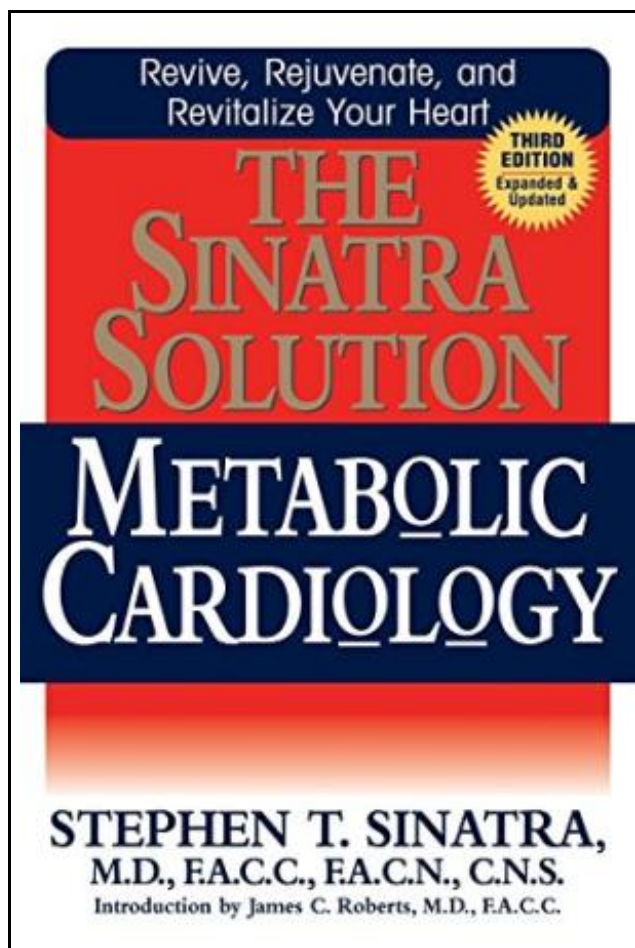


The Sinatra Solution Metabolic Cardiology



Filesize: 8.12 MB

Reviews

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

(Rene Olson)

THE SINATRA SOLUTION METABOLIC CARDIOLOGY



Basic Health Publications. Paperback. Book Condition: New. Paperback. 279 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. 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 to energy. 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-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 roles of ribose, carnitine, and CoQ10 in the body and specifically how they affect heart health. He provides concise and informative examples of case histories and scientific studies that are testament to 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 that the supplemental use of these miraculous nutrients isn't limited to healing a sick heart and preventing heart disease. Their energy-enhancing abilities work throughout the body, essentially charging up every body cell to function at optimal capacity. There's no doubt about it—*The Sinatra Solution* will help readers learn how they can achieve renewed heart health and general well-being...



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