



Dr.Sinatra

Instaflex

WHITAKER NUTRITION

LifeBome

Williams Nutrition

TRILANE



Why Your Heart Needs Healthy Lungs

Did you know your cardiovascular and respiratory systems are closely related and a problem that affects one can also affect the other? That's why Dr. Sinatra always paid close attention to his patients' lung function and recommended these top tips for healthy lungs and clear breathing...

[Learn More](#)



The Truth About Antacids

For gas, bloating, and heartburn, medications like antacids can give you relief in a pinch—yet long-term use can actually make your symptoms worse. Instead, Dr. Drew Sinatra recommends getting to the root of healthy digestion. Here's what you need to know...

[Read More](#)



Racing Heart at Night? Skip the Nightcap

Alcohol affects the heart in many ways—some good, and some bad. Having a drink to help you relax and go to sleep? That's a bad idea. Alcohol is high in sugar and its metabolites are associated with many types of arrhythmias and may well be the cause of a racing heart at night. Worse, if you have a drink because you're worried and can't relax, it's like throwing gasoline on a fire. You've just doubled down on the number of things that can bring on this type of heart palpitation.



Boost Your Immune System, Starting In Your Gut

Did you know more than 70% of your immune system is housed in your gut? And that a poor diet, not enough sleep, and stress can disrupt your gut bacteria, hindering your immune system. That's where these little-known "biotics" can come to the rescue...

[Read More](#) ▶

OUR BIGGEST SALE OF THE YEAR!

SEMI-ANNUAL SALE

SAVE 40%
ON EVERYTHING!

LOCK IN 40% SAVINGS + FREE SHIPPING WITH REFILL & SAVE

NEW



Every order spreads the power of nutrition around the world

100% Satisfaction Guarantee | 90-Day Returns | Triple-Tested Philosophy | Secure Shopping

[Customer Service](#)

[Need Help? 1-888-349-0481](#)

To ensure you continue to receive our emails in your inbox (and not sent to bulk or junk folders), please add email@e.drsinatra.com to your address book.

[Update Email Preferences](#)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

*Offer valid until 6:59 PM ET 11/14/2022. To redeem this offer, please add any qualifying item to cart. Savings already reflected in product prices. Sale discount is not applicable to products and supplements already discounted from MSRP. Must purchase 3+ on REFILL & SAVE to lock in sale discount on future shipments. Quantities of 1-2 will have the standard 10% REFILL & SAVE discount. Cannot be applied to previous purchases. Product prices and availability are subject to change without notice. Terms and conditions subject to change. Internet distribution or resale strictly prohibited. We reserve the right, at our sole discretion, to refuse or cancel any order for any reason. Some exclusions apply.

Healthy Directions Customer Service Center,
PO Box 531, Montoursville, PA 17754

Copyright © Healthy Directions. All Rights Reserved.