

AUTOPHAGY

Flotsam from the world we were, and dirty.
The cells would malfunction. We'd suffer from muscular dystrophy.
Waste would accumulate nightly. We'd rest.
The two of us were energy. We'd measure the effect.

The findings were exciting.
Weeks of running, we would diet.
When not resting, we'd suffer severe psychological stress.
We would exercise, of course, and stretch.

We moved throughout the camps as if the agent of the chaperone.
Otherwise, we surely would have perished in the lysosome.
When the membranes that engulf debris inside the cells would glow, we
would let go.
Each day we spent living. Mitochondria burned.