

# Dr. Sinatra's HealthWatch Hotline

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**Summer 2006**

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[Design Note: Put SPECIAL EDITION in white letters on red banner across right hand corner; photo of mid to late 40s couple pointing at the reader under the headline]

## Not With Our Lives You Don't!

Doctors, Drug Companies and Nutritionists Ignore This Simple Health Solution ... Hoping You Won't Notice ... To Keep You Coming Back Again and Again

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- These 3 things will land you on the slippery slope to age-related illnesses ... page xx
- Stop plaque in its tracks by drinking 8 ounces of this juice every day ... page xx
- **Merck's** desperate **patent application** on this life-saving substance **failed** ... page xx
- Are you a jock? This nutrient will have you reaching your personal best ... page xx
- Can a sat fat do your heart GOOD? This one can! ... page xx
- How to have arteries a cardiologist would envy ... page xx
- Cut heart attack chances by 50% ... with **1** supplement ... page xx
- This cheap clot buster has no known side effects
- Why "pink in the sink" could be a systemic bomb inside you just waiting to explode ... page xx

[Victoria's story] When my friend Carl turned 50 last year, we decked out his house with black balloons, wore "Over the Hill" T-shirts, and he received a cane adorned with a bicycle bell and training wheels. He laughed along with us but I saw a tiny flicker of doubt in his eyes – like the shadow of a passing cloud on the desert floor – when he glanced at the cane resting in the corner.

We have Madison Avenue and the greeting card industry to thank for convincing Americans that after 50 they'll experience a surefooted rapid decline of health and mental capacity. We've all been brainwashed into believing that age makes you less vital, less capable, dumber than you were yesterday.

What utter B.S.!

Are you sick to death of hearing big pharmaceutical companies whine because their drugs get yanked off the shelves when there's a problem they could've fixed for next to nothing?

Tired of hearing doctors drone on about "miracle" cures that drain the wallets of elderly parents, desperate to try anything?

Fed up with alternative practitioners – playing doctor – chanting that all medication is bogus?

What do you do? Who do you listen to?

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## Summer 2006

[Design Note: Put SPECIAL EDITION in white letters on red banner across right hand corner; Under Headline: photo of late-40ish people coming to a line of demarcation. Sign says "Before 50" with an arrow pointing one direction and "After 50" with an arrow pointing in the opposite direction. Young couple trying to break away from inevitable as they see police "ticketing" by forcing people turning 50 onto walkers]

Good Health as You Get Older Is a Just Matter of Luck, Right?

## Avoid the Medical Speed Trap of Age

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I'm sure you've seen buckets of promotions like this one before ... maybe even lined Fluffy's cat box with 'em ... and laughed. "Miracle Cure!" "You'll Be Healed with One Pill!" Headlines like these scream at you so often – on TV, radio and in rags at the grocery store – that you've become immune.

My staff thinks I'm nuts to be this open, honest and bold but I say it's the only thing I can do. I don't want to grow old with increasing back pain ... I don't want my failing health to be a burden to my friends and family ... and I don't want to spend my 60s, 70s and beyond scared of being sick and having to take a dozen pills – before breakfast.

What if I told you that a Board certified cardiologist ... someone who has spent his entire career helping people feel good again ... has tapped into a secret to long-lasting good health that's so simple it makes everything else pale in comparison?

## **Luck Shouldn't Be a Factor in Your Good Health Plan**

[Sinatra photo and PULL QUOTE]  
"The time has come for traditional medicine to listen to the demands of the public."

By Judy Brandon  
Marketing Director  
*Heart, Health & Nutrition*

*"If I'd known then what I know now, I'd do things differently."* Have you heard that familiar adage? Maybe even said it out loud a time or two?

Age can be a nasty little devil. It sneaks up and ambushes you. An ankle twisted in a pick-up basketball game can turn into a trip to the doctor for arthritis medication. Your Mom's occasional back pain suddenly puts her in a walker. Or Uncle Bert's frequent urination becomes prostatitis.

Oh, it's just age. Isn't that the mantra we've all been taught? Engines wear down, things stop working, parts break. Just wait 'til you're my age! is what I heard growing up.

Well, you can be better prepared, more well-equipped with answers to health issues that may start to plague you or have already effected your parents, in-laws or older brothers and sisters.

### **Preparation is your key to living healthier longer.**

You know what it feels like to be prepared. Your confidence is high, you can't wait to put your knowledge to the test, and you feel safe and secure. Ready to jump on an opportunity when it comes your way.

Here's your chance.

Sure, you can run to Barnes & Noble and pick up the latest books on health and healing that seem to morph out of thin air and then spend months reading them trying to decide what's best for you. How do you know what's safe? What dosages are effective? How much more

research will you need to do to find out? In the end, those expensive books end up in Aunt Kay's garage sale.

Or you can request your own FREE copy of *Simple Cures*, the new report from Dr. Stephen T. Sinatra. In it, he digests everything for you. You'll get the right information light years before everyone else has it and that will give you the best kind of preparation there is.

I recently talked with Dr. Sinatra and heard what he had to say about health and aging. What he said made sense to me. One of the things he said really hit home: "The time has come for traditional medicine to listen to the demands of the public." I'd never heard a medical doctor talk so brazenly about mainstream medicine.

"I use drugs and surgery – the workhorses of the medical world – only when required to keep my patients alive and pain-free," Dr. Sinatra told me, "while I give their bodies the nutrients Nature needs to cure them. I like to team the best of mainstream medicine with tried-and-true diet, lifestyle and nutritional supplements to build up natural disease-fighting defenses to combat any illness."

When I asked him if there was a simple solution – a health no-brainer, if you will – to ward off age-related health concerns, he said I'd need to start at the source and gave me an analogy ...

### **A Clogged Drain ... in Your Body!**

[Design note: graphics of clogged kitchen drain and free-flowing drain plus clogged artery and clear artery]

Dr. Sinatra said, "If you had a clogged kitchen drain – from hair, grease or crud – water couldn't flow properly down the pipes. It would pool, back up, and overflow. And if it's really bad, the Drano or Liquid Plumm'r you'd just spent money on can't dissolve the blockage.

"Your circulatory system is also a series of pipes consisting of arteries, veins, and capillaries. Not only does the blood need to flow freely, the health of the pipes themselves ... the suppleness and elasticity of your blood vessels ... needs to be maintained for blood to flow without restraint."

I begged him to go on. "What impaired blood flow does to your body is like a parched man desperate for water – he reaches out for it, dying for it's sustenance. Placing his mouth underneath the only spigot within 100 miles, he cranks it and one droplet falls onto his swollen tongue."

So what's the answer? What's the secret to staying healthier longer?

The answer is *INSIDE* you. **Impaired circulation is the common denominator in any disease.** Whether it's the cause – a distracting headache, the sudden cramping of chronic diarrhea, or the painful throb of arthritis. Or the effect ... nitro doesn't ease stabs of angina, glucosamine can't repair stiff, worn out joints, or Neulasta® fails to build white blood cells before chemo.

Dr. Sinatra told me something that shouldn't surprise you. It's been all over the news for years: plaque builds up in your blood vessels as you get older. And as a licensed cardiologist and nutritionist with more than 30 years' experience – he still sees as many as 15 patients a day – he's learned that when plaque builds up and causes blockages in one part of the body, there's usually blockage in other parts of the body, too.

What does that mean for you? It means you could soon be suffering from a **systemic disease** that's a result of a **breakdown in your circulatory system**.

Systemic disease runs rampant in a domino effect that's impossible to contain. Swelling in an ankle turns into sciatica with pain so bad it hurts just to sit on the john. Sciatica turns into high blood pressure and diabetes because you're stressed out about the pain and can't move around to stimulate good use of the sugars you're eating. Poisoned cells attack organs and become cancerous.

It's a vicious cycle.

## Tap Your Inner Strength

I'm not suggesting you ignore your doctor's advice in favor of Dr. Sinatra's. I'm not asking you to take anything on faith. Why should you? A solution is either real or it's not. It works or it doesn't.

In *Simple Cures*, Dr. Sinatra gives you the inside track on the secrets of how to blast away the things that will prevent you from staying healthy. And you won't be left to guess how to restore good circulation.

In the next few pages, you can take a glimpse at Dr. Sinatra's secrets to finally break free from any health concern that could limit you ... age-related illnesses that could plague you with pain ... enslave you to costly, dangerous drugs ... and scare the willies out of you.

Why should you listen?

**BECAUSE GROWING OLDER SHOULD MAKE YOU FEEL STRONGER AND SMARTER NOT POWERLESS.**

Yours for a long and healthy life,

Judy Brandon  
Marketing Director  
*Heart, Health & Nutrition*

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## One Person Can Change Your Point of View

[The guts of this story comes from Chapter 1 of *Heartbreak & Heart Disease*] When I was just starting out as a physician I was like many of my colleagues: be the standout, the superstar, fix lives, get rich. But one man changed my point of view.

I'll admit, I was ticked to get called out at 3 in the morning to check on a non-emergency. It was late and I was tired. The life of an intern isn't much life at all.

I walked into the room of a guy ... I'll call him Stanley ... who had terminal cancer. I checked his tubes and made sure he was stable. A dry papery hand caught my arm as I turned to leave. I was annoyed at being stopped from going back to the few hours of sleep I could snag before rounds.

I turned around and saw him. I mean finally looked at Stanley the person not Stanley the patient in room 303. This gentleman couldn't speak because his cancerous larynx had been removed but his eyes told me his story. He was alone. And he was dying.

I thought about how I'd feel if I were him. I glanced down at his hand and saw a tattoo: the letters l-o-v-e were inked on each finger. I crawled up onto his bed and put an arm around his shoulders. We stayed that way for a long time.

And I changed forever.

Is age just a state of mind? Just a number? Yes and no. Your mind, body and spirit are intertwined. The health of your body begins to deteriorate when your physical, emotional and mental processes break down and stop working in harmony together. Yes, you'll get older and with that age your body will change. Judy's friend Carl knows that and you do, too.

Let me ask you this: Have you sprained an ankle or twisted your back and thought, "I don't heal as fast as I did when I was 16"? Guess what? The reason you healed faster then wasn't just youth. At 16, healthy circulation courses through your body like a smart bomb making sure tissues, organs and muscles receive the nutrients and medications they need to heal. Your arteries aren't clogged up with life, with inflammation or plaque or blood clots. As a result, your body's full function returns sooner.

### **For Long Lasting Health You Need to Start at the Source**

- Doctors and nutritionists disregard (more like cover it up) this simple health solution...until you're sick – or worse: Become the victim of a debilitating heart attack or stroke that changes your quality of life – **FOREVER** ...
- Alternative practitioners want you to suffer in silence through your unbearable angina, your dangerous high blood pressure or your risky insulin resistance – by chucking your life-saving meds in the trash...
- Drug companies keep this healing, life-saving information out of your hands...so they can keep their mitts in your wallet!

The secret to maintaining a fully functioning healthy body is to start at the source: circulation.

You see, every day, your heart pumps 2,000 gallons of blood through the 75,000 miles of veins, arteries and capillaries in your body. When your blood flows freely, it delivers all the oxygen, nutrients, hormones and other substances your body needs to heal you, prevent disease and energize you – in short, to help you survive and thrive.

Did you know that, as an American, you or a loved one stands a one in four chance that a circulatory problem will cost you your life? No lie. Even worse: There's a nearly 100% chance that it's already begun to rob you of the good health you need to get the most out of life. It's frightening.

Here's how it happens. Over the years, the walls of your arteries, veins and tiny arterioles that feed your body's 100 trillion cells become clogged with plaque, slowly diminishing the supply of life-giving blood to many parts of your body. Inflammation and swelling in your circulatory system decrease blood flow even more. Microscopic blood clots lodge in the narrowest of places, completely starving millions of cells to death.

Want proof? Researchers studying early-onset atherosclerosis reported in the journal *Circulation* that, among men aged 30-34 who had died from an auto accident, homicide or suicide, nearly 20% had a greater than or equal to 40% narrowing in at least one coronary blood vessel.

Choking off the blood flow to muscles makes them weak and sentences you to chronic fatigue... to joints makes it impossible for them to heal themselves ... to your liver and kidneys fills your body with toxins ... and to your brain makes you lose your ability to reason, learn, remember. When the brain starves and begins to die, your life slips away little by little until you can no longer tie your shoes, call your daughter, or be trusted to spend time alone.

It's not just age.

The implications can be far-reaching. If you sometimes have pain, numbness or swelling in your hands or feet ... if your lower legs sometimes "go to sleep" on you ... if you see pink in the sink after brushing ... if you crash after lunch ... it's a red flag that your heart or brain could be at risk, too!

On the other hand, if your doctor has told you that you have high blood pressure or partially blocked heart arteries – and these conditions aren't picky about who they attack and how old they are – it's a cinch that compromised blood flow is already starving your muscles, joints, bones and other organs. As you age, a fall – the kind you used to bounce back from with ease – will be a broken bone, the place where you nicked yourself shaving won't heal properly, and erections...when you have them...will be weak and short-lived.

Can I tell you you're never going to die or that you'll never suffer from the effects of getting older? No, I don't have that kind of power and that kind of statement ... made just to get your attention and money ... would be unethical and unjust.

### **This Doc's Got Plenty of Nothin'**

Do I want you to request your free copy of *Simple Cures* and subscribe to my newsletter? Sure I do. But it isn't because I need your cash to pay the mortgage. It's because I want you to possess the information I have so you can have plenty of nothing.

What do I mean by "plenty of nothing"? It's a negative, a zero, a total lack of anything happening, a non-event. But that's what I want for you.

If, as a result of my being your doctor on call, nothing happens to your health ... other than feeling good and having fun ... then that's EXACTLY what I want. If your health concerns evaporate, if you're not spending money on medication, and you're doing everything you want to do, that's the kind of nothing I want for you.

### **You Can Sidestep the Slippery Slope of Age**

What happens when impaired circulation is unblocked? A flood of healing power – just like when you were 16 – breaks free and saturates every cell, organ and tissue in your body with life and vigor.

With healthy circulation, the underlying cause of nearly every illness you've experienced or are worried about ... the not knowing if your chest pain is a fatal heart attack waiting to happen, if that headache you can't shake is an aneurysm, or if the tingling and numbness in your toes means the start of diabetes ... will be exposed and eliminated.

Healthy blood gushing through every inch of your body blows away the specter of stubborn, painful or life-threatening health problems:

- §!Clogged cardiac arteries open, reducing heart attack risk
- §!Tachycardia and arrhythmia are reduced or eliminated
- §!Carotid artery obstructions – a key risk factor for TIAs or stroke – are lessened or wiped out
- §!Elevated cholesterol, Lp(a), C-reactive protein (CRP) and homocysteine levels are brought under control reducing risk of heart attack, stroke and Alzheimer’s Disease
- §!Asthma and bronchitis will ease allowing deep breathing without supplemental oxygen
- §!Cold arms and legs will warm up
- §!Diabetic neuropathy – that feeling of putting your feet into a sock full of angry bees – will fade away
- §!Osteoarthritis pain will ease or disappear
- §!Chronic diarrhea, indigestion, or irritable bowel syndrome is reduced permitting you to be free to travel
- §!Sleep deprivation due to frequent urges to urinate at night disappears
- §!Diabetes and high blood pressure – risk factors for stroke – are under control
- §!Erectile dysfunction evaporates
- §!Failing eyesight is reversed
- §!Aged and wrinkled skin will appear vibrant and glowing ... you’ll once again enjoy the shocked expressions when you confess your age – after acquaintances have guessed 15 years younger!
- §!Low back pain and sciatica will vanish
- §!Diminished energy is replaced by vitality ... without a power nap
- §!And ***much, much more!***

In short, you’ll stay healthier longer.

I’ve spent my life getting life-giving blood where it needs to go. Yeah, I’ve got some fancy-schmancy letters at the end of my name: FACC and FACN. What the heck are those? I’m a fellow.

A Fellow of the American Colleges of Cardiology and Nutrition. Continuing education is a critical part of my life. And if I didn’t have the education and training, I wouldn’t have the chops, as my Dad used to say. In other words, I wouldn’t have the knowledge and experience to pass on to you.

Over the course of my medical practice, I’ve seen heart patients with other conditions recover full function of their bodies once ample blood flow has been restored.

See for yourself how revived circulation changes lives ...

**# !Cholesterol Reduced!** Total cholesterol reduced 70 points in 7 months.  
 Doctor’s comment: “I can’t believe it! Excellent!” *Rosemary L., Richmond, VA*

# **Cancer Erased!** “My 41-year-old nephew was diagnosed with bone cancer in May, 2004 and doctors gave him 6-12 months to live. After Poly-MVA and CoQ10, his bone and body scans as of February and May 2005 were negative for cancer.” *Wilma B., Tucson, AZ*

# **Heart Problems Eliminated!** “I’ve suffered two heart attacks and have gone through open heart surgery. After starting on a regimen prescribed by Dr. Sinatra, my lifestyle drastically changed. I have unlimited energy and stamina at 71 years of age.” *Dr. Reg D., Eliot, ME*

# **Hypertension Relieved!** “At 50 I was diagnosed with hypertension. I’ve been taking CoQ10 and fish oil. I’ve reduced my blood pressure medication to one low-dose pill a day.” *Anne F., Mt. Airy, NC*

# **Ejection Fraction Increased!** “At age 60 I was diagnosed with dilated cardiomyopathy and had an ejection fraction of 17%. From 1998 to 2005, my ejection fraction increased to 48% thanks to CoQ10 and fish oil!” *Carl E., Binghamton, NY*

It’s a shame it’s going to take the medical world a decade or more to fully recognize the connection between impaired circulation and failing health – just like they waited years to accept the Heimlich maneuver or CoQ10.

But here’s the best part: you don’t have to wait that long. You can improve your blood flow and stay healthier longer by requesting your **FREE** personal copy of *Simple Cures* and I’ll tell you how to do that in a moment.

### **Concerned About Failing Health as You Age? Put Those Worries in Your Rearview Mirror**

Conquering age-related health concerns by improving your circulation ... in other words, getting help where and when you need it – fast – is just good common sense.

Are you skeptical of “alternative” remedies? Too new age, hippy-dippy, free love for your taste? Some natural therapies have received bad press because of reports that seniors have sometimes lost their life savings to scams that promise they’ll never be sick or will never die. Aching to feel better ... even just for a day ... people willingly send hundreds, even thousands, of dollars to snake oil salesmen promising rain but delivering dust.

*Simple Cures* is chock full of alternatives – alternatives to waiting to be sucked into the tornado of high-priced drugs and the medical speed trap of age. For me, having alternatives means I have choices.

I like natural supplements for a couple reasons. First and foremost, supplements return the vitamins and minerals your body craves. Second is a lack of side effects. I’m sure you’ve been assaulted by TV commercials ... selling lost youth ... touting the latest cholesterol-lowering drug or miracle for erasing erectile dysfunction. A required part of ads these days is a mention of side effects – everything from liver damage to stroke, kidney failure, heart problems, or even death.

I’m convinced that some of the most common side effects from drugs are really nutrient deficiencies in disguise:

[design note: insert box here using “It’s Not a Side Effect—It’s a Nutrient Deficiency Symptom” found at the bottom of page 6, Winter 2005 Prudent Balance promo]

No, I don’t think all prescription drugs are bad for you. But here’s my question: Why would you ... unless your symptoms and quality of life were so compromised ... willingly subject yourself to those drugs when there’s **something just as powerful without side effects?**

### **Don’t Let Inflammation, Plaque and Clots Lock Out Good Health**

A healthy and active life starts by eliminating the obstacles that jeopardize your circulatory health. If you’d been one of over 50,000 subscribers to *Heart, Health & Nutrition*, you’d know that these three bandits exist solely to sneak up and rob you of your good health:

- ! ! % **!Inflammation** -- Your body's natural defense to fighting infection could be the very thing contributing to circulatory problems. Inflammation creeps up behind you on stocking feet, constricting your circulatory system in a stranglehold before you even have a chance to react
- ! ! % **!Plaque** -- Plaque builds up on artery walls as the direct result of cholesterol being oxidized by free radicals. It's the oxidation of cholesterol that's the real circulatory problem, not the cholesterol itself. And your arterioles are so small that a minute portion of plaque in there is like King Kong stuck in the New York subway
- % **Clots** -- Blood clots tend to form where plaque is already present or in areas where some blockage already exists and reduces blood flow everywhere

Cholesterol levels used to be the benchmark for heart attack and stroke risk. But scientists at **Harvard, The National Heart, Lung, and Blood Institute, and the University of Pennsylvania School of Medicine** have discovered the importance of **inflammation** as a **more critical risk factor than cholesterol levels**. *Circulation*. 2005 Jun 28; 111(25):3481-8; *Curr. Pharm. Des.* 2005; 11(18):2383-401; <http://www.nhlbi.nih.gov/meetings/workshops/oxidative-stress.htm> The relationship between heart disease and inflammation has even made it to the covers of *Newsweek* and *Time* in the past three years.

### **It Only Takes One Domino to Start an Inflammation Chain Reaction**

You see, all disease has a starting point, the place where the first domino topples to begin the chain reaction. Inflammation ... the swelling, redness and heat that make up your body’s natural defense to fighting infection ... constricts your circulatory system in order to protect you. You need that to happen. But here’s the problem: When your immune system is on red alert in one place, unwanted inflammation often shows up in other places.

For instance, a gum infection can leak into your bloodstream and travel to a vulnerable spot – like a weakened arterial wall – dangerously exposing you to other illnesses. Soon, inflammation crops up in other parts of your body ... irritable bowel syndrome puts you in agony ... acid reflux disease chews up your esophagus ... chronic bronchial asthma constricts your airways so much you’re put on oxygen. And that’s just when inflammation is being rowdy.

Sometimes inflammation is silent. Sometimes you have no idea that something as innocent as a little pink in the sink after brushing is the start of a raging wildfire that will soon be totally out of your control. Even infections with no symptoms can cause a heart attack or stroke.

Like a red-hot searing boil in your arteries, inflammation reduces blood flow to every cell in your body, causing tissues, muscles and organs to weaken and die. But control inflammation and you'll control nearly every disease ...

## Trust Your Instincts When it Comes to Your Health

[This is Louise's story; writer called her "June" in Winter 2005 Prudent Balance sidebar] Ken was dealing with the frightening reality we all must face at some time: his Mom, Mary, was near death. In and out of a coma, she suffered from a congenital heart defect, pneumonia and kidney failure. A tube stuck down her throat helped her breathe. None of her medications were working – inflammation had her in its death roll.

Ken, a biochemist, knew about the healing and curative properties of a substance you may have heard about called CoenzymeQ10 or CoQ10. All of his attempts to convince Mary's doctors to supplement her medication with CoQ10 failed. They said no, thanks. He sent stacks of research proving remarkable results with CoQ10 therapy. They weren't interested. These doctors refused to administer a treatment that could help Mary. Why? Because CoQ10 wasn't on the hospital's "approved" list.

They were going to let Mary die because of protocol.

Fed up, frustrated and tired of feeling powerless, Ken contacted me and together we decided to take the risk and move his Mom to Manchester Memorial Hospital where I could treat her. When she arrived, she was in a coma. I treated her with the same kind of cardiac therapy she received at the first hospital but with the addition of 450 mg of CoQ10 and 1 gram of magnesium every day.

## CoQ10 Gives You the Power to Fight Your Own Battles

The best inflammation fighter on the market, hands-down, is **CoQ10**. CoQ10 reduces swelling and inflammation, which increases your blood flow. That, in turn arrests the clogging of your arteries because medication can get through ... builds up your immune system to fight cancer, diabetes, and hypertension ... offsets undesirable effects of statins ... and assists in brain disorder recovery.

CoQ10 fires up healthy mitochondria and generates a compound called *adenosine triphosphate* or ATP. CoQ10 revitalizes and rebuilds ATP depletions and returns superb cellular energy to you. How does one supplement do all this?

Your body is like a car battery. When it's fully charged – full of healthy mitochondria and ATP, that is – you have a ready supply of energy to perform all the tasks you need to do in a given day. But when your personal battery is low on ATP, you'll feel run down, have sore, aching muscles, and will lack the vitality you need in order to do things like ski all day with friends, enjoy a month-long European vacation with your spouse, or spend Christmas in Tahiti with your family.

What happened to Mary? Well, remarkable things happened once we got her inflammation under control and recharged her battery. After three days, Mary woke up. In just 10 days, she was off the ventilator and in a mere two weeks she was at a rehab facility and only on supplemental oxygen. With her daily regimen of supplements including magnesium and CoQ10, she **lived another seven years** with a good quality of life.

Just like it did with Mary, I've seen CoQ10 work time after time in my practice. Don't take my word for it. See for yourself how well CoQ10 works:

2 !**“In a routine doctor's visit, about a year ago, I was alarmed to discover I had a cholesterol level of 242. I was also told that I was dangerously close to becoming diabetic. I immediately began taking several supplements including CoQ10, vitamin E, and omega-3s. At my last doctor's visit, my cholesterol was 130 and a blood sugar was normal. I couldn't be happier.”** *Charles M., Moreno Valley, CA*

2 !**“While vacationing in the Berkshires in August of 2000, I developed a cough and shortness of breath. As a yoga teacher, I was in good condition so it was a deep shock when the doctor told me I had congestive heart failure. I was told that I would need a heart transplant. I learned about Dr. Sinatra from a close friend and started taking the supplement Coenzyme Q10. By September 2001, my doctor told me that I would not need a transplant.”** *Jill M., Bonita Springs, FL*

2 !**“In 2003, I was diagnosed with Parkinson's disease. I was started on a regimen of Senemet and Aricept. In 2004, I began taking your daily supplements and added Coenzyme Q10. I stopped the Senemet and Aricept in January 2005 since my Parkinson's had not deteriorated, but had improved! I was able to write my name, eat without help, and walk without walker. My neurologist says, “Keep on taking the Coenzyme Q10!”** *Melvin S., Pittsford, NY*

In fact, CoQ10 works so well that drug behemoth Merck tried to patent it in 1989 when they realized their statin drugs were depleting levels of CoQ10! And in Canada, statin manufacturers are now required to put warnings on their labels about the need for CoQ10 supplementation while taking their medications.

I'm sure you've been bombarded with news about free radicals and antioxidants. Well, CoQ10 is one of the most powerful free radical fighters known to science. It rounds up these tiny killers before they can age your skin, joints, eyes and ears – and before they can leave more footholds for plaque in your arteries.

I like a hydrosoluble CoQ10 because I think it has more bang for the buck. Look for “Q-Gel” on the label. When taking a non-hydrosoluble formula, I recommend 60-120 mg as a preventive for cardiovascular or periodontal disease. For a hydrosoluble product, take 30-60 mg per day.

Inflammation is a medical terrorist. It murders cells, muscles and organs. But CoQ10 and this next inflammation fighter are a great team.

## **New Kid on Supplement Block is Your Missing Link to Better Energy**

Everybody wants to stay ahead of the curve ... you, me, Oprah, The Donald. Knowing what to expect as you grow older will keep you healthier longer.

Delivery of oxygen to your tissues, cells and organs is vital to your survival. Oxygen is choked off when inflammation shuts down your circulatory system. But there's a new supplement that ... when paired with a blockbuster inflammation fighter like CoQ10 ... helps keep inflammation in check while maintaining high energy.

Like CoQ10, this nutrient is a critical building block of ATP, but you can't get enough from food alone. And I flat-out guarantee your doctor will barely remember it from medical school let alone recommend it to you in a nutrient-rich health plan.

What is it? It's called **D-ribose** and I'm positive you'll hear more about it as the years go by.

Have you been a victim of heart disease or know someone who has? Heart disease saps oxygen and blood flow and those deficits kick your energy to the curb, leaving you feeling weak and fatigued. D-ribose helps you rebuild your metabolic energy pool. Hey, if you're a triathlete or just love to participate sports, you'll adore D-ribose.

Studies have shown that D-ribose can ...

- # **!Restore energy and diastolic function** to an ischemic heart in an average of 1-2 days

- # **!Reduce free radical formation** – critical for patients with congestive heart failure and low energy output

- # **!Accelerate energy synthesis in skeletal muscles** ... controlling the pain of peripheral vascular disease

- # **!Protect and restore your heart after surgery** – in a recent study, only 20% of patients who received D-ribose following heart surgery had a drop in cardiac performance as opposed to 85% in non-supplemented patients

- # **!Increase energy** in muscles by **over 100%** ... a study at the University of Missouri found that even doses as small as 500 mg can achieve this result

D-ribose comes in various forms including powders, liquid and tablets. For cardiovascular prevention and healthy blood flow, I recommend 5 grams daily (or about one level to slightly rounded tablespoonful of powder).

In *Simple Cures*, I'll tell you all about another inflammation warrior that's – believe it or not – a saturated fat!

### **How Can a Sat Fat Do Your Heart Good?**

The ordinary coconut ... known for its sweet milk, great fiber, and ability to conk people on the head in Marx Brothers movies ... can do your heart – and circulatory system – a world of good.

But, hang on here. How can a cardiologist recommend a saturated fat to you? Because the medium-chain fatty acids (MCFAs) in coconut oil behave differently in your body than the long-chain fatty acids found in animal fats (like lard and butter). Instead of being converted into LDL cholesterol, these MCFAs actually **lower** it!

Studies have shown that coconut oil can:

- 2 **!Prevent** platelets in your blood from clumping together and causing clots

- 2 **!Resist** oxidation when heated – this means fewer free radicals are introduced into your body

- 2 **!Neutralize** and kill microorganisms, bacteria and viruses responsible for things like periodontal disease, herpes and even bladder infections – that means you have less inflammation and healthier circulation!

Try cooking with coconut oil instead of olive oil but don't heat it to the point of smoking – this can produce toxic by products. You can also eat coconut or coconut products every day for maximum antimicrobial effects:

- "!2 to 4 tablespoons of pure coconut oil
- "!7 ounces of fresh coconut meat (about half a coconut)
- "!2 3/4 cups dried shredded coconut
- "!10 ounces of coconut milk

If you're not nuts about eating coconut, try applying coconut oil to your skin. Your skin absorbs almost anything you put on it and it's a great way to treat dried, cracked skin. It also helps control dandruff and improves hair texture.

### **Don't Let Inflammation Slow Your Good Health to a Crawl**

You can prevent the effects of inflammation. It can be a silent killer but if you take steps today – like the ones you'll find in your **FREE** copy of *Simple Cures* – you'll defeat it and keep it under control for a longer, healthier life. In *Simple Cures*, I get down and dirty with **7 more inflammation-fighting Top Guns**, including:

- % !The truth about dietary fat – and when it's essential to combat inflammation [[found this in a newsletter](#)]
- % !The brainpower supplement that does double duty [[gingko](#)]
- % !Is there really a GOOD statin? Learn which conditions may be helped by taking a statin to fight inflammation [[Feb 2005 newsletter](#)]
- % !This supplement is called the “smart man’s” Viagra! [[l-arginine](#)]
- % !Lower your Lp(a), regulate your triglyceride level, and regain healthy blood pressure ... with one supplement [[fish oil](#)]
- % !According to a study published in the *American Journal of Cardiology*, **75%** of cardiovascular patients were deficient in this mineral [[magnesium](#)]
- % !What staple in Italian cooking is a natural antibiotic and superb inflammation fighter? [[garlic](#)]

Look, if you have the tools – can see into the future, if you will – to defeat something before it happens, you'd do that wouldn't you? You don't need to put your life on the firing line. And you don't have to wait for age-related health problems to happen – and then have to cope with them. In your FREE COPY of *Simple Cures*, you'll find out how to prevent many of the illnesses you've seen your older loved ones experience. How good is that?

*Simple Cures* gives you the answers you need, when you need them. This eye-opening volume will give you an inside track on the best nutrients to use to keep your circulatory system in top shape and help you kick age-related diseases to the curb. You might even heal as fast as you did when you were 16....

Want to learn even more about inflammation? Everything you'd want to know is available in another FREE special report, *The Fire Within: How to Halt and Reverse Silent Inflammation Now*. [[design note: place cover graphic of report here with burst and FREE! inside it](#)]

Now, inflammation is only one of what I call “the deadly three”. As you read earlier, plaque forms a concrete dam in your arteries. But you can sandblast plaque and ...

## Have Arteries Even a Cardiologist Would Envy!

As you age, plaque can build up on the inner walls of your arteries. And where there's plaque in one artery, there's sure to be more in others. But what is plaque? It's an injury triggered by inflammation.

Plaque build up begins when a hard seal (or fibrous cap) forms to contain a lesion created by inflammation. Under this cap lies a rotting mess of dead cells and pus. As plaque increases, your arteries expand and reshape themselves to house the bulge.

Over time, plaque grows layers like an onion until it's so large that it narrows or completely closes the area through which blood can flow – and cells, muscles, and entire organs begin to age and die.

There are two crucial elements responsible for plaque build-up:

- . !Free radicals from food and the environment leave tiny scars in your artery walls where plaque can take hold
- . !Spoiled, rotting LDL cholesterol – oxidized by those same free radicals and bonding with calcium – becomes super-glued to your artery walls as plaque!

The best way I know to halt plaque ... and the cardiovascular disease it spawns ... is to prevent it from ever forming. I recommend two substances that champion the fight against plaque build up, including ...

### Juicing Up Your Arteries

Have you ever heard the saying everything old is new again? That seems to hold true for all sorts of things like hair length, cars, and dietary nutrients. A fruit that's been around for thousands of years – it even symbolizes fertility and immortality in some cultures – can help you fight plaque naturally. Now, there's nothing high-tech about this juice but the returns for patients with coronary artery disease are immeasurable.

The results of a study conducted in 2004 suggest that this juice may be instrumental in reducing the plaque in your arteries. In this study, 10 patients with severe carotid artery disease drank approximately 8 ounces every day for one to three years and another group did not. At the end of the study period, researchers compared the juice drinkers with the non-juice drinkers and discovered these remarkable results:

- &!**20% drop** in systolic blood pressure
- &!**19% reduction** in oxidized LDL antibodies
- &!**30% reduction** in intermedial thickness (IMT) of carotid artery walls in the **juice group** as compared to a **9% increase** in the **non-juice group**

A 2005 study reported in the *American Journal of Cardiology* confirms these findings and adds that drinking this juice may improve coronary blood flow to your heart.

So what's the source of this magic juice? If you answered the pomegranate, you're right. Pomegranates are packed with antioxidants, vitamins A, C, E, potassium and iron as well as polyphenyls, anthocyanins and tannins. It's a great way to reduce and eliminate plaque and keep your circulation healthy.

While pomegranate juice is not as inexpensive as something like orange juice, a little goes along way. Eight ounces a day is all it takes for maximum effect. I like to dilute pomegranate juice in about 8 to 12 ounces of filtered or sparkling water. You can also put it in smoothies or add it to other organic juices.

[design note: put shaded background behind text in box]

[design note: add graphic of pomegranate somewhere near text]

[BOX]

**Warning for Brittle Diabetics:** If you're a brittle diabetic like my mother was – supersensitive to sugar – make sure to monitor your blood sugar before adding pomegranate juice to your daily routine. Always eat a healthy fat and/or protein snack with juice if you're diabetic.

[END BOX]

Prevent plaque build up, ensure healthy blood flow and reduce your risk of future cardiovascular disease. In your FREE copy of *Simple Cures*, you'll find out the best way to put plaque on self-destruct and ...

### **Cut Your Chances of a Heart Attack by 50%!**

(Story from Hall of Fame entry by Jessie Dahl of Topanga, CA) One Christmas, Caroline was sure she had just months to live. She was so certain of this that she wrapped tons of gifts – mementos she'd collected from her travels and was saving for future Christmases and birthdays.

A life spent in and out of hospitals with congestive heart failure, Caroline spent most of her time in bed unable to breathe.

I met with her and immediately placed her on a regimen of supplements and nutrients including Omega-3 fish oil. That was five years ago. She recently wrote me to say she felt so good she took a two-month car trip from California to Canada and back – alone at the age of 76 – without one cardiac incident.

EPA and DHA omega-3 essential fatty acids are crucial for cardiovascular health. They limit plaque build up in your arteries, restore vital circulation, and they normalize blood pressure, triglyceride, and cholesterol levels. Omega-3s also nourish your brain, lubricate your joints, and neutralize free radicals for proper immune function and skin health. These essential fatty acids can be added to your diet by eating fresh cold-water fish like wild salmon or mackerel or in a plant source like flaxseed oil. The problem with flaxseed oil, though, is that it's prone to oxidation and can go rancid quickly.

I recommend a fish oil supplement to my patients. EPA is the preferred fatty acid for balancing your body's production of prostaglandins, which are important for a healthy cardiovascular system. The ideal ratio for optimal benefits is a 2:1 ratio of EPA to DHA. Use only pharmaceutical grade fish oil supplements – free of toxic substances like mercury and PCBs – and take one gram per day as a preventive.

Taking a fish oil supplement can ...

- "!Make your blood slippery ... plaque never has a chance to stick to your artery walls
- "!Prevent plaque rupture – the major cause of heart attack and unexpected death
- "!Keep your blood platelets from getting sticky and clotting

" !Reduce arterial wall inflammation

" !Promote bowel health.

Does this wonder supplement work? You be the judge:

2 !**Danish studies** in the 1970s showed that, by eating more fatty fish, Eskimos and the Japanese experienced a far lower rate of heart attack as compared to Westerners ...

2 !A 1995 **New England Journal of Medicine** study reported that small amounts of Omega-3s reduced the risk of coronary events ...

2 !Researchers at the **University of Washington** established that one fatty fish meal per week **reduced the risk of developing an initial heart attack by 50%** ...

2 !The **FDA** recently authorized language on supplement labels – labels may now read that “supportive evidence” shows that omega-3 use reduces CAD ...

2 !A British study published in *The Lancet* found a **30% decrease in cardiovascular deaths** ...

2 !GIISI (the full name is too much of a tongue-twister!) study from Italy showed **a 20% reduction in total mortality and a 45% decline in sudden cardiac death**

#### **4 More Supplements Fight Plaque ... So You Don't Have To!**

Pomegranate juice and fish oil are just two of the circulation secrets I divulge in *Simple Cures*. Here's a taste of **4 more plaque destroyers** you can use TODAY to keep your arteries, veins and capillaries supple, elastic, and free from plaque build up so your blood flows freely ...

# !Beat down homocysteine levels and **reduce the need for repeat angioplasty by 50%** with this one supplement! [[Vitamin B](#)]

# !This mineral is the fourth most abundant in your body and will keep your arteries and blood vessels smooth and supple [[magnesium](#)]

# !Take this supplement and improve your blood vessel integrity ... enhances circulation by relaxing your arteries! [[fish oil](#)]

# !Get a power two-fer with this one supplement: boost your immune system and help your body produce nitric oxide – critical for improving your vasodilation [[Vitamin C](#)]

# !And ***much, MUCH MORE!***

Plus, along with your FREE copy of *Simple Cures*, you'll receive a **FREE copy** of *New Cardiology: The Dirty Dozen Risk Factors*. In it, I give you all the details on groundbreaking new risk factors for plaque formation ... and a list of tests your doctor should run to see if you're at risk.

In fact, let me make a **prediction** for you right here: I predict you'll hear “**plaque reversal**” replace the old mantra of “**cholesterol lowering**” as the **new frontier in fighting plaque**. [[design note: place cover graphic of report here with burst and FREE! inside it](#)]

Well, there's one more step you can take for optimum circulatory health and that's pummeling blood clots. *Simple Cures* gives you the skinny on how to ...

## Dissolve the Clots That Block Your Circulation

The third member of “The Deadly Three” is clotting. Blood clots form when:

- Plaque ruptures, or
- When the plasmin production in your body takes a permanent vacation

Plaque becomes unstable and attacks your bloodstream when under constant attack by inflammation. When the fibrous cap erodes it breaks and spills plaque into your bloodstream. This is also known as deadly plaque rupture. Clots form and circulation slows to a trickle.

Your blood consists of red blood cells intermingled with something called fibrin (it looks like spider webs). You need fibrin to help your blood clot. If you didn't have any fibrin, you'd bleed to death from a minor paper cut.

But while you need fibrin, your body also needs to be able to break it down in order to keep your blood flowing as it should. There's only one enzyme in your body that can break down fibrin and it's called plasmin. Your body produces plasmin all throughout your circulatory system.

But as you age, plasmin production declines and you end up with sludgy blood ... more like ketchup than red wine. Platelets start sticking together, clots form, and blood can't surge through your circulatory system. One miniscule clot in an arteriole the width of a fiber optic beam could take you out of the game – permanently.

Dissolving clots not only opens up your arteries – significantly improving blood flow – it removes your vulnerability to plaque build up.

This is where a fermented soy food from Japan called nattokinase comes in. Nattokinase does two things. First, it acts just like plasmin and helps break down fibrin directly. Second, it supports your body's own natural production of plasmin, which also helps break down fibrin.

What this means for you is that nattokinase supports ...

- + !Normal circulation, blood flow, and blood viscosity (thickness)
- + !Your body's normal blood-clotting mechanism
- + !Normal blood pressure levels

The best part is that this natural supplement is inexpensive and has no known side effects. It works with your body BEFORE dangerous life-threatening clots have the chance to form and keeps healthy blood flowing, carrying oxygen and nutrients to every part of your body.

Now, nattokinase hasn't been studied as extensively as other supplements yet – only 17 times so far with two small trials on humans. But the results are encouraging. One study had volunteers take 200 grams of nattokinase before breakfast. It was found that nattokinase ...

‡ !Increased their ability to **dissolve blood clots** an average of **48% within two hours of treatment!**

‡ !Maintained this clot busting ability for two to eight hours

START SHADED BOX

Nattokinase is a great way to clean out your arteries and a lot more pleasant than having a balloon angioplasty! Take two capsules twice daily before morning and evening meals but DO NOT take this product if you take Coumadin (warfarin) or other blood-thinning products.

END SHADED BOX

### **Live Your Life ... On Your Terms ... Without Health Worries**

In *Simple Cures* I'll tell you the names of **4 more** life-saving clot-eaters:

( !Improve your unstable angina and return mental clarity and function after a stroke with this one substance! [[lumbrokinase](#)]

( !This tea thins your blood, promotes healthy circulation and is a powerful digestive aid [[ginger](#)]

( !This herb inhibits platelet aggregation, gives you superior anti-oxidant protection and works well for anyone suffering from age-related memory loss, impotence or depression [[CoQ10](#)]

( !This substance ... once known for its aphrodisiac properties ... is a natural blood-thinner that also protects your cell membranes and vascular walls from free-radical damage [[Vitamin E](#)]

I want you to live your life your way. With your FREE copy of *Simple Cures*, you'll see it's not too late to put out the fire of inflammation, destroy plaque and crush blood clots. You'll have arteries so clean they squeak, circulation flowing like Niagra Falls through every part of your body, and you'll maintain your robust health long into your 70s, 80s and beyond – with health so good you could book a world cruise WITHOUT concern about bringing along medication!

### **Your Life is My Life's Work**

For a limited time only, you can request your personal copy of *Simple Cures* – absolutely FREE – for trying a subscription to my newsletter, *Heart, Health & Nutrition*. Are you thinking to yourself, “Hmm, here's the catch”?

I can understand that. But the naked truth is that newsletter is the only way I could think of to get vital, fresh medical and nutrient information into the hands of as many people as possible. Is it expensive? \$79.90 gets you two years of peace of mind – heck, that's only \$3.30 per month. Less than a mocha frapuccino at Starbucks to have a doctor on call. And I guarantee my work.

Each month in *Heart, Health & Nutrition*, you'll receive news and information that will help you make informed decisions about your healthcare like:

□ !Warnings about drugs and supplements that could harm you ... yes, not every supplement is good for you

□ !Interesting news about new medications and nutraceuticals that could have you leading a happy, healthy life much longer

□ !My recommendations on how to achieve maximum health with minimum side effects by combining the best of mainstream medicine and alternative treatments

Each month you'll be able to measure the benefits of the information you receive in *Heart, Health & Nutrition* in three perceptible ways:

- ) **!Save \$:** You'll avoid spending money and time at the doctor's office (and, over your lifetime, you'll save thousands of dollars at the pharmacy)
- ) **!Save Energy:** With ahead-of-the-game information, your healthcare worries will decrease and you'll reduce your stress level
- ) **!Save time:** You'll know exactly which treatments to discuss with your doctor should anything happen to you or your loved ones – without having to spend days searching through magazines, books and the Internet for the information you need

### **More Than Just A Newsletter ...**

As a reader of *Heart, Health & Nutrition*, your benefits go WAY beyond your monthly issues. You'll also receive:

#### **&!UNLIMITED ACCESS TO MY ONLINE HEALING LIBRARY**

- ! % !Get up-to-the-minute updates and healing advice on the health topics that concern you most
- % !Research your condition and get the latest vitamin and supplement information

#### **&!UNLIMITED ACCESS TO MY TELEPHONE "SINATRA SPEAKS OUT" HOTLINE**

% !This is a special, dedicated phone line that I update each month with information on new health breakthroughs, discoveries or warnings that you need to know about NOW

#### **&!FREE BIMONTHLY UPDATES BY E-MAIL**

% !These are optional of course, but many of my subscribers just love getting a regular "reminder" of the latest healing breakthroughs in their e-mail.

#### **&!FREE SUBSCRIBER SEMINARS**

% !Every year, I take a few weeks to travel the country and meet with readers like you in person. There is absolutely NO charge for you to attend. And it's an opportunity to discuss your health with me in a more personal way

### **I Take All the Risk... ...So You Don't Have To**

All the benefits you'll receive with your subscription to *Heart, Health & Nutrition* mentioned above come with my solemn promise to you. If you don't...

- 2 !Feel smarter and more confident about your health – you'll have an endless supply of information from the newsletter and my web site
- 2 !Save time and buckets of cash at the doctor's office and the pharmacy
- 2 !Feel more empowered with the choices I give you

... I'll return every penny you've paid and you can keep *Simple Cures*, every issue of *Heart, Health & Nutrition* you've already received, and any other freebies you've gotten as my gifts to you.

**YOU'LL OWE NOTHING.**

All you have to do is say the word and I'll refund every cent you've paid, NO QUESTIONS ASKED, NO STRINGS ATTACHED.

**Save \$60 and add ... not 5, not 10 but 15 ... FREE health bulletins for the critical information you need ... at your fingertips!**

Just turn the page to preview your **FREE** wellness library ...

[Design Note: The following should appear in a two-page spread across pages 20 and 21. The pre-head will appear top left page 20. The headline will stretch across both pages. Page 20 will be the premiums for the one-year subscribers and page 21 will be the additional premiums for the two-year subscribers. A footer will also stretch across both pages]

[Pre-headline]

**These Bulletins are FREE – You Don't Pay a Dime!**

[Headline]

**Get Dr. Sinatra's Circulation Solutions Library ... Absolutely FREE!**

[Footer]

**These volumes are my FREE gift to you – no strings attached ... Call Toll-Free 1-800-784-0867 TODAY!**

[Design Note: Use starburst with the word FREE inside it next to each number. All reports have a banner across the top with this text: **Dr. Sinatra's Circulation Solutions**]

[The first 7 are placed on page 20 and the second 7 are on page 21]

[subhead on page 20]

**Get 7 volumes – FREE – with your no-risk 1 year subscription...**

**#1 Simple Cures**

Finally, the secrets you need to break free from the health problems that could limit you as you get older ... that plague you with pain ... that enslave you to costly, dangerous drugs ... and that strike fear in your heart. A healthy and active life starts by first reversing and then preventing circulatory problems. Even stubborn health problems – your painful arthritis, your frightening shortness of breath, or your angina that just won't stop hounding you – will ease and disappear altogether with the healing tips found in this breakthrough guide.

## **#2 Heart Health Breakthroughs**

Heart disease is the #1 killer in America today and toxic blood may be leading you down the path to cardiac disease like a lamb to slaughter. Do you know the six vital risk factors? How about the keys to plaque reversal? You can't afford to wait one more second ...

## **#3 Lower Your Blood Pressure**

It's estimated that 60 million Americans have high blood pressure and hypertension – leading causes of stroke and heart attack. This report contains 9 circulation solutions to help you lower your blood pressure and keep your blood flowing freely!

## **#4 New Hope for Alzheimer's Disease**

Diseases like Alzheimer's and Parkinson's are debilitating for the patient and the caregiver. Alzheimer's, which ranks third only to heart disease and cancer, may well be the leading illness and cause of death in the next century. Alzheimer's effects one in 10 Americans over the age of 65 and more than a third of those over the age of 85. But there is tremendous hope for combating this and other neurodegenerative diseases without drugs.

## **#5 Consumer's Guide to Great Digestion**

Harry suffered from chronic arrhythmia and atrial fibrillation. He was taking multiple drugs – some of which were pretty toxic – to try and keep a regular heart rhythm. With a heart rate that was either too fast or too slow, Harry felt weak and drained. He wanted to find an alternative to all the drugs he was taking, which caused him indigestion, gas, bloating and moderate to severe constipation several times a week. The culprit? Harry's diet caused circulation blockage.

## **#6 Natural Relief for Asthma and Allergies**

With more than 20 million Americans suffering from asthma and allergies, this report offers you the best, cutting-edge options to treat these debilitating disorders. Processed foods and allergies that provoke a host of inflammatory reactions – the more inflamed you are the less your circulation flows – are common triggers for lung afflictions including bronchitis and asthma.

## **#7 Get Rid of Joint Pain for Good! (was Pain Reduction premium)**

Don't let aching joints and muscles keep you from all of your favorite activities. Nearly 12% of the U.S. population wakes up with some kind of aching joints or muscles every day. But drugs like Tylenol, ibuprofen and Aleve should never be taken long-term because they have nasty side effects including intestinal bleeding or liver damage. Learn the four natural solutions for pain relief TODAY.

[subhead on page 21]

**... or get all 14 FREE bulletins with your risk-free 2 year subscription!**

## **#8 Jump Start Your Sex Life (formerly Men's Guide to Sexual Vitality)**

Erectile dysfunction – or ED – can bring a man's love life to a screeching halt. ED – known as "angina of the genitals" – is caused by impaired blood flow to the penis. Here are seven natural solutions to jumpstart a sluggish love life.

## **#9 Don't Meddle with Metal [new premium with info from Unclog and Jan 2005 newsletter]**

EDTA – or ethylenediaminetetraacetic acid – has been an effective antidote to heavy metal toxicity like lead or mercury poisoning. When EDTA gets into the bloodstream, it latches onto (or “chelates”) minute particles of toxic metals and flushes them out of the body through your urine. Discover important new research linking improvement in blood flow in patients with arterial plaque deposits and EDTA treatment.

## **#10 The ABCs of PAD (new premium)**

Peripheral artery disease (PAD) – a condition similar to coronary artery disease and carotid artery disease – occurs when fatty deposits build up in the inner linings of the artery walls. These blockages restrict blood circulation mainly in arteries leading to the kidneys, stomach, arms, legs and feet. You may think your leg pain is arthritis or normal age-related stiffness. Research has shown that nearly **75% of people with PAD** are symptom-free and women are less likely than men to experience symptoms. Do you have PAD? If you do, you have a higher risk of death from heart attack and stroke.

<http://www.americanheart.org/presenter.jhtml?identifier=3020242>

## **#11 Women's Health Solutions**

If you're worrying that you can't possibly make it through menopause without HRT, daily medication to strengthen your bones and good genes to keep cancer away, it doesn't have to be that way. You can take charge of how you age. From menopause to cancer to heart disease and osteoporosis, this bulletin will give you the answers to your questions about things like HRT, how to beat breast cancer, and how to overcome your family's medical history.

## **#12 Prostate Health: What Every Man Should Know**

The first dilemma a man with an elevated PSA level faces is whether to undergo a biopsy. But the **PSA test** – while it's a great tool for detecting the presence of early and advanced prostate cancer – is **not 100% reliable**. This bulletin will fill you in on your alternatives if you're diagnosed with prostate cancer as well as information about a new test called the "free PSA".

## **#13 Save Your Vision Now!**

In a recent Age-Related Eye Disease Study, researchers reported that a breakthrough “nutrient cocktail” can **combat the risk of vision loss by 19% in patients with intermediate or advanced macular degeneration**. This new hope for macular degeneration is a groundbreaking finding that vision can improve. If you or a loved one is suffering from cataracts or macular degeneration, this report will give you all the details about treating these conditions naturally.

## **#14 The Fire Within: How to Halt and Reverse Silent Inflammation Now**

Inflammation is your body's first line of defense against injury or infection. It's what causes a burn to turn red or a bruise to swell. It's nature's design to help us heal but sometimes inflammation becomes chronic and causes disease instead of heals it. Get all the details of how you can stop inflammation in its tracks and keep your blood flowing in this new report.

[Design note: bottom right page 21, use graphic to show off text for early bird special bonus]

Take this extra FREE gift ... just turn the page to reserve your personal copy ... if you reply in 10 days...

[Design Note: Banner across page 22: FREE FAST REPLY BONUS IF YOU REPLY IN 10 DAYS!]

## **1 out of 2 Heart Attack Victims Have Normal Cholesterol Levels!**

For years, cholesterol levels were the be-all and end-all when it came to predicting your risk for heart attack. But doesn't it go to reason that if cholesterol were the chief culprit, **EVERY** heart attack victim would have high cholesterol?

There's been a movement afoot that shifts emphasis away from cholesterol levels to a new primary factor in heart disease: inflammation. And you now know that inflammation silently blocks circulation ... cutting off needed oxygen and nutrients ... until your body is strangled to death.

In *New Cardiology: The Dirty Dozen Risk Factors*, you'll learn about tests that do a much better job of pinpointing your risk for disease, like:

# !This substance sets up a nasty chain reaction that's a silent killer – are you already under its spell and not know it? [[insulin](#)]

# !Testing for these 5 substances will tell you whether you have toxic blood [[homocysteine](#), [Lp\(a\)](#), [CRP](#), [fibrinogen](#), [ferritin](#)]

# ! If you've enjoyed a high sugar intake, suffered from excessive physical or emotional stress, or you've been exposed to medical radiation, you need to keep a close eye on this! [[oxidation](#)]

# !Do you see pink in the sink? You could be loaded with this bacteria that's setting you up for a fall [[nanobacteria](#)]

# !Testing for the presence of this substance in your coronary arteries is a better predictor of heart attack risk than the more traditional tests you're used to [[presence of heavy metals](#)]

# !Plaque formation can be caused by this machine – and you've been exposed to for years! [[x-rays](#)]

# !And **much, MUCH** More!

Respond in 10 days to reserve your early-bird bonus, *New Cardiology: The Dirty Dozen Risk Factors* TODAY! [[from Unclog](#)]

[Design Note: Box refund guarantee with an official looking frame and shaded background]

## **All This and a 100% Lifetime Refund Guarantee, Too!**

Dear Health-Conscious Friend,

Here's my solemn vow to you. Every month from now on ...

&!You'll spend less on prescriptions

&!You'll spend less money and less time on doctor visits

&!You'll worry less about how your medicines might be hurting you

&!And if, God forbid, you encounter a major medical problem, you know precisely which treatments to talk over with your doctor

If I can't do all of that and more for you, everything I send you is completely on the house. That's right, **100% FREE!** Your free copy of *Simple Cures* ... all the other free gifts ... and

every issue of *Heart, Health & Nutrition* will cost you nothing. You can even cancel on the last day of your subscription and get a **100% REFUND**.

Just say the word and every penny you've paid will be promptly refunded. No hassles. No conditions. No questions asked.

[design note: scanned signature of Dr. Sinatra here]

Steven T. Sinatra, M.D., F.A.C.C., F.A.C.N.

[Design Note: Top half of page 23 will have cover graphics of all 14 reports together with the early bird FREE bonus. Bottom half of page 23 will have order device]

**RSVP and get all of these ... for FREE!**

**Get 7 free gifts with your 1 year subscription:**

[Design Note: First 7 free gift cover graphics here]

**PLUS 7 more FREEBIES with your 2 year subscription ... for a total of 14 No-Cost Gifts**

[Design Note: Second 7 free gift cover graphics here]

**FREE EARLY-BIRD BONUS**

**if you reply in 10 days!** [cover graphic of extra bonus here]

[Design Note: Underneath "all you get" graphics and next to early-bird bonus, please place phone graphic with following text and large red arrow pointing down toward form]

**Save Time! Call Toll-Free 1-800-784-0867 or mail this form today!**

# FREE GIFT CERTIFICATE

[Design Note: place following text in yellow-shaded box]

!

3 !SAVE \$60

3 !15 FREE GIFTS

3 !100% Money-Back Guarantee

[Design Note: place check boxes in front of each of the following choices]

**YES, DR. SINATRA!** I want you to help me release a *FLOOD* of healing throughout my entire body so that every nutrient and medication can get to my tissues, cells and organs for optimum health! Please rush my FREE copy of *Simple Cures* to me and sign me up for a risk-free trial of *Heart, Health & Nutrition*. I understand that you must help me feel more empowered and live healthier ... heal faster ... eliminate nasty drug side effects by giving me an early warning ... see doctors less often and need fewer prescriptions as I get older ... or I can cancel any time – right up to the last day of my subscription – for a **FULL REFUND**.

[Design Note: put best value in yellow shaded box]

**BEST VALUE:** Sign me up for two full years for just \$79.90 – just 11 cents a day! I get 24 monthly issue of *Heart, Health & Nutrition*, PLUS *Simple Cures* and 14 ADDITIONAL health guides for information at my fingertips, PLUS my fast response bonus – absolutely FREE!

[Design Note: put good value in blue shaded box]

**GOOD VALUE:** I'll try one year of *Heart, Health & Nutrition* for just \$49.95 – 14 cents per day – PLUS I'll receive *Simple Cures* and 7 more value-packed bonuses – **FREE!**

[Design Note: put early bird in yellow shaded box]

**EARLY-BIRD BONUS GIFT:** I'm responding within 10 days, so please make sure you also rush my **FREE** copy of *New Cardiology: The Dirty Dozen Risk Factors*.

[Design Note: Use name, address, and payment format from Medicine Chest Murders for remainder of order device]

## SIDEBARS

[design note: scatter this box throughout]

Reserve your **FREE copy** of *Simple Cures* – turn to Page 23 NOW!

BOX

[ design note: use a Gray's Anatomy graphic of the human body for the following circulatory systems:

Red lines = cardiovascular

Blue lines = pulmonary

Green lines = systemic]

Your body is made up of a series of circulatory systems. Only two of them are self-contained: the coronary and the pulmonary. The red lines indicate the coronary system, which guides the movement of blood through the heart tissues. The pulmonary system ... noted with blue line ... is the movement of blood from the heart and lungs back to the heart.

The remainder of your body is serviced by something called the systemic circulatory system outlined in green. This includes the lymphatic, hepatic (the liver), splenic (the spleen), and peripheral (the body's extremities) circulatory systems.

[SB -- ]

## Who is Dr. Sinatra?

Dr. Stephen Sinatra is a father to three children, a husband and best friend to his wife, Jan, a dedicated fly fisherman and golfer, and a man who became a doctor because of his mother. Young Stephen would come home from school to find his mother, a brittle diabetic, unconscious on the kitchen floor. He vowed to go to medical school to help find the answers that would help people like her.

Besides being the Editor of *Heart, Health & Nutrition* and a best-selling author of *The Sinatra Solution*, *HeartBreak & Heart Disease*, and *Optimum Health*, Dr. Sinatra is:

- 2 !A Fellow of the American College of Cardiology (F.A.C.C.)
- 2 !A Fellow of the American College of Nutrition (F.A.C.N.)
- 2 !Founder and director of The New England Heart and Longevity Center
- 2 !A 3-time recipient of the American Medical Association's Physician Recognition Award

[BOX]

## Coumadin and Fish Oil Supplements – A Match Made in Heaven?

A note to those who take Coumadin: research shows that fish oil supplements are compatible with Coumadin. In a recent study, a portion of 610 coronary artery bypass

patients received Coumadin or aspirin together with 10 grams of fish oil per day. Fish oil **decreased vein graft closure by 25%!**

[SB –]

## 14 Natural Supplements You Should NEVER Take

Supplements, similar to drugs, have an upside in a downside. Being careful can literally mean the difference between life and death. Be sure to check every supplement you're currently taking for these potentially deadly ingredients.

I can't caution you enough about the dangers of self prescribing herbs and supplements, especially if you take any prescription drugs. When certain supplements are taken with certain drugs, they can be deadly.

### Neutraceuticals to Avoid ...

[Design note: put a skull and crossbones next to each one]

Aristolochic acid	Pennyroyal oil
Comfrey	Organs/glandular extracts
Androstenedione	American Skullcap
Chapparal	Yohimbe
Germander	Danshen
Kava	Gugulipid
Bitter orange	
Lobelia	

SOURCE: Consumer Reports, *Dr. Steven T. Sinatra*

BOX

### Hard Water is Sweet!

Here's some sweet news if you live in an area with hard water and your spouse is complaining about the white residue on showers and sinks. Convince him not to put a softener in!

My wife Jan sighs in desperation each time she has to scrub the residue off our black sinks and countertops. But I hold a "hard" line on putting in a water softener.

You see, the **hard water** is a great **additional source** of **magnesium**.

[SB –]

## Vitamin C Reduces Your Risk of Heart Attack Death by **30%!**

Every adult should take at least 1000 mg of vitamin C per day. Sure, you've probably heard doctors crow that taking more than 200 mg is a waste because it gets flushed. I disagree. Nine major studies have shown that those who take **700 mg of vitamin C or more per day** have about **30% less cardiovascular disease mortality** than those who don't.

[SB -]

## Homocysteine + Inflammation = A Circulation Disaster Waiting to Happen

Today, there are new benchmarks for heart disease and circulatory health other than the prime suspect, cholesterol. While cholesterol levels aren't to be ignored, your homocysteine level is a better indicator of overall heart and circulatory health.

What is it? Homocysteine is an amino acid that targets mitochondria and arterial tissues. When it's elevated, it's a precursor to heart attack and stroke – two conditions affected by loss of blood flow. You know that cessation of blood flow to the heart is a heart attack. According to the National Institutes of Health, you have a nearly **1 in 2 chance of dying** from a heart attack.

Epidemiological studies have shown that high homocysteine levels increase risk for heart disease and peripheral vascular disease (PVD). In fact, **20-40% of patients with arterial disease** have **elevated homocysteine** levels.

Complex B vitamins are the way to go to lower your homocysteine level but a recent study out of Norway -- splashed all over the news -- attempted to refute that theory. Dr. Kaare Bonna stated that B vitamins should only be prescribed for patients with B vitamin deficiencies and that taking B vitamins could *increase* risk of cardiovascular events.

What hogwash!

Here's what I found out about this "study":

"!It hasn't yet been published in a peer-reviewed medical journal so there's no way to test the summarized data, and

"!The researchers gave Vitamin B to high-risk patients already severely ill

The chances of one supplement turning a high-risk critically ill patient around in a short period is like asking Peyton Manning to throw a 100-yard touchdown pass to break a tie and win the game – with one second left.

Many times, pharmaceutical companies manipulate their drug research in ways that make them and the drug look good.

Why? For marketing spin and hype. It just makes me sick.

If you've got a history of heart disease in your family, I urge you to get your homocysteine level tested right away.

There's more information about beating inflammation in your free report, *The Fire Within: How to Halt and Reverse Silent Inflammation Now*. [Design Note: please include cover graphic near text]

BOX

## What you need to know about C-reactive protein and inflammation could save your life!

Thank the women for bringing C-reactive protein (or CRP) to light as a critical benchmark for the presence of inflammation in your body. A landmark Women's Health Study was conducted in 2000 at Harvard. Out of the 28,000 women participating in the study, those with the highest levels of CRP -- the highest degree of inflammation, in other words -- had **five times the risk of developing cardiovascular disease** and **four times the risk of heart attack or stroke**.

Those statistics frighten me.

So what is CRP and why is it important to your circulatory health? CRP is a biochemical substance that indicates inflammation levels in your body and is a critical tool for determining your risk of vascular disease. As many as **25% of Americans** have a **normal to low cholesterol** level but have **higher CRP levels than they're aware of**.

What does this mean? **Millions of Americans** are at **higher risk** for future CVD, heart attack, or stroke than they think because the only yardstick their doctors have used is cholesterol. The link between CRP and inflammation does a great job of explaining why **more than 50 % of heart attack and stroke victims** have **average cholesterol** levels.

Even the American Heart Association and the Centers for Disease Control and Prevention have gotten on the bandwagon for checking CRP levels. In 2003, these institutions published **new recommendations** for **CVD screening** that **included CRP testing**.

BOX

[design note: find graphic of horse chestnut leaf for this box]

## Fantastic Herb for Vein Problems

If you have edema, varicose veins or phlebitis you can end your suffering naturally with an extract of the horse chestnut tree. Horse chestnut extract is one of the most effective circulation supplements for vein problems. Why? It does double duty: it decreases inflammation and increases the strength and tone of your veins.

**WARNING: NEVER** mix horse chestnut and warfarin (like that found in Coumadin) or other blood thinners such as aspirin. This combination could cause internal bleeding.

Every month in *Heart, Health & Nutrition*, we alert you to potential side effects and dangerous combinations.

BOX

## Just a spoonful of ... cinnamon!

Recent studies have shown that cinnamon stimulates circulation. Try it in place of sugar on hot and cold cereals, in chili or on a slice of whole-wheat toast.

[SB –]

## Are You Pitching Good Drugs?

Do you think drugs ... prescription or over-the-counter ... stop working when the manufacturer's expiration date hits? I can just imagine the unused pills turning to dust at midnight on the discard date like messages evaporating in Mission:Impossible movies.

The truth is drugs often have quite a long shelf life after the expiration date. But every year, millions of Americans toss out billions of dollars worth of drugs – only to go back and get fresh ones – all at the behest of big pharmaceutical companies.

After conducting tests for the Defense Department, the FDA determined that most prescription and over-the-counter drugs remained safe and effective long after the discard dates. And, in 2001, the American Medical Association asked the pharmaceutical industry to invest in shelf-life studies. So far, that request has gone unaddressed.

When in doubt, ask your doctor or pharmacist about the shelf life of your medications.

Source: *AARP Bulletin*

BOX

## Want to know which brands are best and which are a waste of money?

*Heart, Health & Nutrition* regularly reviews supplements and herbs.

BOX

### **CASE HISTORY: Jim**

Jim was 76 years old and living with congestive heart failure. In 2003, his condition had worsened so much that he could barely walk and he had an ejection fraction of only 14%. Jim had heard about the combination of D-ribose, coenzymeQ10 and L-carnitine and wanted to try it. He visited several doctors who all declined to put him on this therapy.

When Jim came to see me, we did a thorough cardiac workup and then started him on a mixture of D-ribose, coenzymeQ10, L-carnitine, and B vitamins. Within four days Jim walked farther than he had in months and a few weeks later, he was painting the rails on his porch. His ejection fraction had improved to 24%.

BOX

## Chocolate: Better Than Sex?

It just might be true and all you dark chocolate lovers are in luck!

Research studies published in *Internal Medicine News* have shown that dark, rich chocolate and cocoa are good for you. It contains flavonoids that are great antioxidants and oleic acid for healthy cholesterol promotion. It also helps produce nitric oxide, which increases blood flow and encourages relaxation of the inner lining of blood vessels. Another study showed that just 1.5 ounces of dark chocolate has the same curative antioxidant effect as a glass of red wine.

This does not mean you can go out and munch down a whole bag of M&Ms, much as you might like to! Milk and white chocolate have none of the above-mentioned benefits. You'll want high quality semi-sweet or bittersweet chocolate. My favorite brand is Chocolove.

BOX

## How's Your Circulation?

Here's a quick and easy way to find out if you have compromised circulation due to plaque, inflammation or clots:

1. **When you brush or floss, do you see pink in the sink?**
2. **Do you feel the need for a nap in the middle of the day?**
3. **Does your foot fall asleep after crossing your legs?**
4. **Do your fingernails ever turn blue?**
5. **Are your feet and hands always cold?**
6. **Do you have pain in your lower legs after mild to moderate exercise?**
7. **Are you out of breath after walking up some steps?**
8. **Do you experience tingling, pain or numbness in your extremities?**

If you answered "yes" to any of these questions, you may be at risk for circulatory problems.

To get better answers for your blood flow issues, request your FREE copy of **Simple Cures** by calling toll-free 1-800-784-0867 or filling out and sending in your gift certificate on page 23 of this bulletin.

BOX

## Two Types of Peripheral Vascular Disease Could Be Causing You Pain

Peripheral vascular disease – or PAD – is often a narrowing of blood vessels to the legs, arms, stomach or kidneys. There are two types:

3 **!Functional** – this type is usually short-term and relates to spasms that may come and go. This can be triggered by cold temperatures, emotional stress, or smoking.

3 **!Organic** – this type is caused by changes in the blood vessels like inflammation, tissue damage, and fatty buildup in arteries that block normal blood flow

BOXES for newsletter sell pages

### *"Invaluable Information for Healthy Heart and Lifestyle!"*

"My husband and I have been subscribers to your newsletter for a number of years. After my husband received an angioplasty and stent surgery, your recommendations have been invaluable to us in our quest for a healthy heart and lifestyle." *Peggy M., Corvallis, MT*

### *"I Expect to Renew My Subscription to Your Excellent Newsletter"*

"I do as Dr. Sinatra advises, and have for many years. Dr. Sinatra's information goes to my two boys and they pass it on to their families of children and three grandchildren. I'm acting like a schoolteacher. Thanks Doctor Sinatra, you have been a great help to my well-being." *Jack E., San Juan Capistrano, CA*

"I am a first year subscriber to your medical newsletter and find it to contain very valuable health and nutritional information. I am a firm believer in using nutritional supplements to improve one's health in conjunction with alternative medicine. Over 20 years ago, I underwent chelation therapy to remove blockages in both legs. I expect to renew my subscription to your excellent newsletter." *Jordan G., New Hyde Park, New York*

### *"You Deserve Much Credit for My Incredible Energy..."*

"I have benefited so much for having read your newsletter and taken your good advice. I suffered a stroke some time ago and have fully recovered. I feel healthy and alert and look forward to each new day. I never miss a day exercising, eat well, and feel grateful that I am doing so well at age 85." *Mary K., Pomona, CA*

"I am grateful that I can rely on a highly qualified doctor to save me time in my search for heart and health care. At age 88, time is a gift!" *Enyd D., Grants Pass, OR*

“Many thanks for this opportunity to share how much I have appreciated the many great tips you have included over the years in your newsletter, *Heart, Health and Nutrition!* You deserve much credit for my incredible energy, stamina and good health, which continues to amaze my family, friends and colleagues.” *Mary S., San Carlos, CA*

“I have enjoyed reading every issue of Dr. Sinatra's *Heart, Health and Nutrition*. I have followed many of his protocols for health. I especially like the Norwegian fish oil liquid as since I have been taking it my blood pressure seems to stay more stable and is in the normal range. Thank you Dr. Sinatra for all the health information.” *Salma D., St. Louis, MO*

[back cover]

## **Life As You Know It Does Not Have to End at 60 or 70 or Even 80 ... ... Unless You Want It To**

It just makes sense: Prevent medical problems instead of treating symptoms.

The pharmaceutical industry LOVES it when you shrug your shoulders and say, “It’s just age.” You might chant that when your joints lock up after only one set of tennis, or you’re unable to sing tenor in your favorite barbershop quartet, or you forget where you put your car keys ... for the third time that week.

I say it’s not “just age” on my watch!

[START SHADED BOX ]

MYTH: After retirement, your days will be filled with worry over how to treat your latest set of symptoms

FACT: This simple solution to ward off age-related concerns is a health no-brainer

MYTH: As you get older, your muscles will become stiff and sore. When this happens, your life will slow to a crawl, you won't want to move around and your muscles will weaken. Everyday tasks like bringing groceries in from the car or climbing steps will be a chore

FACT: With this easy tip, the sheer joy of being stiff or sore will be due to birdying 18 holes of golf or winning a best of five sets in tennis, not because of lifting a heavy bag of groceries out of the trunk

MYTH: Getting older means looking older ... unless you go under the surgeon's knife

FACT: Here's the answer to having the healthy glow of a teenager. Revel in the shocked expressions on people's faces when you tell them your age -- after they'd guessed 15 years younger!

[END SHADED BOX]

[design note: red arrow pointing left with white lettering as follows:]

Reserve Your **15** FREE GIFTS NOW! ... Yours for the Taking!

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