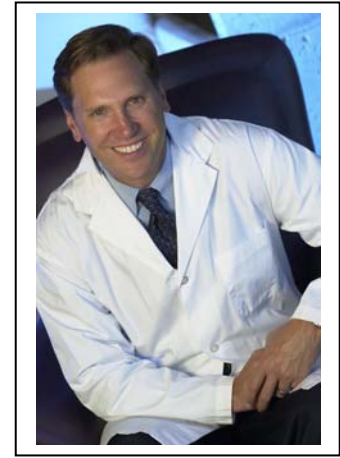


Descriptive Professional Biography

Michael T. Murray, N.D., is widely regarded as one of the world's leading authorities on natural medicine. Dr. Murray is a graduate, faculty member, and serves on the Board of Regents of Bastyr University. He is co-author of *A Textbook of Natural Medicine*, the definitive textbook on naturopathic medicine for physicians, as well as the consumer version - the *Encyclopedia of Natural Medicine*. He has also written over 30 other books with over 6 million copies in print including *Dr. Murray's Total Body Tune-Up*, *The Pill Book Guide to Natural Medicines*, *The Encyclopedia of Healing Foods*, and his latest book – *What the Drug Companies Won't Tell You and Your Doctor Doesn't Know* and *The Revised Complete Book of Juicing*. Dr Murray has also received 3 Lifetime Industry Achievement Awards.



Dr. Murray is Director of Product Science and Innovation for Natural Factors, a major manufacturer of nutritional and herbal supplements. Since 1985, Dr. Murray has been instrumental in bringing many effective natural products to America, including:

- | | |
|-----------------------------------|--------------------------------------|
| <i>Glucosamine sulfate</i> | <i>St. John's wort extract</i> |
| <i>Ginkgo biloba extract</i> | <i>Enteric-coated peppermint oil</i> |
| <i>Saw palmetto berry extract</i> | <i>PharmaGABA</i> |
| <i>PGX</i> | <i>Remefemin</i> |

For over thirtyfive years, Dr. Murray has been compiling a massive data-base of original scientific studies from the medical literature. He has personally collected over 70,000 articles from the scientific literature which provide strong evidence on the effectiveness of diet, vitamins, minerals, herbs, and other natural measures in the maintenance of health and the treatment of disease. It is from this constantly expanding data-base 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 tremendous support in the medical literature for a more natural approach."

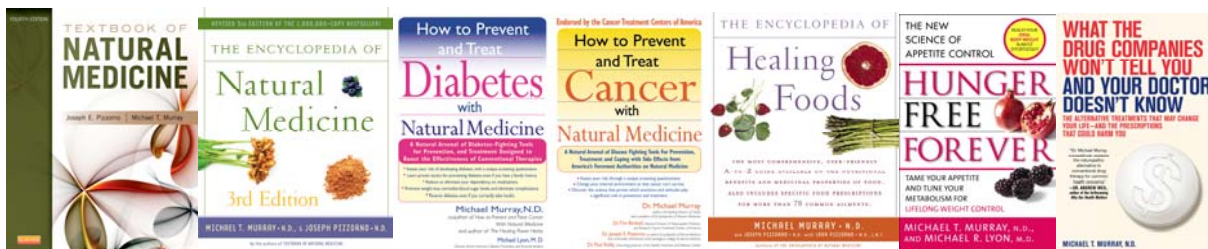
Unfortunately for many people, they are never aware of the natural approach that can put them on the road to lifelong health. Michael T. Murray, N.D., has dedicated his life to educating physicians, patients, and the general public on the tremendous healing power of nature. In addition to his books, which have cumulative sales of over five million copies sold, Dr. Murray has written numerous articles for major publications, appeared on hundreds of radio and TV programs, and lectured to hundreds of thousand people nationwide.

Major Media Interviews/Features:

- Dr. Oz
- Primetime Live
- ABC 20/20
- Dateline
- CBS Sunday Morning
- WebMD
- MSNBC
- PBS

“Dr. Michael Murray compellingly explains the naturopathic alternative to conventional drug therapy for common health concerns”

Andrew Weil, M.D.



Michael T. Murray, N.D. - *Curriculum Vitae*



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Present Positions:

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Director of Product Innovation and Science
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Burnaby, BC, Canada, V3N 4S9

Education:

Doctorate in Naturopathic Medicine from Bastyr University received in 1985. Undergraduate work in General Studies/Science done at the University of Oregon and Southern Oregon State College from 1976 to 1980.

Major Publications:

- 1985 - *A Textbook of Natural Medicine* (revised, 4th edition, 2011)
1989 - *Encyclopedia of Natural Medicine* (revised, 3rd edition, 2012)
1991 - *The Healing Power of Herbs* (revised, 2nd edition, 1995)
1992 - *The Complete Book of Juicing* (revised, 2nd edition, 2013)
1993 - *The Healing Power of Foods* and *The Healing Power of Foods Cookbook*
1994 - *Natural Alternatives to Over-The-Counter and Prescription Drugs*
1994 - *Botanical Influences on Illness* (revised, 2nd edition, 2000)
1995 to 1997 - Getting Well Naturally Series
Arthritis
Chronic Candidiasis
Digestive Disturbances
Male Sexual Vitality
Premenstrual Syndrome
Chronic Fatigue Syndrome
Diabetes and Hypoglycemia
Heart Disease and High Blood Pressure
Menopause
Stress, Anxiety, and Insomnia
1996 - *Natural Alternatives for Weight Loss*
1996 - *Natural Alternatives to Prozac*
1996 - *The Encyclopedia of Nutritional Supplements*
1998 - *5-HTP – The Natural Way to Overcome Depression, Obesity, and Insomnia*
2000 - *Dr. Murray's Total Body Tune-Up*
2002 - *The Pill Book Guide to Natural Medicine*
2002 - *How to Prevent and Treat Cancer with Natural Medicine*
2003 - *How to Prevent and Treat Diabetes with Natural Medicine*
2005 - *The Encyclopedia of Healing Foods*
2007 - *Hunger Free Forever*
2009 - *What the Drug Companies Won't Tell You and Your Doctor Doesn't Know*
2012 - *Stress, Anxiety, and Insomnia - What the Drug Companies Won't Tell You and Your Doctor Doesn't Know*
2013 - *Cholesterol and Heart Health - What the Drug Companies Won't Tell You and Your Doctor Doesn't Know*

Testimonials

“For over 30 years, Dr. Michael Murray has been inspiring appreciative students, physicians and consumers. What makes him so special is his dynamic presentation of his decades of rigorous study of the peer-reviewed medical research; he speaks with science-based authority in practical terms.”

Joseph E. Pizzorno, N.D., Cofounder and President
Emeritus, Bastyr University



“Dr. Murray’s wellness presentations utilizes compelling evidence-based data that encourages attendees to combine the power of conventional with the power of the alternative. His speaking style is riveting and engaging.”

G. Wynne Powell, President & CEO, London Drugs LTD.



“Dr. Murray is one of the best speakers in the natural health movement. His tremendous understanding of conventional and alternative medicine provides audiences a multidimensional perspective that appeals all levels. His professional delivery of this perspective is as engaging as it is extremely informative.”

Mike Danielson, Director, Kocina Branding & Marketing
Companies

“Dr. Michael Murray has an extraordinary ability to communicate years of research into advice that is practical and engaging. Having introduced Dr. Murray to thousands of people over the years, I’ve seen first hand his passion for teaching and inspiring the audience to take action in areas of health, wellness and natural medicine.”

Tom Sokoloff, Past President, Natural Products Association

“Understand that when you have Dr. Murray in the room something truly unique will happen. With his expertise and insight you will gain the knowledge required to really transform health - yours and that of your organization.”

Karen E. Howard, former Executive Director,
American Association of Naturopathic Physicians



“Dr. Michael Murray has performed numerous successful public speaking engagements for Pharmaca Integrative Pharmacy. Dr. Murray’s highly entertaining and informative presentation always attracts the largest attendance of Pharmaca customers and team members.”

Don L. Summerfield, Co-founder, Pharmaca Integrative Pharmacy



“Dr. Michael Murray has unmatched enthusiasm for spreading the word about good health and nutrition. His integrity leads the industry and I always gain much insight from his cutting-edge research to his superior ability of translating complex matters with easy-to-understand explanations.”

Janet Little CN, Sprout's Farmers Market

Lecture Topics

Overview: Dr. Murray has lectured extensively to professional, trade organizations, and lay audiences on a wide range of topics for nearly 25 years. A highly skilled presenter, his encyclopedic knowledge and experience in tailoring lectures and all day workshops of highest interest to participants can be utilized to create a custom lecture experience for your organization.

Here are just a few samples of lectures to choose from:



What the Drug Companies Won't Tell You and Your Doctor Doesn't Know

In this dynamic, provocative presentation, Dr. Murray addresses how the over reliance on prescription and over-the-counter medications has led us down a path of ill health. More than a critique of the problem, this lecture highlight the healing power of nature and how it can be used as a primary or supportive therapy in many common health conditions. Here are just a few staggering facts:

- Adverse reactions to OTC and prescription drugs are estimated to kill over 100,000 Americans a year, making it the fourth leading cause of death in the United States behind cancer, heart disease, and strokes.
- While the U.S. by far has the highest per capita use of conventional medicines and uses over 40% of all of the drugs produced in the world each year, according to the World Health Organization we are 42nd in terms of life expectancy.
- In 1992, the average senior received 19.6 prescriptions per year, in 2015 that number had nearly doubled to 36 per year.

Live Better Now! The Seven Steps to Wellness

While it is true that most of us desire to live longer, Dr. Murray has found that what people are really interested in is how to live better now. In this lecture, Dr. Murray explains that our health reflects an interplay of all the various facets of our lives. Dr. Murray crystallizes the salient points from his extensive understanding of what creates a more passionate life with high level wellness including. He utilizes stories including many experiences with his patients as well as provocative research to highlight the key points in helping participants take the following steps to a better life.

- Step #1 – Incorporate spirituality in 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

The Magic of Food

Hippocrates said, "Let your food be your medicine and your medicine be your food." There is an explosion of new exciting information on exactly how food influences health and the functions of our cells. From altering the expression of our DNA to influencing key body regulators, there is little doubt that food offers the greatest hope in curbing the tidalwave of chronic degenerative diseases as well as addressing the issues of aging and optimal health. In this revolutionary presentation, Dr. Murray highlights the key components of a healthy diet and how specific foods can be used in dealing with common health conditions such as high blood pressure, type 2 diabetes, and heart disease. He also provides a key molecular target to promote higher energy levels and improved metabolism. By turning on this switch, Dr. Murray has discovered that the magical key to effective and lasting weight loss.