

THE SINATRA SOLUTION

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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. Board-certified cardiologist Stephen T. Sinatra knows that understanding energy metabolism in the heart is critical to devising effective therapies for treating heart disease. In *The Sinatra Solution*, he shares the new triad of cardiac health—CoQ₁₀, carnitine, and ribose—a synergistic combination of energy-supplying nutrients that maximizes the amount of oxygen the heart muscle can extract from the blood. Presenting concise and informative scientific studies and case histories, Sinatra clearly explains how these miraculous nutrients work throughout the body, essentially charging up every body cell to function at optimal capacity, making their effect both therapeutic and preventative.

"An understanding of the basic biochemistry and physiology of energy production is important to the physician and to the consumer of health care—that's you."

—from the book

STEPHEN T. SINATRA, M.D., F.A.C.C., is a board-certified cardiologist, a certified bioenergetic psychotherapist, and a certified nutrition and antiaging specialist. At his practice in Manchester, Connecticut, he integrates conventional medicine with complementary nutritional and psychological therapies to help heal the heart. He is an assistant clinical professor at the University of Connecticut School of Medicine and is the author of several books, including *Optimum Health*, *Heartbreak and Heart Disease*, *Heart Sense for Women*, and *Lower Your Blood Pressure in Eight Weeks*.



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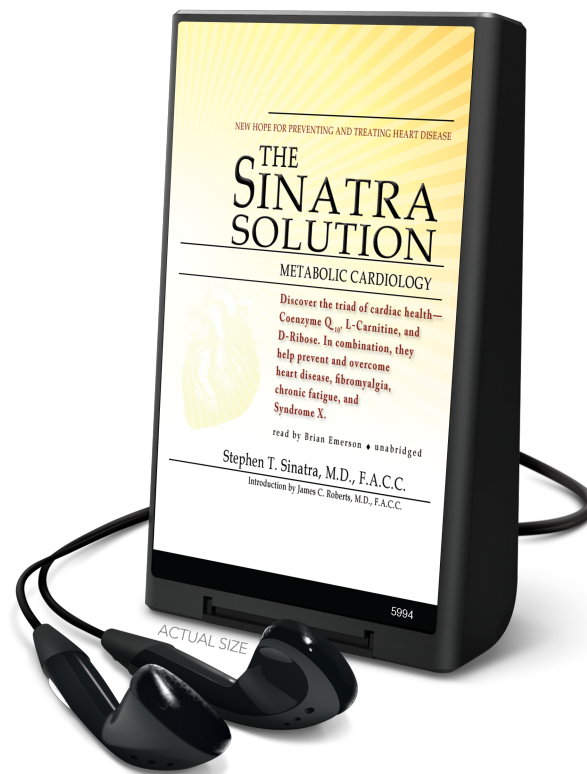
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