



Cardiology

DR. POET ON CALL

CARDIOPROTECTIVE POETIC PRESCRIPTION



*For a heart rate
above (or equal to) 96 bpm,
a strawberry-poem a day
keeps the doctor away.*

STRAWBERRY

When a strawberry beats,
a blush of ground
calls you by a new name
and turns you into a region
sustained by the underworld,
or by the hemisphere of the dead.

The fruit, such alum of a crypt,
such clot
that lives below the land,
such warren
where hollows amplify
the twinkling red
and the singable ruin
of our hearts.



Celia Carrasco Gil

Follow these poetic images and, if you feel signs of any heart disease, do not trust this literary prescription (and consult a real doctor, please).

<https://celiacarrascogil.webnode.es>