



# Cardiology

DR. POET ON CALL

## CARDIOPROTECTIVE POETIC PRESCRIPTION



*For a heart rate  
between 66 and 80 bpm,  
an apple-poem a day  
keeps the doctor away.*

### APPLE

I used to be a forest and a sound,  
such tragedy of light,  
what fever on the trees,  
and soon became crustacean miracles  
both the apple and the blood.

Our hearts then pumped the body of the fruit,  
its flesh, its boundaries,  
its inner core  
so silent,  
so suppressed,  
so-  
therefore  
without words  
nesting  
our chests.



Celia Carrasco Gil

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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>