



How Boston Red Sox's JD Drew Uses Living Fuel Superfood

K.C. Craichy – Hello, I'm K.C. Craichy, Founder and CEO of Living Fuel here with my friend J.D. Drew. J.D., welcome back!

J.D. Drew – Good to be here!

K.C. Craichy – Pleasure to have you! Today we want to know, J.D., how would you describe the difference that taking Living Fuel has made for you as an athlete?

J.D. Drew – The key for an athlete to play and perform well I think is the way his body feels when you're out there; not necessarily always mentally but physically you've got to have that upper edge and that feeling of control and I think the big key with me was early in my career I always felt a little jittery, lightheaded, the butterfly kind of feeling, and Living Fuel's really helped me to kind of level that.

K.C. Craichy – That's terrific!

J.D. Drew – Yeah.

K.C. Craichy – I think some maturity and experience probably had a little to do with it.

J.D. Drew – Yeah, I had a little of that, you know, the more time you get in, but I think the key for me is a lot of times I did get that lightheaded feeling and for whatever reason, I don't whether it was the things I was eating before, the shakes I was taking before, but that was the ultimate reason in trying to find a different product and that's how I ended up ultimately beginning to use Living Fuel.

K.C. Craichy – Terrific! You know some of our athlete friends talk about how they like it because they could actually use it in-game if they had to because you don't feel heaviness in your stomach.

J.D. Drew – That's the big key with a lot of the whey protein and protein shakes that are offered at the field. I always had the upset stomach feeling, the bloated feeling, and there was zero chance of me using that before the game. It was mostly a post-game shake because the reason being, that feeling of running around out there like that. With Living Fuel I found that, yeah, if you want to use it five minutes before a game you're fine, or in-game you're going to be great with it.

K.C. Craichy – It matters when you have rain delays of several hours.

J.D. Drew – [Laughs] Yeah, the rain delays in baseball, especially in Boston, are on a nightly basis it seems like. So, yeah, it gives you that option of going there and throwing a shake together and not have to eat so heavy, you know, trying to find snacks to keep your energy up. It's great to have a [Living Fuel] shake!

K.C. Craichy – Is it true that a lot of these guys don't eat before a game?

J.D. Drew – Most of the starters will do light snacking before the game, things like that, because the whole thing is you don't want to go out there with a real full feeling, heavy stomach, and when you're playing the game of baseball a lot of times you can find it easier to focus and perform well when you don't feel so heavy and bloated.

K.C. Craichy – Well, you're a high-performance athlete. It matters to you because that's what you do. But why should it matter to the people listening out here today; why should it matter?

J.D. Drew – Nutrition, I think, is talked about on every different level. When you turn on TV you see workout things and different foods you can have, but I think the big key is that all the research I've done and all the products I've seen and come across in the clubhouse nothing compares to what Living Fuel does and offers, and that being said, for me I have the choice of many different options out there I can take, but as far as health goes on a daily basis I would offer it [Living Fuel] to my family, my parents, whoever it might be, because I know the benefits of a product of that nature on a daily life even if you didn't change your eating habits, even if you just had that for one time a day the benefits of that.

K.C. Craichy – Terrific, terrific! Well, J.D., thank you so much for sharing as always. Great having you!

J.D. Drew – Thanks, K.C.

K.C. Craichy – Thank you. [Looking at camera] Here's to your super health!