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But how?

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I've been putting my free-range eggs
in the red wine basket
and the olive oil basket
and the whole grain basket

And I'm jumping on
the wild-caught oily salmon train
and the dark chocolate train.

I'm a health nut,
an almond/weightlifting nut

And I'm still on the
gluten-free bandwagon
as well as the organic one
with a sprinkling of
 Ω -3 and vitamin D

And you're saying I have six months?

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