

Dead Prez

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Where there's health neglect, there's no self-respect
But what else you expect? Look how they dealt the deck
We inherited stress, had to bury our best
Martin, Malcolm X, bullet holes in they chest
We adapt to the struggle, only way we survive
Eating scraps from the table but it kept us alive
Making something from nothing, still we hope for the
best
Making miracles happen, daily coping with less

Scar strangled banner
Scar strangled banner
Scar strangled banner

Raised in the ghetto, singing songs - called survival
But eating soul food to have you dead on arrival
Hand on the rifle, other hand on the bible
Strong as an ox but look at what you put inside you
We resilient beings, do the silliest things
Know better than you better cause that's what
experience brings
Break out of jail but can you break out a sickle cell?
We say we livin well, but we living in hell

We already been to the other side
We ain't turning back, now we choose a lie
To many goodbyes, and that ain't right
We feel it inside, it's time to fight

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We glued to the TV screen commercials in-between
Crack Donalds, Murda King
What happened to eat your greens?
Eatin some or anything, abusing Mary Jane
Chinese chicken wings, everyday hood thing
5 hour energy, red bull and Hennessey
Head bobbin but the organs full of toxicity

Pack a cool menthol, nicotine pit fall
They have the nerve to put cool on the pack so they can
trick y'all
Slave to the Dutch master, colon cancer victim
Tell you want a package but we still blame the system
No squares in my circle, screw all that sippin purple
I'm tryina live to my potential, age is just a number
A G preserve his temple, a G control his temper
No discipline, you slippin, no toxins in my kitchen
Slavery is over cousin, but then at lunch it wasn't
If food is the last plantation then I'm Harriet Tubman
Advocating colonics, saving my lungs from chronic
But you can't free a slave unless he knows he's in
bondage
(You wanna get freaky? Let's go)
You can't free a slave unless he knows he's in bondage

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