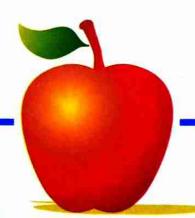


HEART DISF ISE AND HIGH BLOOD PRESSURE

How You Can Benefit from
DIET * VITAM
MINERALS * HELLS
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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How You Can Benefit from Diet, Vitamins, Minerals, Herbs, Exercise, and other Natural Methods

Michael T. Murray, N.D.



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11523

www.orientpaperbacks.com

ISBN 81-222-0251-9 1st Published in Orient Paperbacks 1999

4th Printing 2004

Heart Disease and High Blood Pressure

© 1997 by Michael T. Murray

Cover design by Vision Studio

Published in arrangement with Prima Communications, Inc., USA

Published by

Orient Paperbacks

(A division of Vision Books Pvt. Ltd.) Madarsa Road, Kashmere Gate, Delhi-110 006

Printed in India at Rashtra Rachna Printers, Delhi-110 092

Cover printed at Ravindra Printing Press, Delhi-110 006



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 approhealth care decisions; with that in mind, here are some priate 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, chironaturopath, 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 planted-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.

Acknowledgments

The major blessings in my life are my family and friends

My love for them truly makes life worth living.

Special appreciation to my wife, Gina, for being the answer to so many of my dreams; to my parents, Cliff and Patty Murray, and my grandmother, Pauline Shier, for a strong foundation and a lifetime of good memories; to Bob and Kathy Bunton for their love and acceptance; to Ben Dominitz and everyone at Prima for their commitment and support of my work; to Terry Lemerond and everyone at Enzymatic Therapy for all of their friendship and support over the years; and to Joseph Pizzorno and the students and faculty at Bastyr College who have given me encouragement and support. And finally, I am eternally grateful to all the researchers, physicians, and scientists who over the years have sought to better understand the use of natural medicines. Without their work, this series would not exist, and medical progress would halt.