

# Be Healthy

## dead prez

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 mayatl stew  
sweet yam fries with the green calaloo  
careful how you season and prepare your foods  
cause you don't want to 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 They say you are what you eat, so I strive to be healthy  
my goal in life is not to be rich or wealthy  
cause true wealth comes from good health, and wise ways  
we got to start taking better care of ourselves They say you are what you eat, so I strive to be healthy  
my goal in life is not to be rich or wealthy  
cause true wealth comes from good health, and wise ways  
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, ya 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?  
?Bout 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

Songwriters

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