The Great 8 for Life

INTRODUCTION

The goal of the Great 8 is clever. Aiming to embolden whomever, urging them to endeavor to commit to the Great 8 forever, for a life that is very much better.

Tip # 1
Cigarettes, at the top of the list of things to resist. Find a friend to assist, with abstention persist.

Number 2 tip is to sleep so more alpha waves sweep the brain like a house-keep. The fix is cheap, just count more sheep.

Tip # 3 is to train, the gatekeeper, the brain. There is much to gain, your IQ to retain To disregard it's insane.

Number 4 tip outcries what the doctors advise, Get up and exercise to reduce your thigh's size. Refrain from supersize lest your large size defies all rescue from capsize.

Number 5 tip speaks to diet. Chop it and cook it, no need to fry it. Poor diet kills us each bite by a bit. It's your health, work for it, not buy it.

Tip # six a wise trend. By twos your time you should spend in quiet meditation, my friend. Meditate, as life makes us flex and bend, depression to end, and undo what we overextend.

Tip # 7 says more is less. From useless possessions egress. Live life without causing distress.

Our earth repossess. You dictate the world's success, so curb your taste for excess.

Number 8 tip says don't wait to try it, don't hesitate to live the Great 8. It's not up for debate and the rewards will elate. No need to restate, it's never too late. Make it a date. Today you can live the Great 8.
Tip # 1 - Cigarettes at the top of the list

Cigs are number one at the top of the list
of things to resist. Find friends to assist
and with abstention persist.

Cigs #1 top of the list
of things to resist
"I'm, sure to get dissed"
and probably "hissed".
Do your best to resist.
I insist.

Put cigs on the blacklist.
Give smoking the fist,
knocked off the checklist
of things you enlist,
You get the gist.
Your efforts take grist
and you'll likely be pissed.

But the cough wont be missed
nor the lungs full of cysts,
as wheezing subsists,
your cravings dismiss,
fatigue you delist. On
deep breaths reminisce.
Reduced cancer risk
staves off your desist.

Your life will consist
of considerably more bliss
free from addiction you'll coexist.
A wonderful twist
from the smoke-filled mist,
A delight to be kissed.

Find friends to assist
and with abstention persist.
Tip # 2 - is to sleep

# 2 tip is to sleep, so more alpha waves sweep the brain like a housekeep assisting with upkeep. The fix is cheap, just count more sheep.

Lost sleep makes us weep poor judgment will keep us in problems knee-deep we'll act like a creep, molehills be mountains too steep, logic falls down in a heap, driving’s impaired, then more troubles we reap.

But with enough sleep by counting more sheep out of bed we can leap bright outlook to keep, in performance outleap all rivals who'll sit in a dust heap.

# 2 tip is to sleep
so more alpha waves sweep the brain like a housekeep
and over us sneak
when we're sound asleep
in relaxation so deep
and assisting with upkeep.

Neural oscillations bleep
at 10 hertz they beep
so without saying a peep
into bed you should creep
in tranquility sleep
to let dopamine seep by
increasing the hours you sleep.
Tip # 3 - is to train the gatekeeper, the brain

*Train the gatekeeper, the brain, there is much to gain,*  
*protect your domain and your IQ retain, to disregard it's insane.*

tip # 3 is to train  
the gatekeeper, the brain.  
You dare not complain,  
there's none else to blame,  
as your faculties wane.  
To disregard it's insane.

It's good to brain-train  
our intellect maintain  
since dementia we fain  
it's such a bane,  
a life-energy drain  
Lost memory's a pain.  
It gives caregivers strain.

Disuse of the brain  
is a point used to explain  
catastrophic brain drain.

A brain-training campaign  
with a brain-training game  
is nothing inane,  
a good groove to ordain,  
routine to ingrain,  
to protect your domain,  
dementia restrain,  
and your IQ retain.

The premise is sane  
There is much to gain!

Squeeze out the reign  
of life in the fast lane  
utilize time on the train  
or the plane  
to train your own brain  
staving off the refrain  
"you're soft in the brain"  
a condition quite deign.
Tip # 4 - outcries what the doctors advise

Get up and exercise to reduce your thigh's size. Refrain from supersize lest your large size defies all rescue from capsize.

Great 8 tip # 4 allies your muscles and thighs, hips, pot bellies and tries to reduce your large size without needing to chastize or causing loud outcries, but GET up and exercise.

Refrain from the supersize hold the french fries and the Colonel's pot pies.

In buying be health wise lest your large size defies all rescue from capsize. Count calories clock-wise at each bite apprise the level of work-out each bite decries in hours of workout as time flies.

Our muscles realize that training can downsize the fat and flab we despise

A small compromise can reduce us from full-size, large fat pads excise.

Scientists realize there's no way to disguise that being overweight is very unwise hastening our day of demise. Did you roll back your eyes and stare up at the skies? Give up the self-lies.

Now, sports are an enterprise to squeeze in edgewise that jocks would advise, and the doctor implies, give age a timely reprise, good for a life-style revise, reducing us width to lengthwise.

Plan workouts to devise to get fit, leastwise we'll never fit in our Levi's.
Tip # 5 - speaks to your diet

Chop it a cook it, no need to fry it. Poor diet kills us each bit by a bite. We work at health, we can’t buy it.

Tip # 5 speaks to your diet.

Food has no nutrient benefit refined or bought in a kit, it is nothing but "...." not worth one chit, not even as good as old fashioned grit. 'Big food' offers nothing legit, for our health, they don't give a whit, killing us each bite by a bit.

If nutrients we don't get our immune systems quit our heart takes a hit, pancreas has a fit, blood sugar goes skit, bones come unknit and to function, our guts needs a special permit, all of which spells an early obit.

Auras of sickness we emit, becoming mentally, physically increasingly unfit, rendering us unable to sit and invent things requiring a wit.

Phytonutrients submit to the body a health hit that enables our cells to heal and to split into more cells and omit the toxins and debrit giving our body a total refit.

Don a cook mitt stir veggies o'er a pit. Curb sucrose to less than a nit. Fresh pea pods you can split, chop up carrots to a bit, whip up your own meal to reap benefit.

You'll find food's cheaper if you chop it and cook it so fewer pesos you'll have to remit, but a dish results for a king befit, that appeals to your palate.

Better health you'll inherit.
Tip # 6 - a wise trend

By twos you can spend
time in meditation to end
a harried life-style, my friend.

tip # 6 is a wise trend.
By twos you can spend
quiet moments to end
a harried life-style, my friend.

Meditation defend!
Our health to mend,
High blood pressure upend
improvements in work and in mood subtend,
a lower heart rate portend.
The benefits, just comprehend!

Avoid what the world would vend
as a poisonous blend
of tweets n post beamed on end.
With great pressures we contend.
Time, sadly our souls misspend,
whether or not we intend.

With little effort to expend,
we can suspend
the rat race on which we depend
for feeling alive and ascend
to new health.

Mindful-thought MDs recommend
the healers and mystics also defend
those in the pulpit reprehend,
and philosophers commend.

Flee the life of ‘speed’ we’ve penned
give up the life where we pretend,
force it to come to an end.

Meditate, but don't condescend,
as life forces us to flex and to bend,
put blues and depression on the fend
Undo what we overextend
as our problems we emend.
The rewards are a stipend
and a great dividend.
Tip #7 is to curb excess.
Why must we possess
things o’er which we obsess?
Objects and pleasures oppress!

It’s a terrible nexus
to which we should fess
elect to possess less.
We must reassess.

Can environment cause stress?
The answer is yes.
There’s so much progress
not making the news press
that noise, light and bad air can
depress
resiliency to rebound from a mess.

Life plays like a game of chess
when being, not buying, becomes
what we bless.

So substitute 'things' with a life of
finesse,
reconsider buying that new dress,
stop consuming what is useless.

All your possessions compress.
Live without causing distress.
Then our earth we'll repossess.

It's a wonderful life, I guess,
a dream for utopia, I confess.
But the change cannot come
unless we profess a
hope for the world and express
plans to help earth convalesce.
Factories of trivia should take a recess,
stop polluting our earth with
recklessness.

Build a world of largesse.
Souls of our brothers caress,
none of whom should we dispossess,

Tip # 7 - more is less

From useless possessions egress.
Live life without causing distress.
Then the earth we'll repossess.
You dictate the world's success,
so curb your taste for excess.
Tip # 8 - don't wait

No need to restate, or once more relate.
Wipe clean the slate. Don't mess with fate.
Just take the bait. Make it a date.
Today you can live the Great 8

Number 8 tip says don't wait
or tarry, procrastinate, or hesitate.
The premise is not up for debate.
So Listen up mate, it's never too late
to begin to live the Great 8,
which many of life's ills
can abate,

This isn't a dictate,
not meant to placate
or meant to berate, but to educate.
Poor habits prime your cells to
mutate,
which makes them irate
and disease risks inflate.

It's an appeal that's innate,
The facts conflate
and outcomes equate.
So don't leave it to fate,
good health you create.
Your life consecrate.
The rewards will elate:

# 1) reduced cancer rate
# 2) mood levitate; lower heart rate,
more zest await
# 3) IQ elevate
# 4) negate excess weight, quicken
your gait,
# 5) food cravings sate as veggies
you grate
# 6) eatch stress dissipate
in a meditative state.
# 7) Break free from your worldly
estate.

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or once more relate.
Wipe clean the slate.
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Just take the bait.

Make it a date.
You can live the Great 8.

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