

Dr Murray Short Bio

Michael T. Murray, N.D.

Dr. Murray is one of the world's leading authorities on natural medicine. He has published over 30 books featuring natural approaches to health. His research into the health benefits of proper nutrition is the foundation for a best-selling line of dietary supplements from Natural Factors, where he is Director of Product Development. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington.

Dr Murray Long Bio

Michael T. Murray, N.D.

Dr. Murray is one of the world's leading authorities on natural medicine. He has published over 30 books featuring natural approaches to health. His research into the health benefits of proper nutrition is the foundation for a best-selling line of dietary supplements from Natural Factors, where he is Director of Product Development. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington.

The Science Behind DoctorMurray.com

For the past thirty years, Dr. Murray has been compiling a massive database of original scientific studies from the medical literature. He has personally collected over 60,000 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 database that Dr. Murray provides the answers on health and healing on DoctorMurray.com.

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 greater support in the medical literature for a natural approach than there is for drugs or surgery.”

— Dr. Michael Murray

Unfortunately, many people are not aware of the natural approach that can put them on the road to lifelong health. Dr. Murray 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 four million copies, Dr. Murray has written thousands of articles, appeared on hundreds of radio and TV programs, and lectured to hundreds of thousands of people nationwide.

As a consultant to the health food industry, Dr. Murray has been instrumental in bringing many effective natural products to North America, including:

- Glucosamine sulfate
- St. John's wort extract
- Ginkgo biloba extract
- Silymarin
- Enteric coated peppermint oil
- Saw palmetto berry extract
- PGX
- PharmaGABA