

The Exciting Story of How the “I Feel Great Program” and the “Fruit and Vegetable Revolution” Got Started!

In 2010 J.K. Baker was looking up some nutrition info on Google and accidentally came across a statement from The National Vital Statistics program at the Centers for Disease Control and Prevention that said “The #1 disease killer of children ages 1 – 14 was cancer”. He was absolutely shocked. That statement hit him like a ton of bricks because he and his wife Becky had 12 Grandchildren and at that time all 12 were between the ages of 1 and 14. He and Becky had lost a child in a car wreck and they didn’t want their children to go through the tragedy of losing a child if it could be helped. Plus; a close friend of theirs lost their 7 year old daughter to cancer a few years prior to this time.

J.K. began to do some research on what he could do to prevent this from happening in his family. He read document after document and found numerous articles and scientific data that basically stated over and over, “One of the best ways to prevent cancer, sickness, disease, and illnesses was to exercise regularly and make sure you eat 5 – 9 servings of fruits and vegetables every day. In fact there are over 4,000 scientific documents that state this fact. He concluded that fruits and vegetables were the foundation for good health and wellness.

He then began to watch what his Grandchildren were eating and found that their diets consisted primarily of hamburgers, hot dogs, macaroni & cheese, chicken nuggets, French fries, pop tarts, cinnamon rolls, pizza and on occasion a regular cooked meal. Then he began to observe what their parents were eating and found out their diet was not much better. Then he took it a step farther and looked at his own diet and what his friends were eating and also found his and their diets were not much better. He was shocked. Now he understood why there were so many fast food restaurants; people are eating there all the time. Plus their grocery baskets are full of unhealthy foods.

J.K. discovered from his research the following:

1. Cooked food loses 50% - 80% of its nutritional value & most digestive enzymes are killed.
2. Good health is like a house, it has to have a good foundation and the foundation for health and wellness is built on a daily intake of fruits and vegetables.
3. Getting 5-9 servings of fruits and vegetables is a daily requirement. 365 days a year.
4. Most people are concerned, but their super busy lifestyle makes it almost impossible to get 5–9 servings of fruits and vegetables every day.
5. Even if a Mother cooked what appeared to be a healthy meal, her family would not eat it.
6. Good health and the maintenance of good health is a continuous process, not a quick fix.
7. People are already educated on the need for more fruits & vegetables in their diets, but frustrated about how to make it happen realistically for themselves and their families.

8. Major athletes and several Major League Baseball teams have been using Re:Fuel since 1994.
9. Most multi vitamin/mineral supplements are useless. It needs to be a fruit & vegetable supplement first.

About this time during his research he went to get his annual physical. J.K.'s personal physician was a close friend for the past 20+ years. During the office visit he noticed that on the walls of the examining room there were numerous posters about diabetes and diabetic supplies. He made a joke about it, but the joke didn't go over very well. His doctor looked at him very seriously and made this startling statement, "J.K., our country is not going to fall because of the recession we are in; it's going to fall because of the unprecedented decline in the health of the people in this country. For the first time in my 30+ years as a medical doctor I am treating people in their 20's and 30's with diseases and illnesses that I only use to see in elderly people in their 70's and 80's. In fact I treated a teenager last week with a condition that should not have happened until they were over 60. All this is happening at an alarming rate." J.K. was surprised to hear this from his doctor, especially since he was finding out the same thing from his research. He asked his doctor what he thought should be done about it and his doctor said, "We could eliminate 80% - 90% of these health issues if people would simply exercise a little and start eating correctly". J.K. asked, what do you mean eat correctly? "Eat more fruits and vegetables every day." WOW what an eye opener this was. J.K.'s research was being validated by a traditional medical doctor.

He realized that the company he was associated with had a product that he and his wife had been taking for years. Several of their friends were taking the same product and they all were experiencing great health and they had all day energy. They had fewer colds, sinus issues, and all the things that just made life a drag. The product was called Re:Fuel. It contains over 25 natural whole food fruits and vegetables in a capsule. He then realized that along with eating their normal diet (which wasn't the best in the world) they were taking Re:Fuel whenever they had a snack or ate a meal and it was giving them their 5 – 9 servings of fruits and vegetables. Plus Re:Fuel is loaded with digestive enzymes and probiotics and when you take Re:Fuel with your meals you get 300% more nutrition from that food because of the patented cellular delivery system in Re:Fuel. Plus Major League Baseball teams had been using Re:Fuel since 1995, starting with the New York Yankees. They can buy any product in the world and they choose to buy Re:Fuel. Also, WIC (Women's, Infants, and Children a United Nations program) authorized a study 14 years ago to find the best food supplement that they could recommend and after a 2 year study they chose Re:Fuel.

His next step was to get his whole family together and explain what he had found and make sure they all started taking Re:Fuel. He also found that the parents already knew that their diets were terrible, but didn't know what to do about it. He challenged them to take Re:Fuel and start building a foundation of health and wellness. For the little children who couldn't swallow a capsule, they could sprinkle it over their food before eating or mix it in their chocolate milk or whatever they drank and they would never know the difference. Re:Fuel has no taste. It was amazing. The little ones got

to the point where they would not eat a meal unless their Mother sprinkled what they called “magic dust” (Re:Fuel) on their food.

You can't build a strong house without a good foundation, likewise you can't build health and wellness without a good foundation and Re:Fuel helps you build that good healthy foundation.

He decided to see if other people recognized the need for better nutrition, were they aware of the need for more fruits and vegetables, and if so would they be open to a simple, easy, convenient, and affordable way to make that happen. So he started asking people 4 simple questions as part of a test to see what the responses would be. Here is what he asked. He started it off by saying his company was in a test project and they wanted to see what people's responses would be to 4 questions. And then he asked the questions:

1. Do you ever think about or are you ever concerned about the food you and your family eat?
2. Do you ever think that you and your family need to eat more fruits and vegetables?
3. Do you ever find yourself feeling sluggish, out of energy, or fatigued, especially in the afternoon?
4. If there was an easy, simple convenient, and money saving way to get your fruits and vegetables and have all day energy naturally every day would that be of interest to you.

He was over whelmed by the responses. He found that over 98% of everyone he talked to was concerned about the food (diet) they and their family were eating day after day after day. He found that they knew that what they were eating was not healthy and would love to have a simple, easy, convenient and affordable way to get good nutrition through fruits and vegetables and all day energy from safe and natural sources. People also shared that their lives were so busy that they didn't have time to prepare healthy food every day and a lot of people said if they did prepare healthy food no one in the family would eat it. Some said that they were looking for a solution and wanted to know if he had something that would help them get better nutrition for their families. Numerous people asked if he had a pill that would solve the problem. That seems to be what we are all looking for—the magic pill for everything.

He was also surprised that so many people asked him if his company had a natural energy drink because either they or someone in their family were drinking energy drinks that they knew were not healthy for them. He told them that yes he did have an

all-natural energy drink that was actually healthy plus it helped tremendously with mental focus. It's called **Re:Vive**.

Where there is a need there is always an opportunity

J.K. took this information to Vollara, a health, wellness, and green technology company. This is the company he was associated with and asked them if they would work with him to put together a program with these 2 products; Re:Fuel and Re:Vive. After Vollara heard the story that you just read they got extremely excited and were more than willing to put together an affordable program to help people improve their health through their fruit and vegetable product Re:Fuel and their all-natural energy drink Re:Vive. Vollara's goal has always been to provide people with health and wellness products that help them obtain uncompromising health. One of the executives said this could be the answer to spiraling health care cost because this would help people build better health and wellness thereby helping to reduce all types of health issues. We want to encourage people all across America to join the Fruit and Vegetable Revolution and take back control of their health and wellness. We can say scientifically and factually; there is no other product in the world that compares to Re:Fuel.

And that is the story of the birth of the "I Feel Great Program" and this "Fruit and Vegetable Revolution". The products in the I Feel Great program were selling for \$106 at retail or \$82 at wholesale. With the I Feel Great program you can get these 2 products for only \$59.99 per month. Plus if you get 3 other people to join the Revolution you get your I Feel Great products free. Everyone has this same opportunity. Free fruits and vegetables for your family!

For more detailed information go to our "I Feel Great" site at www.ifeelgreatnow.com and/or contact the person who shared this information with you.

News Update as of 02/19/13:

"So you've been trying to eat right, working to fit in your "5 a day" servings of fruit and vegetables. Well, the government has some news for you: Forget five a day. More is better.

The CDC and the Produce for Better Health Foundation have launched a national campaign with the message, "Fruits & Veggies -- More Matters."

The new slogan replaces the old "5 a Day" campaign, which dates back to the early '90s. The reason? Under the U.S. government's latest food guidelines, five servings of fruits and vegetables may not be enough. Adults need anywhere from 7-13 cups of produce daily to get all the health benefits of fruits and vegetables -- including possible protection against [obesity](#), [heart disease](#), type 2 [diabetes](#), and [cancer](#)." Source: Kathleen M. Zelman, MPH, RD, LD; WebMD; Louise Chang, MD

So from what you have just read, change all the 5 – 9 servings to 7 – 13 servings. It's worse than we thought. **Now more than ever you and your family need Re:Fuel.**

Personal testimony of why I joined the Fruit and Vegetable Revolution

I (we) decided to join the Fruits and Vegetable Revolution and I wanted you to join with me (us). It's really very simple. Take the I Feel Great products for the next 12 months and see what happens. I can tell you from my experience that it works and I can tell a difference. Even if I couldn't, I know I need 5 – 9 (now it's 7-13) servings of fruits and vegetables every day and without Re:Fuel there is no way I could make that happen. Good health is an ongoing process day after day, week after week, month after month, and year after year. The I Feel Great program is something I will do for the rest of my life. We eat the best we can, but we always take Re:Fuel just to make sure.

Remember, Re:Fuel is actual food, real fruits and vegetables in a capsule, we don't hesitate to make the I Feel Great pack part of our monthly grocery budget. We just eliminated some of the junk food and we never saw a difference in cost.

Let me briefly show you the I Feel Great brochure and then you can complete an application and get started now just like I did or simply call 800-989-2299 ext, 8 and tell them you want to sign up for the I Feel Great program. Be sure you have the Savings Code from the person who referred you. If you want to get your I Feel Great products free I will help you sign up 3 referrals to do join the Fruit and Vegetable Revolution. In a nutshell this is simply people helping people.

Opportunity for those looking to earn some extra income or even start a new career!

If you want to go a step farther we can show and help you find 5 (or more) Business Builders and develop a part time home based business earning anywhere from \$500 per month to \$6,000+ per month within a relatively short period of time.

If you need to earn some extra money like many do, then we can work together. Vollara has a real simple program that is easy to follow. We don't go out and sell stuff; we share the I Feel Great Story and let people make an informed decision. Just remember there are hundreds of thousands of people all across America who are just as concerned about finding a solution as you and I. Someone just has to share the solution with them. Also there are tens of thousands all across America who need to earn some extra money. These are tough economic times and you and I can help a lot of people improve their health and their financial situation. I know because I'm one of them. All the money in the world doesn't mean anything if you don't have your health, so take the first real step today and start the I Feel Great Program NOW!! It is so simple to sign up and get started. Contact the person who gave you this info, get the Savings Code and call 800-989-2299 Ext. 8, and/or go to www.ifeelgreatnow.com.