

SCARSTORIES · A LITTLE COMPANY ON THE WAY

What foods are genuinely heart healthy?

Fatima S. — heart failure warrior · 17 Sep 2026

Past the obvious advice — what do you actually eat on a normal Tuesday?

A personal account, not a treatment recommendation. Experiences and recovery vary.

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.