



Doctor 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

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Doctor 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
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.

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