

### **Miracle Diet**

I am not your cow not your grade A size three object of  
the auction block worth my weight in beef

This said as I pass by without a glance at the mirror at the  
toaster at the window as I walk in at the puddles on the ground  
as I make my way through an apparently increasingly narrow  
world

I will not be painted not be squeezed not be shorn not be  
limited by physical conformity. I will walk barefoot and I will  
not dye my hair

unless it is my own edict but what edict is that? free of culture?

**BUT I WILL NOT BE EATEN!** I am not for your consumption  
edible-visual-societal I am a free product of the free world and  
of utmost value and never really free at all...

...led from one pasture to another grazing and lowing and  
lowing and grazing and who knows but I was taught how to say  
moo?

*Sarah J. Gardner*