



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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As people who live in the particular modest era should be up-date about what going on or facts even knowledge to make these people keep up with the era that is always change and move ahead. Some of you maybe may update themselves by reading through books. It is a good choice for you but the problems coming to you is you don't know which one you should start with. This Doctor Murray's Total Body Tune-Up: Slow Down the Aging Process, Keep Your System Running Smoothly, Help Your Body Heal Itself--for Life! is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and want in this era.

Jill Barks:

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the reserve untitled Doctor Murray's Total Body Tune-Up: Slow Down the Aging Process, Keep Your System Running Smoothly, Help Your Body Heal Itself--for Life! can be very good book to read. May be it may be best activity to you.

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