



J.D. Drew's Family Loves Living Fuel

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

J.D. Drew – Thank you brother!

K.C. Craichy – J.D. Drew is the right fielder for the Boston Red Sox and we're talking about super nutrition in baseball and in life. In another segment we talked about how Living Fuel worked for you in your athletics and today we want to turn a little bit to the family because I know it's gone from you to Sheigh and to the kids...

J.D. Drew – Right.

K.C. Craichy – so how does that work?

J.D. Drew – I think more than anything myself as a career I've used it, but as a father the important thing is my family. I'm often on the field trying to perform, but the longevity of a baseball life is not going to be 10 – 15 years at the most. I want to watch my kids grow healthy; watch my boy and girl have the benefits that I may not have had as a kid. Things have changed so much even from when I was little as far as nutrition, things kids have available to them. As we started researching on how we were going to go through childbirth and all this stuff, my wife was on the Living Fuel the whole time she was pregnant with Jack and Ella and we were just in a situation where, you know, the best for our kids, as parents the best we could do for them would be great. So, Jack's been on the Living Fuel Greens (SuperGreens) from the time he was born really out of a bottle or sippy cup and Ella's the same way, but now they see me in there drinking (Living Fuel) shakes. The thing that gets me is my son eats it in the bowl of applesauce and I think I've often told you this, I have no idea how he pulls this off, but we mix in about a half a scoop of Greens in a bowl of applesauce and he downs it. It looked pretty good to me one and I thought I might try it, but it didn't quite taste...

K.C. Craichy – (laughing) It wasn't quite as good to you as it was to him.

J.D. Drew – (laughing) He loves it! Sheigh is faithful in drinking every morning. The kids, just depending on what time of day it is, they're eating bowls of applesauce with Living Fuel or shakes of Living Fuel. It's been great.

K.C. Craichy – My kids mix it in yogurt, and like SuperBerry in yogurt is very yummy, it's delicious.

J.D. Drew – I tried Jack on SuperBerry, but for whatever reason he likes the Greens.

K.C. Craichy – He's a real man!

J.D. Drew – Yeah, he’s a real man.

K.C. Craichy – Just like his dad.

J.D. Drew – When they were little we said we weren’t going to give him all the extra fruit, we’re going to make him eat this first and he loves it. Yogurt’s a great idea because the kids love it and I think that would be a definite option for people. For whatever reason, Jack just loves the applesauce. I think I talked to you and you said, hey, just throw a little bit in the applesauce every now and then and it’s his breakfast of champions.

K.C. Craichy – Breakfast of champions, that’s awesome!

J.D. Drew – For Jack it works well.

K.C. Craichy – That’s awesome. It’s interesting because every taste is a learned experience other than sugar. People talk about their kids not eating their spinach and that sort of thing...

J.D. Drew – Right. I agree.

K.C. Craichy – so when you start them the way you started them, you actually create a palate enjoying things that are good for them.

J.D. Drew – I can see that as my kids have gotten older I can absolutely tell that because certain things they’ve tried the first time they’ve hated, then they try it again. It’s that acquired taste. We started Jack with Greens early. We knew the benefits of that and because of that still to this day he’ll get up and, hey, for dinner what do you want Jack ... (Jack’s response) I’ll have applesauce and Living Fuel. For a kid to ask that makes me proud because I know that the nutrition he’s getting is absolutely, is tremendous for him.

K.C. Craichy – That’s awesome. You like guacamole, right?

J.D. Drew - My wife eats it. My acquired taste for guacamole...

K.C. Craichy – hasn’t got there yet.

J.D. Drew – (laughs)

K.C. Craichy – Well, if you liked guacamole, putting Green Fuel in guacamole you cannot taste the Fuel at all...

J.D. Drew – Is that right?

K.C. Craichy – and you actually make a whole meal out of it. It’s kind of cool.

J.D. Drew – I can definitely do that because my wife and my son will tear that stuff up.

K.C. Craichy – Okay, well give that a try.

J.D. Drew – Yeah, absolutely.

K.C. Craichy – Well, J.D., thanks for sharing and it’s always a pleasure to have you.;

J.D. Drew – You got it, brother!

K.C. Craichy – God bless you. (shakes hands and looks at camera) Well, here's to your super health!