

I started the Shangri-La diet the same day I read the *Freakonomics* column about it in the *New York Times Magazine*. I swallowed a spoonful of canola oil, and my appetite disappeared almost immediately. I consumed a tablespoon of oil twice a day, and I lost three pounds the first week, two pounds the second week, and roughly one and a half to two pounds per week thereafter, with occasional plateaus. For various work-related reasons, I wasn't exercising very much during that time, and still I lost weight, which is very unusual for me. All told, I lost fifteen pounds, roughly ten percent of my body weight. I backed off to one tablespoon of oil or one liter of sugar water once a day (generally taken late morning) and was able to maintain my weight loss with no problem. Now that summer is approaching, I'm going to increase my exercise and add back the second dosage of oil (in the late afternoon) in order to lose another ten or so pounds.

I experienced an unexpected but welcome result on this diet – not only did I lose my appetite for food, but I also lost my desire for alcoholic beverages. I generally drank a couple of glasses of wine every night with dinner, or more if I went out with friends for dinner at a nice restaurant, which I would do two or three times a month. About a week into the program, I poured a glass of wine, took a sip, and realized I didn't really want it. And that was that. Now I hardly ever have a drink of any kind. I should note that I went off the diet at Christmas when I went to see my family and the urge to drink returned. In January, I went back on the diet, and it went away as before. The exact same thing happened with coffee!

-- Lily M., Los Angeles, California

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