

[MUSIC PLAYING]

One of our main objectives in the OPTIFAST program is to help you manage your hunger. We're also going to really learn the differences between physical hunger and feeling hungry, maybe, for other reasons, such as appetite, cravings, stress, and your environment.

We know those are real concerns, and so those are going to be addressed along the way. The first few days, you might feel a bit of hunger, but really, in the long term, people are saying that their appetite actually decreases, as well as their cravings. So it's really something that you can feel satisfied on.