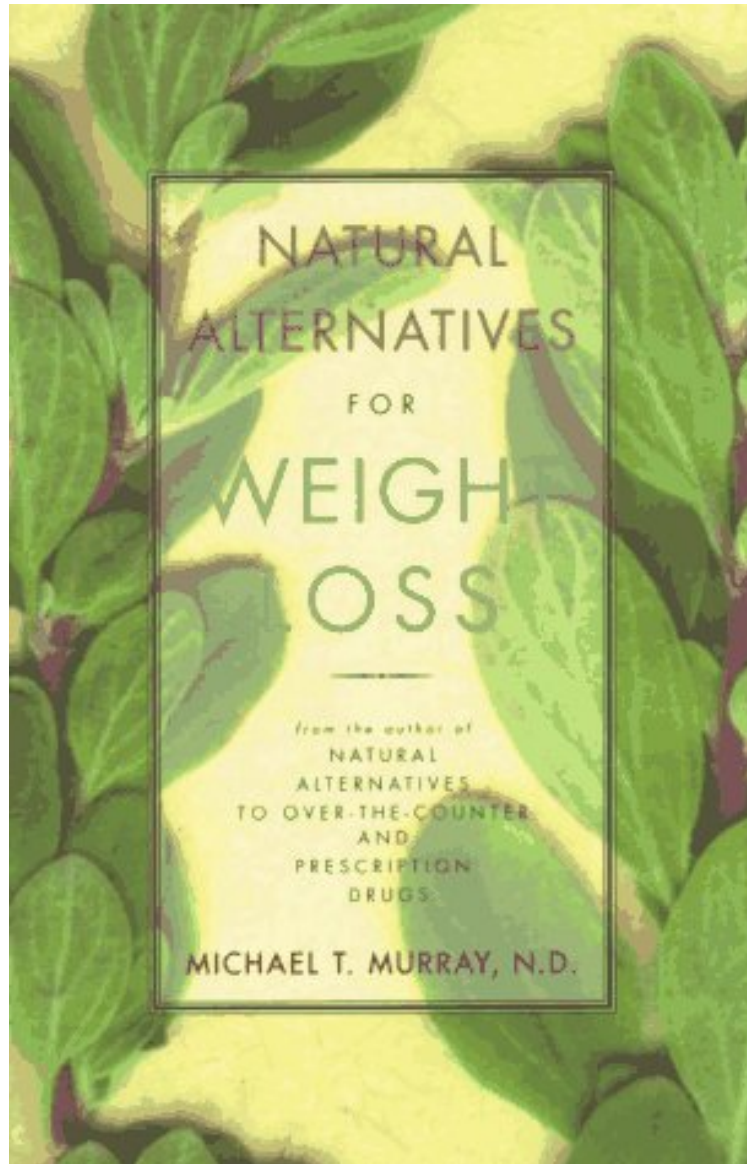


[Download pdf] Natural Alternatives for Weight Loss

## Natural Alternatives for Weight Loss

*Michael N D Murray, Michael T. Murray*  
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**Michael N D Murray, Michael T. Murray : Natural Alternatives for Weight Loss** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Natural Alternatives for Weight Loss:

26 of 37 people found the following 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 on this subject, at least none the reader can use. Mr. Murray starts out (quite reasonably) with the subject "WHY DIETS DON'T WORK". I seem to remember a chapter of this title in every weight-loss tome from Dr. Adkins "diet revolution" to the venerable "fit or fat" by Covert Bailey. (No indeed, Mr Murray, they didn't work then, and they don't work now) This somehow fails to explain why in the next several chapters the author attempts to put us on one! Except for a little lip service to supplements like chromium and a (frankly) weird chapter on positive affirmation (every day in every way I'm getting better and better!) the author does absolutely nothing in the way of breaking new ground in the field of weight loss. I can't see why a professional person would put his name on a book that is a mere rehash of all the old ineffectual hash that came before it. I feel as if I threw my money away. My advice: don't bother with this one.

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 enzymes, Murray explains which natural ingredients promote weight loss, what dosages to take, and how to integrate these alternatives into a healthful lifestyle. With savory recipes that incorporate Murray's natural remedies, *Natural Alternatives for Weight Loss* provides a drug-free, healthy program for losing weight.

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, Washington. 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, Washington. Excerpt. copy; Reprinted by permission. All rights reserved. Do you want to lose weight? Then the last thing you should do is go on a diet that reduces your food intake. You will need to alter the type of foods that you choose to eat as well as possibly reducing the number of calories, but severely restricting food intake feeds into a phenomenon that too many Americans know firsthand--the yo-yo effect. They lose weight only to put it right back on and then some. The cause of the yo-yo effect is tied to the very reason why some people are more prone to being overweight than others--metabolism. Most diets do not work because the focus is on restricting food intake, not on enhancing metabolism. Throughout this book you will be given recommendations that focus on turning up your metabolism to burn more calories. Have you ever had a friend who could eat all the food she wanted and still stay thin, while sometimes it felt that if you simply looked at food, it tended to go right to your hips or midsection? The explanation you have probably heard is that it is a difference in metabolism. This answer is absolutely correct. How would you like to have the metabolism of a thin person? Is it possible? Yes, it is possible, and you will learn how. In order fully to appreciate the program that will be recommended in the ensuing chapters, it is important that you understand what predisposes some people to a lifetime battle of the bulge.