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Musings

Win Thy Heart

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Win Thy Heart

Eat not salt, eat not pickle, lest they cause high pressure,
Eat not rice, no free sweets, lest they cause sugar.

Meat clogs the line, smoke ask the price,
Walk makes it free, before hurry think twice.

Green veg, fresh salmon, hilsa more edible,
No whisky, no rum, fruits make life durable.

Go fried food, boil yourself, dress with olive or canola
Never ever re-use oil, fix up touring in gondola.

TV screens not at all kin, avoid as much as possible,
Cooked up news, dirty soap, makes the brain cells horrible.

Chat good, chant good, play with the family,
Mind and body work together, relive mood properly.

Give thy hands, give thy heart, to whom so ever,
Enjoy the earth, enjoy fully the life forever.

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