
WHAT THE DRUG COMPANIES WON'T TELL YOU *and* YOUR DOCTOR DOESN'T KNOW

**The Alternative Treatments That May Change Your Life—
And the Prescriptions That Could Harm You**

MICHAEL T. MURRAY, N.D.

“Once upon a time, drug companies promoted drugs to treat disease. Now it is often just the opposite. They promote diseases to fit their drugs.”

—Marcia Angell, M.D., former editor-in-chief of the *New England Journal of Medicine* & author of *The Truth about Drug Companies*

“The part can never be well unless the whole is well.”

—Plato

DID YOU KNOW?

- It is estimated that drug companies spend more than **\$57.5 billion** a year marketing to physicians
- During the past 50 years **drug costs have skyrocketed** at a rate five times inflation
- Oral medications to treat type 2 diabetes do not alter the long-term development of the disease
- It is estimated that 70% of patients with chronic daily headaches suffer from drug-induced headaches
- Drugs like **Paxil, Zolof, and Prozac** contribute to **obesity**, but weight gain is not listed as a common side effect of these drugs
- **Aspirin, ibuprofen**, and other **nonsteroidal drugs** used for arthritis **lead to joint destruction**
- **5 billion prescriptions** were filled last year in the United States
- Almost half of all working Americans either have a **serious chronic disease** or are in poor health
- According to the World Health Organization, the U.S. is 24th in terms of life expectancy

These are just a few of the startling facts that **Dr. Michael T. Murray**, widely regarded as one of the world's leading authorities on natural medicine, covers in his groundbreaking new book, **WHAT THE DRUG COMPANIES WON'T TELL YOU & YOUR DOCTOR DOESN'T KNOW** (Atria Books; \$25.00; June 2009).

Is it really possible that American baby boomers and younger generations have been led down a road to poor health by the pharmaceutical industry and conventional medical practice? The answer is **yes**. The pharmaceutical industry and the medical monopoly have created a health care crisis in America. And in **WHAT THE DRUG COMPANIES WON'T TELL YOU**, Dr. Murray not only exposes some of the fallacies and shortcomings of many popular medications, but also offers guidance on the steps people need to take to lead fitter, happier, and healthier lives.

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A practitioner of naturopathic medicine, Dr. Murray is a proponent of what he likes to describe as rational medicine, which combines the best of both conventional medicine and alternative methods. In fact, he believes a system is evolving and emerging that incorporates the best of both—and it is his goal to speed up the process.

Exceedingly well-documented and replete with footnotes and citations, **WHAT THE DRUG COMPANIES WON'T TELL YOU** is chock-full of shocking and eye-opening facts about drug company practices. (For example: Did you know that they spend twice as much money on marketing as on research and development? And they exert significant control of the FDA and the drug approval process?) Dr. Murray also gives specific examples of drugs that offer no real benefits for medical conditions or could actually cause more harm than good.

But **WHAT THE DRUG COMPANIES WON'T TELL YOU** is much more than an exposé—it provides time-tested alternative approaches for readers who are looking for an escape from their current medications. According to Dr. Murray, if the focus in medicine was on promoting health and wellness—if this became the dominant medical model—not only would health care costs be drastically reduced, but the health of Americans would improve dramatically.

By weaving fascinating statistics and studies with sidebars and anecdotes about his own patients, Dr. Murray offers concrete evidence for why we should not be led blindly into using drugs or undergoing surgery without first asking some important questions. He also provides concise tips and practices that will help improve our health and well-being—*naturally*:

- ❖ **Practical recommendations for using probiotic supplements**
- ❖ **A natural approach to treating indigestion**
- ❖ **A natural cure for peptic ulcers and GERD**
- ❖ **Natural products that will help treat migraine headaches**
- ❖ **Nonhormonal approaches to menopausal symptoms**
- ❖ **A rational approach to osteoporosis**
- ❖ **A quick and easy way to reduce health care costs and extend life – take Vitamin D!**
- ❖ **Key dietary recommendations to reduce the risk of atherosclerosis**
- ❖ **Natural alternatives to statins**
- ❖ **The most important supplement to protect against CVD—fish oil!**
- ❖ **How to boost Serotonin (the body's natural antidepressant/tranquilizer) levels naturally**
- ❖ **& *much, much* more!**

There has been a subtle revolution in medicine for years, and a new paradigm is emerging. This new paradigm in medicine focuses on interconnectedness: of body, mind, emotions, social factors, and the environment in determining the status of an individual's health. The era of the physician as a demigod is over. The era of self-empowerment is beginning. And with **WHAT THE DRUG COMPANIES WON'T TELL YOU**, Dr. Murray hopes to perpetuate that paradigm and help countless people achieve greater health and happiness.

(MORE)

Michael T. Murray has a Doctorate in Naturopathic Medicine from Bastyr University, and is considered one of the leading authorities in the world on natural medicine. He is the author of more than 20 books on natural alternatives to health and well-being and is currently Director of Product Development and Education for Natural Factors, a major manufacturer of nutritional and herbal supplements. He has been featured on numerous television programs, including *Primetime Live*, *20/20*, and *Dateline NBC*. To learn more about Dr. Murray and his work, visit his website at: www.doctormurray.com

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**From WHAT DRUG COMPANIES WON'T TELL YOU—
Dr. Murray's "Seven Critical Steps To Vibrant Health"**

Step 1—Incorporate spirituality into your life

Step 2—Develop a positive mental attitude

Step 3—Focus on establishing positive relationships

Step 4—Follow a healthy lifestyle

Step 5—Be active and get regular physical exercise

Step 6—Eat a health-promoting diet

Step 7—Support your body through proper nutritional supplementation and body work

**Read WHAT DRUG COMPANIES WON'T TELL YOU To Find More Ways to Live a
Better, Healthier Life—Naturally!**