

Allina Health | What are the Benefits of OPTIFAST?

[MUSIC PLAYING]

The most obvious benefit is weight loss. But we really want you to focus on the benefits for the whole you. It is not just about the weight. OPTIFAST has been around for 40 years and has been cited in 80 publications. Studies are showing improvements in blood sugar, blood pressure, and cholesterol. Not only the physical health improves, but your mental health can improve as well. We're also seeing improvement in things like fertility, breathing, sleep, and in bone health.

OPTIFAST fast is different because it offers continued support by way of medical visits and dietitian visits, as well as classes. You're going to learn to develop skills that really change your relationship with food and how you think about eating.