

A Better Living Habit

Dear Ms Nezuko Kamado,

How are you doing? I hope you are doing fine. I know you are not sleeping because you need to take care of your brother, Tanjiro Kamado.

I am going to give you some suggestions on your eating and living habits. You eat too many Sakura mochis and konpeito. Too much sugary food is bad for your health because it can cause obesity. When you become too fat, you can't play with your brother. You'd better stop eating your favorite sugary food to get fitter. You should eat more fruit, trying eating oranges and blueberries, it can help you get Vitamin C and also good for your eyesight.

Also, it's a bad idea to sleep all day. You can play tennis, basketball, football and a lot more sports to keep fit.

I hope you find my advice useful. I am looking forward to receiving your letter again.

Best wishes,

Doctor Wan