Poetry

To go up of the wisdom
We must remove the boredom
It is all about nutrition
That works for all the chiefdom

Dinner lunch and breakfast
Are what we used to eat fast
They but are a multiple
Source of crucial cast

Modest frequent meals
Should be today’s drug pills
Avoid large meals overnight
To pay only less of bills

Do exercise physically
No monthly or the weekly
Run it daily for the time
You eat none of mimickly

Comes in the end practice
All of the rest the entice
You’d deserve a success
Should be good at prentice.

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Conflict of interest
Author declares that there is no conflict of interest.

References


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