

## **Fruit for our Music + Music for our Fruit**

2 Raw Food Songs," Peace in the Pipes" + "Banana with Banana" for simple, easy digestion.  
Words + singing by pianist Armena Marderosian, April + May 2009 (c)(p) armena1949@gmail.com  
Links below to my 2 Raw Food Songs on video recorded by Rachel Helene Rose, MD.  
Armena's song for singing reading.

### **Peace in the Pipes** [sung to the tune of "The Happy Farmer"]

Words + singing + piano-playing by Armena Marderosian, April 2009.

Please know it's best to eat fruit meals on an empty stomach as the main course (not as "dessert").  
["on the Beat" words are Capitalized to help you fit the words to the tune. Most phrases start on the "upbeat" uncapitalized]

peace In the Pipes gives Hea-lth of all Types,

clear Stomach, flat stomAch, thank mono-Meals of Fruit.  
[repeat].

Bright Eyes, bounce-in-Step, It's ElementaRy,

eat-less Fat, exercise-More, eat-more Frui-t, eat fruit More

and Leaves and tender Shoots, it's eleMentary.

sweetFruits, and-veggieFruits, and Greens 'n sweet young Shoots,

whole-freshFruit mono-Meals, Our Fou-ntain of Youth,

it's Elementary, it's elfeMemfary!

it's Elfemenfary, it's "elf" (eat less fat), "em" (exercise more) "emf (eat more fruit),

it's Elfemenfary, it's elf em emf ar Ry!

### **"Banana with Banana"** [3 verses with refrains, sung to the tune of "Davy Crockett"]

Words + singing by Armena Marderosian, May 2009. armena1949@gmail.com

Please know it's best to eat fruit meals on an empty stomach as the main course (not as "dessert").

[CAPitalized syllable is downbeat=first beat of a measure. Capitalized first letter is the second beat. Uncapitalized but first word of a line is an "upbeat" before the downbeat.]

Verse 1 ('Born in a mountain top in Tennessee' original words)

BaNAna With baNA na And a GRAPE With a GRAPE,

NUT or Seed with GREENS (not Sweets) we diGEST As an APE,

boNObos', Chimps', and HUmans' Plumbing's SAME In the PIPES,

sweet FRUIT with Greens (not FATS) digest WELL for PRImates of our TYPE.

Refrain: ("Davy, Davy Crocket, King of the wild frontier" original words)

diGESTion, SepaRATE sweet Fruit from FRUITS of Fat or ACid  
and your TUMmy Will NOT Have a FIGHT  
diGESTion, SepaRATE sweet Fruit from NUT or Seed or avoCAdo  
and your BELy Will FEEL All RIGHT

Verse 2:

AVoCado, DURiAn or NUT Or SEED,  
these FATty Fruits diGEST with Greens, only a LITtle FATdo we NEED,  
ONE Time per DAY at Most, of ON-Ly one KIND,  
these FATty Foodsdigest WELL with Greens (butnotwith SWEETfood of Any KIND).

Refrain: diGESTion, SepaRATE sweet Fruit from FRUITS of Fat or ACid  
and your TUMmy Will NOT Have a FIGHT  
diGESTion, SepaRATE sweet Fruit from NUT or Seed or avoCAdo  
and your BELy Will FEEL All RIGHT

Verse 3:

paPAYa, Peach, perSIMMons, Pear will GIVE our NATural FUEL.

such WHOLE fresh RIPE raw JUICy Fruits, and baNANas Are the RULE,

EAT eNOUGH CALories of Fruit, and HAPpiNess will BLOOM

inyourBODy And your MIND and Mood, you'll FIND you Want to ZOOM.

Refrain: diGESTion, SepaRATE sweet Fruit from FRUITS of Fat or ACid  
and your TUMmy Will NOT Have a FIGHT  
diGESTion, SepaRATE sweet Fruit from NUT or Seed or avoCAdo  
and your BELy Will FEEL All RIGHT

My 1st rawsong was "Peace in the Pipes" to tune of "The Happy Farmer", made Easter Sunday 12 April 2009.

I wrote these songs to help explain simple easy digestion. armena1949@gmail.com (c) (p)

Videos by Rachel Helene Rose, M.D

Videos can be found at <http://umich.edu/~rhrose/rawfoodsongs>