

Nutritional wisdom

Poetry

The secret of life this is
Eating from all less is
You must do it like habit
To keep away all disease

You must burn it as you eat
You must avoid own to cheat
Do exercise all the time
You must arrange all to beat

Come on omit laziness
Do not bring merciless
Respect to own my friend
Appreciate healthiness

Cause of you is nutrition
Without any condition
Manage to eat healthy way
This is great ambition

Do not do it just reading
Do exercise no kidding
Contemplate from now
Brain it is for feeding.¹⁻⁸

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Conflict of interest

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