

scientists confirmed: this is the world's #1 food for heart attack, hypertension, stroke and cholesterol!

dates, also known as date palms, are a sweet fruit that probably originated from Iraq. The fruit is widely cultivated around the world and is available in tropical and subtropical regions. Besides being a great snack and a fine addition to desserts, dates can treat numerous cardiovascular problems such as stroke, heart attack, and high blood

pressure.

Dates can reinforce your immune system and accelerate your metabolism and have a rich nutritional profile as well.