



GETTING WELL NATURALLY

HEART DISEASE AND HIGH BLOOD PRESSURE

How You Can Benefit from
DIET • VITAMINS
MINERALS • HERBS
EXERCISE
and Other Natural Methods

MICHAEL T. MURRAY N.D.



Heart Disease and High Blood Pressure



A comprehensive guide to effectively
prevent, overcome, and even reverse
heart disease based on healthy diet,
lifestyle, nutritional supplements,
and other natural methods

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About the Author

Michael T. Murray, N.D. is widely regarded as one of the world's leading authorities on natural medicine. He is a graduate, faculty member, and member of the Board of Trustees of Bastyr University in Seattle, Washington. In addition to maintaining a private medical practice, Dr. Murray is an accomplished writer, educator, and lecturer. He is the medical editor of *The American Journal of Natural Medicine*.

Dr. Murray serves on several editorial boards and advisory panels. As a consultant to the health food industry, Dr. Murray has been instrumental in bringing many effective natural products to America, including: ginkgo biloba extract, glucosamine sulfate, silymarin, enteric-coated peppermint oil, bilberry extract, DGL (deglycyrrhizinated licorice), saw palmetto berry extract, and the first thermogenic formula for weight loss.

For the past ten years, Dr. Murray has been compiling a massive database of original scientific studies from the medical literature. He has collected over 50,000 articles

from the scientific literature that provide strong evidence of the effectiveness of diet, vitamins, minerals, glandular extracts, herbs, and other natural measures in the maintenance of health and the treatment of disease. It is from this constantly expanding database that Dr. Murray provides the answers on health and healing. According to Dr. Murray:

One of the great myths about natural medicines is that they are not scientific. The fact of the matter is that for most common illnesses there is greater support in the medical literature for a natural approach than there is for drugs or surgery.

Unfortunately for many people, they are never aware of the natural approach that can put them on the road to lifelong health. Michael Murray has dedicated his life to educating physicians, patients, and the general public on the tremendous healing power of nature. In addition to his books, Dr. Murray has written thousands of articles, appeared on hundreds of radio and TV programs, and lectured live to over 200,000 people, nationwide.



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Before You Read On

This book was written to empower you regarding your health care decisions; it is not designed to replace appropriate medical care. With that in mind, here are some important recommendations:

- Do not self-diagnose. Proper medical care is critical to good health. If you have symptoms suggestive of an illness, please consult a physician—preferably a naturopath, holistic physician or osteopath, chiropractor, or other natural health care specialist.
- If you are currently on a prescription medication, you absolutely must consult your doctor before discontinuing it. Furthermore, you must make your physician aware of all the nutritional supplements you are currently taking and why.
- If you wish to try a nutritional supplement as a therapeutic measure, discuss it with your physician. Since he or she is most likely unaware of the natural

alternatives available, you may need to do some educating. Bring this book along with you to the doctor's office. The natural alternatives being recommended are based on published studies in medical journals. Key references are provided if your physician wants additional information.

- Remember, although many nutritional alternatives, such as nutritional supplements and plant-based medicines, are effective on their own, they work even better if they are part of a comprehensive natural treatment plan that focuses on diet and lifestyle.

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Michael T. Murray, N.D.