

# "JUST EAT ORGANIC"

(INTRO)

I'm no rapper, that's for sure

I'm just a yogurt making CE-YO

But when it comes to how we grow and eat, we've overdue for a cure

And some really bad practices have got to go...SO

(VERSE 1)

AMERICA WAS BUILT ON FARMS THAT LOOK LIKE THIS  
BUT SIXTY YEARS OR SO AGO, THINGS STARTED TO SWITCH  
TO MODERN AGRICULTURE, BUT NOW HERE IS THE HITCH  
A MILLION FAMILY FARMS WENT UNDER, WHILE BIG BUSINESS GOT  
RICH

THE FOODS WE EAT TODAY MOSTLY DON'T COME FROM THE FARM  
IT'S TIME TO GET UP OFF OUR BUTTS, STAND UP, AND SOUND THE  
ALARM

YEAH THE CHEAP STUFF IS ADDICTIVE, AND THAT IS THEIR CHARM  
BUT BIG AGRIBIZ'S PROFITS SHOULDN'T BE CAUSING US HARM

YOU GET THE CONVENIENCE, BIG BRANDS RAKE IN THE WEALTH  
BUT WHAT'S THE POINT, WHEN THIS STUFF IS REALLY BAD FOR YOUR  
HEALTH?

LOOK AT THE MEALS ON YOUR TABLE, DECIPHER THEM IF YOU'RE ABLE  
WHAT ARE THOSE REALLY LONG WORDS YOU CAN'T PRONOUNCE ON THE LABEL?

SO TAKE A LOOK AT YOUR "FOOD" AND THEN DECIDE WHAT YOU  
WANT

THEN SPEAK UP AT SUPERMARKETS AND THE RESTAURANTS  
MAKE SOME NOISE, MAKE A CHANGE, NO MORE ACCEPTING DEFEAT  
YOU KNOW THE ADAGE IS TRUE: YOU ARE WHAT YOU EAT

(CHORUS 1)

*SO IF YOU LOVE YOUR BODY, LOVE YOUR CHILDREN AND YOU LOVE YOUR  
PLANET*

*THERE IS HOPE FOR THE FUTURE, SO THERE'S NO NEED TO PANIC*

*THE SOLUTION IS A SIMPLE ONE, IT'S EASY TO UNDERSTAND IT  
TO PROTECT YOUR FAMILY, BODY AND EARTH... JUST EAT ORGANIC.*

*(VERSE 2)*

FRIGHTENING AS THESE COMPLICATED LABELS MAY BE  
THE REALLY SCARY STUFF IS WHAT WE CANNOT SEE  
CHEMICAL FERTILIZERS, PESTICIDES, HORMONES, DRUGS AND  
HERBICIDES  
ACCUMULATING IN OUR EARTH, AS WELL AS IN OUR INSIDES

GOT POISONS IN OUR SOIL, POISONS IN OUR AIR  
POISONS IN OUR WATER SUPPLY, IT DOESN'T STOP THERE  
THEY'RE EVERYWHERE, YOU CAN'T JUST WASH 'EM OFF OF THE SKIN  
THEY'RE IN THE FRUIT & VEGGIE CELLS, YEAH THEY'RE BURIED  
WITHIN

COWS ARE GROWN ON FEEDLOTS WITH NO PASTURE OR GRASS  
STUFFED FULL OF CORN, THEY BURP OUT METHANE GAS  
THEY'RE HERBIVORES NOT CORNIVORES, THEY SHOULD BE IN THE  
FIELDS  
BUT THE BIG GUYS DON'T CARE, THEY ONLY CARE ABOUT YIELDS

THESE ANIMALS ARE IN MANURE UP TO THEIR KNEES  
HOPPED UP ON ANTIBIOTICS, SO THEY DON'T GET DISEASED  
THEN THE DRUGS DON'T WORK FOR US, SO SEE WE NEED THIS TO  
STOP  
IT'S NO MORE DIFFICULT THAN READING LABELS WHEN YOU GO  
SHOP

*(CHORUS 2)*

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*(Verse 3)*

SINCE THE 1940'S, TRENDS HAVE BEEN PRETTY SAD  
CANCER RATES ARE STEADILY RISING, IN KIDS AND MOMS AND  
DADS  
A BABY BORN IN BIRMINGHAM, BOISE, BEND OR BOSTON  
NOW HAS IN HER CORD BLOOD ALMOST 300 TOXINS

THE U.S. CANCER PANEL STUDY MAKES ME ILL AT EASE  
'CAUSE 41 PERCENT OF US WILL GET THIS DISEASE  
CUT OUT UNNECESSARY CHEMICALS IS WHAT THEY PRESCRIBE  
SO TO AVOID GETTING SICK, JUST CHANGE THE STUFF YOU INBIBE!

FUTURE GENERATIONS WILL WONDER AND PROBABLY SAY  
WE HAD A BEAUTIFUL PLANET, WHY DID WE THROW IT AWAY?  
THE ALTERNATIVE IS CLEAR, LETS BRING ORGANIC TO FRUITION  
IT'S NOT JUST GOOD FOR THE EARTH, IT GIVES BETTER NUTRITION

SO LETS FACE UP TO WHAT WE NEED TO DO, THERE'S NO NEED TO COWER  
CHANGE IS POSSIBLE, CONSUMERS REALLY HAVE ALL THE POWER  
BUY SMART, SUPPORT ORGANIC FAMILY FARMS IS THE AIM  
'CAUSE WHEN WE CHOOSE TO BUY ORGANIC, WE CAN CHANGE THE WHOLE GAME!

*(CHORUS 3X AND FADE OUT)*

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