

eat fruit and raw vegetables



drink a lot of water



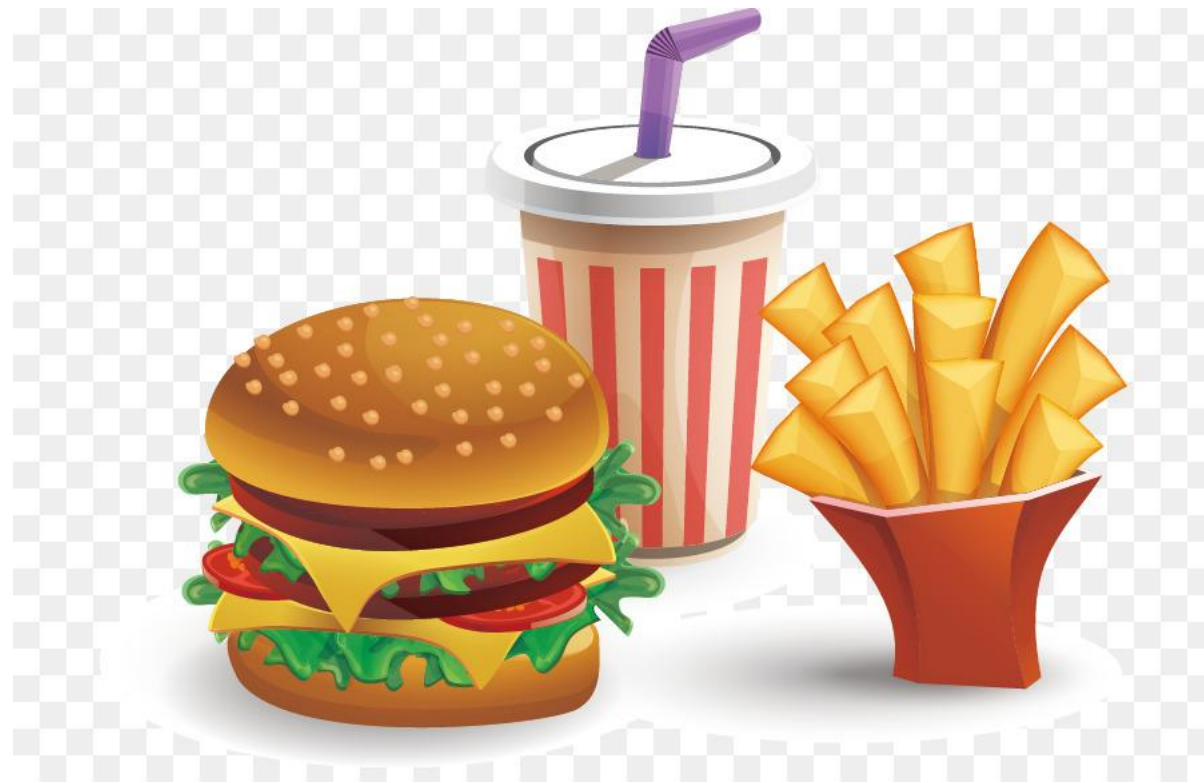
do exercises



go jogging



eat fast food



drink fizzy drinks



eat a lot of chocolate



food with a lot of vitamins





little salt and spices



keep to a diet

