

Kingfisher's No-Fish Dietary

Q. H. Vuong

August 16, 2023

Since Doctor Black Drongo became senile with severe dementia, losing his medical abilities, the health status of the Bird Village deteriorated quickly. Many strange things happened because of the decline in the physical and mental health of birds in the neighborhood. Once, a group of Bulbuls plucked each other's hairs and then shouted loudly. Another time, the Passerines imitated cat noises in the middle of the night, making the whole village panic, thinking cats were attacking them. Even crazily, one day, the whole flock of Sparrows suddenly rolled onto the brickyard, right where the cats used to be. These Sparrows were insane, lying on their backs, kicking the air, and dropping still. A long while later, they woke up and got back to their nests. Luckily, that day the cats went earlier to a nearby village for a feast. Otherwise, tragedy would have come.

Kingfisher was upset. He cared little for the village but cared a lot for the wellbeing of himself.

After some time of researching, Kingfisher found out about the health advice from Coach Skinny Stork on a method rumored to be very effective: "Intermittent fasting, No-Fish diet". Coach Stork looked malnourished, but he was said to be invincible in the whole swamp. There were many legends about this guy's superpowers, even to the point of being called the great master. Kingfisher also heard the inhabitants of the Swamp Village explain that the saying "wooden stork pecks real stork" refers to Stork's amazing talents. The more he learned, the more he insisted on following such a miracle therapy, especially in this turbulent time of public health crisis.

In the end, Kingfisher had to bribe a lot of fish to complete the investigation and was led by a few trusted middlemen to meet Stork before embarking on the majestic self-discovery journey. Going through the swampy fields, Kingfisher finally reached a dark cave with mysterious dim lights and incense filling the air. For the first time, he could meet the famous enlightened Coach Stork. The respect was further reinforced as Skinny Stork only allowed Kingfisher to ask 3 questions. While delivering wisdom and receiving offerings, Skinny Stork

was turning his beak to the cliff, showing his butt toward Kingfisher's face, thus creating a very dignified atmosphere.

The conversation was as follows. Kingfisher asked first.

– Sir, regarding the practice of “Intermittent fasting, No-Fish diet”, what are the detailed instructions on how to successfully cultivate it?

– Fasting means not eating. Intermittent means period-based. No-Fish means absolutely not eating fish. You think about these carefully at night and will know how to practice.

– Sir, what preparation is needed for successful cultivation?

– Prepare everything you need, understood?

– How do I know when I reach the pinnacle of this cultivation?

– You will be almost there when you feel dizzy and faint into darkness, then wake up seeing the bright sky. Your trusted people may need to lend their helping wings at that time.

After this, Kingfisher was kicked out because the privilege exchanged by 9 kilograms of fish offering had expired.

Returning to the cave, Kingfisher immediately brought the instructions of the great Coach Stork to discuss, dissect, and arrange preparation for the cultivation.

After hearing this, the disciples and family members were all very worried, but since he had already decided, they assigned each other the tasks. They had to strictly follow the invaluable instructions because those cost a whole sack of first-class carp. Of course, some guys were not always obedient and worked diligently on their tasks. Among these was Fakefisher, a longtime disciple of Kingfisher. This guy was known for being a jerk, acting like a thug, but he was someone who would do what he said.

To ensure the health of the prophet of the Bird Village, the disciples scrambled to make preparation: nutritious vegetables, mashed cornmeal, soft rice, herbs, etc. Only fish was absolutely absent because that was the principle of the practice. This one ultimate rule could not be violated.

On the first day of cultivation, the Kingfisher was cautious; the night before, he had had a

meal of fish four times more than usual. Still, the sensation of hunger came at night, reminding him of the time he just started to do planning (as told in “The Perfect Plan” [1]). Anyway, he got through the day.

On the second day, Kingfisher weakened and could not stand without shaking. He tried to eat some vegetables, but they just tasted so bland. After a day of struggling, he expected the night sleep would solve the hunger problem. But his eyes were wide open, and a good sleep was nowhere to be seen. That was until he passed out.

On the third day of cultivation, Kingfisher focused his energy and managed to open his eyes a few millimeters. His vision had become too blurry, but at least he could still hear the disciples standing outside. Once mellow and pleasant, the herbal powder now tasted like sharp spiky stones thwarting into his throat. His body was flat on the ground like a bunch of colorful feathers. The good thing was that he could sleep more deeply and regularly because he always passed out.

On the fourth day, his hearing was gone, and his eyes could not open anymore. The sounds of the birds outside were now like chaotic noises coming from the depth of hell. Apart from the time being unconscious, those hellish noises made Kingfisher aware of his dying state, filling his space of existence. He thought of the question: “What is it called to live in the Underworld?” but then his consciousness faded away before the answer could come out.

On the morning of the fifth day, after three days without hearing from Kingfisher, the disciples were very worried but did not dare to do anything. However, Fakefisher was too impatient that he pushed open the door and rushed into the cave where Kingfisher was having his retreat. He screamed: “The master is about to die! Emergency!”

Everyone panicked and gathered around. But the vegetables, herbs, and powders had no effects. They could only stand there and look at the sack of feathers that was formerly Kingfisher. Bravely, Fakefisher put his ear up close to him and finally heard the faint whisper: “Hun...gry...”

He shouted: “He’s still breathing. Here comes the panacea!”

Fakefisher took out three big round purple pills and shoved them directly into Kingfisher’s throat. He used a tree branch to push the pills down, making sure that they went in. Suddenly, Kingfisher bounced up, shook violently, then laid still, panting.

The birds watched in terror, thinking that he was about to die. But he raised his head with his

eyes still tightly shut, trying to speak: “w...a...t...e...r...”

After the whole ordeal, his soul seemed to have returned to the worldly realm.

A few days later, under good care and continuing using the panacea, Kingfisher’s appetite for fish had returned. The birds brought tasty fat carp, and so he recovered quickly. Being able to eat was being alive, and cultivation was no longer a concern in his mind.

In no time, Kingfisher became healthy and active again. He thanked his disciples. Especially toward Fakefisher, his appreciation was to the point of tearing up. This guy seemed bad but turned out to be pretty nice.



Kingfisher no longer mentioned Coach Skinny Stork. He was focusing on finding the sources of the panacea. Maybe he could save many other birds with that secret later.

Fakefisher did not want to reveal the secret. All kinds of smooth-talking, threatening, promising, rewarding, and finally, he agreed to reveal the truth about the panacea.

Kingfisher respectfully listened to the secret from the one who saved his life.

Fakefisher spoke crudely and briefly: “Fish-powder pellets, got it?”

~~~

*\*Note: The story was written originally in Vietnamese on August 13 and is now included in [1].*

## References

[1] Vuong QH. (2022). *The Kingfisher Story Collection*. <https://www.amazon.com/dp/BOBG2NNHY6>



©2023 AISDL - Science Portal for the [SM3D Knowledge Management Theory](#)