



Optimum Health: A Natural Lifesaving Prescription for Your Body and Mind

Stephen T. Sinatra

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Now *you* can achieve optimum health.

In this groundbreaking book, Dr. Stephen Sinatra shows us how we can take control of our health through the latest findings of mind-body medicine. As a leading cardiologist and psychotherapist, Dr. Sinatra is a uniquely qualified expert in the field. Dr. Sinatra's well-balanced, totally natural program of nutritional, emotional, and physical strategies can dramatically improve the quality of your life and help you live longer.

Eight simple rules for optimum health--they could save your life

The insulin-resistance epidemic and the Great Fat Debate

The myth, fact, and fiction of cholesterol

Discover the heart-healing secrets of the Mediterranean diet

Coenzyme Q10: a miracle vitamin for heart health

A natural approach to healing arthritis

Dr. Sinatra's natural cholesterol-lowering formula

Recipes for preventive medicine

Dr. Sinatra's antiaging prescription

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