

To my closest friend in the world,

It's been a while since we last talked, so I wanted to update you on how things have been lately.

Last month, I suffered from an (1) _____ that made me sneeze and cough up blood, so I went to the doctor for (2) _____. The diagnosis? My terribly unhealthy diet.

The doctor said skipping meals had weakened my immune system. After a decade of scolding (I know I'm exaggerating, but it was intense ok), he (3) _____ me to improve my (4) _____. He also told me to (5) _____ different kinds of vegetables, protein and carbs in every meal, and reminded me to drink plenty of water.

Since I'm not a master chef, I spent the whole week online hunting for some great (6) _____ to help balance my diet. You know that I'm a lazy potato, so they all needed to be quick, easy, and very (7) _____ to make, especially on busy days.

Hearing the whole story, my friend was pretty fed up with me for not taking care of myself. Still, she gave me a (8) _____ to try a new (9) _____ to cooking: prepping all my meals for the week on Sundays. It sounded difficult at first (and yes, I complained again), but it really helped me save time and eat better during the week.

Now I feel much healthier and have more energy, though I'm still in recovery. At least health isn't an (10) _____ anymore.

This whole experience taught me how important it is to take care of myself. I guess we often forget that until we get really sick.

Let's catch up soon. I truly miss our long talks.

Warmly,

nutrition (n) /nu'triʃn/	approach (n) /ə'prəʊtʃ/
advise (v) /əd'vaɪz/	suggestion (n) /sə'dʒestʃən/
recipe (n) /'resəpi/	combine (v) /kəm'baɪn/
treatment (n) /'tri:tmənt/	issue (n) /'ɪʃu:/
illness (n) /'ɪlnəs/	convenient (adj) /kən'vi:nɪənt/