

Revive, Rejuvenate, and
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THE SINATRA SOLUTION

METABOLIC CARDIOLOGY

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Introduction by James C. Roberts, M.D., F.A.C.C.

Stephen T. Sinatra

The Sinatra Solution: Metabolic Cardiology



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Board-authorized cardiologist, Stephen T. Visitors will learn how these miraculous nutrients work through the entire body, essentially charging up every body cell to function at optimal capacity. Sinatra discusses the importance of energy rate of metabolism on cardiovascular health and the positive influence these three energy-supplying nutrients, CoQ10, carnitine, ribose, have on the heart.



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Amazing way to improve cardiac function I'm uncertain why Amazon is holding this book because it is geared even more for the medical community. I am a air travel attendant for a major airline and am 74 years old. That said, I have to say it is one of the most useful books I've ever read. Get the book! It had been written in a style that a layman would be able to understand, but he provided the biochemistry and physiology history well enough to fulfill those at a higher level of understanding (like people that have a scientific level such as myself). All of his MDs have been astonished by his ability to carry on with his daily actions such as building a room on the house, bush-hogging acreage with his 40 HP tractor, taking care of 2 homes and a pecan orchard. I checked a number of them and all were exactly as quoted. I made a decision to have a look at what this doctor had to say. Most drugs given for this problem relate with the muscle function as a whole, not to the cellular function of the muscle tissue.

UPDATE 12/31/2016: Just returned from Houston where hubby had another ECHO completed. I can back him through to his state. That's what that is all about. Bottom line is that Dr Sinatra recommends 4 supplements to improve cardiac health: CoEnzyme Q10, l-carnitine, magnesium and d-ribose. The moment all of these arrived, I began a long needed journey back again to feeling stronger. New dentist viewed old chart & believed he was looking at a different patient). Very detailed health methods. Both these contributed, Personally i think, to the fact that he functions at an increased level than will be expected for his ejection fraction (the % of bloodstream pumped out thru the aorta from the still left ventricle of the center). Normal EF is 55-65%. If you know anyone who has difficulty functioning because of heart disease, this would be considered a good book to learn and try the products. All of them are over the counter and don't react with any prescription meds that I have already been in a position to discover. I stated this reserve to 1 of my husband's MDs (nephrologist) and he wrote down the name of it and asked the nurse to order a copy for the office. There are plenty of references in the publication to various research and the journals these were reported in. He's hardly ever needed supplemental oxygen despite an ejection fraction of 20-25. He explains clearly why they function and how they function but spends a lot of time informing anecdotes about particular sufferers.

UPDATE 4/22/16: I just discovered from the nephrologist's office RN, a pal of mine, that he really did choose the publication; examine it and is now recommending the 4 products to all his pts who've cardiac disease. Since then I have purchased a complete set of the nutrients and had them sent to a close friend who also offers cardiomyopathy from an MI. And he may have very well saved my entire life. friend stay on this combo provided that they are alive. As a previous athlete in his fifties who acquired always stayed in pretty good form, and who stayed quite energetic participating in backpacking & scheduled ECHO will show on hubby. This book addresses the cellular function. Well, I must say, I was not cured over night, but over an interval of a year or two, I made a complete (and I mean full) recovery and I stay healthy even today. Prior ECHOs had all been a comparable as shown above. This is the first improvement since 2009 when he was diagnosed. My great Doctor, Robert McClean of New Interface News, VA, i want to read this book throughout a Chelation Treatment in his workplace, that cleans out my arteries. All of the rest of his meds have been maintenance for several years. All I can say can be that after 52 yrs of marriage, I'm not letting him get out of this marriage if I can help it! LOL Why my " honored " Cardiologist back in Nags Head, NC didn't tell me personally concerning this! He responded! (coenzymes involved in energy fat burning capacity). Pretty useful, wouldn't you say? The only real switch was the addition of the 4 nutrients. Wow! Why hadn't my honored Cardiologist back home in Nags Mind, NC, tell me concerning this paradigm shift? My ejection fraction was at 30%, and my cardiologist suggested a pacemaker if I cannot rebound. Nattokinase was all ready part

of my arsenal. My husband have been on CoQ10 since 1991 for teeth's health (his dentist died. And, since I had the supplements readily available, I provided the d-ribose (in milk) to my cat who acquired become lame in his back again leg, and the muscle groups in his thigh looked to end up being atrophying from nonuse. I feel like I am needs to grow younger. A strange, but good feeling. Book could be a lifesaver A few years ago, I was hit with viral myocarditis which resulted in a case of dilated cardiomyopathy (a extravagant name for congestive heart failure). Can't wait to see what Dec. other vigorous activities, I came across this to become a particularly demoralizing situation. I instantly ordered this publication, Qunol Co Q-10, L-Carnitine, D-Ribose, and Full Spectrum Magnesium. As someone with great familiarity with biochemistry and physiology (a degree in microbiology), We went to work researching my situation. I was not a specialist on cardiac cells, but my research found results for the reason that the cardiac cells in cases like mine had been starving for some of the building blocks of a cellular procedure known as oxidative phosphorylation. It's very well-written and organized. Finally I know how exactly to help support the energy in the cells of my center. I immediately began taking dietary supplements involving the aforementioned ingredients. Concerning this time I heard about Sinatra's publication about metabolic cardiology. (At the time it was not as well known as it is currently). I purchased the reserve and studied it voraciously. I came across that he previously written a very informative reserve on the role of these supplements in the fat burning capacity of the heart, and explained obviously why a heart that was in a state of dilative cardiomyopathy would need dietary supplementation. He's got some medical issues lately after a 7 yr benign course. Among the points he manufactured in his reserve was the way the medical establishment pooh poohed the idea of dietary supplementation to help those with congestive heart failing. Sinatra's assistance in this book spent some time working for me (tachycardia). Those who had taken biology may remember the Krebs cycle along with ATP and mitochondrial function. I've experienced dramatic improvement by pursuing Dr. This is my go-to book for heart health information. Reading by same MD as in Feb 2016 shows an increase of his Ejection Fraction to 30%. My ejection fraction is regular, and I've no restrictions on exercising or activity. I still consider the supplements he recommended to this day. But he didn't realize I got another cardiologist in my own corner- Steven Sinatra. In the event that you or a loved one are having heart disease, read this publication and follow it's suggestions. I could show my cardiologist was quite astonished at how everything turned out. I will continue steadily to make certain both hubby & God bless Dr. Sinatra. Five Stars Bought as a gift, the recipient was highly grateful. I bought the Kindle version because it was cheaper but plan on getting a hard duplicate for other members of my family to learn since I'm NOT loaning out my much loved Kindle! Good to include some of that but I would have enjoyed to have seen even more on the scientific study behind these products. My blood boiled reading about how bull headed and ignorant some doctors and hospitals are when asked to incorporate these to their practices by patients or their own families who would benefit from adding them to their treatments. Pleased some doctors are writing books like these in order to move the ball down the courtroom. Five Stars Good read includes a lot of great information! We gave the d-ribose (in milk) to my cat who had become lame in his back leg Dr. Yet the proof was in the pudding- his sufferers who took the health supplements seemed to perform better and experienced better survival rates than those who did not. After 2 weeks, my Honey experienced to beg me to stop working, so that he could rest. This is very important. Stephen Sinatra two months ago. This reserve has amazed me how useful the information is, how simple it really is laid out so that you can understand. I do not understand people who complain that it's too complex to allow them to understand, lol. My husband has non-

ischemic cardiomyopathy secondary to a viral disease. I bought this reserve by Dr. He was able to put his foot down on the floor the next day time, and some weeks later he is now walking on all fours without the sign of pain. I started acquiring the 4 recommended natural supplements. My heartbeat which had been erratic and skipping beats going back two years and I was generally tired, became normal again, strong & steady. That was 2 weeks ago. It is still steady and I have the energy of a 30 year aged! I am a retired Crucial Care RN and I came across some of the details to be over my head regardless of my training and education post graduation. Think how fun it is to have all that energy from acquiring the 4 health supplements he suggested and being able to work and travel sense great again! Get the book! Give this to your cardiologist This book focuses on several super-supplements that Sinatra has found to be very useful in supporting the fitness of patients with cardiovascular diseases. He in addition has been taking magnesium for 15 yrs roughly. Clear, Concise also to the Point Great information for center health! medical procedures (pacemaker). The 3 things that appeared to be most required had been coenzyme Q, L-carnitine, and ribose, along with magnesium (a mineral needed for many different enzymes & My cardiologist hardly ever once mentioned any type of dietary supplementation to me- he was strictly drugs & Sinatra's advice. This is actually the most complete, informative book ever read ... This is actually the most complete, informative book ever read. He gets it, people want help which book does just that! good read Opens your eyes when physicians refuse to let you know of other options.



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