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Decaf coffee offers many of the same health benefits as regular coffee without some of the potential side effects. Whereas the caffeine in regular coffee can lead to increased anxiety, caffeine dependence, sleeplessness and heart irregularities, decaf appears free of these symptoms.

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Top Heart Healthy Foods Best Foods for Cardiovascular Health

Many foods can help keep your heart at its best. Some help lower your blood pressure. Others keep your cholesterol in line. So add these items to your shopping cart: This ocean-going fish is a top

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The Best Foods for Heart Health Eat This Not That

Most of the heart-health benefits come from walnut oil, so release the oils by roasting them in a dry pan over medium heat. Or pick up a bottle of walnut oil for dressing and cooking. Or pick up a bottle of walnut oil for dressing and cooking.

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Nothing matters more than taking good care of your heart. Getting regular exercise, not smoking, and controlling stress are just a few things health experts recommend, along with eating a variety

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15 Incredibly Heart Healthy Foods

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