

Yeah.

They look at us and think they know the story.

Think it's just about the cake. Think it's a lack of glory.

They judge the surface, but they don't know the mechanics.

They don't know about the siege. They don't know about the panic.

Listen up.

(Verse 1)

Heavy steps, heavy chest, heavy in the mind

Lookin' in the mirror, feeling totally left behind

Society pointing fingers, calling me a sloth

"Gluttonous and lazy," cut from a defective cloth

I'm sweating on the treadmill, running till I drop

But the belly fat stays, the cycle never stops

They preach that spreadsheet gospel, "calories in and out"

While my energy is empty, running on a massive drought

Apathy creeping in, I'm ready to concede

Drowning in the shame, a prisoner to the feed

I thought I was a failure, a biological joke

Choking on the judgment, hiding in the smoke

Ready to give up, throw the towel on the floor

Until I realized I wasn't lazy... I was in a war.

(Chorus)

I wasn't a pig! And I wasn't a sloth!

I was fighting a siege, paying the Cortisol cost!

My brain was under fire, building bunkers in my gut

The Walled City locked down, and the muscles were shut!

Then I found the *Phew*, yeah I finally found the peace

Told the nervous system, "Let the panic cease."

I didn't need to starve to open up the gate

I just had to drop the war to drop the weight!

(Verse 2)

Let's break down the science, flip the whole script

My body wasn't broken, my reality was flipped!

The primitive amygdala thought a tiger was near

So it hoarded all the sugar, mobilized by the fear

Sent the Frantic Scout out, Ghrelin on the prowl

Screaming for the dense fuel, making my stomach howl

It bypassed the biceps, locked the muscle doors

Sent it to the Visceral Hoard, preparing for the wars!

Belly fat wasn't weakness, it was tactical defense

An armory of energy, heavy and intense

I wasn't lacking willpower, my logic was suppressed
My biology was brilliant... just chronically stressed!
They told me "push harder," but the pushing made it worse
Until I read the manual and lifted off the curse.

(Chorus)

I wasn't a pig! And I wasn't a sloth!
I was fighting a siege, paying the Cortisol cost!
My brain was under fire, building bunkers in my gut
The Walled City locked down, and the muscles were shut!
Then I found the *Phew*, yeah I finally found the peace
Told the nervous system, "Let the panic cease."
I didn't need to starve to open up the gate
I just had to drop the war to drop the weight!

(Verse 3)

Now look at me now, the vindication is sweet
Stepping out the trenches, standing on my own two feet
Started with the Up-Shake, cooling down the brain
Wandering my senses, stepping off the crazy train
Anandamide flowing, hitting that bliss
Told the Protector Planet to give it a rest, dismiss!
And what do you know? The armor fell away
When the body feels safe, the fat doesn't need to stay
The baggage melted off, no punishing routine
Just a physiological shift, keeping the river clean
From catabolic panic to anabolic repair
I'm a brand new person breathing brand new air.
I look at the haters, the ones who called me a pig
I was surviving a trauma that was cosmically big!

(Bridge)

We ain't broken. We were just jammed.
Living in a system where the innocent are damned.
But we took back the keys, we took back the mind
Left the Hunter-Gatherer hustle way behind.
Waking Dream State, connecting to the flow
We finally found the place where the spirit can grow.

(Chorus)

Cause I wasn't a pig! And I wasn't a sloth!
I was fighting a siege, paying the Cortisol cost!
My brain was under fire, building bunkers in my gut
The Walled City locked down, and the muscles were shut!
But I found the *Phew*, yeah I finally found the peace
Told the nervous system, "Let the panic cease."

I didn't need to starve to open up the gate
I just had to drop the war to drop the weight!

Yeah.

To everyone who judged, everyone who stared...

You were looking at a soldier who was running scared.

But the war is over now. The treaty is signed.

Peace in the body. Peace in the mind.

We shedding the war.

We shedding the weight.

Welcome to the WDS.

Phew.