

Hi. Paul again here. Today is day 85 of my Optifast journey. And in the spirit of full disclosure, I just wanted to say that I had a little bit of a setback. I was recently in Southern California. And with everybody coming in from out of town, a lot of cousins I hadn't seen in a while, and my siblings that I don't see all that often, I just knew that there was going to be food around. And there was, a lot of good food. My sister is an accomplished chef. And we went out to dinner and breakfast and that kind of thing. So I kind of blew it there.

But I guess the good news is that in between last time I spoke and this time I'm still down two pounds. So I don't know if I gained about five and then ended up losing seven-- that's probably the case-- but I am still down two pounds. So I'm down 57 pounds overall from when I began, which I guess is a net loss, which in this case is a net gain. So I can't complain.

Much better news though, my provider told me that as soon as I lost 50 pounds that they were going to reassess what my blood levels were. So I had some blood drawn. They looked at all of my blood levels and compared them with when I began my Optifast journey when I had my first physical. And the numbers are significantly better.

My hemoglobin A1c level was 6.8%, which put me into the diabetic range. 10 weeks later it's at 5.2%, which kind of skipped the pre-diabetic level and put me into the normal range. That's tremendous, no medication or anything like that. I'm still probably have to watch this as I move forward, but that's a significant victory, I think, to get out of the diabetic range into the normal range just from diet. That's really something you need to consider when you're considering losing weight. It's not so much about the poundage. It's really about how it affects your overall health.

And my cholesterol levels are a lot better. My total cholesterol went from 253, which is definitely too high, to 181, which is a big drop. All of that happened in 10 weeks. All of those numbers are acceptable, but they can be better. And it is something that I'm going to have to watch as I move forward.

That's about it for right now. I think I'm going to check back in with you on day 100. I've been doing this every two weeks. So technically, it would be day 99. But I think I'm going to wait an extra day and check in with you on day 100 because 100 is kind of a milestone. When I first started this, 100 days seemed a million miles away. And now it's just right around the corner. So I'll just check back in with you on day 100. And hopefully, I'll have some more good news for you. Until then, wish me luck.