting gamey, use it!

What is the best macronutrient proportion, if you had to resume the diet you promote in this terms ?

This is completely dependant on the individual. the needs to a type 2 diabetic are completely different than those of a high level athlete.

If you had to provide a very powerful single advice to Primal Alpha readers to improve their health, what will it be?

Eat a solid paleo diet for 30 days, see how you look, feel and perform. Let that experience guide your eating and further investigations.