The first text included before the first paragraph (we use all default options).
First paragraph.

Second paragraph.
Now we include this text just after the paragraph containing the word "Second".

Now some text before the first table.

Cell 1 1	This goes at the beginning of the first row second col cell. Cell 1 2
Cell 2 1	Cell 2 2

Last paragraph.
A paragraph at the very end of the document.
The end.