

DIGESTED – November 2020

'Digestion is the secret of life.' I meditate upon this, and find myself reading my lips. 'Come in,' they say. 'Mind the Gap' says a cavity; too late; I've stumbled over, onto the tongue. It's cavernous in here, and the molars tower above me. I question the wisdom of being here. "I'll eat an apple... soon," I vow! I look round and see truth; naked, and still being chewed. He's so hard to swallow...

Suddenly, I am falling, through the oesophagus; that's the bypass, to the stomach. Thud! I land on the lining. Another thud next to me! Oh dear... I've swallowed my pride. Didn't Hippocrates say all disease begins in the gut? I forgot my mask... We're swimming in lies; easy to eat, hard to digest, and Donald Trump myths. Urgh. Even this acid won't dissolve those; just don't reflux baby. Luckily my stomach's built a wall between this and my blood; a leak could stop my heart. But I trust my gut, really I do.

Yikes! I stand aside as a torrent of bile attacks a fat molecule; burn baby burn. Good old liver. When the heart and brain fight, it takes a hit! That's daily in my case... not to mention last night's Tuskers... Jeepers, it's crowded in here! With hundreds of trillions of flora, who needs fauna? Bacteria aren't just here; only 10% of me is me; that's some sub-culture. Tons of food is being processed in here; there's a broccolo, and the ice-cream I just ate, melting away.

Whoosh! I'm off again; into the small intestine. The volume of a football with the surface area of a tennis court; smashing! Pushed through tight walls - no pain, no gain - washed down with pancreatic juice... Whew! I feel freshly squeezed. Here's the large intestine. You know what they say: "Take care of your colon and it'll take care of you," Or they'll have to cut half of it out; then you'll only have a semi-colon!

This long and tube-like structure must be the rectum. Careful; foreign objects can get lost up here I'm told. Whew, and it stinks! Trashy! But look, a light! The anus is in sight. Phew, because I'm done with this shit. I've passed a lost suppository and a couple of tapeworm segments floating around. Best put it all behind me.

One last hurdle... through the sphincter and... it's great to be on the outside! What an amazing adventure! I'll never take my gut for granted again. It's number one from now on! Yours should be too. Right, I'm off to eat some healthy macrobiotic yoghurt. But first; a shower!