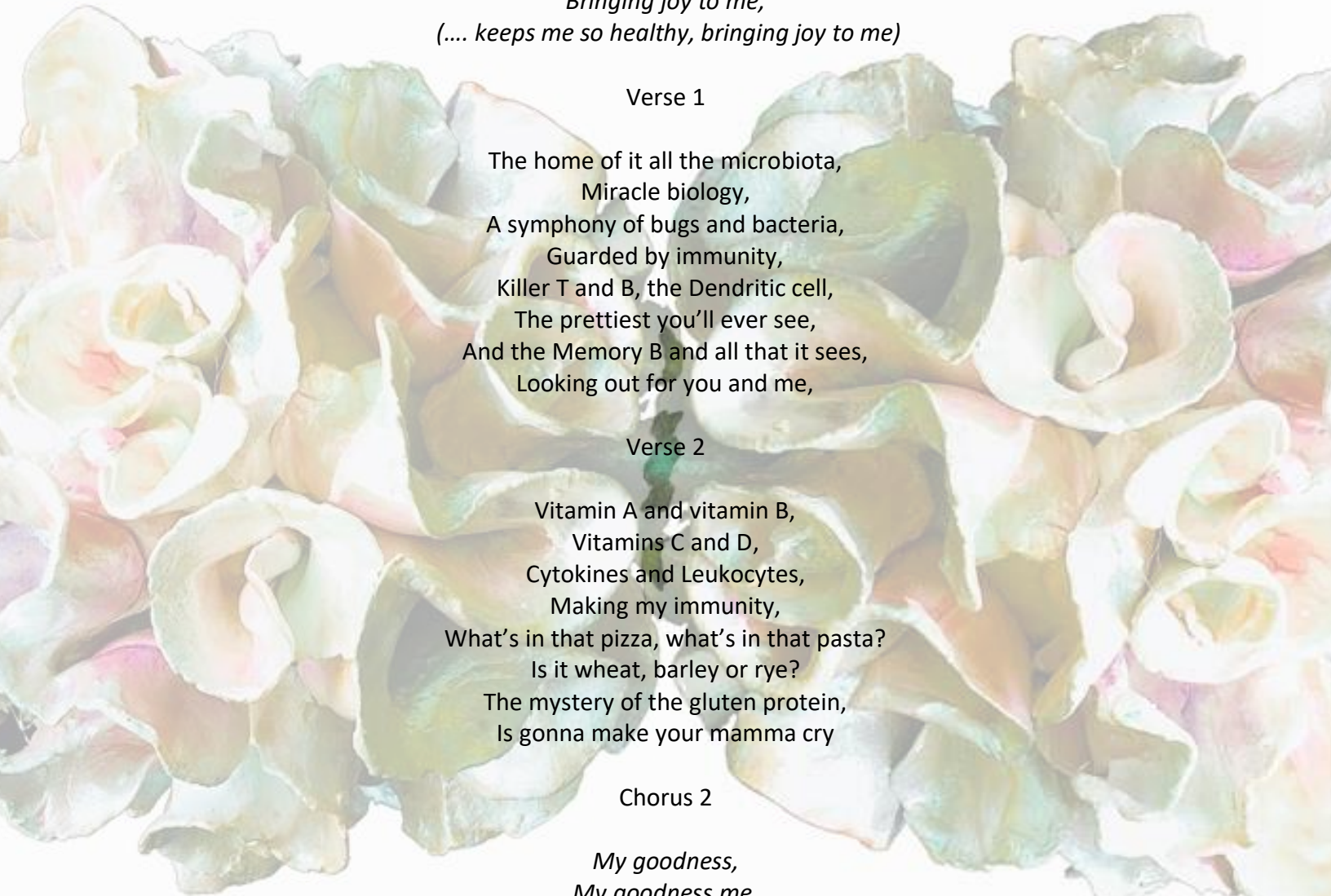


*My goodness,
My goodness me,
My my goodness,
Keeps me so healthy,
My my goodness,
Oh my goodness me,
Eating fruit and veggies,
Bringing joy to me,
(... keeps me so healthy, bringing joy to me)*

Verse 1

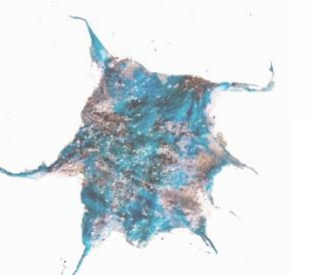
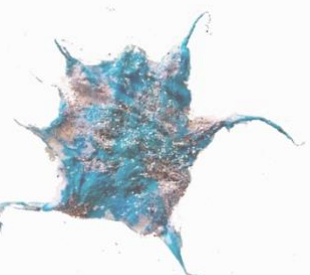


*The home of it all the microbiota,
Miracle biology,
A symphony of bugs and bacteria,
Guarded by immunity,
Killer T and B, the Dendritic cell,
The prettiest you'll ever see,
And the Memory B and all that it sees,
Looking out for you and me,*

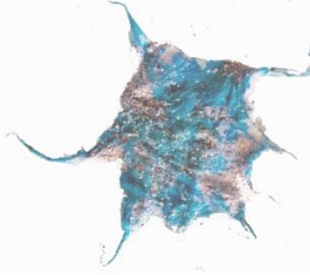
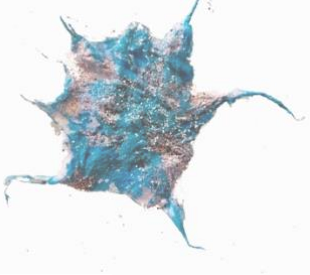
Verse 2

*Vitamin A and vitamin B,
Vitamins C and D,
Cytokines and Leukocytes,
Making my immunity,
What's in that pizza, what's in that pasta?
Is it wheat, barley or rye?
The mystery of the gluten protein,
Is gonna make your mamma cry*

Chorus 2



*My goodness,
My goodness me,
My my goodness,
Keeps me so healthy,
My my goodness,
Oh my goodness me,
Eating fruit and veggies,
Bringing joy to me,
Keeping me so healthy,
Bringing joy to me,*



Bridge (Rap style)

With so much drama just round my home,
Can be a messed up world in the gut biome,
Been weeks now since my Leukocytes went away,
Now I got funky parasites like every single day,
Diseased liver making me shiver,
With some Helminth made me choke and that's no joke,
Got the worms in the hood, not feeling so good,
Got some gout about and with the IBD aint goin out,
And please help baby please maybe peas!
This Crones disease is bringing me to my knees,
And a lot worse coming down the track,
Bambata biota gotta get you back,

Verse 3

You know that we are whatever we eat,
So eat the best that you can,
Include those short chain fatty acids,
Fruit veggies high fibre bran,
Inside of us all there's a wonderful world,
Trillions of living things,
A harmony of life, a wonder to behold,
And all the goodness it brings

Last Chorus

*My goodness,
My goodness me,
My my goodness,
Keeps me so healthy,
My my goodness,
Oh my goodness me,
Eating fruit and veggies,
Bringing joy to me,
Keeps me so healthy,
Bringing joy to me,....*

*Keeping me so healthy,
...bringing joy to me...keeps me so healthy*

