## HEART FACTS

Beats around 100,000 times each day

Has its own electrical supply



Strongest muscle in the body

Pumps up to **7,500L**of blood each day
through over **95,000km** of blood
vessels

Makes a beating sound from its valves opening and closing

Kept healthy by nutritious food, exercise and laughter

# The Heart Facts What You Can Do To Keep A Healthy Heart

L Cohen

The Heart Facts What You Can Do To Keep A Healthy Heart:

#### The Heart Facts What You Can Do To Keep A Healthy Heart Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**The Heart Facts What You Can Do To Keep A Healthy Heart**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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