

Third, all of the subjects were told to use the ADA diet, and were closely monitored which means they almost certainly consumed a much healthier diet than before they entered the study. This would bias the results adversely to the present invention.

Amelioration of the metabolic parameters described above was consistent with the body weight and body fat loss shown in Table 1. Most noteworthy are improvements achieved in glucose tolerance increase, insulin sensitivity increase, and glycosylated hemoglobin reduction.

We claim:

1. A method for improving an aberrant metabolic index selected from the group consisting of hyperinsulinemia, hyperglycemia, hyperlipidemia, hypercholesterolemia, glucose intolerance, and insulin insensitivity in a patient in need of such treatment comprising in combination the steps of:

- (a) administering daily to said patient a predetermined amount of a prolactin inhibitor at a first predetermined time during a 24-hour period prior to a time at which said patient's daytime prolactin level is higher than the corresponding normal daytime prolactin level by more than 1 SEM; and
- (b) restricting said patient's daily caloric intake.

2. The method of claim 1 wherein said prolactin inhibitor is bromocriptine.

3. The method of claim 2 wherein said predetermined amount is within the range of 0.8 to 3.2 mg of bromocriptine.

4. The method of claim 1, wherein said prolactin administration and caloric intake restriction continue for a period of time from about 10 to about 180 days.

5. The method of claim 1 wherein said predetermined time is within the period from 0500 to 1300 hours.

6. The method of claim 1 wherein a second predetermined amount of a prolactin inhibitor is given to said patient at a second predetermined time wherein said second predetermined time is within the period from 900 to 1300 hours and said first predetermined time is within the period from 0500 to 1000 hours.

7. The method of claim 1 wherein said restriction in caloric intake is moderate.

8. The method of claim 1 wherein the caloric intake of said patient after said restriction is from 70 to 90% of the number of calories required by said patient for weight maintenance.

9. The method of claim 8 wherein the caloric intake of said patient after said is 70% of the number of calories required for weight maintenance, provided that the restricted caloric intake is not below 1200 calories per day.

10. The method of claim 1 wherein said metabolic index improvement persists for an extended period of time after cessation of said treatment.

11. A method for treating Type II diabetes in a patient in need of such treatment comprising in combination the steps of:

- (a) administering daily to said patient a predetermined amount of a prolactin inhibitor at a first predetermined

time during a 24-hour period prior to a time at which said patient's daytime prolactin level is higher than the corresponding normal daytime prolactin level by more than 1 SEM; and

- (b) restricting said patient's daily caloric intake; thereby causing at least one benefit selected from the group consisting of reduction in hyperinsulinemia, reduction in hyperglycemia, improvement in glucose tolerance, reduction in glycosylated hemoglobin, and increase in insulin sensitivity.

12. The method of claim 11 wherein said prolactin inhibitor is bromocriptine.

13. The method of claim 12 wherein said predetermined amount is within the range of 0.8 to 3.2 mg of bromocriptine.

14. The method of claim 11 wherein said prolactin administration and caloric intake restriction continue for a period of time about 10 to about 180 days.

15. The method of claim 11 wherein said predetermined time is within the period from 0500 to 1300 hours.

16. The method of claim 11 wherein a second predetermined amount of a prolactin inhibitor is given to said patient at a second predetermined time wherein said second predetermined time is within the period from 300 to 1300 hours and said first predetermined time is within the period from 0500 to 1000 hours.

17. The method of claim 11 wherein said restriction in caloric intake is moderate.

18. The method of claim 11 wherein the caloric intake of said patient after said restriction is from 70 to 90% of the number of calories required by said patient for weight maintenance.

19. The method of claim 18 wherein the caloric intake of said patient after said is 70% of the number of calories required for weight maintenance, provided that the restricted caloric intake is not below 1200 calories per day.

20. The method of claim 11 wherein said benefit persists for an extended period of time after cessation of said treatment.

21. A method for improving an aberrant metabolic index selected from the group consisting of hyperinsulinemia, hyperglycemia, hyperlipidemia, hypercholesterolemia, glucose intolerance, and insulin insensitivity in a patient in need of such treatment comprising in combination the steps of:

- (a) administering daily to said patient a predetermined amount of a prolactin inhibitor at a first predetermined time during a 24-hour period prior to a time at which said patient's daytime prolactin level is higher than the corresponding normal daytime prolactin level by more than 1 SEM; and

- (b) restricting said patient's daily caloric intake; said combination achieving an increased improvement of said metabolic index compared to that achieved by either step (a) or step (b) alone.

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