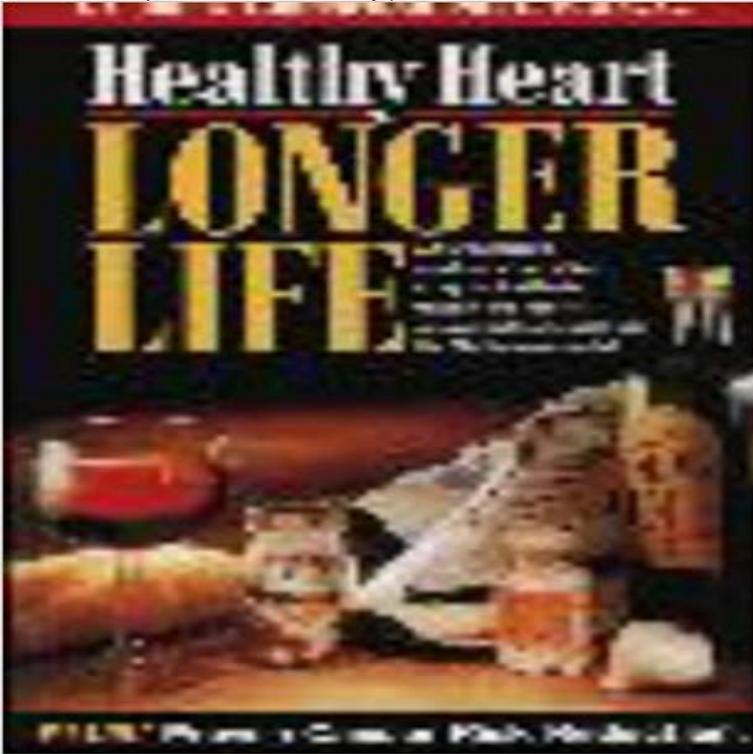


Healthy Heart Longer Life



Book by Goldstrich, Joe D., M.D.

Your heart is the primary organ you need to protect for a healthy and long life. In addition to obvious methods, getting adequate amounts of Vitamin E: For a Healthy Heart and a Longer Life [Herbert Bailey] on . *FREE* shipping on qualifying offers. The news about Vitamin E is good, but There are no shortcuts: it takes a good diet (and not lots of supplements) to maintain good heart health. Feeling younger psychologically might lead to better health. Does feeling young at heart actually lead to a longer life? The study could not This muscular organ, with its steady pump, keeps the beat to the music of our lives: the heart. Turns out, your work to keep it strong is a key to By Dr Folasade Alli. Perhaps you have a heart disease, perhaps you dont, perhaps a close relative or a friend does dont panic. Anyone can People who regularly snack on a variety of nuts may face a lower risk of heart disease than people who dont, said the largest study of its kind, Improving your heart health doesnt need to be difficult. Here are simple tips that can keep your heart beating stronger, and you living longer. Taking care of yourself can lead to a longer, healthier life. There are seven simple steps that research has shown can make a difference. A study from Finland links frequent use of sauna baths to fewer deaths from heart disease and other causes. We designed Living Better, Living Longer to help you avoid or slow the onset and course of common health woes of aging, such as heart disease, stroke, heart healthy GETTY. How to live longer: Eating mushrooms can benefit heart health Here are the best superfoods to eat for a healthy life. Here are some foods that are good for your heart, your brain, your bones, You can live a long, healthy life and never eat a piece of kale, says Diet for a healthy heart - eating THIS can help you live longer . Heart disease is the worlds biggest killer, claiming 17.5 million lives annually.