

ONE DAY AT A TIME

THE NEW ALPHABET

A IS FOR APPLE, AND B IS FOR BOAT, THAT USED TO BE RIGHT, BUT NOW IT WON'T FLOAT !!!!
AGE BEFORE BEAUTY IS WHAT WE ONCE SAID,
BUT LET'S BE A BIT REALISTIC INSTEAD.

NOW A'S FOR ARTHRITIS;
B'S THE BAD BACK,
C IS THE CHEST PAINS, PERHAPS CAR-D-IAC????
D IS FOR DENTAL DECAY AND DECLINE,
E IS FOR EYESIGHT, CAN'T READ THAT TOP LINE!!
F IS FOR FISSURES AND FLUID RETENTION
G IS FOR GAS WHICH I'D RATHER NOT MENTION.
H IS HIGH BLOOD PRESSURE-I'D RATHER IT LOW;
I IS FOR INCISIONS WITH SCARS YOU CAN SHOW.
J IS FOR JOINTS, OUT OF SOCKET, WON'T MEND,
K IS FOR KNEES THAT CRACK WHEN THEY BEND.
L IS FOR LIBIDO, WHAT HAPPENED TO SEX???
M IS FOR MEMORY, I FORGET WHAT COMES NEXT!!
N IS NEURALGIA, IN NERVES WAY DOWN LOW;
O IS FOR OSTEO, THE BONES THAT DON'T GROW!
P IS FOR PRESCRIPTION'S, I HAVE QUITE A FEW,
JUST GIVE ME A PILL AND I'LL BE GOOD AS NEW!!!
Q IS FOR QUEASY, IS IT FATAL OR FLU???
R IS FOR REFLUX, ONE MEAL TURNS TO TWO.
S IS FOR SLEEPLESS NIGHTS, COUNTING MY FEARS,
T IS FOR TINNITUS; THERE'S BELLS IN MY EARS!!
U IS FOR URINARY; BIG TROUBLES WITH FLOW;
V IS FOR VERTIGO, THAT'S "DIZZY," YOU KNOW.
W IS FOR WORRY, NOW WHAT'S GOING 'ROUND??
X IS FOR X-RAY, AND WHAT MIGHT BE FOUND.
Y IS FOR ANOTHER YEAR I'M LEFT HERE BEHIND,
Z IS FOR ZEST THAT I STILL HAVE-IN MY MIND.
I'VE SURVIVED ALL THE SYMPTOMS, MY BODY'S DEPLOYED
AND I AM KEEPING 26 DOCTORS FULLY EMPLOYED!!!!