

PRESS RELEASE

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FOR IMMEDIATE RELEASE

MULLING INSURANCE BECOMES FEASTS OF PERSIA'S FIRST CORPORATE WELLNESS PARTNER, MAKING HEALTHY EATING AN EMPLOYEE BENEFIT

Mulling Insurance is fueling its team with the best kind of medicine: better food, better knowledge, and the opportunity to make healthier choices every day, because strong leadership means investing in the people who make the business possible.

Lakeland, Florida, October 1, 2026 — Feasts of Persia is proud to announce Mulling Insurance as its first Corporate Wellness Partner, giving every member of the Mulling Insurance team access to exclusive group pricing on the Feasts of Persia 4-Week Transformation Guide. The digital guide provides a nutritionist-guided system for making healthier eating simple and sustainable, including recipes, weekly grocery shopping lists, a daily meal schedule, and practical tips for success.

“Everyone is starting to catch on that food is medicine, and we’ve been on a mission to make our 4-Week Transformation Guide a real employee benefit, just like healthcare coverage,” said Farhad and Gianna Rahmani, Founders of Feasts of Persia. “We challenged Mulling Insurance to fuel their team, and they rose to the challenge. We’re excited to have them lead the way as our first Corporate Wellness Partner.”

The partnership was championed by Carlos Roman, a representative of Mulling Insurance who has experienced his own significant health transformation. At one point weighing nearly 400 pounds, Roman lost approximately 175 pounds. After gradually regaining some of the weight, he has once again focused on getting back on track. For Feasts of Persia, Roman’s story represents exactly why the Corporate Wellness Partnership was created: healthy living isn’t about perfection. It’s about making the next right choice and having access to tools that make those choices easier.

“Thankfully, getting back on track also starts with one right meal and one session of movement,” said Roman. “I wanted to give our team access to something practical that they can use in their everyday lives. As a leader, I believe in setting the example and giving people an opportunity to take control of their health.”

The Feasts of Persia 4-Week Transformation Guide is based on the #1 ranked Mediterranean diet and provides a structured 28-day approach to eating real, flavorful, and filling meals without eliminating carbohydrates or other major food groups. Feasts of Persia is “The Fuel” of Fuel Our Power, a community for fitness and wellness entrepreneurs anywhere in the world that is quickly growing across the United States. And the guide has been used as the foundation of Fuel Our Power wellness challenges, where individuals have achieved significant health improvements, including:

- Helping someone lose 16 pounds and 13 inches in just four weeks.
- Reducing someone's total cholesterol by 20%, with bad LDL cholesterol down 22% in just four weeks.
- Lowering someone's blood pressure, taking them from stage 3 hypertension to pre-hypertension, and from stage 2 to normal in just four weeks.
- Decreasing someone's risk of a heart attack, stroke, or even death from over 50% down to 20% in just four weeks.
- Helping someone who's been a type 2 diabetic for 15+ years, insulin-dependent for more than 8, and on Mounjaro for the past 2, reach normal glucose and A1c levels for the first time in almost 2 decades, again in just four weeks.

The Corporate Wellness Partnership is offered directly through Feasts of Persia, which congratulates Mulling Insurance as the very first *Fuel Forward* company. *Fuel Forward* is Feasts of Persia's designation for businesses that demonstrate a commitment to putting their people first and fueling their teams.

To fuel your team, visit feastsofpersia.com.

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