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Three Meals a Day

Karen Zheng

Dartmouth College, Karen.Zheng.22@Dartmouth.edu

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She carried herself with
surgical precision--
scaled to the tenth of
a gram of too much
salt, sugar--sorry about that--
take three hours of her day.

But sometimes (most of the times),
she throws away tablets of appetite
control and feasts on the last suppers
of mankind gorge monstrosity in
hopes of eating the monster to death
piles on piles of sewage water remnants
of rat corpses bloated with Satanic visions
because she was empty for so long...
so long that she gave Anorexia a name
and walked it like a pet
so long that she forgot what hunger tasted like
so long that when she starts she can't stop

so God's light strikes upon her,
incinerating her bare skin into charcoal
and the Divine Punishment begins
with a second meal of the gym
three miles of moving those damn
sluggish legs attached to the overtly
protruding stomach--aren't you ashamed?--
then feed the damn thing just lots and lots
and lots of air the next 24 hours and have a
third meal of the gym and fuck up those muscles
that only belong to her when she is hungry.

Then, the day finally begins.

她用手术的精致
带着自己——
缩小到十分之一
太多的一克
盐，糖——抱歉——
需要她的三个小时。

但有时(大多数的时候)
她抛弃了食欲的片剂
控制然后品尝人类
最后的晚餐 吞噬峡谷
中的怪物 说不定能将它吃掉
堆在成堆的污水 残留着老鼠尸体
臃肿着撒旦的异象
因为她已经空废了这么久。。。
时间长到 她给厌食症取了个名字
并像宠物一样遛
太久以至于她忘记了饥饿的味道
这么久，当她开始时，她无法停下来

所以上帝的光照在她身上，
赤裸的皮肤分烧成木炭
于是神圣的惩罚开始于
第二顿健身房
三英里里运作那该死疲倦的双腿
紧挨着如此突出的肚子——你不感到羞耻吗？——
那么在接下来的 **24** 小时里
喂那个该死的东西很多很多很多空气
和第三顿健身房 杀掉那些
只有她饿的时候才属于她的肌肉。

然后，这一天终于开始了。