

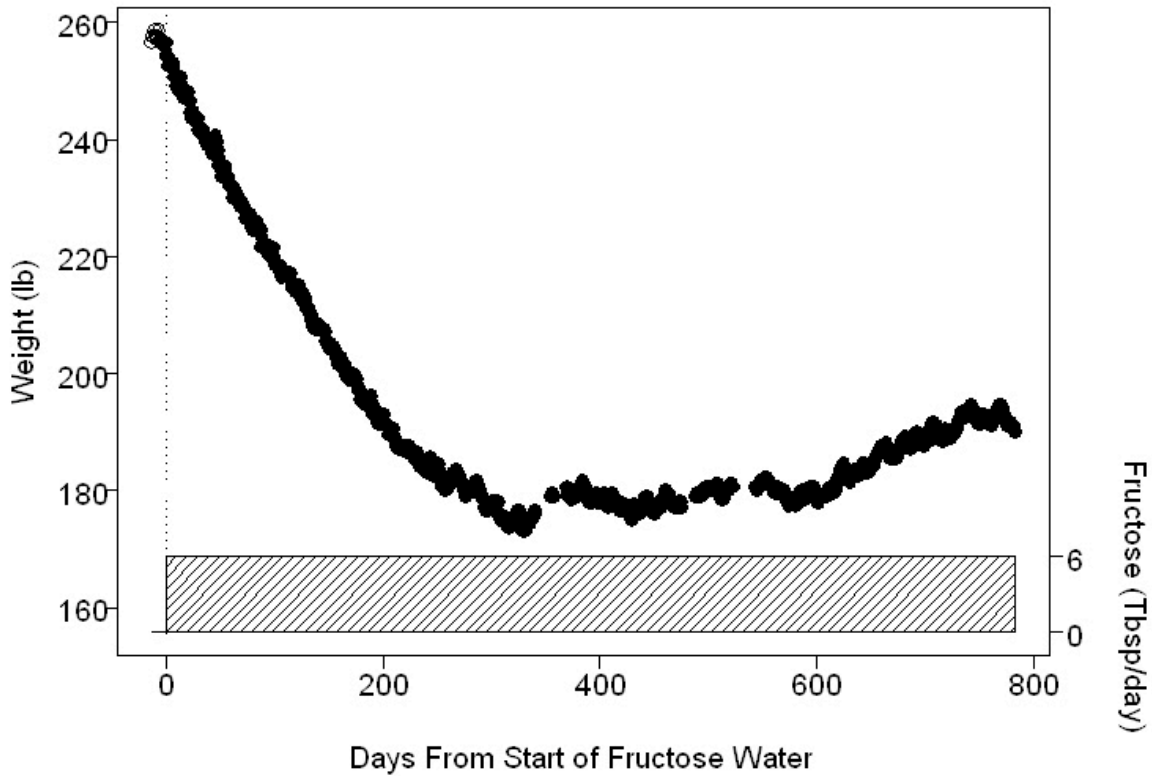
When Michael was forty-eight, he weighed 254 pounds. He is six feet tall. He had been heavy since grade school. Quite apart from health issues – his knees hurt, for example – his weight was a problem because it caused people to treat him poorly.

His eyes lit up when he heard from a co-worker about losing weight by drinking fructose water. *I can do that*, he thought. “It was like someone throwing me a life preserver. I was going to be rescued from being a lot heavier than I wanted to be,” he remembers. He started drinking six tablespoons of fructose (mixed into one quart of water) each day. On most days, he ate just one meal, at lunch time: about three ounces of protein (tofu, chicken, or fish) plus a big salad. No breakfast, no snacks, no dinner. When he and his wife had a meal away from home – at his parents’ house, for example – he ate whatever was served, including dessert, but found that he ate less than he had previously.

Soon after Michael started drinking the fructose water, it was clear it was working. He lost weight steadily. Eleven months after starting the fructose regimen, he weighed 173 pounds, a loss of eighty pounds. In fact, he weighed less than his maximum weight during high school. Because he usually wore black, a co-worker said he had gone from Orson Welles to Johnny Cash.

Some of the benefits of weight loss were physical. When Michael was heavy, he sometimes snored loudly. After his weight loss, the snoring stopped. His knee pain went away. Other changes were social. His office used to be called *the crying room*, he told me, because some of his female co-workers would routinely come to talk to him about their guy problems. When he lost the weight, they stopped telling him their sad stories. “If you’re heavier, you’re thought of as just a buddy. Fat guys aren’t really considered men,” he said. Friendly sexual banter from his female co-workers slowed and stopped as he went from 250 to 170. “At 250, I could never take it the wrong way, they figured. It’s inconceivable that what they are saying to you could ever happen,” Michael said. “At 170, they think: maybe he’ll think I’m coming on to him instead of teasing him.”

After losing all that weight, Michael said, strangers smiled at him more. When one of his co-workers heard this, she said “*He* smiles more.”



**Michael’s weight over time. The shaded area shows how much fructose he drank each day. The open circles show his weight before starting the diet.**