



# 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**

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#### **Michael Madden:**

Nowadays reading books are more than want or need but also get a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge your information inside the book that improve your knowledge and information. The data you get based on what kind of e-book you read, if you want drive more knowledge just go with education and learning books but if you want experience happy read one using theme for entertaining such as comic or novel. The particular Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally is kind of publication which is giving the reader unforeseen experience.

#### **Myra Flory:**

This Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally is great e-book for you because the content and that is full of information for you who have always deal with world and also have to make decision every minute. This kind of book reveal it info accurately using great coordinate word or we can point out no rambling sentences in it. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but challenging core information with lovely delivering sentences. Having Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally in your hand like getting the world in your arm, information in it is not ridiculous one. We can say that no guide that offer you world within ten or fifteen tiny right but this publication already do that. So , this can be good reading book. Heya Mr. and Mrs. active do you still doubt in which?

#### **John Valdez:**

The book untitled Encyclopedia of Nutritional Supplements: The Essential Guide for Improving Your Health Naturally contain a lot of information on it. The writer explains the girl idea with easy method. The language is very simple to implement all the people, so do not worry, you can easy to read the idea. The book was authored by famous author. The author will take you in the new time of literary works. You can read this book because you can read on your smart phone, or program, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site in addition to order it. Have a nice examine.

**James Edgar:**

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