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links from my mother

I

Sadly most of us don't
give a second thought
to the hidden dangers
according to foot doctors
who know better
loneliness speeds up death

popular medication warns
a list of potential side effects
the last thing you ever expected
cognitive impairment
summer dementia memories
increased risk of a heart without
comment one flimsy phone call a day

a teen died after taking
her cellphone into the bathtub
you're not supposed to bury babies

protect your brain blanketing pollen
none of us should ever again remember
stop eating the choice
avoid the woman on your wall
visit your loved ones
in hazardous footwear

the more you see your mom
the longer she lives

expect some very unpleasant side effects
including death

II

It is always better
safe than sorry
sympathetic as softened butter
your tendency to be

the first thing men look for in a victim

searching eyes unsuspecting kitten face
long hair like cinnamon
a ponytail easily grabbed
a thawed vital organ
removable clothes
your whole silly identity
handed to him

unfortunate muscles
of inner thigh cause trouble

weapons pretty elbows and knees beware
a warning
attackers carry scissors
cut paper from your safe moments
break your shocked stitches

a queen of making lists
if ever thrown into the trunk of a car
try pinching yourself
applying mascara
yelling your social security number
outsmarting the strongest part of your body

serial predators pepper wine with loneliness
contains prisons in small talk
stairwells are perfect places to be
alone you've seen their mad appeal
potential to be
better paranoid than dead

III

with all due respect
doctors don't have a clue

diseases of direct correlations
worry in your legs to the blue
doubt in your blood destruction at parties
shadows in your cells to the strength
of habits you can't eliminate
the daughter disease

in your veins cycles
dilated compassion
fathers delicate as coffee-stirrers suffer
dementia of reversible destiny

nutritionists know cancer
comes from the ground squeezing
bones into tin
science into dragons
meat into destruction unrefined

sugar and kerosene milk
saturated with secretions
sublingual pleasure traps
oil under the tongue
each time these pills pass
your lips they leach
grandchildren

to survive lose
pounds from your brain
sadness from arteries
widen your mouth eat
organs like dates fill your apartment
magic plants comfort
honey raw in your bloodstream
unsweetened peak of time
find sunflower seed luck of your childhood

replace the readout on the screen
with the gold on your hand a tourniquet
testing the pressure of minutes
counting muscles in the beauty of seconds
the subtle measurement of minerals

the promise of extra virgin dopamine
all chemical myth hereditary
marketed to death