

7 HEART HEATHY FOODS FOR LONGEVITY



Introduction

Do you wish to live a long, healthy life? We are all aware that we can't live forever but we can take good care of our health by nurturing our bodies the best ways possible which will naturally help us extend our lives.



According to researches, experts have identified people who tend to live longer and healthier lives are consistent in eating meals that help to nourish the body

for maximum health. In other words, they only consume foods that are beneficial to the body and avoid foods that are processed, packaged or those that contain additives.

Though there are chances that genetics may predispose us to many kinds of diseases, we still have control over our health and dietary choices. Although there are no guarantees about how our health might be when we age or how long we're going to live, there are effective steps that could be taken to live a healthier