

Dead Prez, Be Healthy

It's all love . . .

I don't eat no meat, no dairy, no sweets
only ripe vegetables, fresh fruit and whole wheat
I'm from the old school, my household smell like soul food, bro
curried falafel, barbecued tofu
no fish though, no candy bars, no cigarettes
only ganja and fresh-squeezed juice from oranges
exercising daily to stay healthy
and I rarely drink water out the tap, cause it's filthy

Lentil soup is mental fruit
and ginger root is good for the yout'
Fresh veg-e-table with the ital stew
sweet yam fries with the green calaloo
careful how you season and prepare your foods
cause you don't wanna lose vitamins and miner-ules
and that's the jewel
life brings life, it's valuable, so I eat what comes
from the ground, it's natural
let your food be your medicine (uh huh)
no Excederin (uh uh)
strictly herb, generate in the sun, cause I got melanin
and drink water, eight glasses a day
cause that's what they say

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we got to start taking better care of ourselves, be
healthy y'all . . .

Yeah, yeah, yeah, hold the fuck up, yo
we'll take this little intermission, listen what the
fuck we gotta say, y'know?
Word is bond son, niggaz been livin fat for too long, knowamsayin?
Smokin bogeys, fuckin drinkin all types of shit
wailin out, not givin a fuck what they puttin in they
bodies, son, knowamsayin?
out time niggaz start thinkin about that shit, son, knowamsayin?
That shit is fuckin, makin us deteriorate, son
word up, we gotta care bout our little babies an shit, son
niggaz got kids to raise, straight up
ya gotta start learnin yo self, learning bout ya health, son
learnin this world we live in, kid, knowamsayin?
It's time to start changin all that shit god, word up
so I'm gonna leave y'all niggaz on some shit like that, ya knowamean?
Word up, y'all niggaz better start usin y'all minds an
shit, kid
Peace