
Poem

Eat more fatty fish
and exercise more.
this is what I advise my patients
when their good cholesterol is low
triglycerides high.

I use a letter
a thin piece of paper light on words
which makes for quite a lean envelope
mostly bones really.

most patients swim past.
and yet a few always take the bait
ending up in front of crumbled ice
prices per pound.

dressed in workout clothes
they ask the man in the plastic smock
for a pound of fatty fish—salmon
a piece freshly caught.

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