

**Stephen T. Sinatra, M.D., F.A.C.C., F.A.C.N., C.N.S.**

257 East Center Street  
Manchester, CT 06040

**CURRICULUM VITAE**

**PERSONAL**

Date of Birth: October 15, 1946

Place of Birth: New York, NY

**EDUCATION**

Franklin and Marshall College, Lancaster, PA – B.A. 1968

Albany Medical College, Albany, NY – M.D. – 1972

Massachusetts Society for Bioenergetic Analysis, Cambridge, MA – C.B.T. – 1992

American College of Nutrition, Clearwater, FL – F.A.C.N., C.N.S. – 2000

**INTERNSHIP, RESIDENCIES, FELLOWSHIPS**

- Albany Medical Center Hospital, Albany, NY – Rotating 1 Internship: 8 months Medicine; 4 months Psychiatry – 1972-1973
- St. Francis Hospital, Hartford, CT – Medical Residency – 1973-1975
- Yale New Haven Hospital, New Haven, CT – Medical Residency – 1973 (3 months)
- Yale New Haven Hospital, New Haven, CT – Pediatric Cardiology Residency – 1977
- St. Francis Hospital, Hartford, CT – Cardiology Fellowship – 1975-1977

**POSTGRADUATE TRAINING**

- Gestalt Psychotherapy Training Program, Hartford, CT – 1981-1983
- Bioenergetic Training Program, Cambridge, MA – 1983-1990

**BOARD CERTIFICATIONS**

- American Board of Internal Medicine – 1975
- American Board of Cardiovascular Disease – 1977

**OTHER CERTIFICATIONS**

- Massachusetts Society for Bioenergetic Analysis – 1992
- American Board of Anti-Aging Medicine – 1998
- The Certification Board for Nutrition Specialists – 2000

## HOSPITAL AFFILIATIONS

- Assistant Clinical Professor of Medicine, University of Connecticut School of Medicine, Farmington, CT – 1977–Present
- Assistant Clinical Professor of Family Medicine, University of New England College of Osteopathic Medicine, Biddeford, ME – 2013 – Present

## CARDIOLOGY PRACTICE

- Private practice in Cardiovascular Disease – 1977-2007
- Active participation in non-invasive and invasive cardiology including coronary catheterizations; insertions of temporary pacemakers; exercise treadmill stress testing; echocardiography including 2-dimensional and color flow Doppler as well as TEE at Manchester Memorial Hospital and St. Francis Hospital – 1977-2000

## PROFESSIONAL ACTIVITIES

- Section Editor, Heart Disease, *A Journal of Cardiovascular Medicine* – 1999-2005
- Instructor, University of Connecticut School of Medicine – 1977-2000
- Facilitator of *Healing the Heart* 2-5 day workshops incorporating didactic and experiential sessions utilizing the mind/body/spirit approach to heart disease – 1982-1998
- Program Coordinator for Exercise Technology Workshops at University of Connecticut School of Medicine, Storrs, CT – 1981-1987
- Instructor of Basic Electrocardiography at University of Connecticut School of Medicine, Storrs, CT – 1983-1987
- Director of Medical Education, Manchester Memorial Hospital – 1985-2001
- Director of Subsection of Echocardiography, Manchester Memorial Hospital – 1977-1984; 1989-1992
- Chief of Cardiology, Manchester Memorial Hospital – 1984-1987; 1992-1995
- Director of Cardiac Rehabilitation, Manchester Memorial Hospital – 1988-1991
- Director of Weight Reducing Program, Manchester Memorial Hospital – 1994-1995
- Editor and Writer, *Heart, Health and Nutrition: A cardiologist's guide to health and total wellness* (a monthly national newsletter). Healthy Directions, L.L.C., Potomac, MD. – 1995-2012.

## PROFESSIONAL INTERESTS

- Vibrational and Energy Medicine

## PROFESSIONAL SOCIETIES

- Fellow of American College of Cardiology

- Fellow of American College of Nutrition
- Diplomate of American Board of Anti-Aging Medicine

## AWARDS

- AMA Physician Recognition Award – 1979, 1989, 1994
- Award for Outstanding Contribution to the Science of Anti-Aging Medicine at the 3<sup>rd</sup> International Conference on Anti-Aging Medicine and Biomedical Technology, December 1995
- Excellence in Integrative Medicine Award, Emord & Associates, September, 2014
- Excellence in Health Journalism Award, Emord & Associates, September 2014
- Linus Pauling Award, ACAM, 2016
- Alternative Medicine Pioneer Award, SOPMed, 2017

## BOOKS & CHAPTERS

Sinatra ST, Houston MC. *Nutritional and Integrative Strategies in Cardiovascular Medicine – Second Edition*. CRC Press, 2022.

Sinatra ST. Heart Disease in Women – Chapter 36 - *Personalized and Precision Integrative Cardiovascular Medicine*. Wolters Kluwer, 2020.

Sinatra ST. Grounding and the Cardiovascular System – Chapter 32 - *Personalized and Precision Integrative Cardiovascular Medicine*. Wolters Kluwer, 2020.

Sinatra ST, Houston MC. Coronary Heart Disease Risk Factors, Coronary Heart Disease, Congestive Heart Failure, and Metabolic Cardiology – Chapter 23 – *Personalized and Precision Integrative Cardiovascular Medicine*. Wolters Kluwer, 2020.

Bowden J, Sinatra ST. *The Great Cholesterol Myth Cookbook: Why Lowering Your Cholesterol Won't Prevent Heart Disease – and the Statin-Free Plan That Will*. Beverly, MA. Quarto Publishing, 2020.

Rosa T, Sinatra ST. *Health Revelations from Heaven*. New York, NY. Rodale, Inc., 2017.

Bowden J, Sinatra ST. *The Great Cholesterol Myth: Why lowering your cholesterol won't prevent heart disease – and the statin-free plan that will*. Beverly, MA. Fair Winds Press, 2016.

Rosa T, Sinatra ST. *Health Revelations from Heaven and Earth*. New York, NY. Rodale, Inc., 2015.

Sinatra ST, Houston MC. *Nutritional and Integrative Strategies in Cardiovascular Medicine*. CRC Press, 2015.

Bowden J, Sinatra ST. *The Great Cholesterol Myth: Why lowering your cholesterol won't prevent heart disease – and the statin-free plan that will.* Beverly, MA. Fair Winds Press, 2012.

Sinatra ST. *The Sinatra Solution/Metabolic Cardiology: Revive, Rejuvenate and Revitalize Your Heart.* Laguna Beach, CA: Basic Health Publications, Inc., 2011.

Houston MC, Sinatra ST. Integrative Cardiology, Chapter 11 – *The Integrative Approach to Hypertension.* Oxford University Press, 2011.

Sinatra ST. Integrative Cardiology, Chapter 5 – *Metabolic Cardiology.* Oxford University Press, 2011.

Ober C, Sinatra ST, Zucker M. *Earthing: The most important discovery ever?* Laguna Beach, CA: Basic Health Publications, Inc., 2010, 2014.

Sinatra ST. Food and Nutrients in Disease Management, Chapter 6 – *Congestive Heart Failure and Cardiomyopathy.* Boca Raton, FL: CRC Press, Taylor & Francis Group, 2009.

Sinatra ST, Roberts JC, M Zucker. *Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late.* Hoboken, NJ: John Wiley & Sons, Inc., 2007.

Bennett C, Sinatra ST. *Sugar Shock: Hot Sweets and Simple Carbs Can Derail Your Life and How You Can Get Back on Track.* Berkley Trade, 2006.

Sinatra ST, Punkre J. *The Fast Food Diet: Lose Weight and Feel Great Even if You're Too Busy to Eat Right.* Hoboken, NJ: John Wiley & Sons, Inc., 2006.

Sinatra ST. *The Sinatra Solution/Metabolic Cardiology: New Hope for Preventing and Treating Heart Disease.* North Bergen, NJ: Basic Health Publications, Inc., 2005, Revised 2008, 2011.

Simpson G, Sinatra ST, Suarez-Menendez J. *Spa Medicine: Your Gateway to the Ageless Zone.* North Bergen, NJ: Basic Health Publications, Inc., 2004.

Sinatra ST, Frishman WH, Peterson SJ, Lin G. Cardiovascular Pharmacotherapeutics 2<sup>nd</sup> Edition, Chapter 43 - *Use of Alternative/Complementary Medicine in Treating Cardiovascular Disease*, republished 2003.

Sinatra ST, Sinatra J. *Lower Your Blood Pressure in Eight Weeks: A Revolutionary Program for a Longer, Healthier Life.* NY, NY: Ballantine Books, February 2003.

Sinatra ST, Lin GI, Frishman WH. Cardiovascular Pharmacotherapeutics 2<sup>nd</sup> Edition, Chapter 43 -- *Use of Alternative Medicines in Treating Cardiovascular Disease*, republished 2002.

Sinatra ST, Sinatra J, Lieberman RJ. *Heart Sense for Women: Your Plan for Natural Prevention and Treatment.* Washington, DC: Lifeline Press, July 2000.

Sinatra ST. *L-carnitine and the Heart: How the Powerful Combination of L-carnitine and CoQ10 can have a Positive Impact on One's Health and Well-being*. Chicago, IL: Keats Publishing, 1999.

Sinatra ST. *The CoEnzyme Q10 Phenomenon: The Breakthrough Nutrient that Helps Combat Heart Disease, Cancer, Aging, and More*. New Canaan, CT: Keats Publishing, (in press) summer 1998.

Sinatra ST. *Optimum Health: A Natural Lifesaving Prescription for your Body and Mind*. NY: Bantam trade paperback edition, June 1998.

Sinatra ST. *CoEnzyme Q10 and the Heart: A Miracle Nutrient for the Prevention and Successful Treatment of Heart Disease*. New Canaan, CT: Keats Publishing, 1998.

Sinatra ST. *Heartbreak & Heart Disease: A Mind/Body Prescription for Healing the Heart*. New Canaan, CT: Keats Publishing trade paperback edition, September 1998.

Sinatra ST. Women and Heart Disease; Exercise, Aging, Nutrition, and the Heart. In: Klatz, RM, ed. *Advances in Anti-Aging Medicine*. Vol 1. Larchmont, NY: Mary Ann Liebert Pub., 1996.

Sinatra ST. *Lose to Win: A Cardiologist's Guide to Weight Loss and Nutritional Healing*. New York, NY: Lincoln-Bradley Publishing Group, 1992.

Sinatra ST. Stress Management and Cardiovascular Rehabilitation. In: Cantu R, ed. *The Exercising Adult*. NY: Macmillan, 1987.

Lowen A, Sinatra ST. Introduction. *Love, Sex and Your Heart*. NY: Macmillan Publishing, 1986.

Sinatra ST, Landry AB, Sinatra RC. *All About Me, Hercules the Heart*. Wethersfield, CT, Creative Publications, 1981.

## JOURNAL ARTICLES

Sinatra ST, Sinatra DS, Sinatra SW, Chevalier G. Grounding - The universal anti-inflammatory remedy. *Biomed J*. 2023 Feb;46(1):11-16. doi: 10.1016/j.bj.2022.12.002. Epub 2022 Dec 15. PMID: 36528336; PMCID: PMC10105021.

Campbell AW, Sinatra D, Zhang Z, Sinatra ST. Efficiency of spore forming bacilli supplementation in patients with mild to moderate elevation of triglycerides: A 12 week, randomized, double-blind, placebo-controlled trial. *Integ Med*. 2020. Apr;19(2):22-27.

Houston M, Minich D, Sinatra ST, Kahn JK, Guarneri M. Recent science and clinical application to nutrition and coronary heart disease. *J Am Coll Nutr*. 2018. Mar-Apr;37(3):169-187.

Sinatra ST, Oschman JL, Chevalier G, Sinatra D. Electric Nutrition: The surprising health and healing benefits of biological grounding (Earthing). *Altern Ther Health Med*. 2017;Sep;23(5):8-16.

Sinatra DS, Sinatra ST. Inflammation and the Heart: A Commentary. *Altern Ther Health Med*. 2016 sep;22(5):13-6.

Sinatra ST, Caiazzo C. D-Ribose supplementation in the Equine: Lack of effect on glycated plasma proteins suggesting safety in humans. *J Am Coll Nutr*. 2015;34(2):108-12.

Sinatra ST, Teter BB, Bowden J, Houston MC, Martinez-Gonzalez MA. The saturated fat, cholesterol, and statin controversy a commentary. *J Am Coll Nutr*. 2014;33(1):79-88.

Sinatra ST, Jankowitz SN, Chopra RK, Bhagavan HN. Plasma coenzyme Q10 and tocopherols in thoroughbred race horses: effect of coenzyme Q10 supplementation and exercise. *Journ of Equine Vet Science*. 2013;34(2):265-269.

Chevalier G, Sinatra ST, Oschman JL, Delany RM. Earthing (grounding) the human body reduces blood viscosity – a major factor in cardiovascular disease. *J Altern Complement Med*. 2013 (Feb;19(2):102-10.

Chevalier G, Sinatra ST, Oschman JL, Sokal K, Sokal P. Earthing: health implications of reconnecting the human body to the Earth's surface electrons. *J Environ Public Health*. 2012;2012:291541.

Sinatra S, Chopra R, Jankowitz S, Horohov D, Bhagavan H. Coenzyme Q10 in equine serum: Response to supplementation. *Journ of Equine Vet Science*, 2012;32(12):805-815.

Horohov D, Sinatra S, Chopra R, Jankowitz S, Betancourt A, Bloomer R. The effect of exercise and nutritional supplementation on pro-inflammatory cytokine expression in young racehorses during training. *Journ of Equine Vet Science*. 2012;33(2):71-73.

Chevalier G, Sinatra ST. Emotional stress, heart rate variability, grounding, and improved autonomic tone: clinical applications. *Integr Med: A Clin J*. 2011;10(3):16-21.

Sinatra ST. Metabolic cardiology: an integrative strategy in the treatment of congestive heart failure. *Altern Ther Health Med*. 2009 May-June;15(3):44-52.

Sinatra ST. Metabolic Cardiology: the missing link in cardiovascular disease. *Altern Ther Health Med*. 2009 Mar-Apr;15(2):48-50. Review.

Sinatra ST. Coenzyme Q10 in patients with end-stage heart failure awaiting cardiac transplantation: a randomized, placebo-controlled study. *Clin Cardiol*. 2004 Oct;27(10):A26; author reply A26, A30.

Sinatra DS, Sinatra ST. The effects of Coenzyme Q10 on locomotor and behavioral activity in young and aged C57BL/6 mice. *Biofactors*. 2003;18(1-4):283-7.

Sinatra ST. Is cholesterol lowering with statins the gold standard for treating patients with cardiovascular risk and disease? *South Med J*. 2003 Mar;96(3):220-2.

Sinatra ST. Nutritional supplements for the cardiac patient. *Inter J Integrative Med*. 2001;3(1):31-43.

Sinatra ST. Alternative medicine for the conventional cardiologist. *Heart Dis*. 2000 Jan-Feb;2(1):16-30. Review.

Sinatra ST. Coenzyme Q10 and congestive heart failure. Letter to the Editor. *Ann Intern Med*. 2000 Nov 7;133(9):745-6.

Sinatra ST. Care, cancer and coenzyme Q10. Letter to the Editor. *J Am Coll Cardiol*. 1999 Mar;33(3):897-9.

Chopra RK, Goldman R, Sinatra ST, Bhagavan HN. Relative bioavailability of coenzyme Q10 formulations in human subjects. *Int J Vitam Nutr Res*. 1998;68(2):109-13.

Sinatra ST. In response to Thiamine deficiency article. *Conn Med*. 1998 Jan;62(1):50.

Sinatra ST. Coenzyme Q10: a vital therapeutic nutrient for the heart with special application in congestive heart failure. *Conn Med*. 1997 Nov;61(11):707-11.

Sinatra ST. Refractory congestive heart failure successfully managed with high dose coenzyme Q10 administration. *Mol Aspects Med*. 1997;18 Suppl:S299-305.

Sinatra ST. Co-Q10 formulation can influence bioavailability. *Nutr Sc News*. 1997;2:88.

Sinatra ST, DeMarco J. Free radicals, oxidative stress, oxidized low density lipoprotein (LDL), and the heart: antioxidants and other strategies to limit cardiovascular damage. *Conn Med*. 1995 Oct;59(10):579-88. Review.

Sinatra ST. Doctors have feelings too. *Ann Intern Med*. 1994 Aug 15;121(4):309.

Sinatra ST. Letter to the Editor. *J Myocardial Ischemia*. 1994;6:5.

Mareh CM, Sheckley BG, Allen GJ, Camaione DN, Sinatra ST. Middle age male distance runners: psychological profiles. *J Sports Med and Physical Fitness*. 1991;3:461-469.

Sinatra et al. Effects of continuous passive motion, walking, and a placebo-intervention on physical and psychological well-being. *J Cardiopulmonary Rehabil*. 1990;10:3.

Sinatra ST. Heartbreak, heartache, and cardiac pain: a study of coronary-prone behavior. *Bioenergetic Analysis*. 1987.

Sinatra ST. Ventricular tachyarrhythmia and psychological stress. *JAMA*. 1987 Aug 14;258(6):783.

Sinatra ST. Stress, coronary prone behavior, and physiological over-reactivity: beyond type "A" behavior. Proceedings from the National Conference on Student Development, Storrs, CT. March 1987.

Sinatra ST, Lowen A. Heartbreak and heart disease: the origin and essence of coronary prone behavior. *Br Holistic Med*. 1987;2:169-172.

Sinatra ST, Lowen A. Cultural and bioenergetics applications in individuals with heart disease. Proceedings from the 8<sup>th</sup> International Bioenergetic Congress. Brussels: Societe Belge D'Analyse Bioenergetique. 1986.

Sinatra ST, Chawla S. Aortic dissection associated with anger, suppressed rage, and acute emotional stress. *J Cardiopulmonary Rehabil*. 1986;6:197-199.

Sinatra ST, Feitell LA. The heart and mental stress, real and imagined. *Lancet*. 1985 Jan 26;1(8422):222-3.

Sinatra ST, Hunter SM. Stress and its physiological consequences to youth. *Physician and patient*. 1984;23-28.

Sinatra ST. Stress: a cardiologist's point of view. *Postgrad Med*. 1984 July;76(1):231-4.

Sinatra ST. Stress and the heart – behavioral interaction and plan for strategy. *Conn Med*. 1984 Feb;48(2):81-6.

Sinatra ST. Stress in children. *Heart Smart*. American Heart Association, Hartford, CT. 1982.

Sinatra ST, Kurien A, Hatch H, Montano B, Camaione D. A stress management program with biochemical assay. *Conn Med*. 1982 July;46(7):370-2.

Camaione DN, Sinatra ST. Beneficial effects of exercise and current concepts in adult fitness. *Conn Med*. 1981 Oct;45(10):620-5.

Sinatra ST, Landry AB Jr, Galle JS, Amato J. Cardiogenic shock associated with disopyramide phosphate. *JAMA*. 1980 March 21;243(11):1132.

Zuwallach R, Sinatra ST, Lahiri B, Godar TJ, Liss JP, Jeresaty RM. Pulmonary function studies in patients with prolapse of the mitral valve. *Chest*. 1979;76:17-20.



Sinatra ST, Jeresaty RM. Enhanced atrioventricular conduction atrial fibrillation after lidocaine administration. JAMA. 1977 Mar 28;237(13):1356-7.

## **MEDIA**

Numerous nationally-syndicated radio and television programs focusing on metabolic, preventive, and integrative cardiology. Appearances include The Dr. Oz Show, The Doctors', and The Today Show.



