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The Sinatra Solution Metabolic Cardiology

Bottom line is that Dr Sinatra recommends 4 supplements to improve cardiac health: CoEnzyme Q10, L-carnitine, magnesium and D-ribose. My husband had been on CoQ10 since 1991 for oral health (his dentist died).

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Cardiology: Amazon.co.uk ...

This is the first in a series of articles drawn from The Sinatra Solution, Metabolic Cardiology by Stephen T Sinatra, M.D. In his introduction to this landmark work, James C. Roberts, M.D., FACC states the following: "Nutritional science provides answers to many lingering questions in medicine. It's the difference between natural science and the man-made science of drug therapy.

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Board-certified cardiologist Dr. Stephen T. Sinatra discusses the importance of energy metabolism on cardiovascular health and the positive impact these three energy-supplying nutrients have on the cardiovascular system. He guides

you through the basics of energy metabolism and cardiac bioenergetics, and clearly explains the role of Coenzyme Q10, L-Carnitine, and D-Ribose in the body and specifically how they affect your heart health.

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The Sinatra Solution: Metabolic Cardiology. by. Stephen T. Sinatra (Goodreads Author), James C. Roberts. 4.26 · Rating details · 88 ratings · 8 reviews. Board-certified cardiologist, Stephen T. Sinatra discusses the importance of energy metabolism on cardiovascular health and the positive impact these three energy-supplying nutrients, CoQ10, carnitine, ribose, have on the cardiovascular system.

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Part three of the series from The Sinatra Solution, Metabolic Cardiology will appear in the next issue of totalhealth. Heart disease Cardiovascular Disease cardiovascular ATP Stephen T Sinatra, MD Dr. Sinatra is a board-certified cardiologist and certified bioenergetics analyst who also uses complementary nutritional and psychological therapies ...

The Sinatra Solution, Metabolic Cardiology Part II ...

Bottom line is that Dr Sinatra recommends 4 supplements to improve cardiac health: CoEnzyme Q10, l-carnitine, magnesium and d-ribose. My husband had been on CoQ10 since 1991 for oral health (his dentist died. New

dentist looked at old chart & thought he was looking at a different patient). He has also been taking magnesium for 15 yrs or so.

The Sinatra Solution: Metabolic Cardiology: Sinatra M.D ...

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The Sinatra Solution: Metabolic Cardiology: Sinatra M.D. F ...

By Stephen T. Sinatra, M.D., F.A.C.C., F.A.C.N., C.N.S., C.B.T. Metabolic cardiology is a new field of medicine which concentrates on the prevention, management, and treatment of cardiovascular disease at the cellular level, through biochemical interventions that are native to the human body. Diseased hearts are energy-starved, which means they lack enough adenosine triphosphate (ATP) to fuel healthy cardiac function.

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Sinatra, MD, a Manchester, CT,

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