

Suggestions offered for one's well being

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People with health concerns have many options, including flossing and sex, aside from exercise and diets to guard against heart attacks and other illnesses.

Although eating healthfully and exercising are believed to be the best ways to improve one's well-being, there are alternatives, USA Today reported Wednesday.

Among those alternatives:

- Brush teeth and floss daily. Gum disease might contribute to development of heart disease, diabetes and other illnesses.
- Eat dark and bittersweet chocolate, purple grapes, red wine and apples. Such foods contain large amounts of anti-aging substances called flavonoids that also might help protect against blood clots and heart attacks.
- Maintain a good sense of humor. Laughter helps keep blood vessels dilated and protects against heart attacks.
- Have sex frequently. Studies indicate sexual activity might help prolong life, as well as prevent colds, depression and heart disease.
- Develop good sleep patterns. Sleep helps keep memory and attention in top form.

-- Enroll in a yoga class. Yoga exercises increase flexibility and strength and might help people with arthritis or balance problems.

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