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Food: Bully or Friend?

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Food: Bully or Friend?

Alena Willbur

I went to group yesterday.
Five other girls,
But that's five other girls
That have starved,
Binged,
Barfed,
Because of boys, bullies, battles
in our heads
against the food that we should

Just eat

But it's the enemy
eyeing our bodies
saying "you're not beautiful"
"you're not good enough"
saying
You're bulimic
You're anorexic
You're disordered

We can't escape
I can't escape
Nature—food—it's always there.

...

make it an old friend
that cares for your blood and bones
that's there for you when you need it

don't make enemies with it.

It will only eat you alive.

...

I went to group yesterday.
And learned that I'm not alone.