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Psoas: The Tenderloin

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What to do with this lean meat
a fancy name a prime price tag

a mignon cushion of little tendons
between kidneys and ribs

a lesser force of tear free from
contractions for locomotion

waxy fats to saturate our hearts
as cooped-up cross-bred

quadrupeds fatten on
concentrated soy and corns

that promise marbling flecks
to sizzle on pans melt on tongues

What to do with the pair of sixteen-inch
muscle of the soul from our deepest core

tapering along spines to groins pelvis femurs
joining torsos to legs

billions of cells fire up for bipedal moves
shortened hardened inflamed

by age weight junk food sedentary lifestyles
stressful jobs toxic relationships

that tie us in knots freeze us in foetal balls
compress our nerves restrict our diaphragms

keep us sore and stiff afraid and confused
forgetting who we are

Scientific Statement

Psoas tenderloin refers to the psoas major muscle, which connects the lower spine to the thigh bone (femur) and is crucial for hip movements. It is fundamentally the same muscle in animals and humans, though in cattle it performs relatively low-load locomotor work, contributing to its exceptional tenderness and leanness. Its culinary value can be further influenced by selective breeding for intramuscular fat (marbling).

In humans, the psoas is sometimes known as the muscle of the soul. It is a deep core muscle that plays a role in keeping humans upright. It has been described as embodying our survival instincts and primal urges, and contracts as part of a whole-body response to stress. Persistent muscle tension can contribute to chronic back and core muscle pain, as well as altered movement patterns. The psoas is often associated with back pain, tight hips and poor postures. Research also suggests psoas health may be associated with Alzheimer's disease.

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