Why we must join the my healthy eating revolution

Put it in the waste – not on your waist. If you’re thinking about junk food, that’s right. In the following sentences, I’m going to argue why you should join my healthy eating revolution, I hope you consider my arguments

Imagine a place where greedy, anonymous corporations bully you, lining up plump fast food after fast food, overwhelming you with toxic waste, and using glimmering facades to captivate unsuspecting diners. Illusions of scrumptious food await for it to be devoured, and your insides will be devoured, daggered by the ‘innocent’ fast foods. Eating healthy foods will benefit you in better ways such as better sleeping habits, improved performances, and strengthening your inner self.

We should incorporate a healthy eating revolution because it gives us better sleeping habits. Sleeping is one of the most essential routines in our daily lives. Without sleep, our moods will change greatly, it will be harder to recover from illnesses, and we will suffer from difficult reaction times. Eating healthy food such as vegetables or fruit has been scientifically proven to help you sleep longer, therefore guiding you to recover from illnesses, lightened moods, and faster reaction times. Can’t you see that eating healthy foods is better?

We must incorporate a healthy eating revolution because it improves our performance. Take, for example, an athlete. Pretty much all of the athletes have healthy food to improve themselves by boosting their vitamin and mineral needs and providing enough protein to promote muscle growth and self-repair. Without healthy food, athletes would have reduced performance. And not only are healthy foods beneficial to athletes, but they are also helpful to everyone with their daily skills. Cleary joining the healthy eating revolution is going to be the best decision for us.

It is imperative to implement a healthy eating revolution because it greatly strengthens our immune system. “Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: 'Thank you!’” Karen Salmansohn stated. Also, it is scientifically proven by Harvard University that ‘certain helpful microbes break down fibers into short-chain fatty acids, which have been shown to stimulate immune cell activity.’ This is why we must join my healthy eating revolution.

In a nutshell, it is crucial to consider joining the healthy eating revolution because it promotes better sleeping habits, improves performance, and strengthens your inner self. Are you people blind from the real elixir of life? If you want to live longer, I assure you that eating healthy foods will promote yourself. I hope you consider my arguments.

Thank you.