

Published based on [Dr. Oz Offers 8 Tips to Keep Your Heart Healthy](#)

# **Dr. Oz Offers 8 Tips to Keep Your Heart Healthy**

If you have heart trouble, don't think your heart is in very good condition, or your heart is perfectly fine check out these tips. These are eight tips that are very easy and some of them you may do all ready. Click on one of the links to check out the tips.

Oprah's resident M.D., Dr. Mehmet Oz, shares his most effective tips for keeping your heart healthy.

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