

couldn't see the message. They were either blinded by conventional wisdom, or invested in destroying McDonald's for selling what they perceived as unhealthy food.



My before and after photos during my McDonald's experiment. I lost a total of 54 pounds eating nothing but McDonald's for six months.

Even before my experiment became a national media sensation, I should have seen the controversy coming. People at my school in Colo, Iowa, couldn't believe that I lost 54 pounds eating 540 meals at McDonald's. Even though I was shrinking