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Monday, March 25, 2013

A LETTER TO LYLE McDONALD

2:06 PM | Posted by Martin Berkhan

...So let's start at the end, instead of wasting time.

A Letter to Lyle McDonald

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The story involves the journey from the bottom to the top, and it's all those things you'd expect on the way here. Except one thing, that you might have been looking for. I can tell the rest another day, because it's my story.

Science is a joke here. People are not whom they seem to be. Same old shit you'd see on a soap opera.

Because stories are just stories, like characters twisted 'till they are nothing but parodies of themselves. Those who support one or another will say the protagonist is just wrong, and blames everyone because he did some wrong -

Whatever. It's not really important what the supporting characters say.

It's what I know. It's what you see. That's that.

I'm not doing this for the same reason you are. I do this as a favor to myself. To make up for the suffering in me and everyone else who I touched with my endless fucking explanations for feeling shitty, broken and spiteful, despite having everything.

The bliss of doing what's right is my reward, and not yours to partake in.

Being Truthful

This is my battle, so stay out if you're too dumb and useless to understand it.

I don't debate or talk it out.

// ABOUT THE AUTHOR //



My name is Martin Berkhan and I work as a nutritional consultant, magazine writer and personal trainer.

Welcome to the Internet's leading resource on intermittent fasting and all things related.

This site is best viewed with [GOOGLE CHROME](#). Internet Explorer has been known to cause loading issues or just act crazy in general.



MARTIN BERKHAN
MARTINBERKHAN

MARTINBERKHAN A Letter to Lyle McDonald [BIT.LY/14QU8IP](#) I need to do this. He doesn't get a pass. ---Fixing formatting soon.

18 MINUTES AGO • REPLY • RETWEET • FAVORITE

MARTINBERKHAN Come debunk my cheesecake.

[INSTAGRAM.COM/p/XQBGx0CFE/](#)
23 HOURS AGO • REPLY • RETWEET • FAVORITE

MARTINBERKHAN You can debunk diet myths. You can't debunk dumb. That's not a myth.

YESTERDAY • REPLY • RETWEET • FAVORITE

MARTINBERKHAN When hobos greet you like a friend, tell you how to live your life, and asks for another \$, don't be confused. Stop giving.

YESTERDAY • REPLY • RETWEET • FAVORITE



JOIN THE CONVERSATION

Lyle McDonald and I have a past. It needs to be clarified who was right and who was wrong.

I have the perfect guy for this. Someone to really hammer home the point.

Alan The Diplomat

I was surprised at first. Was he blind? Was I misrepresenting and lying here?

Just confused and disappointed.

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One more thing...actually two

Martin Berkhan <martinberkhan@gmail.com>
till Alan, Børge

Here's what Lyle said to me in an email after I unfriended him:

"Unfriended me b/c you can't handle me criticizing your bullshit wall posts, eh? Stupid mice stuff and misrepresented shit to push IF'ing that you know is fucking wrong.

Point taken, go fuck yourself, buddy."

Not sure what he meant by misrepresenting shit to push IF. I responded to this with the email I quoted in the one I sent to you guys before this one & haven't heard back from Lyle yet. I am not in the habit of quoting or c/ping emails like this, but I'll make an exception for an asshole like Lyle.

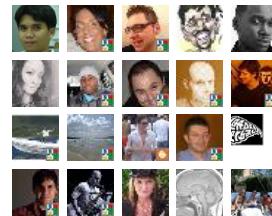
Here's what Lyle wrote in the PP payout note:

*Note from Lyle McDonald:

Martin. This is your final payout on my affiliate program; your account has been disabled and your links will no longer work. I will NOT make money off of people I don't respect. You join a short list including Alwyn and Leigh who I refuse to profit from. Go fuck yourself, buddy Lyle"

So yeah, that's all so far.

2011-01-28 ★

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Alan Aragon <alanearns@gmail.com>
till mig

2011-01-28 ★

engelska > svenska > Översätt meddelande

Inaktivera för: engelska

Hmm... Looks like Lyle took your FB unfriending as complete disownship of any relationship ties whatsoever. this is probably the main difference you guys ran into here - he takes FB friending very seriously, you don't. Which is so ironic, since he's willing to attack & mouth off so readily despite taking FB relationships so seriously. Lyle's motivations are very tough to figure out.

His comment re: BDNF was typical Lyle-style calling out when he thinks someone's wrong, but I can see how his nonresponse to your refutation of it pissed you off enough to unfriend him -- especially if other similar incidents like this happened leading up to this. For me personally, it would take more than just him saying one inflammatory comment & not responding to my refutation in order to unfriend him. But I'm going to assume that Lyle may have been getting under your skin for some time before this, & this was the last straw? Let me know, just curious.

I don't know what kind of vortex Lyle is in right now (haven't spoken with him recently), but I did get an email from Matt Perryman - and please keep this confidential - saying that Lyle essentially told him that he's now banished/disowned. And this was all because after incessant FB trolling from Lyle, Matt made a snide yet harmless comment about a pic of Lyle & his dog on FB. Lyle then lost his temper & cursed Matt out on FB & then followed up with a couple scathing emails, now Lyle & Matt are essentially done. This tells me that Lyle is in a bad place, and is going about life the wrong way at the present moment.

Lyle falling out with you makes him look bad, not you, I'll tell you that much. You have the utmost respect from everyone with at least half a brain in this industry. Lyle is simply building his repertoire of fallout with industry guys who have tons of respect from many (ie, Rippetoe). I hate to see him go through fallouts with guys I respect. As a friend of Lyle's, and as someone who has benefitted quite a bit from having known him, I wish he would shake himself out of this behavior, because it can only harm him further.

...

Please, there's no need for pretentious shit like "Lyle's motivations are very tough to figure out." He's a fucking asshole with a frail ego.

His comment re: BDNF was typical Lyle-style calling out when he thinks someone's wrong, but I can see how his nonresponse to your refutation of it pissed you off enough to unfriend him -- especially if other similar incidents like this happened leading up to this. For me personally, it would take more than just him saying one inflammatory comment & not responding to my refutation in order to unfriend him. But I'm going to assume that Lyle may have been getting under your skin for some time before this, & this was the last straw? Let me know, just curious.

By this I can only assume that you never use FB. (Which you don't seem to do actually now that I think about it.)

Or maybe I didn't make that clear enough, but this has been going on ever since he started commenting on people's FB wall posts - that's all he does, drive-by insults etc - and I can tolerate that if it's just some bad attempt at humor, as it's been most of the time, and most of the time is every day.

But then there's the cases, a few times a week, where I'll tweet something like this - off the top of my head, an example:

(and my Twitter posts to FB & people comments on them there)

"Breaking news. It ain't the carbs that made people fat, it's the high-sugar high-fat junk you ate for years."

...and Lyle pops in and says "No dipshit/retard/whatever it's excessive calorie intake. And you know it."

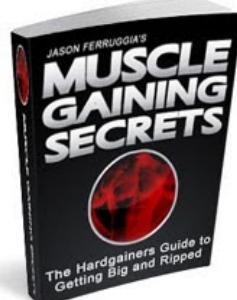
Some completely inane redundant bullshit comment. I assume you understand how Twitter works, Alan, it's 140 chars for a quick n easy message ---> popular messages gets retweet ---> increases following ---> good for me & my site etc.

I usually tweet studies, general comments on whatever, the occasional article link, etc.

CASE IN POINT, his fucking bullshit comments on my tweets - I mean FUCK he's not so fucking dumb and socially inept he doesn't understand what I mean.

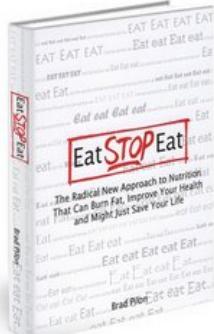
RECOMMENDED READING

Lame Title, Good Book



RECOMMENDED READING

Intermittent Fasting for Fat Loss



Spend an hour looking through the stuff Lyle writes on other people's wall posts, you can do this via his page.

He's only there to insult people & make derogatory comments. And you know, that's ok now and then, given the dumb shit people post. But using FB only for that single purpose?

And trying that stuff with me, given that I actually post worthwhile stuff as far as that shit goes on FB/Twitter? Fuck that piece of shit.

Lyle falling out with you makes him look bad, not you, I'll tell you that much. You have the utmost respect from everyone with at least half a brain in this industry. Lyle is simply building his repertoire of fallout with industry guys who have tons of respect from many (ie, Rippetoe). I hate to see him go through fallouts with guys I respect. As a friend of Lyle's, and as someone who has benefitted quite a bit from having known him, I wish he would shake himself out of this behavior, because it can only harm him further.

And it will harm him further. He ain't the type to apologize either and he deserves what he has coming for him until he learns his lesson.

His good and solid backlog repertoire of writing does not make up for his severe and deeply flawed character.

[...]

BLOG ARCHIVE

▼ 2013 (3)

► MARCH (2)

A LETTER TO LYLE McDONALD

THE LEANGAINS LETTER

► JANUARY (1)

► 2012 (4)

► 2011 (19)

► 2010 (62)

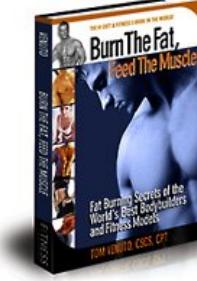
► 2009 (39)

► 2008 (27)

► 2007 (13)

RECOMMENDED READING

Covers All Bases



RECOMMENDED READING

Awesome Recipes for The Paleo Diet



LABELS

10 RANDOM THOUGHTS (2)

A FEW GOOD READS (3)

ABOUT THE BOOK (2)

ARTICLES (45)

BENEFITS OF INTERMITTENT FASTING (2)

BEST OF TWITTER (3)

CHEESECAKE MASTERY (6)

CLIENT RESULTS (17)

DIABETES (1)

DIET MYTHOLOGY (6)

DIET PSYCHOLOGY (4)

FASTED TRAINING (10)

FAT LOSS (16)

HORMONES (9)

INTERMITTENT FASTING PRIMER (3)

INTERVIEWS (18)

LEANGAINS GUIDE (2)

LEANGAINS MEALS (4)

LOW BODY FAT (9)

LOW CARB DIETS (3)

MEAL FREQUENCY (14)

MEAT MASTERY (1)

Alan Aragon <alanateats@gmail.com> 2011-01-29 till mig

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No disagreements on my part, Martin.

I indeed am out of the loop w/FB; I only pop in there to hit the "confirm" button, and to occasionally make an announcement. I am not on Twitter, so I know nothing about it other than having an awareness of its function of delivering short messages to followers. I did not know that Lyle's sole purpose for being FB was to cause trouble. That's just bizarre. You have every right to be pissed off.

And yeah, I'm not making any apologies for Lyle's behavior, indeed it appears that he's losing his mind & casting judgement out the window - and being an asshole. In the little I've seen of Lyle on FB, his tone seems to be no different than on Monkey Island. Still, it's rather shocking that he'd flip on you like this, but after Matt's email, it lessens the shock value a bit.

I remember once in the past, on Monkey Island, he threw a temper tantrum at you & said something to the effect that you're no different than the T-mag guys - do you remember that? I don't remember exactly what you two were arguing about. Somehow you & Lyle got past that, to the point where he even mentioned you in the Stubborn FL opening acknowledgments, attempted a collab w/you, me, & Borge, etc. The optimist in me hopes that you two can eventually get past this. But don't get me wrong, Lyle's being an asshole & you have the right to be pissed.

[...]

Later:

Lyle McDonald <lylemcdonald23@gmail.com> 2012-07-02 till mig

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Are such a lying little bitch and you know it. Pathetic, Martin. You know who unfriended who and why (because you kept deleting my comments that you couldn't address) but keep telling lies to your lemmings. You're as much of a con as all the rest in this industry.

How's that book coming?

Hahahahaha.

YOU guys are amazing Inkorgen x

Lyle McDonald <lylemcdonald23@gmail.com> 2012-07-03 till mig, Matt

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Nothing but the most pathetic of ad hominem attacks. Zero factual data. ZERO. Because you don't have it, you can't criticize me on any stance except that. Next make fun of my arms. Or my skating.

you're both what you claim to be above. You have both become what you claim to criticize: gurus who can't handle an iota of criticism. It's pathetic.

And Martin, I'm far from depressed. But since you clearly can't criticize anything factual, that's the best you can do. It's as pathetic as you are.

Matt Perryman <ampedtraining@gmail.com> 2012-07-03 till Lyle, mig

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Are you even lucid right now? I don't even know what I'm "wrong" about and I'm not sure you do either. This reads like a schizophrenic hallucination. You need to get some help if it's this much of a problem.

Is this what you did to run Sarah off, or did you just fall apart after that?

[...]



For your linkorgen

Lyle McDonald <lylemcdonald23@gmail.com> 2012-07-03

till Matt, mig

engelska svenska Översätt meddelande Inaktivera för: engelska

Next pathetic ad hominem, I'd suggest you guys go with:

Lyle has small arms
What does a fag figure skater know

That will put you right up there with Rippetoe and the rest. You're no better than he is. You can't handle facts or reality so you just go to the bottom of the barrel. Have a nice evening, dipshits.

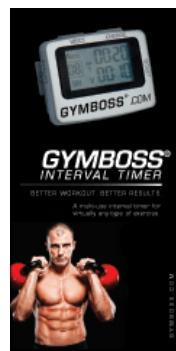
MISCELLANEOUS (45)
MY TRANSFORMATION (6)
PRODUCT REVIEWS (15)
QUESTIONS AND ANSWERS (8)
RANDOMNESS (5)
RESEARCH (28)
ROUNDTABLE (4)
SUCCESS STORIES (10)
SUPPLEMENTS (3)
TESTIMONIALS (1)
TRAINING (14)
TRANSLATED LEANGAINS ARTICLES (1)
VIDEOS (4)
WATER RETENTION (2)

RECOMMENDED READING

Fat Loss Made Easy



GREAT INTERVAL TIMER



Matt Perryman <ampedtraining@gmail.com> 2012-07-05

till Lyle, mig

engelska svenska Översätt meddelande Inaktivera för: engelska

another magical spine injury in the making says Lyle McDonald, master trainer with no research to back him and no results to show for his yelling

yell "ad hominem" more, you haven't embarrassed yourself enough

lyle confirmed for mad

Martin Berkhan |

8.1k

A mad dog has to be put down. I did not say he had small arms (?) and was a bad skater. I don't know where he found me in all his stories.

Dear Lyle,

Lyle, like you dodged me then, so I spit on you now. I can only hope you rot in Hell with your family of perversions holding you occupied with the idea you instilled of me there. I sincerely hope Alkanphel lives out his life with two limbs lost, and gets to hear your drivel till you die together. The others - they're just sad people who worship such a foul piece of shit.

Lyle, everyone despises you in real life. You are a joke everywhere now.

You try to hurt me every way you can. I sacrificed so much, did everything according to the rule book, and yet you defile that with your vile ego for nothing. I guess you didn't like the fact that I wasn't corrupted like you? Perhaps. We both knew I was better. I kept my mouth shut about that. Your work was the result of theory, not practice, and the result was thereafter.

I didn't do wrong. You made it seem so to others. I felt like there were no values after all, so why try to have them? I did. Now I never sacrifice for some fucking worthless crowd called a following. You were right. People are quite worthless. It's no excuse.

+1 IF You THINK LEANGAINS IS AWESOME

Recommend this on Google

I hope you burn in Hell.

Alan,

I can't thank you. You need to apologise. Not to me.

You are the most spineless man I have ever seen or known. You can't keep yourself out of this one, but no worries, you're not fucking relevant. No one cares about you. No one that knows better.

Sounds harsh? You do it for kicks, I do it because it's what's right.

Alan Aragon [PERMALINK](#)

March 15, 2013

Razwell — Thanks for the thoughtful post. Here's an article by Jamie Hale that echoes some of what you said regarding certainty in science:

<http://psychcentral.com/blog/archives/2011/03/08/the-limitations-of-science/>

Armi — Yes, I definitely find it interesting how 'fat adaptation' can potentially impair performance by reducing the activity of pyruvate dehydrogenase (which could decrease the rate of glycogenolysis during times of high glycogen demand). Thanks for the reminder!

Razwell is thoughtful. I simply can't express myself. It's amazing stuff.

Will you ever realise that you are debating a troll? For God's sake. He's a legendary troll. Am I actually seeing this? And then you talk back to some runt strutting around with my articles in his back-pocket, trying to produce something fittingly pretentious, yet blatantly obvious?

Alan, you haven't progressed - you've regressed. In actual worth, your character is a shameless slave to your illusion, in which you are debating and contributing useful data all day long. Career over everything. Completely consumed.

You seem lucky there. Good bye.

P.S.



Do you know know how I loathed that place for being so pathetic? They needed you to translate I was ok? I can't express myself.

Still today. From the day you dragged me from the pummeled shape of Skip to now, you will win. You are nice.

But we will both know deep inside who it was - you or me - who did any "science" here. Who did any "fighting" for something. Who knows shit.

You did nothing. I loathe you for having such mind-gobbling pretensions, yet being so fully inept.

3/25/13

A Letter to Lyle McDonald | Intermittent fasting diet for fat loss, muscle gain and health

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