



# Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally

By Michael T. Murray

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## Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally By Michael T. Murray

People of the nineties *want* empowerment over illness. And they've got it—if they know the facts!

In his new book, *Encyclopedia of Nutritional Supplements*, naturopathic physician Michael T. Murray guides readers through the often complex, conflicting information regarding nutritional supplements. Each chapter profiles major vitamins, minerals, essential fatty acids, nutrients, and glandular extracts, including information on the following:

- deficiency signs / symptoms
- recommended dietary allowance
- beneficial effects
- available forms
- principal uses
- dosage ranges
- safety issues
- interactions

Based on extensive scientific research, *Encyclopedia of Nutritional Supplements* empowers readers to make educated decisions about which supplements to take for health conditions including cancer, arthritis, depression, high cholesterol, allergies, heart disease and more.

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### Editorial Review

From Library Journal

The companion volume to the Encyclopedia of Natural Medicine (see above) offers detailed profiles of vitamins, minerals, essential fatty acids, and other nutritional supplements. What sets this guide apart from similar works is the impressive list of references for each entry (55 pages in total). An excellent buy. Copyright 1999 Reed Business Information, Inc.

From the Inside Flap

People of the nineties "want empowerment over illness. And they've got it--if they know the facts! In his new book, "Encyclopedia of Nutritional Supplements, naturopathic physician Michael T. Murray guides readers through the often complex, conflicting information regarding nutritional supplements. Each chapter profiles major vitamins, minerals, essential fatty acids, nutrients, and glandular extracts, including information on the following:

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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 serves on the Board of Trustees of Bastyr University in Seattle, Washington. Dr. Murray is the co-author of *A Textbook of Natural Medicine*, the definitive textbook on naturopathic medicine for physicians, as well as the consumer version - *Encyclopedia of Natural Medicine*. He has also written over 20 other books including *The Healing Power of Herbs* and *The Encyclopedia of Nutritional Supplements*.

As a consultant to the health food industry, Dr. Murray has been instrumental in bringing many effective natural products to North America, including:

- Glucosamine sulfate
- St. John's wort extract
- Ginkgo biloba extract
- Silymarin
- Enteric coated peppermint oil
- Saw palmetto berry extract

For the past twenty years, Dr. Murray has been compiling a massive database of original scientific studies from the medical literature. He has personally collected over 50,000 articles from the scientific literature which provide strong evidence on 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, many people are not aware of the natural approach that can put them on the road to lifelong health. Michael T. Murray, N.D. has dedicated his life to educating physicians, patients, and the general public on the tremendous healing power of nature. In addition to his books, which have cumulative sales of over two million copies, Dr. Murray has written thousands of articles, appeared on hundreds of radio and TV programs, and lectured to hundreds of thousands of people nationwide.

## **Users Review**

### **From reader reviews:**

#### **Richard Fentress:**

This Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book will be information inside this publication incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This particular Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't end up being worry Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally can bring any time you are and not make your tote space or bookshelves' turn into full because you can have it with your lovely laptop even cell phone. This Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally having fine arrangement in word and also layout, so you will not sense uninterested in reading.

#### **Mary Partee:**

Reading can called mind hangout, why? Because if you find yourself reading a book particularly book entitled Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally the mind will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely can become your mind friends. Imaging each word written in a reserve then become one application form conclusion and explanation which maybe you never get before. The Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally giving you an additional experience more than blown away your brain but also giving you useful details for your better life in this particular era. So now let us show you the relaxing pattern the following is your body and mind will likely be pleased when you are finished reading it, like winning a. Do you want to try this extraordinary wasting spare time activity?

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**Michael Lockwood:**

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