

This was a bit weird for me. The results are mixed, it seems that it was working at one point, I was feeling a mild euphoria, and then it just stopped. It also seems like I lost ~8 pounds, but the change in weighing scale could have had a wild variance. [Also, now that I started eating other things than potatoes again, the mild euphoria seems to kick back in?]

To recap the following, it seems to me that something might have changed when I was only eating boiled (not steamed or pressure cooked) potatoes. However, this period was not long enough with too many changing factors for it to really be an indicator, seeing how small and/or short the effects were.

I would be interested in doing the diet again at one point, for which I am also going to collect data (I describe later what I would change). Would SMTM be interested in it? I am thinking of waiting for a month or two before doing this.

Specification of the diet:

- For day 1-12, I was still searching the best configuration. From day 12 onward, the diet was way more regular.
- From day 12 onward, I tried to stick to boiled potatoes I eat whole without the peels. I salted them quite a bit
- No oil at all from day 1
- Used garlic cloves on day 1-12
- Also ate them hot or cold
- I bought my potatoes from the mall/supermarkets. As my country does not seem to explicitly indicate the kind (red, yellow, russet, etc...) of potatoes, I mostly guessed from images and colors but I might have been off on some (for instances, I might have eaten russets thinking they were yellow potatoes)

It seems that switching to only boiled potatoes could have induced a change pressure-cooked or broiled potatoes did not have?

Overall mood

The diet was a bit tough at the beginning, probably because I didn't peel them. Interestingly, it might also have been because of all the variation with which I could prepare them, I found myself happier when I didn't have to choose what to do, just boil them and be on my day.

I felt a sort of euphoria/hypomania that lasted from day 17 to day 20, and I'm unsure how to reproduce it (see Confounders below). It was both a feeling of well-being, but also the potatoes started feeling delicious, like they were extremely savory.

For the last half of the week, the diet started being a bit heavy on my mind, like I kept thinking "I'm glad this finishes soon"

Confounders

Potential confounders for the feeling of euphoria:

- Just random variations (it already happens to me randomly)
- I was doing mild exercises (walking fast, cycling to somewhere else) when it happened, so maybe that's just that?
- When I felt down all a sudden, it was just after I stopped filtering my water. This may have had an impact re: contamination theory
- (I also moved at that time)

- Relationship-related (I just spoke with a significant other at that time)
- Maybe eating less puts my body in stress-mode which reliably induces hypomania for me (for instance, sleep deprivation works well for this, or my induced anorexia also do this)

Potential confounders for the diet's effectiveness other than boiled potatoes:

- Maybe the presence of garlic also changes things?
- My weighing scale seemed a bit unreliable sometimes
- Maybe it was more about not having to decide what to eat?
- Maybe it was about being too lazy to cook them when I was hungry (often times I would feel hungry briefly then the feeling subsided)
- Maybe it was about self-investment and my own attitude towards it

Personal interpretation

If it is true that only boiled potatoes have an effect for me, then maybe what is happening is that I am infusing the peels in the water and cooking them with it? As though I'm infusing the potatoes with their peels' juice.

A potential test I could do is to simply drink the boiled water without eating the potatoes and see if that makes a difference?

(You probably already know this, but I find it credible a potential reason as to why the diet works, if it does, is that it is helping clear lithium, which would also help explain the mild hypomanias people experience. <https://jasn.asnjournals.org/content/10/3/666> seems to indicate that potassium and sodium can help with clearing lithium. That is also why I started salting more)

If it is true, there is probably a way to do a super diet out of this, with eg. banana, spinach, lentils, etc... ?

Another theory we had with my brother is that it might be that I am straining my stomach by upsetting it slightly. This could explain for instance why the feeling of euphoria kicked in after a mild indigestion following my eating several sweet potatoes.

My advices and impressions

By far, the most difficult part for me was being invited to friends' and not knowing what to eat. I ended up just breaking the diet on these days. It made a lot of social interactions a bit less easy (for instance, I couldn't do a simple cook-and-eat). If I were to do it again, I would probably warn them in advance and try to find a solution beforehand.

I'm happy I started salting my meals. Tabasco and cayenne pepper really helped in the end also.

Other than that, beyond remembering to drink plenty, the diet was fairly easy to follow, especially when I didn't have to ask myself what to eat. Cooking them with a rice cooker also meant I could just start it and forget about it until done.

How I'd do it again

- Ensure that my weighing scale is reliable
- Keep not using oil
- Stick to the diet strictly throughout

- Only eat potatoes boiled in their own water (mostly or only yellow?).
- Buy them in bio market if possible?
- Probably still eat sweet potatoes weekly for vit A?
- No exercises during this period.
- Do it in a period with less changes in my life overall (no medication, no changing location in between, no big relationship changes, etc)
- Keep filtering water throughout
- Change the way I track thing:
 - * Note how much kg of potatoes I eat each meals.
 - * Change "Mood" to "Lowest low", "Highest high", "Irritability", "Fluctuation" and "Highest calm/plenitude"
 - * Keep track of "How tired am I of this diet?"
 - * Also note what is happening in my life to see other kinds of corelations.
- Supplement in B12 way more, salt my meals from the beginning
- No garlic. Cayenne pepper and tabasco are okay

Photo reference

I took photo before and after. I am not comfortable sending them (I am naked for better comparison), but do not notice any kind of difference in them.

Conclusion

Thank you very much for having run this experiment, it was very instructive! I will try experimenting a bit more with it to see what I can make out of it. Please do feel free if you have any questions :)

Thanks again!