

NEFAI MEAT FREE HAVEN HACKS

YOUR MEAL, NATURE'S FEED

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A single meal can give you the energy you need for a particular task..
Loading more unnecessary food will cause too much burden to your system especially if the body cannot decode the substances you ingested...
So why we can't control ourselves from all this onslaught desire to satisfy our tongue and belly?
Ignorance. Nescience...
Modes of material nature influences us. "Like increases like"...
So, the answer is not resistance or self-deprivation.. it is KNOWLEDGE....
Acknowledge the laws of material nature and its effects to your body and your behavior from the food you eat...
From knowing, one becomes wise, and make conscious decision...
Choose to be healthy and live well!