

Tall Tale: The Legend of Lyle Pillah

Lyle Pillah was born in a small town in upstate New York. And from the day he was born, it was apparent that things were going to be very difficult for him. He was plagued with health problems. First of all, he was delivered via C section, so he didn't receive the beneficial bacteria that live in the birth canal. As a result, he was born with low gut flora.

Due to having low gut flora from birth, Lyle's immune system was severely compromised. He was constantly getting sick. And whenever he got sick, his well-meaning parents would put him on antibiotics, which further destroyed his immune system.

His parents were well-intentioned and wanted the best for him, so they followed the government recommendations for what they fed him. They made sure to give him lots of "healthy" whole grains and bread and pasta, basically everything at the bottom of the food pyramid. Lyle developed inflammation throughout his body due to the gluten. And he became malnourished due to the phytic acid in the grains, which was blocking nutrients from being absorbed.

His health-conscious parents also made sure to keep him on a very low-fat diet. Thus he didn't have enough cholesterol to produce adequate growth hormone that he needed to grow.

Lyle's birth, diet, and lifestyle left his body weak and brittle. Sometimes he would break his brittle bones just getting out of bed.

The low gut flora and the lack of fat in his diet also lead to decreased cognitive function. Poor Lyle just couldn't think straight and was diagnosed with several learning disabilities: ADHD, Dyslexia, Dyscalculia, Dysgraphia, Auditory Processing Disorder, and Cognitive Impairment.

Despite his health problems, Lyle always had big dreams, goals, and aspirations. He felt that he had tremendous potential, and he could reach it if only he could think clearly and feel good.

At the age of 16, Lyle decided to see a naturopathic doctor named Dr. Smith. Dr. Smith was an older gentleman. In fact, he was over 200 years old. Dr. Smith had figured out the proper diet and lifestyle to live a long and healthy life. Dr. Smith had the reputation of being a miracle worker, and it was said that he could cure any health problem. He had cured people of cancer, AIDs, Ebola, and many other incurable diseases.

Dr. Smith took one look at Lyle and knew he had his work cut out for him. As he did with all his patients, Dr. Smith started with Lyle's gut. He was fond of saying, "The road to health is paved with good intestines." He started Lyle on natural herbal supplements, oil of oregano, olive leaf extract, and cat's claw. These killed off the pathogens that had gotten out of control due to Lyle's compromised immune system. Immediately, Lyle felt more clear headed and alert. The brain fog that had plagued him his whole life seemed to be lifting.

Dr. Smith had Lyle remove all the sugar, grains, and processed foods from his diet. He advised Lyle to eat plenty of healthy fats: coconut oil, butter, avocado, olive oil, etc. Lyle started consuming up to 50 pounds of saturated fat every day. Dr. Smith also emphasized nutrient dense foods, such as leafy green vegetables, low glycemic berries, and grass-fed beef, and Lyle consumed 50 pounds of those foods every day also.

He put then Lyle on an aggressive probiotic regimen, along with fermented foods, such as sauerkraut, kimchi, and kombucha tea. This restored Lyle's microbiome so that his immune system, neurotransmitters, and hormones were all functioning optimally. The healthy fats in his diet also fed his brain, which is made up 70% fat.

Following Dr. Smith's advice, Lyle's IQ went up 1000 points. His grades went from straight Fs to straight As. All of his learning disabilities went away completely.

Dr. Smith also had Lyle take high doses of Vitamin D and Vitamin K2 (MK7), and he had him drink bone broth every day. As a result Lyle's brittle bones became strong and Lyle was able to start lifting weights regularly. After a few months, Lyle could easily bench press 1000 pounds. When Lyle had been sick and weak, he was an easy target for the school bully. Now that Lyle was strong and healthy, he was able to beat up the school bully, steal his lunch money, and give him a swirly.

With his newfound health, Lyle was on the upward spiral. Anything and everything he tried, he became successful at. He won gold medals in every Olympic sport. He became the president of Mensa. He learned about investing and became a millionaire, then a billionaire, then a trillionaire, and then a quadrillionaire.

Despite his fame and fortune, the thing that made him happiest was being able to help people overcome their health problems. Instead of becoming a naturopath like Dr. Smith, he felt he could make more of an impact by speaking about health. So he started by traveling to different Toastmasters clubs, under the pseudonym "Kyle Pillay" in order to tell his story.