



Re: Anthony Colpo's article about me: <http://anthonycolpo.com/?p=2092>

1. He calls me an "internet warrior". In contrast to Colpo, I'm actually a nutritional consultant with clients, with many well-read articles under my belt. Colpo is an internet marketer whose only claim to fame is telling people that calories count and that carbs are ok to eat. Beyond that, and a book about cholesterol, he has provided nothing of worth, nor have I ever seen a client of his.

2. He seems only capable to write about others; he has provided nothing of concrete value as far as information about diet and training is concerned. Every article also seems to be a disguised excuse to sell the unsuspecting reader on his book, and he misses no opportunity to shove it into your face every time he can. Again, this is the trademark of an internet marketer, not someone who is interested in writing informative articles that may be useful to the reader \*.

\* Beyond reassuring them that it's ok to eat carbs, the same dead horse he's been beating on for the past 2-3 years. He's the prime example of a one-trick pony.

3. Admits that he was wrong on two accounts. The most hilarious point being that he offhandedly says this -

"You know what, I didn't address the issue of dehydration – but I will be more than happy to now.."

As if this was not a crucial point he "missed" in his critique of the performance of athletes during Ramadan. And then he goes on and talks about dehydration, as if anyone needed to be convinced that it can seriously impair athletic performance.

4. He goes on and on talking about fasted endurance training - which I have repeatedly said does impair high-intensity performance (but not low/moderate). I have never claimed anything

else. Nice strawman though. If fasted endurance training is beneficial, it is in the form of a "train low/compete high" paradigm, which theorize that endurance-related training adaptations might be accelerated when training with low glycogen stores.

5. "Martin seems to be really, really, really, *really* irate that I had the temerity to mention the drop in resting energy expenditure (REE) noted by Soeters et al. Martin is uber-pissed because I didn't mention that other studies involving IF failed to show reductions in REE. Martin is claiming that I cherry-picked the Soeters study to make it look like all IF studies have shown REE reductions."

"Maybe I should have emphasized this a little more vociferously as a safeguard against psychotic nitpickers"

Again, he chooses to downplay his error in the critique.

6. "If you do come across compelling evidence that shows concrete real-life benefits for Intermittent fasting that I've overlooked, you're always welcome to email me."

I have no time to engage in conversations with washed-up internet marketers.

7. Does not consider the results of this study significant (his opinion): <http://www.leangains.com/2010/09/fasted-training-insulin-sensitivity.html>

But everyone else does, including the researchers involved in the study.

8. On the whole, Colpo seems very upset because I attacked his piece on IF. I find it bizarre that he dedicated a whole article about me, especially since he claims that he has no time to spend on Internet forums, reading about what others write about him - yet this seems to be literally the ONLY thing he does, given that every article of his is about other people and what they say about him (or carbs).

9. "Martin, you might like to seriously consider whether your intermittent fasting regimen is doing your mental state any favours, given the well documented link between hypoglycaemia and mood deterioration"

Colpo seems to believe that fasting causes hypoglycemia, which is absurd - had he known anything about the topic, he would know that blood glucose is very well regulated even during long-term fasting (>48 hours).

10. "Perhaps a higher carbohydrate intake and a more frequent eating regimen will prevent blood sugar lows, lower your catecholamine levels, and make you a little less, uh, "edgy".

Strangely, Colpo seems to believe that one must eat ever so frequently to "prevent blood sugar lows". Perhaps he should do some real research on PubMed, and not Shape Magazine and Men's Health.

11. I don't think Colpo has worked with real people in real life. He seems strangely detached from diet and training reality; for example, he constantly talks about how pro bodybuilders and how they eat 1000's of carbs per day when cutting, as if this was somehow relevant to the average trainer. Never mind the steroids and 3-4 hours of cardio and daily training.

12. There was surprisingly little of relevance in his article about me; only strawmen and hurt feelings.