

Hi. Paul here. This is day 71 of my Optifast journey. Things continue to improve. I'm down 55 pounds, 10 pounds in the last two weeks. Had to get rid of about four more pairs of pants. I did some laundry the other day and put them on, and they just didn't fit anymore.

One of the things-- and I don't know if this has anything to do with this program that I'm on-- every single year I always get that nagging chest cold, the one where you can practically play the Star Spangled Banner when you're breathing because of all the holes in the phlegm in your lungs. You eat about a pound of Mucinex and eventually, it goes away.

This is the first year in I don't know how long that I haven't gotten that. Now, I don't know if that has something to do with some of the nutrients in the products that I'm eating. Maybe I'm getting more of a balanced diet in the meal replacements. I really don't know. That's something I'm going to be interested in talking to my dietitian about.

As far as cravings go, I think I may have turned a corner, at least a little bit. I hope that this is a positive development. Lately, I've been craving things like grilled chicken breasts, and carrots, and things that I would just never ever crave, real food. So I think maybe that's a good thing, that maybe my body is starting to crave-- I don't know-- healthy foods. Again, that's something I have to talk to my dietitian about.

To continue to sleep, pretty much through the night, I'm getting at least five or six hours of uninterrupted sleep. That's not the total amount of sleep I'm getting per night usually, but I can't even remember the last time I'd be able to sleep six hours without waking up. So I'm sure that that has something to do with this.

It is getting a little bit strange because there are some people who I don't see very often. One of them the other day didn't recognize me-- looked right at me, looked away, and I said, hey, Marcello, how's it going? And he looked at me, and he said, oh, hey, how's it going? You look younger. That's what he said. And I don't know what the hell that means. I told him it was the beard. But it is nice to know that I'm making progress.

And some people are asking me what's my secret. And so I'm telling them about Optifast. Hopefully, it'll stick for some of them. I don't know. Like any other weight loss program, it's something I think you've got to want to do. I'm certainly not out of the woods yet. I still got a ways to go. I haven't reached my goal. But if I can continue to make this kind of progress, then we'll see where I'm at on day 85. And until then, wish me luck.