

**Poetry Article**

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## Diabesity

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### Poetry

My gift to you is today  
Thoughtful poems of the day  
Try reading many times  
Before the night ends the day

Little from every food  
Keeps all the joy in the mood  
Try taking multiple  
Learn it from Sir the hood

Supper lunch and breakfast  
Are what you used to eat fast  
Slow the pace my friend  
You must hold it like a mast

Take the habit eating less  
Do exercise not unless  
Contemplate brain work  
Do not sleep on the mess

Comes in the end practice  
It's all about prentice  
To cut diabesity  
Must not you be the entice [1-11]

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