

Beef, what a relief  
When will this poisonous product cease?  
This is another Public Service Announcement  
You can believe it or you can doubt it  
Let us begin now with the cow  
The way it gets to your plate and how  
The cow doesn't grow fast enough for man  
So through his greed he makes a faster plan  
He has drugs to make the cow grow quicker  
Through the stress the cow gets sicker  
Twenty one different drugs are pumped  
Into the cow in one big lump  
So just before it dies, it cries  
In the slaughterhouse full of germs and flies  
Off with the head, they pack it, drain it, and cart it  
And there it is, in your local supermarket  
Red and bloody, a corpse, neatly packed  
And you wonder about heart attacks?  
Come on now man let's be for real  
You are what you eat is the way I feel  
But, the Food and Drug Administration  
Will tell you meat is the perfect combination  
See cows live under fear and stress  
Trying to think what's gonna happen next  
Fear and stress can become a part of you  
In your cells and blood, this is true  
So when the cow is killed, believe it  
You preserve those cells, you freeze it  
Thaw it out with the blood and season it  
Then you sit down and begin eatin it  
In your body, it's structure becomes your structure  
All the fear and stress of another  
Any drug is addictive by any name  
Even drugs in meat, they are the same  
The FDA has America strung out  
On drugs in beef no doubt  
So if you think that what I say is a bunch of crock  
Tell yourself you're gonna try and stop  
Eatin meat and you'll see you can't compete  
It's the number one drug on the street  
Not crack, cause that was made for just blacks  
But brown beef, for all American teeth  
Life brings life and death brings death  
Keep on eatin the dead and what's left  
Absolute disease and negative  
Read the book 'How to Eat to Live'  
By Elijah Muhammad, it's a brown paperback  
For anybody, either white or black  
See how many cows must be pumped up fatter  
How many rats gotta fall in the batter  
How many chickens that eat shit you eat  
How much high blood pressure you get from pig feet  
See you'll consume, the FDA could care less (sic)  
They'll sell you donkey meat and say it's  
FRESH! For nineteen-ninety, you SUCKERS