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Cover Story:

The healthy heart. At the end, we are what we eat. An ever changing and rapidly evolving society has made us abandon the healthy dietary practices which was once both tradition and the norm. Most of the cardiovascular diseases and its precursors can in one way or the other trace its etiology back to poor diet. In this issue we wish to highlight the importance of having a healthy but wholesome diet and reinforce the need to start eating healthy again, so go green.