

Hi, this is Paul. Today is day 29 of my Optifast journey. And I am definitely starting to see results. I have lost 13 pounds in the past two weeks since day 15. I have lost a total of 28 pounds in the 29 or so days that I've been on this. I'm done the last notch on my belt. So I'm probably going to have to get a new belt hopefully sometime soon, both my belts, my brown and my black. I only have two.

I have mentioned also that I'm rehabbing my leg because I tore my quad tendon about a year ago. And it still needs to get some strength in it. And I have noticed too that the rehab is going a little bit better this particular round of rehab because I think there's just less stress on my leg. And the exercises, although they're fatiguing, they seem to be going a little bit better. As far as overall healing, I guess I really won't know until a little further into the future.

Energy levels, again, I think like last time, overall good, haven't noticed any kind of a quantum leap in terms of energy levels. I'm not hyperactive or anything like that as a result of this. I would imagine that my energy levels as I continue to lose weight will probably start to elevate more on a more consistent basis. I am definitely sleeping better at night, like I said last time. I don't know if it's because I'm breathing better or not because it's kind of hard to tell when you're asleep what the situation is. But that that's definitely going better.

The cravings have diminished, but they're still there. And I did get some literature from my provider about how to mindfully get over those. And that's something that I'm working on. And I've gotten a little bit better handle on the cravings. But I'm looking forward to attending the classes so that I can start to do better at that. I will check in with you on day 43 in a couple of weeks. And until then, wish me luck.