

Plant a Garden

...and four other simple ways to slash your heart attack risk.

BY GINA ROBERTS-GREY



✓ Grow (and eat) heart-healthy herbs Some, like basil and oregano, have properties that may fight inflammation in the heart. Plus, just digging around in the dirt will benefit you: A recent study found that moderately active daily projects like gardening can lower the chance of a heart attack.

✓ Add walnuts to meals Research shows that working about 3 Tbsp of walnuts into your daily diet helps reduce bad cholesterol and inflammation in your arteries. Mix small pieces into your favorite burgers, or coat chicken or fish with a mixture of lightly toasted ground walnuts and panko bread crumbs.



✓ Sign up for a 5K New research found that working up a sweat may be just as effective as drugs at preventing repeat heart attacks. Go to active.com to sign up for a 3-mile walk or run. Aim for one in August, as you'll need about 8 weeks to get ready. Try the training app Couch-to-5K (\$1.99; iTunes).

✓ Practice calm

Experts found that outbursts raise your blood pressure and heart rate, and in turn, increase your chance of a heart attack. If you find yourself getting steamed often, teach yourself to do a quick meditation: Go into another room, close your eyes and take deep breaths for 1 minute.

✓ Sip on berry water

Higher temperatures can leave you dehydrated, and when your body's fluid level dips, your heart becomes stressed because it has to work harder to pump blood. Blueberries and strawberries improve blood flow and fight plaque buildup, which may lower the likelihood of a heart attack, according to one study. Make drinking easier with the **Flavor Infuser Water Bottle (right)**, \$15; uncommongoods.com.



SOURCES: Dennis Goodman, MD, clinical associate professor of medicine, New York University, and author, *Magnify Your Magnesium*; Steven Masley, MD, president, The Masley Optimal Health Center, St. Petersburg, FL, and author, *The 30-Day Heart Tune-Up*.

