

OPTIFAST

Who would Op-to-fast?

I did.

*It started with clothes that no longer fit.
And clothes that did fit didn't look good.
The way that makes you feel is not good for your health.
I read an invitation in the paper. My Doctor was having an open house
to tell about Optifast.*

I went.

*The Doctor told us "why" and Bruce told us "how". A man with before
pictures said he had lost 70 lbs.*

I signed up.

*The first meeting, 10 people came. The question was asked "What do you
want to get out of this program?" I said, "I want to lose weight and be
younger." My Doctor corrected me. She said, "I told you, you will feel
younger not be younger." Disappointing but the best that she can do.*

We set our goals.

*We meet every week to buy our products, check our health and weight,
have Bruce tell us what we should do and check with each other for
encouragement.*

*I like the people who are in this with me. I look forward to seeing them
each week. This is my 12th week. What have I gotten? Some new friends.
I can wear some of the clothes that before did not fit. I look better. My
health is better. I am not younger but I may live longer and enjoy it
more.*

Why wouldn't anyone Optifast?