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101 Miracle Foods That Heal Your Heart: Liz Applegate Lists over one hundred foods in such categories as grains, fruit, and meats and dairy, known to help prevent heart disease and lower blood pressure. 5.0 out of 5 stars 101 miracle foods that heal your heart.

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Speaking of nutrient powerhouses, mussels top most health professionals' lists of underappreciated foods. This humble mollusc

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contains high levels of DHA, an omega-3 fatty acid linked to lower risk of heart disease, stroke, and inflammation in the body. Mussels are also rich in energy-boosting B12, immune-system supporting zinc and selenium, and iron, which increases production of red blood cells and keeps your hair, skin and nails healthy, says Alissa Rumsey, a registered dietitian and ...

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