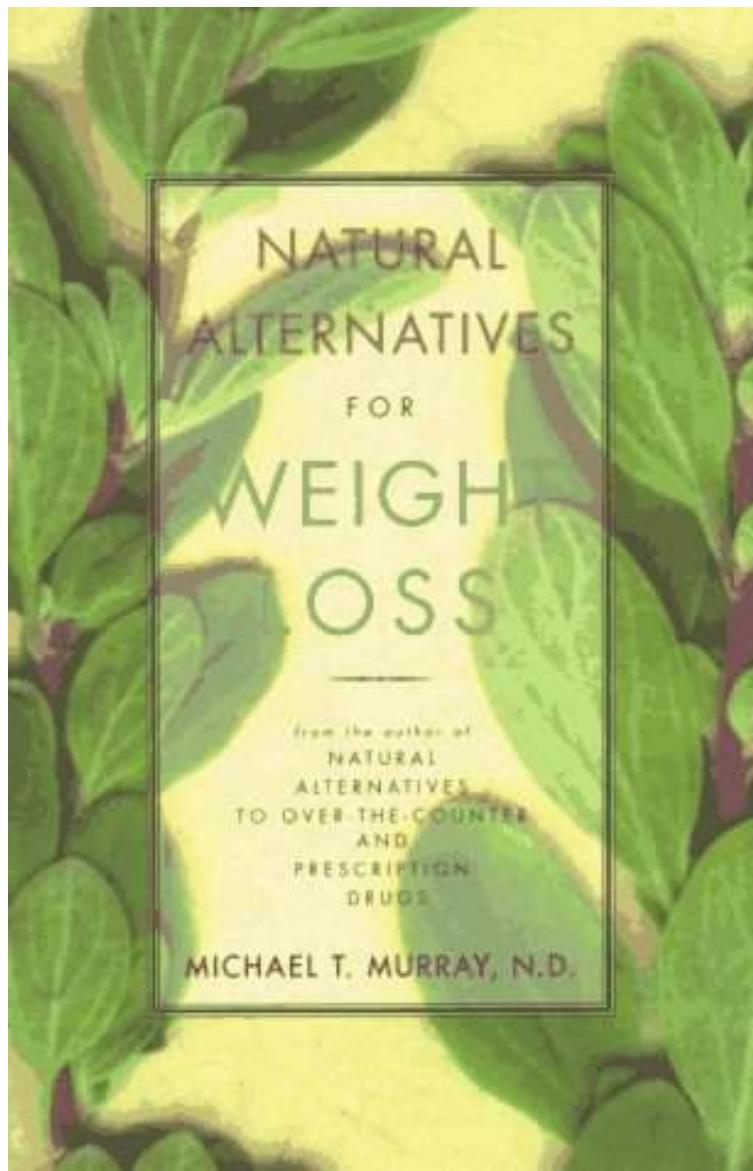


## Natural Alternatives for Weight Loss

By Michael & N D Murray, Michael T. Murray  
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26 of 37 review helpful A complete waste of time By A Customer Having just received Michael T Murray's natural alternatives for weight loss I spent a half hour or so this evening thumbing through the book to get some kind of idea what the overall picture the author was presenting on the weight loss dilemma As it turned out a half hour was all the time I needed to see that Michael T Murray presents no new material Author of the groundbreaking Natural Alternatives to Over the Counter and Prescription Drugs naturopathic physician Michael Murray offers safe effective and low cost alternative methods for weight loss He provides natural options to appetite suppressants like Acutrim and Dexatrim as well as dietary and lifestyle information to help anyone lose weight and stay trim With remedies ranging from fiber supplements to plant stimulants vitamins and minerals to etc About the Author Michael T Murray N.D. teaches at Bastyr University in Seattle Washington In addition to practicing medicine he is the author of fourteen books including A Textbook of Natural Medicine He lives in Bellevue Washi

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