

Hi. This is Paul here. Today is day 43 of my Optifast journey. And I am starting to see some significant results. I'm 38 pounds lighter than I was when I started. I'm not going to show you right now, but I'm wearing a pair of trousers I haven't been able to wear in probably two years. My biggest challenge now in the immediate future is going to be to try to find some clothes that fit so that my pants don't fall down. And I guess that's a good problem to have.

I've noticed that even people who see me frequently, some of them are starting to say, hey, are you losing weight. People that I haven't seen in a while are saying that as well. I see them after maybe about six months or a year, they said, did you lose some weight. It's not a vanity thing, but it's nice to know that I'm seeing some results.

Still not all that easy in terms of cravings. Where I work, there's so many restaurants. You throw a rock, you're going to hit one, Chinese food, or Italian, or Greek, you name it. And that's been kind of rough. The sensations that cause the cravings, the smells and the sights. Still working on it, but the meal replacements do work as far as hunger goes. I'm just rarely hungry. That's the weird thing about it even though I want to eat all the time. I still got to work on that.

I did attend one of the classes for the first time. I can't get to them as often as I'd like because of my work schedule. But it was a very informative class, and I look forward to going to other ones. I think that in order to really make this program work is you have to do homework. You have to read up on the literature, and you have to think about how to approach food.

It's going to be a process. It's only been a month and a half, and I'm still working on it. Energy levels have definitely gotten better. I'm definitely sleep better at night. That hasn't changed. So that's a good thing.

So I will be checking back in with you on day 57. Every time I say something like that, I'll be checking in with you in a couple of weeks, it seems so far away. But I remember I said the same thing on day 15. That was four weeks ago. It seems like yesterday. So it's just a matter of staying focused on this. And I think I'll have some even better results on day 57. So we'll see you then. And until then, wish me luck.