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Bottom line is that Dr
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supplements to
improve cardiac
health: CoEnzyme Q10,
l-carnitine, magnesium
and d-ribose. My
husband had been on

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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. F ...

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Metabolic Cardiology: Cardiology: Sinatra M.D. ...

Dr. Stephen Sinatra is a highly respected and sought-after cardiologist whose integrative approach to treating cardiovascular disease has revitalized patients with even the most advanced forms of illness.

The Sinatra Solution: Metabolic Cardiology: Stephen T ...

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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

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the role of coenzyme
Q10, L-carnitine, and D-
ribose in the body and
specifically how they
affect your heart
health.

Amazon.com: The Sinatra Solution: Metabolic Cardiology

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If you suffer from heart
disease, Dr. Stephen T.
Sinatra has the solution
you've been looking
for: Maximize the
amount of oxygen your

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heart extracts from your bloodstream by accelerating the rate at which your cells convert nutrients to energy. This can be achieved by following Dr. Sinatra's energy-enhancing nutritional approach.

The Sinatra Solution: Metabolic Cardiology - Kindle

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The Sinatra Solution: Metabolic Cardiology.

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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.

**The Sinatra
Solution: Metabolic
Cardiology by
Stephen T. ...**

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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.

**The Sinatra
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Metabolic Cardiology **Cardiology Part I ...**

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,

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and clearly explains the role of Coenzyme Q10, L-Carnitine, and D-Ribose in the body and specifically how they affect your heart health.

The Sinatra Solution: New Hope for Preventing and Treating ...

Bottom line is that Dr Sinatra recommends 4 supplements to improve cardiac health: CoEnzyme Q10,

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at a different patient).
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15 yrs or so.

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Metabolic
Cardiology

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.

What is Metabolic

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Metabolic Cardiology? - Dr. Sinatra's Heart MD

...

Diseased hearts, are energy deficient hearts. Metabolic cardiology aims to treat hearts at the cellular level by providing the body with the essential buildi...

Dr. Sinatra Explains Metabolic Cardiology - YouTube

The Sinatra Solution of
Metabolic Cardiology

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provided a better way to approach arterial health, and did so in a convincing, authoritative, and confident manner. This book taught me more about cellular chemistry than I ever thought I wanted to know, but did so in a manner that made it easy to grasp.

**The Sinatra
Solution: Metabolic
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Stephen T ...

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,...

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Paperback – March 1
2011 by Stephen T.
Sinatra M.D. F.A.C.C.
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All three of these
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ribose, L-carnitine, and
Coenzyme Q10—are
being used right now in
a wide variety of
serious degenerative
diseases, including
heart disease, high
blood pressure, cancer,
periodontal disease,
chronic obstructive
pulmonary disease,
diabetes, neurological
disorders,
neuromuscular
disease, male
infertility, and even
aging itself.

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The Sinatra Solution, Metabolic Cardiology Part II ...

Sinatra presented his ideas about "metabolic cardiology" at the American College for Advancement in Medicine 's 2005 Conference on Scientific Integrative Medicine. His proposed treatments include giving patients supplemental doses of substances that occur

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naturally in the body which he believes enhance metabolic reactions in cells.

Stephen Sinatra - Wikipedia

In The Sinatra Solution, board-certified cardiologist Dr. Stephen T. Sinatra discusses the importance of energy metabolism on cardiovascular health and the positive impact these three energy-

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supplying nutrients
have on the
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The Sinatra Solution : Metabolic Cardiology by Stephen T ...

Dr. Sinatra is a board-certified cardiologist, certified bioenergetic psychotherapist, and Certified Nutrition Specialist. He has lectured and facilitated workshops worldwide and has authored

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several publications
and medical
periodicals.

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