

either step (a) or step (b) alone: and thereby curbing or avoiding loss of lean body mass that accompanies dietary caloric restriction.

26. The method as recited in claim 25 wherein said prolactin inhibitor comprises a dopamine agonist.

27. A method for reducing weight 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 confined to a first predetermined time; and

(b) restricting said patient's daily caloric intake such that the caloric intake of said patient after said restriction is from 70 to 90% of said patient's daily caloric intake prior to restriction, provided that the restricted caloric intake is not below 1200 calories per day.

28. The method as recited in claim 27 wherein said prolactin inhibitor comprises a dopamine agonist.

29. The method as recited in claim 28 wherein said dopamine agonist is bromocriptine.

30. A method for reducing fat 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 confined to a first predetermined time; and

(b) restricting said patient's daily caloric intake such that the caloric intake of said patient after said restriction is from 70 to 90% of said patient's daily caloric intake prior to restriction, provided that the restricted caloric intake is not below 1200 calories per day.

31. The method as recited in claim 30 wherein said prolactin inhibitor comprises a dopamine agonist.

32. The method as recited in claim 31 wherein said dopamine agonist is bromocriptine.

* * * * *