

# Jon Brower Minnoch The fattest 6,35 tons-man in Human History

Jon Brower Minnoch (born September 29, 1941 in Bainbridge Island, died September 10, 1983) is an American who holds the record of the man who has lost the most weight in the world. He is also the record holder of the fattest man in human history. He lost 419 kilograms from his highest weight (estimated at 635 kg) to his lowest weight (215 kg).



Jon Brower Minnoch

At the age of 12 he was already weighing 132 kilograms. And at the age of 22 (September 1976), he measured 1.85 meters for 178 kilograms.

Suffering from respiratory and cardiac disorders, Minnoch was admitted to the Seattle University Hospital (Washington). According to the calculations of Dr. Robert Schwartz, an endocrinologist, he weighed more than 635 kg, a weight largely

due to water retention. After following a diet limited to 1,200 calories a day for almost 2 years, Minnoch went down to 216 kg. By October 1981 he had regained more 90 kg and was again hospitalized.

The transport of the most obese man of all time was extremely difficult. He needed a dozen firefighters and emergency personnel, a specially modified stretcher for him, and a ferry to take him to the Seattle hospital. There, he was placed on 2 beds joined together, and 13 people were charged to change the linen (because he had to roll it on the bed).

The heaviest man in history left the hospital after 16 months of restrictive diet of 1,200 calories a day. He weighed 216 kilograms (he lost between 5 and 7 kilograms of superfluous extracellular fluid per week). He had lost 419 kilograms and became the world's thinnest man at the same time (record validated by the Guinness Book of Records).

With his condition of edema still incurable and difficult to treat continuously, he died 23 months later, on September 10, 1983 at the age of 42 (he weighed 362 kilograms and had a body mass index of 105, 3). This is the most significant difference in weight within a married couple.

John had two children behind him, fruits of his union with his wife Jeannette, who weighed 50 kilograms.