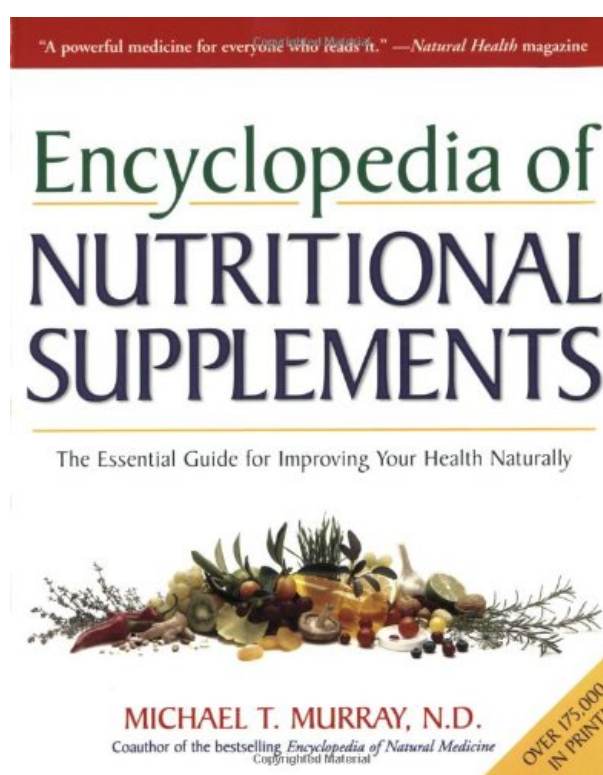


ENCYCLOPEDIA OF NUTRITIONAL SUPPLEMENTS: THE ESSENTIAL GUIDE FOR IMPROVING YOUR HEALTH NATURALLY BY MICHAEL T. MURRAY



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Encyclopedia of NUTRITIONAL SUPPLEMENTS

The Essential Guide for Improving Your Health Naturally



MICHAEL T. MURRAY, N.D.

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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.
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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:

- 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.

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.

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- Sales Rank: #168922 in Books
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- Released on: 1996-07-24
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nutritional excellence

By Joy Farrelly

I have grown weary of Health Shop and pharmacy employees whose expertise is limited to certain areas of medication and their interactions. I take many supplements and could not get accurate information on interactions, and other detailed information necessary to make good informed choices. Until now. At times like this, I wish I'd gone to med school, or been a journalist, to be able to accurately and succinctly review this excellent book. Supplements and other medications can be dangerous together, and it is imperative to be informed, so as to only take what's both necessary and healthful. At last a book that covers EVERY aspect of supplementation, and nutritional therapy. It accurately covers interactions, ACCURATE dosage, and dangers associated. If like me, you are bombarded with information from the bottles of companies desperate to sell you their product, regardless if you really need it or not.. then this book will be a breath of fresh air for you. Nothing is left out, only pertinent information left in. A real treasure for the health conscious.

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Actually the book was good but it wasn't exactly what I was looking for

By JOAN MARCH

Actually the book was good but it wasn't exactly what I was looking for. it didn't have any of the supplements I was hoping to read about. It's my fault.

122 of 129 people found the following review helpful.

Literally saved my life...

By A Customer

I found this book online after purchasing the author's excellent book on Hypoglycemia. After having low blood pressure all my life, I was suddenly diagnosed with severe hypertension (165/105) and before I knew it I was leaving the doctor's office with a prescription in hand and dire warnings about strokes and heart attacks (at 29 years old). The pharmacist was very worried about someone so young taking the medicine and kept telling me that it would cause a potassium deficiency and suggested a supplement. The next day I took the prescribed medicine (Hydrochlorothiazide) at breakfast. Within an hour I had the most blinding headache of my life (I have migraines, and this was worst than a migraine, which I had not thought possible), my eyes would not focus, I was dizzy, light headed and nauseated. I spent the next several hours being violently ill until my stomach was quite empty. Finally, at 5 o'clock in the afternoon, I went to bed completely exhausted. The next day, I pulled out this book and read about hypertension/high blood pressure. I had most (though not all) of the recommended supplements on hand. I called the doctor's office to let them know I was unable to take the medication, and scheduled the next earliest appointment - 6 days in the future. I then began the recommended supplement program (what I had of it already), with the rest on order. I also began walking 20 minutes a day. I altered and supplemented my diet as suggested as well. Upon my return to the doctor 6 days later my blood pressure was 138/90. She took it 5 times over the next hour (both arms, and with several different pressure cuffs) to make sure it was not a fluke of some sort. I explained to her what I had been doing, and she could find no fault in the advice, given the results. Instead of another medication, she told me to keep doing what I am doing and come back in a month for another reading. Though my initial reading had been severe hypertension, the improvement was so great that it is mild and I have high hopes that it will be even better in a month. Now I have several more of Dr. Murray's (and his colleague Dr. Pizzorno's) books and every one is worth it at 10 times the price. The advice is clear and well written, neither assuming you have a medical degree (as some books seem to) or that you are an idiot (which sums up most of the rest). When I acquired "Dr. Murray's Natural Alternatives to Over the Counter and Prescription Drugs", I looked up Hydrochlorothiazide. Even though the fact sheet with the prescription had not mentioned nausea, vomiting, headache, or blurred vision as potential side effects, this book did. Every symptom was there - as well as an explanation of why Hydrochlorothiazide actually increased the possibility of stroke and heart attack. I will never take another prescription medication again without consulting these two books first. Highly recommended for all readers.

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