



**Vital**  
Nutrition

# Eat your heart out

Vital Nutrition's **Eat Your Heart Out** workshop provides natural solutions and practical suggestions to help support heart health and keep your ticker in top health.

**You will discover:**

Lifestyle changes for improved cardiovascular health

- The low down on cholesterol and how diet can affect it
- What foods to put on your shopping list to support a healthy heart
- Key foods to help balance blood pressure
- Easy dietary swaps to keep your circulation flowing

**Get in touch**

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