



# Feed Your Heart to Increase Vitality

The “awesome foursome” in nutritional supplements is part of a robust prescription for prolonging vitality.

**L**ike many forward-thinking physicians, nationally recognized Dr. Stephen Sinatra integrates conventional medicine with complementary nutritional and psychological therapies to help heal the heart and strengthen the total body and spirit of his patients. The board-certified cardiologist who founded the New England Heart Center believes that anti-aging protocols will assist in prolonging life and vitality.

As he explains in his book, “The Sinatra Solution,” the heart needs a large amount of oxygenated blood flow to meet the huge demands placed upon it each day. Additionally, aging and disease are impediments to the heart (and thus the entire body) and

prevent the heart from optimizing cardiac energy metabolism. Sinatra coined the term “awesome foursome” to describe the role of four nutrients necessary for increased vitality and energy metabolism for proper cardiac bioenergetics. Basically, these four nutrients are good for the heart, and according to Sinatra, should be taken daily at the following doses:

**{ 1 } D-Ribose (5 grams)**  
D-Ribose is a critical, healthy sugar produced in the body, and it’s essential in the production of cellular energy.

**{ 2 } Coenzyme Q10 (30 - 100 milligrams)** CoQ10 is a fat-soluble nutrient that is critical in the transportation of D-Ribose to energy-producing regions (mitochondria) in the body’s cells. It is particularly important for the heart muscle.

**{ 3 } L-Carnitine (500 - 1,000 milligrams)** L-Carnitine is produced in the liver, kidneys and brain. Its functions include enhancing memory, decreasing “bad” cholesterol and reducing triglycerides. Along with CoQ10, it aids in cellular energy transport into the mitochondria.

**{ 4 } Magnesium (400 - 800 milligrams)** Magnesium is important in the activation of more than 300 enzymes in the body, as well as assisting in nerve function, blood vessel constriction, wound healing and normal heart rhythm. Magnesium also facilitates cardiac metabolism and performance.

Each year, the American Academy of Anti-Aging Medicine (A4M) hosts a series of conferences designed to educate physicians in the latest studies into promoting natural, healthy aging and vitality. Board certification for interested physicians is available, and this group represents 26,000 physicians and scientists from 120 countries. I

have attended four A4M meetings and enjoyed seminars presented by Sinatra, brain physiologist Eric Braverman, M.D., urologist Abraham Morgentaler, M.D., and Naples neurologist David Perlmutter, M.D., among many others.



Although the conferences are primarily attended by physicians, you, too, can benefit from their research and knowledge by signing up for a free electronic journal at [worldhealth.net](http://worldhealth.net). Simply put your email address in the space

... routines that become symbolic of this longstanding journey toward increased longevity and health. For many, the weekly filling of the plastic pill box has now become a merger of concepts old and new, as traditional medicines are often orga-

nized along-side vitamins and supplements. This

is certainly true for 89-year-old Al, who completes this ritual under the scrutiny and assistance of his daughter-in-law, Karen. "My new doctor prescribes vitamins that work with my medicines," says Al, who also reads up on Sinatra's latest advice.

"I am doing great," Al enthuses. A jokester, he adds, "But could you

bring the big bottle of pink wine the next time you come?"

Life's journey certainly appears to have an ever-changing road map toward an ultimate destination. It is one of the few journeys in which the trip itself is of greater importance than the eventual ending. Enjoy the moments as seconds rather than hours, arm yourself with usable knowledge that will promote health, surround yourself with love and, whenever possible, promote peace and kindness. And enjoy the journey! ❁

*Caryn Hacker-Buechel, ACSW, DCSW, began writing books and articles for growing minds during her 30-year career as a psychotherapist and motivational speaker.*



Learn about wellness in aging with interesting articles from the American Academy of Anti-Aging Medicine at [worldhealth.net](http://worldhealth.net)

provided. It offers a range of informational articles and videos on topics and research such as: the benefits of flax seed; coffee usage and diabetes; bioidentical hormone replacement; and techniques for keeping your brain active, and your body healthy and full of energy.

In the elusive search for continued vitality, there are many



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