

SUBJECT: the hidden food that will change your energy levels!!!

Hello fellow wanderer{NAME}

Here is a gem for you (Don't let the FBI know I told you this😁)

With great danger to me, I reveal to you this hidden secret.

And no it is not Protein

You may have heard of this food and its benefits but far too often I see people not incorporating or rather neglecting this wonderful gift.

So without further ado, the food is...

drum roll 🥁🥁

FIBRE

I cannot stress this form of sustenance enough

The benefits are limitless and if you wish to hear more about this then here is a gift to help you understand the **GIFT OF FIBRE.**

{LINKS}