



DoctorMurray.com  
YOUR NATURAL MEDICINE RESOURCE

*"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."*

—Dr. Michael Murray

## Michael T. Murray, ND

Best-selling author and leading authority on natural medicine

Michael T. Murray, ND, 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 20 other books 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*.

Dr. Murray is Director of Product Development and Education 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: glucosamine sulfate, St. John's wort extract, ginkgo biloba extract, enteric-coated peppermint oil, saw palmetto berry extract, PharmaGABA, PGX, and RemeFemin.

For nearly 30 years, Dr. Murray has been compiling a massive database of original scientific studies from 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 database that Dr. Murray provides the answers on health and healing.

Unfortunately, many people are never 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 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:

- Primetime Live
- CBS Sunday Morning
- MSNBC
- ABC 20/20
- CBN 700 Club
- PBS
- Dateline
- WebMD

### Affiliations and Present Positions

- President and CEO, Dr. Murray Natural Living, Inc., Paradise Valley, AZ
- Director of Product Development and Education, Natural Factors Nutritional Products Ltd., Burnaby, BC, Canada



### Why event coordinators are booking Dr. Murray ...

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

—Andrew Weil, MD

*"For 25 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, ND,  
Cofounder and President  
Emeritus, Bastyr University

*"Dr. Murray is one of the best speakers in the natural products industry. 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



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Motivate

Entertain

Inform

Inspire

Inspire

Inform

Entertain

Motivate

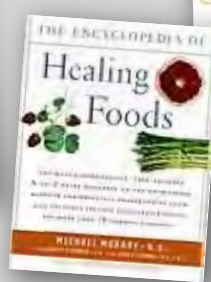
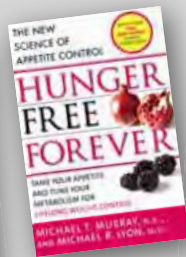
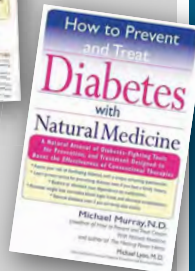
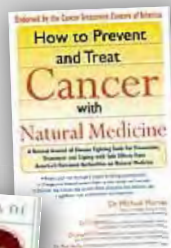
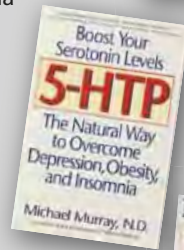
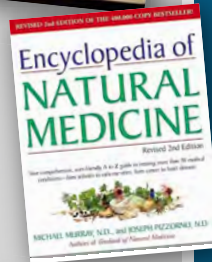
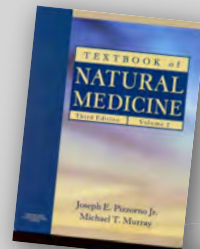
Encourage

Education

Doctorate in Naturopathic Medicine from Bastyr University, 1985. Undergraduate work in general studies/science at the University of Oregon and Southern Oregon State College from 1976 to 1980.

Major Publications

- A Textbook of Natural Medicine (1985; revised 2nd edition, 1999; revised 3rd edition, 2005)
- Encyclopedia of Natural Medicine (1989; revised 2nd edition, 1998)
- The Healing Power of Herbs (1991; revised 2nd edition, 1995)
- The Complete Book of Juicing (1992)
- The Healing Power of Foods and The Healing Power of Foods Cookbook (1993)
- Natural Alternatives to Over-the-Counter and Prescription Drugs (1994)
- Botanical Influences on Illness (1994; revised 2nd edition, 2000)
- Getting Well Naturally Series (1995 to 1997)
  - Arthritis
  - Chronic Fatigue Syndrome
  - Chronic Candidiasis
  - Diabetes and Hypoglycemia
  - Digestive Disturbances
  - Heart Disease and High Blood Pressure
  - Male Sexual Vitality
  - Menopause
  - Premenstrual Syndrome
  - Stress, Anxiety, and Insomnia
- Natural Alternatives for Weight Loss (1996)
- Natural Alternatives to Prozac (1996)
- The Encyclopedia of Nutritional Supplements (1996)
- 5-HTP – The Natural Way to Overcome Depression, Obesity, and Insomnia (1998)
- Dr. Murray's Total Body Tune-Up (2000)
- The Pill Book Guide to Natural Medicine (2002)
- How to Prevent and Treat Cancer with Natural Medicine (2002)
- How to Prevent and Treat Diabetes with Natural Medicine (2003)
- The Encyclopedia of Healing Foods (2005)
- Hunger Free Forever (2007)
- What the Drug Companies Won't Tell You and Your Doctor Doesn't Know (2009)



www.doctormurray.com

To book Dr. Michael Murray for an inspiring live presentation, please contact: New Thought Network 303.823.6963 • Michael@EbelingAgency.com • newthoughtspeakers.com

Why event coordinators are booking Dr. Murray ...

"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. 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, Southeast Region

"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, 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, Henry's Farmers Market



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# Lecture Topics

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 42<sup>nd</sup> in terms of life expectancy.
- In 1992, the average senior received 19.6 prescriptions per year, in 2005 that number had nearly doubled to 34.4.

## 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



## How to Live Hunger Free Forever

Scientists, researchers, and physicians have finally discovered that the magical key to effective and lasting weight loss is not deprivation, but rather increasing the feelings of pleasure and satisfaction. In this compelling lecture, Dr. Murray describes the "Holy Grail" to achieving and maintaining your ideal body weight is a simple approach that involves maximizes the feeling of satiety. The Hunger Free Forever program is dramatically different from any other weight loss diet or strategy. Dr. Murray points out achieving ideal body is not about dieting or food deprivation, it is all about eliminating excessive hunger and increasing the feelings of pleasure and satisfaction from food. He details his revolutionary approach by providing the vital keys to restoring normal appetite control—whether you want to lose 5 pounds or 200 pounds.

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