"The Topics Health Care"

Come up as a youngin' Moms and Pops use health care us by when we get up and the morning they made sure we had toothpaste and deodorant and other stuff. When we play sports we eat fresh fruit and drink good juice. Also we excuse to health care days we was sick they take us to the doctor so we can get care for us (asmile). Now I was a wear of health Care as I got old but still did not understand on how and important it was to or every day life of living the way I cope with it unhealth care and the number one for me was alcohol anything you can think of from the week is to spining money for it I got it being under the influence not thinking and bad behavior evenings if I was throw up on my clothes I did not care that was my "Health Care"
I'm bless I never had a DUI by the Grace of God. 

Evening when I speed under the influence Jones all ways been bless but been honest I run cat over one time my bad that was my health care. 
Now on the hand me been old grow come to understand honest health care can make or break you one thing when I get up and the morning I all ways thank God for wake me up to see a other day of life Know my heart is still beating with everything eles work I pray that my mind stay work health I also pray for these that fighting and struggle to stay live good health care and that's how I share and give back. I grateful that I stop drinking I don't have heart or nothing eles I thank for the fresh fruit and good cold water is health for the body and plus give you energy
I have to keep my ears clean so I'm able to listen to what has been said and learn health care also. I keep my self humble and stay and God words of light, love, care, help, open, understand health care when I work out to stay strong and mobile. Even if it is cold today I know how to put on a jacket so I can stay warm. Health care we all need to take care of Health and very important to have empty a positive support team and people that care physical and mental.

Raymon Jones