

## **Dieting Can Be Fun(ny)**

April 13, 2008

### **Irish Diet**

**An Irishman was terribly overweight, so his doctor put him on a diet.**

**'I want you to eat regularly for 2 days, then skip a full day, and repeat this procedure for 2 weeks. The next time I see you, you should have lost at least 5 pounds.'**

**When the Irishman returned, he shocked the doctor by having lost nearly 60 POUNDS!**

**'Why, that's amazing!' the doctor said, 'Did you follow my instructions?'**

**The Irishman nodded...'I'll tell you though, by Jaesus, I t'aut I was going to drop dead on that 3rd day.'**

**'From hunger, you mean?'**

**'No, from all that dam skippin', the Irishman said.**