



HEALTH & WELLNESS



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**November 6th 2020: The Longevity Matrix:
Natural Solutions for Health and Healing**

On this episode, our guest is Dr. Michael Murray, a naturopathic medical doctor and a pioneer in alternative health. We will be discussing how to reverse the course of chronic health care conditions through natural medicines. One of the myths about natural medicines, according to Dr. Murray, is that they are not scientific. On the contrary, the fact 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. Among other topics, we will be discussing the subjects of dietary supplements, the secrets to brain heal

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Featured Guest



Michael Murray

Dr. Murray is one of the world's leading authorities on natural medicine. He has published over 30 books featuring natural approaches to health. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington. For the past thirty-five years, Dr. Murray has been compiling a massive database of original scientific studies from the medical literature. He has personally collected over 65,000 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 da

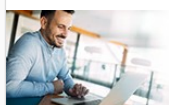
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