

# LYL #221 Testimonials

## Testimonial #1

LIPID Panel Comparison almost 2 years into LYL program. April 2023 vs. Sept. 2025. I hope Dr. Smith reads:

BEFORE & AFTER

Total Chol. Value 341 / 229

Triglycer. 237 / 58

HDL 89 / 81

LDL Calc 206 / 138

Non-HDL Cholesterol 252 / 148

Cholesterol/HDL Ratio 3.8 / 2.8

My alternative brainwashed friends in the industry are now asking me about the program where before they thought I was nuts going off A, D and other protocols!

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## Testimonial #2

One Year Testimonial! 🥳

My main issue has always been fatigue. It started when I was about 16 and has slowly gotten worse over time. GI issues started about two years later. I am now 36 and had to quit my job about two years ago. I tried to trace the cause as far back as I could. I fortunately never received any jabs. But they still got me with mercury-containing eye drops, which were prescribed because I had a lazy eye as a child.

Later my parents got into health and they started to give me carrot juice every morning. After a while they added spirulina. So toxic vitamin A and heavy metals combined.

Finally they heard, you need fat to optimally absorb the vitamin A from carrots, so they added black seed oil. All highly recommended by an alternative health practitioner.

Eventually my family went vegetarian (I was probably around 13). So plenty of animal vitamin A and not enough protein and zinc. That probably sealed my fate.

It didn't dawn on me that humans need meat until I was about 26. But adding back meat alone didn't fix anything, so I did what many of us did: I got into low carb, then keto, then fasting, then Weston A. Price. And when that stopped working, carnivore. Each step of the way, I thought "okay, I finally figured it out, I am losing weight and I am starting to feel a little bit better". But it never lasted. This was very frustrating. I couldn't understand why I would always stop improving. Of course now, I know exactly what happened. I released the poisons stored in my body fat and shoved them into my liver. Until my liver finally gave in.

When I started carnivore and every time I was fasting, I would get diarrhea like crazy. This was very confusing. Now I know that I was merely dumping bile and nothing in my system was there to absorb it. It is crazy to me, that all the keto and carnivore world has to offer in this regard is to increase fat. And none of the functional medicine stuff for SIBO and IBS was any help whatsoever. What a joke!

Finally, I was considering going raw carnivore, since I seemed to tolerate raw beef the best. But ultimately it hit me that this was getting absurd. I had enough and so I just ate some bread. Consequences be damned. To my surprise there were no consequences. I tolerated the bread just fine. Thank God, I stopped carnivore before it changed my microbiome completely.

For a while I was very unsure of what to do next. Then I heard Dr. Smith on a podcast in August of last year and was immediately very intrigued. It didn't take long for me to realize that he was right about vitamin A being toxic and I started the program soon thereafter. Here is what happened:

For one, I've had a dry spot between my eye brows for years, that cleared up almost immediately. I looked it up on the TCM face map and that area between the eye brows corresponds to the liver. That gave me confidence. Then nothing much happened for a couple of months. Around December I quit coffee. I never could drink more than one cup a day anyway, so quitting was not that hard. But then my detox must have really picked up, because after about a month without coffee my GI symptoms and fatigue increased pretty substantially. So we can be sure, I was dumping a lot more bile. I reduced my supplements, but it didn't stop.

I could not get the diarrhea under control with charcoal alone, fortunately someone in the program told me about high-dose zeolite. Adding 30g of zeolite a day was an absolute game changer. Not only did it stop the diarrhea completely, at this point I would say, I no longer have IBS.

I consider this a major breakthrough, since I was struggling with GI trouble for more than ten years! Turns out, it was just toxic bile.

The next breakthrough is already on the horizon because of MSG. After only a month on small amounts of MSG my ability to do office work without complete exhaustion has already increased from under one hour to more than four hours. My mood has also improved and even though MSG seems to increase alertness, I can fall asleep faster and nightly bile dumps have started to ease up. Can't wait to increase my dose.

Other improvements: Wet-feeling and itchy ears almost disappeared, dry scalp greatly improved, cracked heels improved, keratosis pilaris a little improved

Not better yet: My stomach is still hard and distended and fatigue is still pretty strong

Current routine: I get along with all the foods that are recommended on the program. My staples are chicken, oats, sourdough and bananas. Beef and beans a couple of times a week. I am on 200mg of Nicotinic Acid, a little bit of charcoal and loads of zeolite, as well as small amounts of various soluble fibers throughout the day. And of course magnesium lotion.

I am taking a break from zinc and lactoferrin right now. Zinc seemed to stir up too much copper and lactoferrin worsened nightly bile dumps. I will try again, once I have some more glutamate in me. When I started the program I could take big amounts of zinc without feeling anything. Then suddenly even a small dose would cause sleeplessness.

I am starting to become more sensitive in a good way. Previously, I would try a supplement and not have any reaction - good or bad. Then, several months later I would feel a little worse and have no idea why. Now I can find connections pretty easily and I know what to do.

For example, after 6 months of potassium supplementation without issues, one day I noticed my heart beating heavily, so I stopped the supplemental potassium and the problem went away the next day. Now I only do bananas and coconut water.

My experience matches exactly what is laid out in the LYL framework. This greatly increased my confidence in being on the right track. This never happened with anything else I've tried. And I tried a lot. It is hard to overstate how unique this program is. It truly stands alone. Looking forward to the improvements year number two will bring!

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### Testimonial #3

<https://x.com/Immortalinquiry/status/1977404009674952868>

I've done your work on and off and had to abandon its full implementation when I went from 133.4 pounds down to 121.6 pounds. Your work didn't seem great for underweights like myself from a sustainability perspective. At least for someone who has work demands at my capacity. I kept some of your principles in play but had to add bacon in to keep weight.

I am tagging you as a testimony to the MSG though. I've been eating bacon  which I know you're not a fan of but my weight kept steady at 129 pounds which is an upgrade and it seemed to be the only thing that agreed with my gut that kept me from losing weight.

Then since adding the MSG for the last month. I've literally gained 4.4 pounds. So I'm sitting ironically exactly at the weight I used to be at before I got into lower toxin dietary shifts.

Thought you'd find this interesting as another testimony to MSG. I felt a bit of a headache the first couple days but afterwards that all corrected and I do about a tablespoon with my bigger meat meal everyday.

I want to emphasize nothing and I mean NOTHING sustainably lets me gain weight without increasing inflammation other than this! I've been doing fruit for several months and even pounds of fruit (bananas mostly) a day and 2-4 pounds of red meat a day didn't raise my weight. Which sounds impossible I know.

Good on you for always experimenting! Tell Kelsey (sp?) thank you! I restarted listening to your work.

P.S. I have confirmed copper toxicity in multiple labs as well so this MSG might be particularly helpful for me because of MSG's helpful aide in detoxing copper.

#### More from follow-up

Yes! The MSG legit made the most difference and I hope you use this in your testimonials on YouTube.

I really want to belabor the point that it is literally impossible for me to gain weight (without inflammation) other than The Modernist Pantry MSG daily with a meat meal. And yeah I do more than I think you guys suggest but I see zero negative impact of that.

I at one point was eating about 4 pounds of red meat a day with added butter and still couldn't break past 129 pounds. I thought maybe the bananas would help with the weight but no.

What I'm curious about now is if I can make it to 140 pounds cause that would be the weight I was at when I was my most vibrant. I'll track and keep you updated. Anyway thanks again for the work you two put forth!

#### Testimonial #4

Sharing a WIN: my acupuncturist commented at my appointment this week that my liver was 30% "softer", which he viewed as a big improvement. I've been on the low VA diet for 10 months, supplement with magnesium, potassium, sunbath for 10 minutes and use charcoal daily. I added MSG about 6 weeks ago; I take one "drop" 3x a day with meat meals. After 10 months I feel the gains are starting to happen, so grateful 🙏