

Hi. Paul here again. This is day eight of my Optifast quest, program, journey, whatever you want to call it. It's been an interesting week-- quite a bit to tell, but I'll try to tell it quickly. I lost 12 pounds. Most of it is probably water. They said you can't expect to lose 12 pounds a week. It's not going to happen. It would be nice if it could.

But did lose 12 pounds. I know that I can definitely tell that my pants fit better. So that's good. As far as energy levels go, it's been up and down. I think that at first, it was a little bit tough because I was operating on a lot fewer calories than I'm used to. I think I don't know how many calories I was eating a day, but it was a lot more than I am now. Right now, I'm probably at about anywhere between 900 and 1100 calories a day, depending on how many meal replacements I have.

The biggest surprise for me this week has been the fact that I haven't really been hungry. I expected to be starving. But that does not mean that I don't get food cravings. That's something that I did struggle with this week and am continuing to struggle with, even though I don't feel hungry. And I think I've been learning and we'll continue to learn. And I asked my dietitian and my provider about this as well, what hunger really is.

A lot of it, I've learned, has really been in my head. It's going to be a while, I think, before I can really get a handle on that. But I do have support. That's the important part. I have slept a little bit better. I had some trouble sleeping last night for some reason. I don't know why. But overall, I've slept deeper, more deeply. And I've definitely felt better rested in the morning.

I am looking forward to what day 15 is going to look like. I don't know how much more weight I'll lose. I don't know how I'm going to feel. But I'll let you know next week. So until then, wish me luck.