

Hi, Paul again here. Today is day 57 of my Optifast journey. And I have some good news and some bad news. The good news is I have lost a total of 45 pounds. The bad news is I probably could have lost more, but I fell off the wagon recently. I was in Southern California.

And no, I didn't eat any In and Out burgers. I was thinking about it. And I didn't eat any Pink's chili dogs. I was certainly thinking about that. But I did eat some Mexican food.

Southern California Mexican food is a problem. For those of you who know about it, and you know what I'm talking about. For those of you who don't, well, now you know what I'm talking about, almost impossible to resist. But I guess there's good news in that too because when I got back, I was still down two pounds. I think what I did was, if you happen to cheat, you get back on the wagon.

It's important, I think, to just kind of take a day at a time and not worry too much about the weight because I think the weight is going to come off. I think the important thing is to just stay focused on the here and the now. Eat the meal replacements, be mindful about food, about whether or not it's really something you need or whether or not it's your appetite, whether or not you're really hungry that kind of a thing.

I went to my second class. And it was really informative. We talked about mindfulness. And these are things that you have to remind yourself about all the time. Are you hungry or is it just the smell of food? Is at the sight of food, or are these triggers coming to you? Be aware of that. That's important.

More encouraging news was, I have two belts now that are no longer any good. I have about three or four pairs of pants that I think I'm probably going to burn them or give them away because I don't ever want to fit into them again. This particular shirt was given to me by a place I used to work. I've never been able to wear it because it's the biggest size they had. And they gave it to me. And I went home and put it on and said I'm going to wear that. Probably should've thrown it away, but I put it in a closet. And now it fits.

One thing I'm really looking forward to is that I think at my next appointment with my provider I'll probably be about 50 pounds lighter, which in this program that's when they reassess your blood work. And I'm looking forward to seeing what my A1C level is, which is I believe blood sugar and my overall cholesterol level, both of which were too high when I had my physical right when I started this program. So I'm definitely looking forward and seeing what they look like after about 70 days in this program. That's about all I got for right now. I will see you on day 71. Until then, wish me luck.