



Narrator: Welcome to **Be HEALTHistic**, a brand new podcast that will combine all the best aspects of conventional and holistic medicine. We want these engaging conversations to empower you with the information you need to make important choices about your health and wellness needs. Because you do have choices, and that's what Drs. Steve and Drew Sinatra are here to offer you.

What sets the Sinatra's apart from other practitioners is their commitment to listening. Conventional medicine treats symptoms, but the Doctors Sinatra really listen to their patients to get to the root of their health concerns — so they can offer more comprehensive solutions for healing their bodies and minds. They will help you take control of your own health and become your own greatest advocate. So let's meet your hosts, a father and son doctor duo who together have decades of integrative health experience.

Dr. Steve Sinatra is a highly respected cardiologist whose integrative approach to treating heart disease has healed patients with even the most advanced forms of illness. His expertise is grounded in more than 40 years of clinical practice, research, and study. In 1987, Dr. Sinatra founded the New England Heart Center. Through it, he became a well-known advocate of combining conventional medical treatments for heart disease with complimentary nutritional, anti-aging, and psychological therapies.

In addition to co-hosting our new podcast, Dr. Steve Sinatra is an author, speaker, and advisor for the research and development of nutritional supplements. He is also currently trying to change the paradigm in medical school education by expanding on what doctors learn, and making them aware of holistic alternatives.

Dr. Drew Sinatra chose a slightly different path. He's a board-certified naturopathic doctor, and self-described health detective. He works with patients to promote more natural healing, and improve quality of life by addressing health care rather than disease care. His areas of expertise include treating autoimmune diseases, Lyme disease, fatigue, digestive and sleep disorders, as well as anxiety and depression. As a naturopath, Drew believes in the healing power of nature. He is a true expert on the gut microbiome and the dramatic and often surprising impact it can have on your overall health.

When Drew's not in the office, he's exploring the great outdoors in Northern California with his wife, Dr. Briana Sinatra, and their two little boys. Briana is also a practicing naturopathic physician specializing in women's and children's health, and she will appear regularly on the podcast with Drew in a series we're calling, "Ask Dr. Mom and Dr. Dad."

In addition to the Sinatra's, you'll meet experts across the health and wellness spectrum, as well as innovative thought leaders, who are making new inroads in



medicine and healthcare. Another series we'll be bringing you regularly is called "Pulse Check," where the doctors will discuss trending health topics, giving you a well-rounded point of view on the latest news, so that you can make the most informed decisions about your own health and wellness. **Be HEALTHistic**, powered by our friends at Healthy Directions, launches on January 15th, and will be available on Apple podcasts or your favorite podcast platform. We look forward to you joining us.