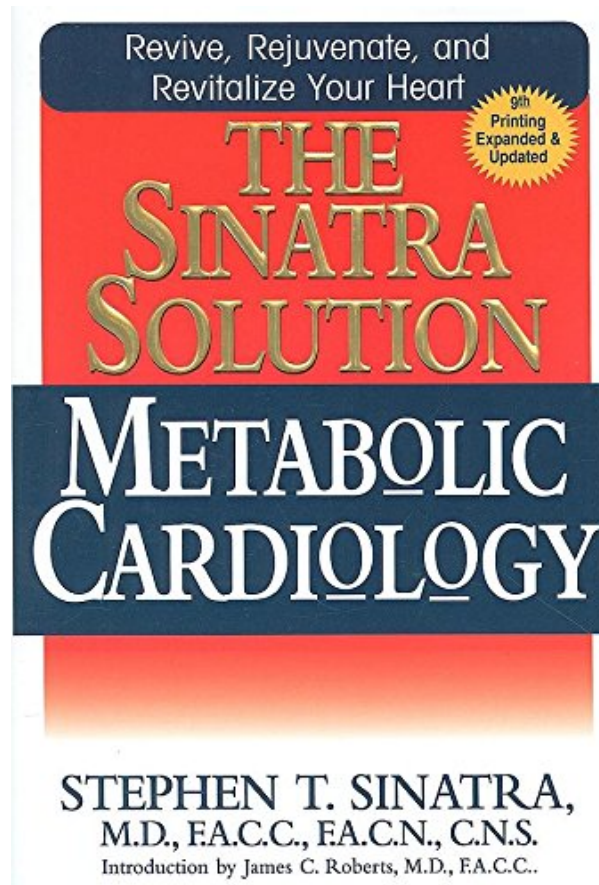


THE SINATRA SOLUTION: METABOLIC CARDIOLOGY BY STEPHEN T. SINATRA



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THE SINATRA SOLUTION

METABOLIC CARDIOLOGY

STEPHEN T. SINATRA,
M.D., F.A.C.C., F.A.C.N., C.N.S.
Introduction by James C. Roberts, M.D., F.A.C.C..

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About the Author

Stephen T. Sinatra, M.D., F.A.C.C., is a board-certified cardiologist, a certified bioenergetic psychotherapist, and a certified nutrition and ant aging specialist. At his practice in Manchester, Connecticut, Dr. Sinatra integrates conventional medicine with complementary nutritional and psychological therapies to help heal the heart.

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THE SINATRA SOLUTION: METABOLIC CARDIOLOGY BY STEPHEN T. SINATRA PDF

There's no doubt about it-people with heart disease lack energy. The heart needs a large amount of oxygenated blood flow to continuously meet its huge energy demands. That's where the new triad of cardiac health comes in-CoQ10, carnitine, and ribose. The synergistic combination of these energy-supplying nutrients maximizes the amount of oxygen that the heart and skeletal muscle can extract from the blood by accelerating the rate at which cells convert nutrients into energy. In "The Sinatra Solution", board-certified cardiologist 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. Dr.Sinatra knows that understanding energy metabolism in the heart is critical to devising effective therapies for treating heart disease. He guides readers through the basics of energy metabolism and cardiac bioenergetics, and clearly explains the role of ribose, carnitine, and CoQ10 in the body and specifically how they affect heart health. He presents concise and informative case histories and scientific studies that demonstrate the important contribution the supplemental use of these energy-supplying nutrients makes in the lives of people with heart disease every day. While the main focus of "The Sinatra Solution" is on improving heart health, this book also touches upon the positive effect the triad has on other diseases and disorders. Readers will learn how these miraculous nutrients work throughout the body, essentially charging up every body cell to function at optimal capacity.

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About the Author

Stephen T. Sinatra, M.D., F.A.C.C., is a board-certified cardiologist, a certified bioenergetic psychotherapist, and a certified nutrition and anti-aging specialist. At his practice in Manchester, Connecticut, Dr. Sinatra integrates conventional medicine with complementary nutritional and psychological therapies to help heal the heart.

Most helpful customer reviews

19 of 19 people found the following review helpful.

Amazing way to improve cardiac function

By Crystal

I'm not sure why Amazon is carrying this book since it is geared more for the medical community. I am a retired Critical Care RN and I found some of the info to be over my head in spite of my training and education post graduation. That said, I have to say it is one of the most valuable books I've ever read. My husband has non-ischemic cardiomyopathy secondary to a viral infection. He's had some medical issues recently after a 7 yr benign course. All of his MDs have been amazed by his ability to carry on with his daily activities 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. He's never needed supplemental oxygen despite an ejection fraction of 20-25. I decided to have a look at what this doctor had to say. Most drugs given for this problem relate to the muscle function as a whole, not to the cellular function of the muscle tissue. This book addresses the cellular function. Those of you who took biology may remember the Krebs cycle as well as ATP and mitochondrial function. That's what this is all about.

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. Both of these contributed, I feel, to the fact that he functions at a higher level than would be expected for his ejection fraction (the % of blood pumped out thru the aorta from the left ventricle of the heart). Normal EF is 55-65%.

If you know someone who has difficulty functioning because of heart disease, this would be a good book to read and try the supplements. They are all over the counter and do not react with any prescription meds that I have been able to discover. I mentioned this book to one 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 many references in the book to various studies and the journals they were reported in. I checked some of them and all were exactly as quoted. I bought the Kindle version because it was cheaper but plan on getting a hard copy for other members of my family to read since I'm NOT loaning out my much loved Kindle!

UPDATE 4/22/16: I just found out from the nephrologist's office RN, a friend of mine, that he really did buy the book; read it and is now recommending the 4 supplements to all his pts who have cardiac disease. Since then I have purchased a complete set of the nutrients and had them sent to a close friend who also has cardiomyopathy from an MI. I will continue to make sure both hubby & friend stay on this combo as long as they are alive. Can't wait to see what Dec. scheduled ECHO will show on hubby.

UPDATE 12/31/2016: Just got back from Houston where hubby had another ECHO done. Reading by same MD as in Feb 2016 shows an increase of his Ejection Fraction to 30%. Prior ECHOs had all been about the same as listed above. This is the first improvement since 2009 when he was diagnosed. The only real change was the addition of the 4 nutrients. All the rest of his meds have been maintenance for many years. All I can say is that after 52 yrs of marriage, I'm not letting him get out of this marriage if I can help it! LOL

10 of 10 people found the following review helpful.

How come my " honored " Cardiologist back home in Nags Head, NC didn't tell me about this!

By Marilyn Flesher

This is of utmost importance. At last I know how to help support the energy in the cells of my heart. Pretty useful, wouldn't you say? My wonderful Doctor, Robert McClean of New Port News, VA, let me read this book during a Chelation Treatment in his office, that cleans out my arteries. Wow! Why hadn't my honored Cardiologist back home in Nags Head, NC, tell me about this paradigm shift? I immediately ordered this book, Qunol Co Q-10, L-Carnitine, D-Ribose, and Full Spectrum Magnesium. Nattokinase was all ready part of my arsenal. As soon as these all arrived, I began a long needed journey back to feeling stronger. After 2 weeks, my Honey had to beg me to stop working, so that he could rest. I feel like I am starting to grow younger. A strange, but good feeling.

14 of 14 people found the following review helpful.

Book can be a lifesaver

By Craig Hughes

A few years ago, I was hit with viral myocarditis which led to a case of dilated cardiomyopathy (a fancy name for congestive heart failure). As a former athlete in his fifties who had always stayed in pretty good shape, and who stayed quite active engaging in backpacking & other vigorous activities, I found this to be a particularly demoralizing situation. My ejection fraction was at 30%, and my cardiologist recommended a pacemaker if I could not rebound.

As someone with great familiarity with biochemistry and physiology (a degree in microbiology), I went to work researching my situation. I was not an expert on cardiac cells, but my research found results in that the cardiac tissue in cases like mine were starving for some of the building blocks of a cellular process known as oxidative phosphorylation. The 3 ingredients that seemed to be most needed were coenzyme Q, L-carnitine, and ribose, along with magnesium (a mineral essential for many different enzymes & coenzymes involved in energy metabolism). I immediately began taking dietary supplements involving the aforementioned ingredients.

About this time I heard of Sinatra's book about metabolic cardiology. (At the time it was not as well known as it is now). I purchased the book and studied it voraciously. I found that he had written a very informative book on the role of these supplements in the metabolism of the heart, and explained clearly why a heart that was in a state of dilative cardiomyopathy would need dietary supplementation. It was written in a style that a layman would be able to understand, but he gave the biochemistry and physiology background well enough to satisfy those at a higher level of understanding (like those with a scientific degree such as myself).

One of the points he made in his book was how the medical establishment poooh poohed the concept of dietary supplementation to help those with congestive heart failure. Yet the proof was in the pudding- his patients who took the supplements seemed to do better and had better survival rates than those who did not. I can back him up on his claim. My cardiologist never once mentioned any kind of dietary supplementation to me- he was strictly drugs & surgery (pacemaker).

Well, I must say, I was not cured overnight, but over a period of a couple of years, I made a full (and I mean full) recovery and I remain healthy to this day. My ejection fraction is normal, and I have no restrictions on exercising or activity. I could tell my cardiologist was quite amazed at how everything turned out. But he didn't realize I had another cardiologist in my corner- Steven Sinatra. If you or a loved one are having heart problems, read this book and follow it's recommendations. I still take the supplements he recommended to this day. And he may have very well saved my life. God bless Dr. Sinatra.

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