

IT'S NOT ONLY DA FISH OIL

It's not only da fish oil

it's da virgin olive one too
along wit da crossword puzzles

learning wun foreign language
and da decision to play da saxophone.

Changing your routine

to grab tings
wit your non-dominant hand

and exploring new hobbies

like joining wun chess club
or getting into online computer bingo

is stuff dat might really help too.

Certainly moa
den da added Omega-3's

it's also challenging da imagination
and being creative

like speculating dat Martians
wuz nevah really green

but rather blue like da bayou
dat Linda Ronstadt sang about.

Writing clever jingle lyrics
wit bawdy allusions

dat makes you
smile to yourself in private

which by da way

can induce laughter

dat in turn unleashes
moa endorphins

is wun interesting pastime as well.

It goes along wit da notion
of feeding and exercising da brain

cause dat is wat you going foa

wit da recent barrage of innovation
dat you are incorporating.

Definitely moa
den da extra fillets of salmon

added to your weekly diet

and da ginkgo biloba
to improve da blood flow in your head

da sudden art classes in painting

and going down different streets
to get to da neighborhood mall

are all part of da grand plan
to turn back da clock on cognition

and maintain wat you got.

So as you tink like mad

to add moa stuff to da list
and da eventual expanded regimen

you fully realize
dat da results dat you may be reaping

going come from da total effort
and not only da fish oil.