

- I'm the homemaker. To reach my house, you go through this gate, which needs to be fixed. And here we are. And here's my husband, John. Be used to just mope around, Big Chief Thundercloud. Well this cranky sort of behavior often spells irregularity due to lack of bulk in the diet. So I got him to try Post 40% Bran Flakes. They're a very gentle, natural way to enjoy the keep regular benefits of bran day after day after day. And they're absolutely delicious. Well, John tried Post Bran Flakes and liked them. And little by little, he began to feel more like his old self again. Thank goodness. Now I don't say Post Bran Flakes made him turn handsprings. He's no spring chicken after all, but he does feel better. To the point where I do believe he's actually going to fix that wretched gate. Seriously, Post 40% Bran Flakes are just the thing to help your family feel fit. The tastiest way ever to get that healthy outlook.