



# **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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#### **Ruby Harris:**

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#### **Erica Futch:**

Playing with family inside a park, coming to see the marine world or hanging out with friends is thing that usually you will have done when you have spare time, in that case why you don't try matter that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Doctor Murray's Total Body Tune-Up: Slow Down the Aging Process, Keep Your System Running Smoothly, Help Your Body Heal Itself--for Life!, you can enjoy both. It is good combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't get it, oh come on its referred to as reading friends.

#### **Michael Vogel:**

As a university student exactly feel bored to reading. If their teacher questioned them to go to the library or make summary for some book, they are complained. Just little students that has reading's spirit or real their interest. They just do what the instructor want, like asked to go to the library. They go to right now there but nothing reading critically. Any students feel that reading through is not important, boring in addition to can't see colorful images on there. Yeah, it is to get complicated. Book is very important in your case. As we

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