Demographic data of the 40 subjects at entry

	At Entry N=40
Age (years)	56.5 ± 11.3
Height (cm)	166.9±8.4
Weight (kg)	80.2±12.9
BMI at entry	28.8 ± 4,1
< 25 kg/m2 (N)	5
25 – 29.9 kg/m2 (N)	23
=> 30	12
Body fat (%)	36.5 ± 6.7
Body fat mass (kg)	29.6 ± 8.8
Concommittant diseases (N) (N taking medication)	
gastrointestinal tract	13 (1)
cardiovasculary	11 (10)
gout, hypercholesterolaemia	4 (4)
other	4 (3)
Previous operations (N)	19
joints	8
gynecological	5
gastrointestinal tract	7
other	7
Reason for participation	
desire for weight loss	31
desire for 'cleansing'	32
desire for increase in vitality	22
other	2
Eating habits	
big eater/gorger	13
sweet-eater	19
fat-eater	7
nibbler	8
night-eater	9
constraint-eater	7
other	4

The patient-scored "well-being" and quality of life variables, at the start and end of the trial. The data presented are for the 34 subjects who completed the study. The significance of the differences were tested by the Wilcoxon Rank Sum test

	Start		End		Significance
	Frequency	Percent	Frequency	Percent	p =
Well-being, at rest*					
Very good	5	15	14	41	
Good	22	65	17	50	
Fair	5	15	3	9	
Poor	2	6	0	0	0.005
Well-being, during effort					
Very good	18	53	10	29	
Good	12	35	15	44	
Fair	2	6	7	21	
Poor	2	6	2	6	0.025
Emotional well-being					
Very good	18	53	21	62	
Good	6	18	10	29	
Fair	1	3	2	6	
Poor	1	3	1	3	0.005
Quality of life					
Very good	19	56	18	53	
Good	7	21	11	32	
Fair	2	6	4	12	
Poor	2	6	1	3	0.006

Adverse events reported by 19 of the participants, during the program

Adverse Event	**n=**
Headache / migraine	7
Fatigue, lack of concentration	5
Nausea	4
Cold sensations	4
Physical weakness	3
Hunger	3
Stomach complaints	2
Emesis	2
Drop in blood pressure	2
Sweating	2
Euphoria	2
Sleeping difficulty	2
Emotional crisis	1
Other	2