If you mix every colour under the sun in time you’ll find that you just have one. Better give them all a chance to shine cos otherwise you end up with the same thing.

It’s a delicate balancing act, and that applies to you and me because the only way we stay intact is with a big fat dose of diversity.

Our bodies are a billion organisms made into one, there’s no telling where the last one ended or where the next tiny little bacterium begun. You see, diversity is your friend and...

if your food only had one flavour if everything that you said was right it really wouldn’t work to your favour Variety is the spice of life.

So if you like everything to look the same Just open your mind and try to get past it Cos it really does make you stronger when you don’t put all your eggs in one basket.

The more functioning connections the better You never know what it will become Mix it up but keep it together let your differences work as one.

Cos there’s many many...

Mix it up, mix it up, mix it up Bring it back, bring it back bring it back cos there’s many many...