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Times 13:43

Precis Writing

Some people bolster overeating by thinking that they can afford, while they can save a lot of food by missing and improve their health by missing one meal per week. Similarly dinner, which contributes to over weight can be forgone without loss of ~~weigh~~ strength by taking the evening meal three to four hours before retiring. Such practice will help in conservation of energy and cost reduction of food.

Title: Practices for good health.

Word Count:

Original: 168

Precis: 65