

## No Trigger

### "Hazardous To Yourself"

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Just read an article on clogging arteries  
Renewed subscription to my health food magazine  
Don't wanna die young, paranoid about the future  
I'm only 19 and I'm a health food connoisseur

Right now I'm sitting in a room  
I could be lying in a box if I don't eat right  
Some people tell me what is good and bad for me  
I don't trust anyone but health food magazine  
Mom makes me food that sucks and I refuse to eat  
Lock myself in my room, lose thirty pounds a week

Stay locked in your room all day, Your warped  
imagination  
Stacks of books are piled high, with useless  
information  
Let your anxiety tell you what is good and bad for you  
Let paranoia tell you what to do  
You always say that it's a hazard to your health  
Why don't you put your fucking fear back on the shelf  
Because the only hazard I see, the only hazard I see  
The only hazard I see is yourself

Signed a petition to get smokers out of here  
I got the figures on second hand smoke death rate  
every year  
Can't go outside my room, you know I just can't leave  
I'm too afraid that I will get some weird disease

My doctor tells me I'm a hypochondriac  
He claims he can help me, but he'd stab me in the back  
Been all around my room, There's nothing good to eat  
Health magazine with ketchup is my new delicacy

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