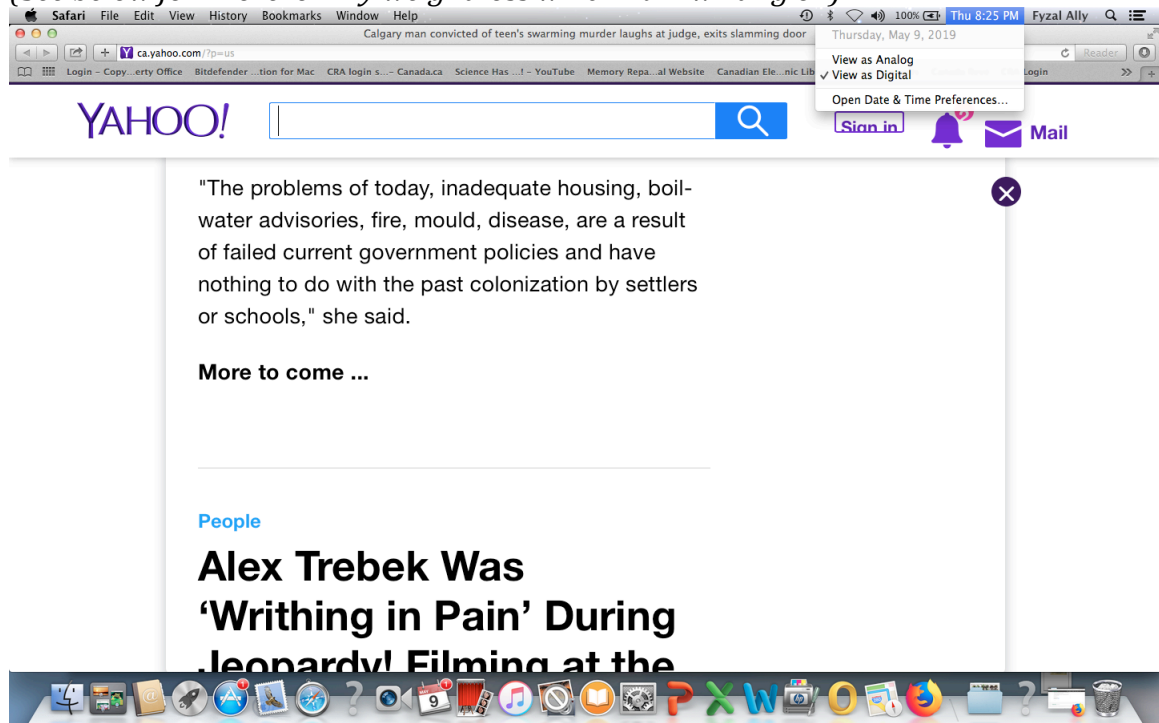


A phrase at the bottom of an article on yahoo reminded me to continue with my weight loss blog

The quote 'more to come' is from the end of the article **Lynn Beyak suspended from Senate after refusing to take down letters condemned as racist posted at** <https://ca.yahoo.com/news/lynn-beyak-suspended-senate-refusing-203736022.html> on Yahoo.com on May 9, 2019 , where at the bottom of the article the phrase 'More to come' is in big bolded letters. See snap shot below. I became busy, but this phrase triggered me to continue by weight loss blog, as I had fallen behind.

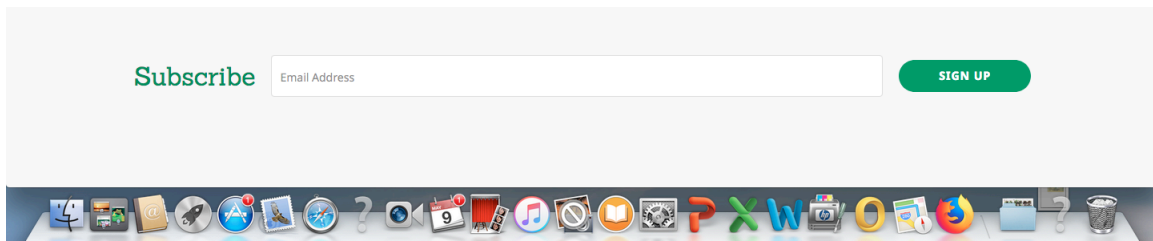
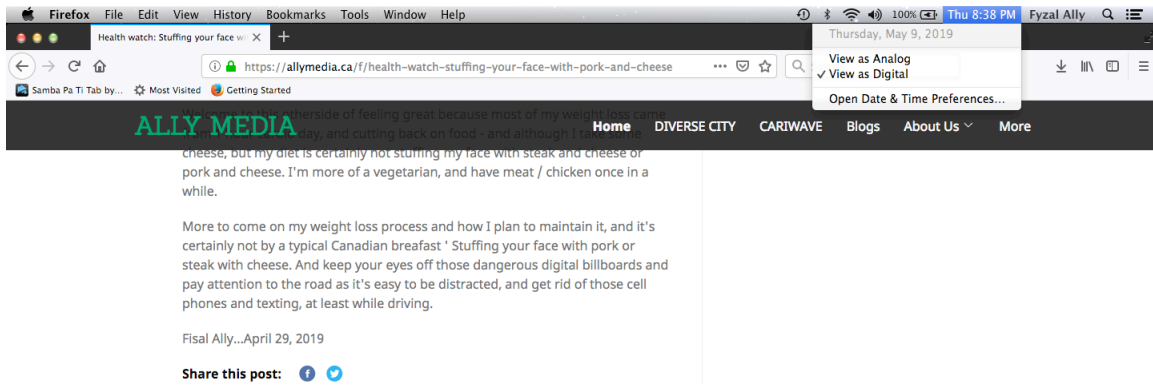
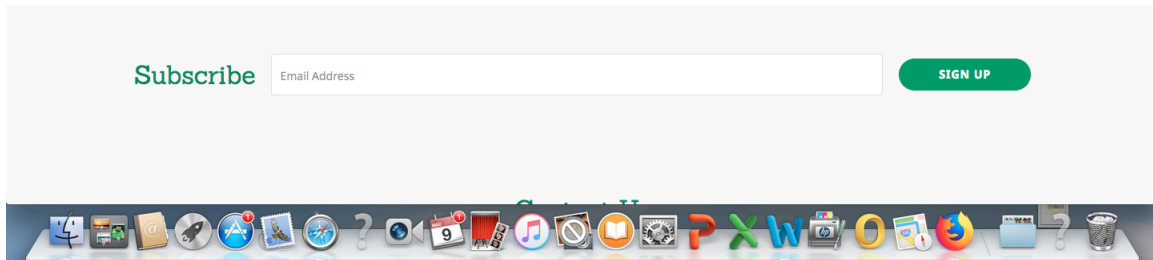
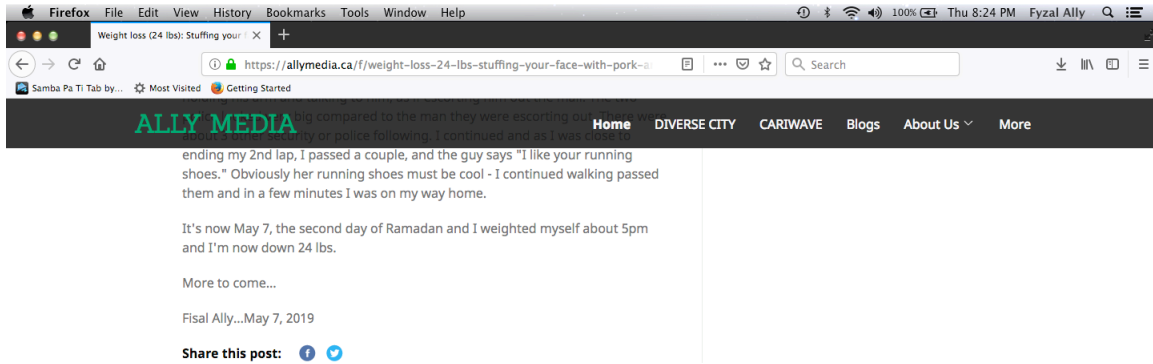
'More to come' is the exact phrase I had written at the end of my blog on May 7, 2019. When I checked back the yahoo article (as mentioned above) for an update to the article, there were no update and the phrase 'More to come' is now removed. I thought it was strange for a complete article to end with 'More to come.' Also the next article on yahoo about Alex Trebek was an interesting glance for me...

(See below for 'more' on my weight loss which I am writing on)



Below is the ending of my blog posted on www.allymedia.com. This blog will be

posted on www.fisalally.com and on www.allymedia.com, so it's time to expand from that ending. See below.



I hit the 25 lb weight loss

To continue my blog from May 7, on my second day of fasting for Ramadan, my weight loss was now 25 lbs, which for me was amazing. I had never expected to have such a weight loss.

Originally I wanted to lose 17 lbs, but as I reached the 17 lbs loss, I knew what would happen within a few days. I would start putting back on a few lbs, and then I will panic as I see my weight go up and I would give up. Where as some people are good at maintaining a 17 lbs weight loss, I would slowly regain everything. This time I decided that I need a plan to maintain my weight loss.

The plan to maintain a goo weight loss

I decided that it would be best to go down an extra 5 lbs to 7 lbs, so my weight loss should now be 23 lbs, so over the next few days, as my weight goes up a bit, I would not panic, and I would take action and for example do an hour of cardio before going to bed and or I would fast for a day by cutting down on food.

Next, I will discuss the cleanser, cardio, and eating.

More to come...

Fisal Ally...May 10, 2019