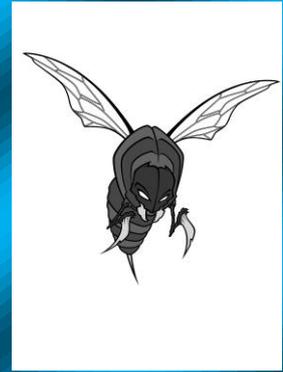


Lehornet
presents



Eat This



Mummy Mummy
I want K.F.C

It's good you know your alphabet,
but do you know M.S.G?

It was known as a substance
which affected the eyes,

now it's in most foods
from Campbell soups
to your apple pies.

But it taste so so nice...
I would rather McDonalds...
Not your vegetables and rice.

Fast food will lead to a fast
brain death,
it can speed up the process
of *Parkinson's*,
Alzheimer's and *ALS*.

I know you want that sweetie,
But if I give you that now,
it will lead to *obesity*,

It starts
out addictive,
but can end fatally,

The common one
for the children
would be ADHD.

M.S.G excites your brain,
taste good right now
but brings future pain,
leads to *infertility*
and
cause a *migraine*,
Such a biological weapon,
they even change its name,
Look out for its alias
also known as *Aspartame*.

Who cares who cares
it's not like it's poison,

Yes it is... it's a legal poison
and it's also an *exciteo-toxin*,
which assist the cells
to become rotten.

But food was for survival,
now it's made to kill,
Now that I see
a part of truth
I shall watch what's
in my next meal...

Poem End



"He comes to you in your desired sin,
when humans go to battle with the
beast it is he who tends to win"

He came to me last night in my dream
fast cars, beautiful women
I had no need to scream.

Lust and temptation was my test,
he tried to lure me in the state of rest.

Even when awake he walks amongst your side,
random stop and searches
are you trying to test my pride?

In this new paradigm where work is forced,
when one gets a day off,
Instead of tending to his souls needs,
becomes a victim of sloth.

There be situations where he may take
everything you have,
make you feel you have nothing to lose
so you embark in wrath.

He may give everything you want
to your enemy,
so a do-gooder like your self becomes
a victim of envy.

Knowing you live in a world full of famine,
he puts the rich in a state of over-
consumption
this test got failed because most people are
glutton;

Glutton is no different from greed
most would rather indulge in alcohol and weed
when below them in a gutter is a man in need.

The devil would rather keep you Hi,
remember he lost his wings
don't let him prevent you to fly...

Poem End



This is not ready steady cook,
this is ready steady fast,
how many can past
the first mark?
it is common that the first
few days are hard,
but go *Mo Farah*,
pace yourself
and
reach the end
with your healthy heart.

Don't over indulge,
enjoy small bowls
of food that will enhance
your D.N.A codes.

A month without over eating,
finally the body gets
some healing,
it is said food is life
but most indulge in death
with a plate full of red,
it seems green
is not that appealing,
where I live people tend
to eat out of boxes that
smell of the colonels seasoning,
time to kick the habit
young men of M.S.G fiending.

Fasting is medical,
so fast overweight individual,
it will help you lessen your meal,
get you to a weight that is ideal,
it's more than a yearly ritual,
it is something that will
increase your discipline
and
it enhances your spiritual.

Your strength and devotion
will be tested by the *djinns*,
it is they who can distract you
from achieving your *Jibrael* wings,
such beings have power
to tempt your sins;

Haram is hard to avoid,
temptation lives in the west,
I would only advise you to
Just do your best,
as *shaytaan* will tempt you
step by step,
avoid all intoxication,
even thoughts of touching flesh,
again this is a challenge,
so don't feel defeated,
ask Allah make to you
stronger in your head,
as every bad act begins
with a thought, avoid, T.V,
radio and the internet.

I have fasted
and
through the experience,
greed had lowered,
lust was controlled,
creativity had doubled,
and
after I could feel the true
intention of my soul;

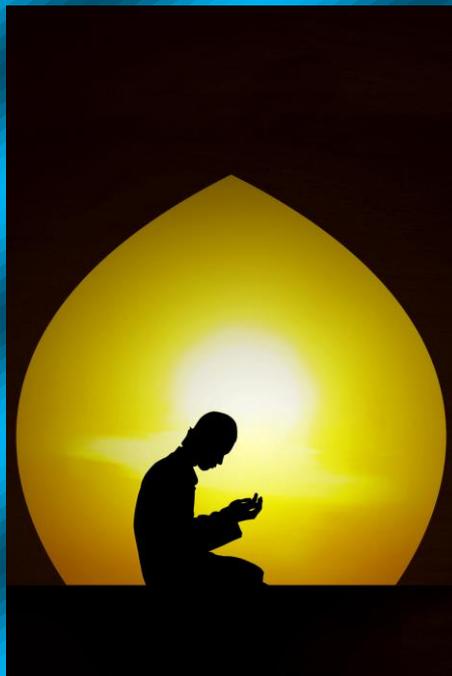
although I'm not
part of the religion,
their yearly festival
makes me feel whole,
the whole western world
needs to fast as most of their
people are very slow,
but quick to microwave a meal
or
order one on the couch
via the apps on their phone.

Fast for god,
why do people find
that odd,
these are just
small lessons
before he corrects us
with his rod.

From sunset to sunrise,
eat berries,
not ketchup and fries,
open your fast
with fruits of truth,
try to avoid animal
tainted in lies,
remain *Takwa*
and
praise be upon you
in *Allah's* eyes.

"Live the fast life,
or
be slowed down
by glutton
"the" fast life is hype
this fast life is right
and
I prescribe"

Poem End



I pull out some ginger,
eating it pure and raw,
this mother looked at me strange,
but I am an urban doctor,
it is you who needs discipline
and your habits need to change.

By your side you had a friend,
who was a lot above plus size,
I wanted to really really give her,
a piece of my ginger
or
a piece of advice like,
"Ginger suppresses hunger
and
helps you lose weight"
but such remark
would have ruined her day,
if I have to give info,
I would rather her be bitter towards me
not the diet I would put in place,
she looked the type to question
anyone under her weight;

Wait... I am a healthy skinny by DNA,
I can eat 3 full plates, 9 meals a day
and I would still look the same,
but I don't get that greedy,
I personally only eat one main plate,
snack on cashews, blueberries, a simple
vegetarian graze, no T.V dinner, reheat
yesterdays, I through out my microwave.

I do not judge health
by someone's mass,
I have seen those
who look good on the outside,
but due to lack of health knowledge,
most peoples insides cry,
"No more food that's fried,
No more food
that is pump full of lies"

food is the bodies truth,
it's the taste
that is the disguise;

M.S.G, most people order
because they are lazy,
don't want to build up
on their culinary,
their life insurance is in
the colonel's secret recipe;

it's no secret that it
clogs your arteries,
or these days meat
is full of mysteries,
you only become
a body detective,
when something serious
is detected
from your G.P,
like type 2 diabetes
or
coronary heart disease.

I am not a health freak,
nor do I condemn
those who eat meat,
I am the man who wants
to see your body indulge
in earthly treats,
lemon skin, avocado,
Spirulina will cover
most your needs.

Funny the same mummy
stopped me, said,
"I had nausea"
googled for remedies,
and the top search?
you got it... GINGER...
a lost look no more,
she found information,
research made her the winner,
she should do that for breakfast
and even down to her dinner.

So let's have a health debate...

I recommend people fast
and
give their stomach a break,
stop treating your body like
a walking buffet,
it's not an all you can eat,
people have become
walking gluttony,
never to know the meaning
of being hungry,
still the organs play
a sad melody;

"Feed us right now,
not just your stomach
and
your mouth,
in the end it all goes back out,
where is our input
to function your machine?
our favourite colour is green,
stop your monounsaturated ways,
mono foods
and
feed us as a team,
because one day we may not
be able to play
or
stop working all together,
have an organ mutiny.

Poem End



My body is my temple...

Walnuts increasing my brains response,
As my neurones commune with clarity
and clearing all other blockages.

Carrot juice clears the
windows to my soul.

A bunch of grapes
And
some cayenne pepper to
replenish my heart.

Take some garlic cloves
from a garlic bulb
to brighten your liver.

A hand full of olives
are my facial wash,
keeping my external
skin radiant,
Internally
improving my memory.

Blueberries aiding my pancreas,
for no toxics
can be a threat as
they become mutely bind
with the antitoxins.

Spinach increasing my bloods flow,
carrying oxygen
to all my cells and gives
me a physical
boost I need for my daily rounds.

A passion fruit
increases the
passion in my bedroom.

Avocado is my bodies God,
every organ has a party,
chanting

we want more...
Please don't stop

"Meat should be a treat,
Not a daily feast, you are what
you eat and most people are beast"

Poem End



What have I done,
how am I going to
tell my girlfriend,
I spent £90 on my body,
It is said spending on health is
daylight robbery,
but spending time in daylight
overeating is just straight
daylight slobbery.

I mean she can benefit too,
I have spent the last of our
pay cheque and some of
these pills relives stress,
Passion flower helps you sleep
more than that hour,
mixed with valerian root
man that's a lot of dream power.

Baptised in royal jelly,
the name of my track,
humble bumblebee,
Not the ones on the attack,
Natures mother
in the form of body butter
made from the queen,
her golden wax.

I brought them essential oils,
most just want that sunflower,
chips of roses,
bring her a bucket of KFC
and Hennessy,
don't come with that
clary sage, oh so sweet,
No horny goat weed,
just hormones that get
you horny via that meat,
I call it sex and grease.

Why did I have
to by all them pills?
1. I paid all my bills,
2. I must digestive multiple vitamins,
it's a fast life you know the deal,
fast intake, not constant takeout meals.
3. Free my body from free radicals.

Spend on defence,
Get fat and attacked...
Wait that's harsh,
even the skinny man is at harm,
Fats don't discriminate,
bad food is bad food regardless
of your weight,
the way you eat decided your fate.

£90 though...
theirs 4 in my family,
that's not so much,
salt for my daughters skin,
remedies for my teenage son,
who is a introvert,
don't talk,
I know the path you walk,

I will buy to set example,
take care of your body,
as you only got one.

I know my lady won't be mad,
when she gets paid,
instant tag,
#healthycouple
#swaphealthshop
#hornetsjoking
just word poking,
Like a Facebook friend,
I face look friend
and I can't pretend;

your lifestyle isn't
destroying you,
if I die it will be
broccoli stalk choking,
veggie for life
I eat to live
and
not anything death
or
to die.

But £90,
you know what they say,
health is wealth,
I go to my local market
or whole foods,
if I was rich,
by the whole shelf,
higher the price,
closer to heaven,
either that or put
my body through hell.

"Health talk,
take a healthy walk,
not just to the
kitchen for pork
on the devils fork,
Health talk,
just take a walk,
in natures path,
pick fruit from her trees,
trees are life and their
offerings will help you last"

Poem End now begin health

*make sure your body
lives straight,
go forward with health,
you can do all the external,
but if your internal is ran
by K.F.C or M.S.G,
acronyms of 3,
expect 3 radicals
to habitat your body,
I finish this to say,
Live, eat and be well.*

Peace...

Weight Loss tips urban style:

- Ginger Root,
- Turmeric root,
- Broccoli, cauliflower, cabbage
- Black beans, lentils, kidney beans
- Replace fries with green beans,
- Meat with mushrooms (portabella & shitake)
- Brown rice and pasta (white won't get that waist tight.)

Cancer fighter easily introduced on a daily:

- Turmeric
- Dark chocolate (also Heart and iron)
- Blueberries and raspberries
- Spinach and kale
- Sweet potatoes and mushrooms
- turmeric powder
- Raw garlic, basil and parsley
- Nuts and seeds

Herat shield build that yeild:

- Almond, walnuts (ALSO BRAIN) and berries
- Flax seeds
- Carrots and sweet potato, red pepper
- Spinach and Avocado
- Orange cantaloupes, papaya and dates

Iron up tired zombies:

- Spinach and the darker shade of vegetables
- Squash. pumpkin. Sesame & sunflower seeds
- Cashew, pine, hazel and peanuts (Raw pref)
- White beans, kidney beans and lentils
- Magnesium (heart) and B vitamins

Don't question... just RESEARCH...