

A Detox *By Julia Rizzi*

The novelty now begins to wane,
My corpulence begins to drain.
Greater energy
And walking more
But...
The daily weigh-in,
pH of pee,
Times one,
Times two,
Times even three -
No bread, no pasta, no cheese, no cake
No milk with tea –
For the next few weeks
That will be me.

Strawberry weight,
Apple belly with a smelly wake,
Almond milk sinuses,
But best of all Re-introduction -
What a chore!
Food group by food group,
Recording weight, statistics...
I feel like Watson
But need Sherlock.
None the wiser, I endure,
Ad hoc
Reactions, flushes, constipation,
Belly ache,
Mood swings,
As craved-for items leave in their wake
Symptoms of intolerance...
Give me a break!
Pinot hot flush,

A sponsored My Step challenge
For the British Heart Foundation
To beat them all -
Go on,
you know you'll sponsor me!