

SL: You've been lied to this entire time...

Hey (name),

You probably heard this over and over again

'Chuck some pills into your mouth to get healthy',

'All your problems will be fixed with these supplements',

'Take these to lose weight'

It's all just useless advice and WRONG.

You don't need 100s of supplements to get healthy.

It's not any of these things but just a simple method which I call a HEALTHY LIFESTYLE

How do you get it?

Simple, follow these methods which are completely free and not told by anyone.

Drink more water - listen, a hydrated mind is a powerful mind and this is so true.

Get at least 30 minutes of sunlight- sunlight gives you vitamin D which is crucial for strengthening your bones.

Workout - Do 30 pushups on the floor, you're gonna feel like you almost conquered the world. Try it out.

Don't wait for tomorrow or the day after, just do it today, now. You're gonna feel the difference.

That's it for now, more value coming soon my friend.

Stay healthy, stay fit.

Until next time.