



Doctor Murray s Total Body Tune-up (Paperback)

By Michael T. Murray

Bantam Doubleday Dell Publishing Group Inc, United States, 2001. Paperback. Book Condition: New. Reprint. 231 x 152 mm. Language: English . Brand New Book. 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...



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