

PREVIEW_ Robb Wolf - Presentation (Breckenridge 2018) 2

Robb Wolf: So is there a formula for success? Is there something we can pull out of this that we can use? And I'm going to argue that there's not necessarily like a number... Optimum is not a number. It's going to be too kind of a matrix driven processes.

The first one is that under ideal circumstances we should be able to transition seamlessly between a wide variety of fuel substrates.

If you had a big lack of carbs, it wouldn't leave you drooling on yourself a couple of hours later if you had to go a day without eating like I did because I had some food poisoning and I haven't eaten all day and I what I did eat from yesterday didn't stay with me all that long and I would be largely unaffected because I've been in the ketogenic state for a long time.

So it's not that big of a deal for me. So I would argue though that a seamless transition between fuel substrates is a laudable characteristic and it's something that we should be pushing for all the time, we should always be pushing for a little bit more metabolic headroom, the ability to deal either with a little more carb or a little more fat.

Although there are situations in which that really tightly controlled macronutrient ratio will be valuable. The other point that I'd make is optimum is going to be a relative lack of modern degenerative disease. And I don't think there's really any huge drama around that.

I will make the point that when we're talking about the lack of modern degenerative disease, it's really important that we pick our definitions of what normal or healthy is carefully. So this is an example of... But the top one is the United States population, the bottom is a pre-westernized population and they are basically being checked for oral glucose tolerance.

And what's so interesting with this is that even though this non-westernized population on the bottom, they do see a mild decrease in their ability to metabolize glucose with age. So they're losing a little bit of metabolic flexibility.

At the end of their life they're better than anybody was in the westernized population early in life. So when we are trying to define what normal is, we need to be very careful.