



Heart Disease and High Blood Pressure (Getting Well Naturally)

Michael T. Murray N.D.

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At epidemic proportions, atherosclerosis and all its complications are fast sweeping throughout the Western world. Heart disease, the number-one killer, causes 36 percent of all deaths in the United States. Stroke, another complication of atherosclerosis, is the third most common cause of death. In light of the fact that atherosclerosis is largely a disease of diet and lifestyle, many of these deaths could be significantly delayed if people ate and lived in a healthful way. In an effort to empower people over illness, natural health expert Michael T. Murray introduces his new book ***Heart Disease and High Blood Pressure***. *This detailed guide provides readers with simple, natural alternatives to traditional medicine. Dr. Murray tells readers exactly what they can do to reduce their risk of heart disease and stroke, as well as how to:* Calculate personal risk of heart-related problems Change behaviors to decrease risk Compensate for inherited risk factors Complete a healthful diet with appropriate nutritional supplements Talk to doctors in the most effective manner for getting answers By providing practical lifestyle changes, ***Heart Disease and High Blood Pressure*** puts readers in control of the most important factors in their life. It equips them with the know-how they need to maintain a healthy heart and cardiovascular system.

About the Author

/Michael T. Murray, N.D., is a leading researcher and lecturer in the field of natural medicine and a faculty member of Seattle's Bastyr University, one of the world's foremost institutions of naturopathic learning. In addition, Dr. Murray maintains a private practice and has authored over 20 books, including the Encyclopedia of Nutritional Supplements.

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Kathryn Robinson:

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