



The Program: How to Feel Great Now

Overview

The Feel Great System is a simple and effective way to restore your health without counting calories, starving yourself, or spending hours in the gym. Instead of relying on willpower, this approach works *with* your body's natural design — helping you feel full longer, reduce cravings, and support steady energy throughout the day.

By incorporating two chlorogenic tea packets (Unimate) to assist fasting and prevent snacking and one fiber packet (Balance) before your largest meal, you can retrain your metabolism, stabilize blood sugar, and begin reversing insulin resistance — one of the root causes of weight gain, fatigue, and inflammation.

Benefits That Many Experience

- Healthy and sustainable weight loss
- Lower blood sugar and reversal of prediabetes or type 2 diabetes
- Reduced blood pressure
- Better sleep and mood
- Less brain fog and afternoon crashes
- Improved emotional and physical well-being

This program is built on what we call the **3 F's** — simple daily habits that make the process easy and sustainable.

The 3 F's: Fasting • Fiber • Food Order

1. Fasting

You begin your day with a 16:8 fast — fasting for 16 hours (after dinner until lunch- in short you miss breakfast), and eating within an 8-hour window. Instead of breakfast, you drink your first **Unimate chlorogenic tea**, which naturally curbs appetite and helps your body burn stored fat as fuel rather than storing more sugar.

At lunchtime, you break your fast with a healthy meal, avoiding sugar, processed foods such as flour, rice, and corn syrup when possible. After lunch, a **second Unimate** helps you comfortably go from lunch to dinner without snacking — keeping insulin low and allowing your body to reset.

For more information go to www.feelgreatnow.org

To order, go to <https://ufeelgreat.com/c/FGNOW>



2. Fiber

Before your biggest meal of the day (usually lunch or dinner), you take one **Balance fiber packet** with 8oz of water and drink it quickly, as it should thicken in your stomach, not in the glass. This patented blend of soluble and insoluble fiber:

- Slows glucose absorption.
- Reduces insulin spikes.
- Helps the body process carbohydrates more efficiently.
- Supports gut health and digestion.

It also reduces cravings and helps you feel satisfied longer.

3. Food Order

Not only *what* you eat matters — *the order you eat it in* matters too.

A simple order to remember:

Fiber → Protein & Fats → Carbohydrates

By eating in this order:

- Insulin stays lower (*When Insulin Is Low, The Fat Has To Go!*)
- Digestion improves.
- Glucose enters the bloodstream more gradually.
- Fewer calories are stored as fat.

A short, gentle 10–15 minute walk after meals (not a “workout”) further improves insulin sensitivity and supports metabolic health.

A Simple Path to Feeling Great Now

When you combine these three habits — **Fasting, Fiber, and Food Order** — the body becomes more insulin-sensitive and begins to heal metabolically. As insulin resistance decreases, weight begins to normalize naturally, energy increases, and cravings fade.

It is 100% guaranteed, all natural, in the Physician’s Desk Reference, and scientifically tested.

Download the Feel Great App for your iPhone or Android at <http://ufeelgreat.com/app>

This system is simple, sustainable, and designed to help you **Feel Great Now** — not months from now.

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Feel Great Now (*Quick Start Checklist*)

Morning (during fast):

Drink Unimate (hot or cold) instead of breakfast. Water, black coffee, or unsweet tea will not break your fast.

Eating Window:

Start with 16:8 (for example eat only between 12:00–8:00 p.m.). Adjust as needed. Fast between lunch meal and dinner at least 4 hours if possible with no snacking.

Before Largest Meal:

Take 1 Balance fiber packet 10–15 minutes before eating. (Drink this quickly, as it will thicken.)

After Lunch:

Take your second Unimate to keep from snacking between lunch and dinner.

Food Order:

Fiber → Protein & Fats → Carbohydrates.

Walk:

Optional gentle 10–15 minute walk after lunch and/or dinner.

Hydration:

Drink water consistently; try a quality mineral salt if sluggish.-Baja Gold, Himalayan, etc.

Grace Plan:

If you slip, don't quit — just return to the next right step.

Wellness Note:

This is educational, not medical advice. Consult your physician if on diabetes meds/insulin, pregnant, etc. This product is in the Physician's Desk Reference and is all-natural and guaranteed.

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