



# Cardiology

DR. POET ON CALL

## CARDIOPROTECTIVE POETIC PRESCRIPTION



*For a heart rate  
below (or equal to) 65 bpm,  
a pomegranate-poem a day  
keeps the doctor away.*

### POMEGRANATE

I wish I were a kid, a pomegranate,  
the blushing cloth that covers every cheek,  
the robin's lullaby  
that blooms from childish throats  
and beats in elder veins.

And I wish I could ever occupy  
the melifluous beehive of this fruit  
in order to explode its inner core  
and separate the water  
and reveal  
all those verbal seeds  
that secretly live  
inside the grains.



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>