

Hi. This is Paul here, and today is day 180 of my OPTIFAST journey. I have, I suppose, finished the 26th week, first phase of the OPTIFAST program, which is going to be a little different for everybody. In my case, most of that six months was eating OPTIFAST products as meal replacements. But in the past couple of months, I have moved into the transition phase, in which case I am not only eating meal replacements, but eating fewer of them and introducing regular food into my diet.

And it's been pretty good. There's been some challenges and I'll get to those in a minute, but right now I am 72 pounds lighter than I was when I started this. I did gain a few back and then I lost them again. And I think that that was normal. My nutritionist said that when you start eating regular food, you're going to put on some weight, even if your caloric intake is not necessarily any different because there's a lot more water in the food and it's just your body is just going to adjust to it.

I did have my blood checked again a short while ago. My A1C level went just a little bit lower. I'm still in the normal range after introducing food into my diet. My blood sugar level is still normal, my cholesterol is about the same as what it was. Everything is OK as far as that's concerned.

There have been some challenges as far as the food goes. And I think once you start to introduce food back into your diet, you have to be very, very cognizant of not falling back into some of the habits you may have had before you began OPTIFAST. But I've learned so much, I think, from my nutritionist and from the classes and just from the overall exposure to the program that I know when I slip and I know when I start to fall back into some of the bad habits that I had. Before, I didn't really know it. Now I do.

If this is something that you've decided to do, you're going to have a lot of support. This is not something you're going to have to do alone. I wish I could say that it would be easy, and it's not going to be. There will be times when you'll slip. But even though you will have to get up yourself, there is going to be somebody who is going to be able to help you. There's a lot of support in your corner. That, I can guarantee you.

It's something that you're going to feel really good about, not just losing weight but improving your health. I think that that's my biggest source of pride moving forward is that I had some health issues or at least some potentially serious health issues. I know that losing that weight really truly made a huge difference in my overall health.

So if that's something that you're interested in, I really would encourage you to take this program, use every resource at your disposal in order to undertake this journey and to do it the right way. If you have any questions, I'm sure that the people with OPTIFAST will be able to answer them. I won't be talking to you anymore, but my journey is not over. I think it's going to have to be a lifelong thing. So this is me signing off and I wish you all the

luck in the world.