

When Stephen started the Shangri-La Diet, he weighed 203 pounds. His body mass index (BMI) was 29, which is considered overweight. The diet was worth a try, he thought. He started drinking fructose water. (It was 2002, pre-olive oil.) He drank two tablespoons of fructose in water in the morning and the same amount in the afternoon. He started to eat less. He was surprised how easy it was – how little power his usual appetites now seemed to have. He was 65; he had never managed to lose significant weight. Over the past 40 years, he had steadily gotten heavier. Now and then he had tried to lose but none of these efforts had lasted very long or been effective; his weight had never gone down more than five pounds. This time, however, he managed a concerted effort. He found it was easy to eat less than usual. He gave up the two or three Cokes he had been drinking each day. He gave up cookies, potato chips, the occasional two sandwiches (11 am and 3 pm) between breakfast and dinner. His weight dropped steadily. Within four months, he reached 171 pounds, a loss of 32 pounds.

“Everybody was very impressed,” he said. “They kept telling me how well I looked.” What was the hardest part? “There was no hard part,” he said, “I just did it. Weighing myself, I kept seeing my weight go down. *This is pretty neat*, I thought. It was hard to believe; I don’t consider myself a particularly disciplined person.”

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