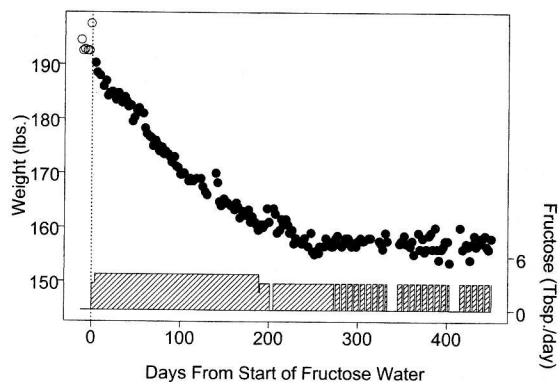


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**Figure 4.** Sarah's weight over time. The open circles show her weight before starting the diet. The shaded area shows how much fructose she drank each day. The wider gaps indicate vacations; the thin gaps indicate weekends. Starting around day 300, she drank the sugar water only during the week.

with that.” Rather than following rigid rules about how much she could eat, as Weight Watchers had required, she could simply eat enough to feel satisfied.

Sarah had no problem with hunger while she was drinking fructose water. Instead, as she ate much less due to being less hungry, food became “an event—not something you gobble down or sneak.” She started drinking fructose water in September; by Christmas, she had lost twenty pounds. Taking a Christmas turkey out of the refrigerator, she realized, “I had lost a real burden”—the weight of a large turkey. She and her friends invented a weight-loss unit called the *turkey*: 1 turkey = 20 lbs. Eventually she lost two turkeys. When she reached her chosen weight, she gradu-

ally cut back the fructose so that she wouldn't lose any more.

Sarah went from a size eighteen to a size twelve. She was delighted that she no longer had to shop in plus-sized clothing stores. “After I lost weight, I could walk into an ordinary store, and the clothes would actually fit me. That was very nice.” Also very nice were the improvements in her health. Her blood pressure went from 140/80 (borderline high) to 110/70 (normal). “My kids were in awe about what I had accomplished. It made me feel great that they were proud of me. It's certainly nice to have people compliment me on my appearance, but it's not as important as my sense of achievement. I felt I had a huge success at a battle I had been fighting my whole life.”