

‘A Merry Heart Doeth Good Like a Medicine’

If you want to keep your heart healthy, try being optimistic.

An 11-year study of more than 5,100 adults between the ages of 45 and 84 found that optimistic people more than double the odds of having ideal cardiovascular health, compared to those who are more pessimistic.

“This association remains significant, even after adjusting for socio-demographic characteristics and poor mental health,” lead author Rosalba Hernandez, a professor of social work at the University of Illinois, said.

Researchers also found that optimists had significantly better blood sugar and total cholesterol levels.

So, staying optimistic can not only help you emotionally, it can make a genuine difference in your physical health as well.

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