



A Valentine for the Liver

February 14, 2013 By [Lucinda K. Porter RN](#)

Some ancient cultures believed that the liver was the source of love and passion. Author, Mary Roach, wrote in *Stiff* that if the liver maintained this prestige, cars would be sporting bumper stickers such as “I Liver-symbol NY” rather than “I Heart-symbol NY.” Can you imagine receiving liver-shaped Valentine cards and candy?

If I were to woo my liver, I would mark the day with a little dark chocolate and serenade it with one of my favorite poems:

While the heart
plucks mandolin strings...
...you give home
to life's enzymes
and grams of experience
collecting liquors
at this song's party
and after cleaning up,
you are warmly last
to say goodbye.

- excerpt from Ode To The Liver by Pablo Neruda translated by Heberto Morales and Will Hochman

When we honor the liver, we honor the heart. Happy Valentine's Day.

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