Twitter Thread by Pastor 't.O.s.I.n. Olunuga

Pastor 't.O.s.I.n. Olunuga
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This is my personal testimony since taking TigerNuts Milk.

I started this therapy a few weeks ago at home after reading it up online from a medical journal. It was a "child" of necessity after a stint with stress, low immunity etc.

I tried it out with a change in my diet, and

trust me, the results are astonishing.

It's therefore become a regular for me on a daily basis. A glass full ever morning and evening or as alternative to regular milk for cereals etc, even my boys crave for it daily.

I have been feeling super physically fit lately, since

taking it and planning on undertaking Prayer walk from Abeokuta-Ibadan.. ■■

These are some of the Health benefits in this days of "don't eat this, don't eat that..."

. Used for the control of diabetes.

Reduces blood sugar levels.

Fights against prostrate cancer in men

Tiger nuts improve digestion.

Contains a high fibre content that keeps your body in shape.

Tiger nut milk is a good substitute for cow milk.

Tiger nuts are a source of magnesium.

Contains an inexhaustible source of vegetable protein.

-Source Google Medical