There is, perhaps, grace in the way my toes elevate with each guttural heave; predictable and precise, like the slosh pound of saltwater onto pilings of a weakened pier.

The commotion of swirl, scent, and sound, circulate around my hunched shoulders; a drown of gasps among successive retch.

Feeble hands landlock on wobbled knees.
The grotesque drip of acidic scraps, their frothy repel thick from the lips.

A therapeutic cleanse, repulsive. A rugated stomach now hollow from a purge and scourge. The body, cleaning house the way it knows how.

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