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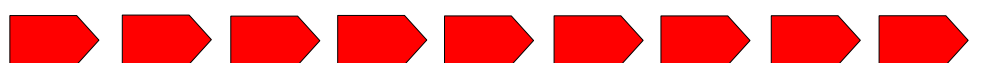
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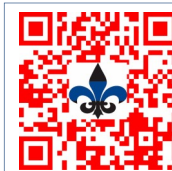
IF YOU DON'T THINK "REAL POSSIBILITIES"  
 WHEN YOU THINK AARP, THEN  
 YOU DON'T KNOW "aarp"

\*\*\* Superfoods (Continued) \*\*\*



**Fatty Fish**, such as salmon, lake trout, sardines, anchovies, and herring, are a great source of omega-3 fatty acids, which may help control high blood pressure, reduce irregular heartbeats like atrial fibrillation, and decrease your risk of stroke and heart failure. According to the Mayo Clinic, eating just one to two servings of fish per week can lower your risk of dying from heart disease. But when selecting fish, avoid those known to be high in mercury, a cardiotoxin found in *shark, swordfish, king mackerel, and tilefish*.

Future issues will feature additional Superfoods ... some of which WILL surprise you!  
 ggd ☺



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