eat fruit and raw vegetables



drink a lot of water



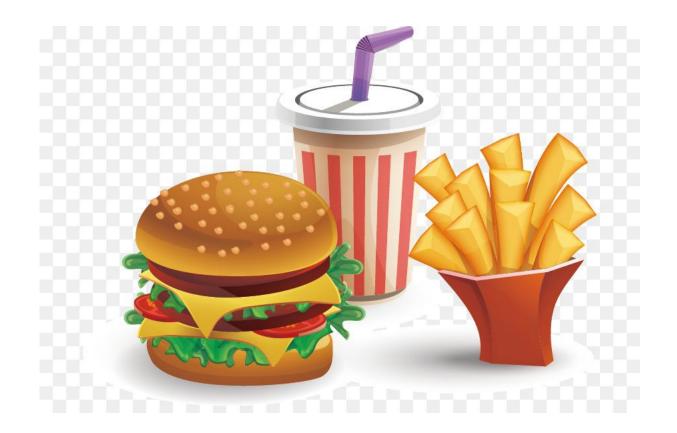
do exercises



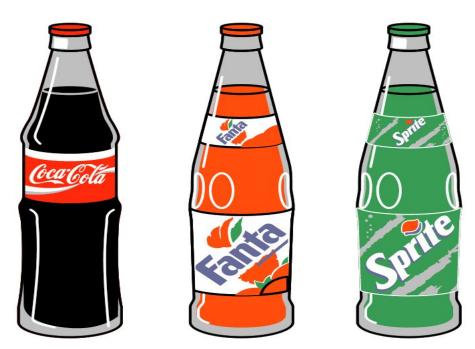


go jogging

eat fast food



drink fizzy drinks



eat a lot of chocolate



food with a lot of vitamins



little salt and spices



