

# Doctor Murray's Total Body Tune-Up

# DR. MURRAY'S TOTAL BODY TUNE-UP

Slow Down the Aging Process,

Keep Your System Running Smoothly,

Help Your Body Heal Itself—for Life!

**MICHAEL MURRAY, N.D.**

CO-AUTHOR OF THE BESTSELLING ENCYCLOPEDIA OF NATURAL MEDICINE

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By the co-author of the bestselling Encyclopedia of Natural Medicine

Does your body need a tune-up?

In this remarkable new approach to holistic medicine, Michael Murray, N.D., one of the nation's leading naturopathic doctors, shows you how to use the latest information in natural medicine to customize a program that will have every system in your body running like new.

Take Dr. Murray's self-tests to pinpoint your health priorities. Then go on this fascinating guided tour to better health.

Circulatory system : lower your blood pressure without pills • keep your cholesterol in check with a vitamin derivative • stop varicose veins with a treatment that's better than surgery

Immune system : foods that bolster your defenses against cancer and other life-threatening illnesses • herbs to stop a cold ... fast!

Digestive system : discover Germany's number one natural remedy for digestive problems • what's dangerous about antacids • how to stop heartburn with DGL

Brain and nervous system : natural remedies for memory loss and depression • brain-boosting vitamins and herbs

Detoxification system : cleanse your liver with an ancient herb • revitalize your system through safe fasting

Endocrine system : a no-cost way to burn fat • new ways to achieve crucial hormonal balance and reduce stress

Skeletal system : how to prevent — even reverse — osteoporosis with these simple natural supplements • new approaches to arthritis and chronic fatigue

Sexual system : how to bring more energy to your love life without dangerous drugs • ease menopausal hot flashes, and much more!

Here are the tools — and the knowledge — you need to put yourself in the best shape of your life.

作者介绍:

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