

stimulus (i.e., insulin) and the lipogenic response to insulin coincide in fat animals and not in lean animals.

It is apparent that various modifications and changes can be made without departing from the spirit and scope of this invention.

What is claimed:

1. A method for determining whether a vertebrate subject is in need of administration of a prolactin inhibitor or prolactin stimulator that will cause an abnormal daily prolactin rhythm to approach or conform to a healthy subject's daily prolactin rhythm, which comprises the steps of:

- a. measuring the prolactin blood level of the subject at spaced apart intervals during the vertebrate subject's waking hours and during the vertebrate subject's sleep-time over a time period of at least about 24 hours to generate a prolactin profile for said vertebrate subject;
- b. comparing said prolactin profile to a predetermined standard prolactin profile of healthy subjects of the same sex and species; and
- c. determining that

- (i) said subject should be administered a prolactin inhibitor in the event that the subject's prolactin level at any time during waking hours exceeds the prolactin level of healthy subjects during waking hours by more than 1 standard error of the mean; or that
- (ii) said subject should be administered a prolactin stimulator in the event that the subject's prolactin level any time during sleeptime is at least 1 standard error of the mean lower than the normal prolactin level of said healthy subjects during sleeptime.

2. The method of claim 1 wherein it is determined that said subject should be administered a prolactin stimulator.

3. The method of claim 1 wherein it is determined that said subject should be administered a prolactin inhibitor.

4. A method for determining whether a vertebrate subject is in need of administration of a prolactin inhibitor or prolactin stimulator that will cause an abnormal daily prolactin rhythm to approach or conform to a healthy subject's daily prolactin rhythm, which comprises the steps of:

- a. measuring the prolactin blood level of the subject at spaced apart intervals during the subject's waking hours and during the subject's sleeptime over a time period of at least about 24 hours to generate a prolactin profile for said subject;
- b. comparing the prolactin profile to a predetermined standard prolactin profile for healthy subjects of the same sex; and
- c. determining that

- (i) said subject should be administered a prolactin inhibitor in the event that the subject's prolactin level at any time during waking hours exceeds the prolactin level of healthy subjects during waking hours by more than 1 standard error of the mean; or that
- (ii) said subject should be administered a prolactin stimulator in the event that the subject's prolactin level any time during sleeptime is at least 1 standard error of the mean lower than the normal prolactin level of said healthy subjects during sleeptime.

5. The method of claim 4 wherein said subject suffers from Type II diabetes.

6. The method of claim 4 wherein said subject suffers from obesity.

7. The method of claim 4 wherein said subject suffers from hyperlipidemia.

8. The method of claim 4 wherein it is determined that said subject should be administered a prolactin stimulator.

9. The method of claim 4 wherein it is determined that said subject should be administered a prolactin inhibitor.

10. The method of claim 4 wherein it is determined that said subject should be administered both a prolactin stimulator and a prolactin inhibitor.

11. A method for determining whether a vertebrate subject is in need of administration of a prolactin inhibitor or prolactin stimulator that will cause an abnormal daily prolactin rhythm to approach or conform to a healthy subject's daily prolactin rhythm, which comprises the steps of:

- a. comparing a prolactin profile of said subjects being tested that has been compiled over a predetermined period of about 24 hours to a predetermined standard prolactin profile for healthy human subjects; and
- b. determining that
 - (i) said subject should be administered a prolactin inhibitor in the event that the subject's prolactin level at any time during waking hours exceeds the prolactin level of healthy subjects during waking hours by more than 1 standard error of the mean; or that
 - (ii) said subject should be administered a prolactin stimulator in the event that the subject's prolactin level any time during sleeptime is at least 1 standard error of the mean lower than the normal prolactin level of said healthy subjects during sleeptime.

12. The method of claim 11 wherein said subject suffers from Type II diabetes.

13. The method of claim 11 wherein said subject suffers from obesity.

14. The method of claim 11 wherein said subject suffers from hyperlipidemia.

15. A method for determining whether a vertebrate subject is in need of administration of a prolactin inhibitor or prolactin stimulator that will cause an abnormal daily prolactin rhythm to approach or conform to a healthy subject's daily prolactin rhythm, which comprises the steps of:

- comparing a prolactin profile of said subject being tested, said profile having been determined within a period of time of about 24 hours, to a predetermined standard prolactin profile for healthy individuals; and
- b. determining that
 - (i) said subject should be administered a prolactin inhibitor in the event that the subject's prolactin level at any time during waking hours exceeds the prolactin level of healthy subjects during waking hours by more than 1 standard error of the mean; or that
 - (ii) said subject should be administered a prolactin stimulator in the event that the subject's prolactin level any time during sleeptime is at least 1 standard error of the mean lower than the normal prolactin level of said healthy subjects during sleeptime.

16. The method of claim 15 wherein said subject suffers from Type II diabetes.

17. The method of claim 15 wherein said subject suffers from obesity.

18. The method of claim 15 wherein said subject suffers from hyperlipidemia.

19. A method for normalizing the daily prolactin rhythm in a subject having an abnormal prolactin daily rhythm which comprises the steps of:

- comparing the prolactin profile of said subject to the prolactin profile of healthy subjects of the same species and sex; and
- adjusting the prolactin profile of said subject having an abnormal prolactin daily rhythm to generally approach or conform said abnormal rhythm to the prolactin profile of said healthy subjects;