Find the "healthy" words.

h	i	g	s	w	i	m	a
s	l	e	e	p	b	s	t
u	a	r	i	d	e	p	w
j	u	m	k	a	r	l	a
f	e	a	t	n	s	a	l
h	h	o	s	c	r	y	k
j	s	t	l	e	u	a	i
c	l	a	m	b	n	h	i
d	r	i	n	k	r	o	p