

Philip, I saw that you were on the Webinar last night. I hope it gave you the information you were looking for.

*It is simple to start on the I Feel Great program as a Wholesale Buyer. It's free to sign-up. Go to www.ifeelgreat.myvollara.com/jkb and complete the app. It only takes a couple of minutes. **Note: Leave the "Referring Customer" section blank.***

I Challenge you to take the I Feel Great Challenge and see what happens. You have a wonderful family and they need you around being healthy and well.

Below is a quick read article that sums it up real well. You have probably read the first part, but I have added my own comments at the end.

Hope you join the Challenge,

JK

P.S. If you decide you might be interested in starting a small Home Based Business and take advantage of the tax breaks and earn some extra money, let me know and I'll show you how to do it in a simple and easy way. Remember you only need 5 - 7 people doing the 2 things I mentioned in the presentation last night. Can't get any simpler than that.

Healthy as a Horse

Darren Hardy & J.K. Baker

I live close to the Del Mar Racetrack, one of the biggest horseracing facilities in the country, where “the turf meets the surf.”

A week before the start of the race season, a good friend of mine took me down to the track to visit the owner of a prized racehorse.

The owner told me how he had made a science of the exact nutritional value in every bite that horse ate—what was perfect for its digestion, energy, and dental care. He explained how he had only the best licensed veterinarian check the horse thoroughly each week, how he exercised the horse twice daily, how he made sure the horse had the appropriate social interaction with other horses to keep his spirit up.

He emphasized how the horse’s comfort, needs, and health were in need of constant attention to ensure it was happy and able to perform at its best.

I was impressed with this man’s nutritional acumen, attentiveness, and discipline ... until the trainer walked in with his lunch.

McDonald’s hamburgers, fries, and a giant soda.

I had already noticed that the owner probably didn’t exercise. After seeing the meal, I understood that poor eating habits had contributed to his weight. So I asked him when he had last visited the doctor for a checkup. His answer? He hadn’t been in years.

He had his horse checked every week, but he had not seen a doctor for years.

Do you get my point here? Here was a guy with a billion-dollar body—one priceless to his family and friends—yet he cared more for his horse's health than his own. Insane!

Sadly, he is not alone. I know people who feed their dogs more carefully than they do their own kids. Can you imagine that?!

These examples can be contributed to one thing: a poor health and fitness philosophy.

I don't want you to fall into this same trap. I want you to revitalize your commitment to being fit and healthy. You don't want to be the guy or gal with the highest rank or title, with the most cars, with the biggest house ... in the graveyard.

So if you do not have a health and fitness philosophy—one that includes healthy eating habits, exercise, and social interaction—create one today.

Here is a sad truth: Most people spend their youth trying to make a lot of money at the sacrifice of their health. Then they spend all their money trying to buy their youth and health back.

Just doesn't seem smart, does it?

So you don't have a horse or dog. How about this analogy? The manufacturer of the car you drive recommends a particular type of oil and a certain octane gas for your car. I guarantee that's what you will put in your car. You would never think about putting kerosene in the gas tank or used junk oil in your engine. Yet the Maker of our bodies and science tells us Fruits and Vegetables are the basic fuel for our bodies, but we put in junk and expect it to give us health. You are what you eat. You have to have a good foundation for good health and Fruits & Vegetables are the ingredients for a strong healthy foundation. It doesn't work any other way. God and science say so.

Remember this: Your health IS your wealth.

It's as simple as that.

Treat yourself as a prized racehorse (at least)!

What do you do to keep yourself healthy as a horse? Here is what we do.

Becky and I are 67 years old and 20 & 30 year olds have a hard time keeping up with us. The I Feel Great program by Vollara is the basis for our good health. It's all in the Fruits and Vegetables. Here is a quick illustration: when you build a house it is imperative that it's built on a strong foundation. There is no argument about that. The same is true with good health. It must be built on a strong foundation and that foundation is Fruits and Vegetables. There is absolutely no argument about that. With the I Feel Great program at only \$59.99 per month we literally get natural whole food Fruits and Vegetables in a capsule every day. Been doing it for over 10 years! It works and cost a lot less than the Fruits and Vegetables at the grocery store. Plus research is now showing up that says we are wasting our money buying over the counter multi-vitamin and mineral supplements that you purchase at discount stores, pharmacies, and even some health food stores. The better

choice is what the CDC and the USDA recommends which is a minimum of 7-13 servings of whole food Fruits and Vegetables every day for every person. In the busy world we all live in, that is just not going to happen on a daily basis, so we supplement with I Feel Great every day to make it happen in our lives. It doesn't take a rocket scientist to figure out this is something you and your family must do. If not I Feel Great where are you going to get 7-13 servings of fruits and vegetables every day? There is always pay day someday. I Feel Great at the very least gives your body a fighting chance. Attend an "I Feel Great Briefing" in your area as quick as you can or contact the person who gave you this info and get signed up for the I Feel Great Challenge. Email me back and I'll send you some info. You have nothing to lose and there is a 30 day money back guarantee.

Healthy as horses,

J.K. & Becky Baker

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