

FEBRUARY 2018

A heart-shaped bowl with a red interior and white exterior, filled with granola, almonds, a sliced strawberry, a raspberry, and blueberries. The bowl sits on a light blue wooden surface. Scattered around the bowl are various ingredients: whole strawberries, raspberries, blueberries, almonds, and pieces of granola. A vanilla bean is also visible on the right side.

Eat for Your Heart's Sake

Your heart is an amazing machine. It pumps blood through approximately 60,000 miles of vessels. And like any mechanism, it needs regular care or it can malfunction.