

Allina Health | Optifast - Day 1

Hi. This is Paul again. And I guess I will call this day one because today, my Optifast journey begins. Last week, I saw a provider and a dietitian. I saw a nurse practitioner and a dietitian for the first time. And they answered all the questions I had.

I had an idea before, but they were able to answer all of my questions. I have a much better idea now on basically what this journey will entail. I have a much better understanding now of what Optifast is, how it's going to work for me, and there's going to be a lot of support available for me. So as that unfolds, I'll be informing you in subsequent videos.

I am right now in what is called the weight loss portion of Optifast. And it started today. So this is day one. I'm choosing to go with the full meal replacement plan. So all of the food that I'm going to be eating comes from Optifast.

And I had a couple meals already today. And they were pretty tasty. I had a vanilla shake and a chocolate bar, and not bad. This is only day one, so I can't tell you how I'm going to feel about those in the future, but I'll let you know.

I'm excited about this. Like I said, I've got a lot of support. And next time I talk to you-- I don't know, maybe in a week-- I'll be able to give you some more details on how those are working out. So again, wish me luck.