

## Science Reveals That Food Can Treat Many Illnesses As Effectively As Drugs

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February 20, 2006 -- Naturopathic doctor, Michael Murray will appear Wednesday, March 15, 2006 as a special guest as a guest on Dr. Liz Lipski's Access to Health Experts interview series to discuss his new book, "The Encyclopedia of Healing Foods". Dr. Murray will discuss his work showing that diet plays a major role in both provoking and preventing a wide range of diseases. The presentation will have a special focus on the medicinal properties of food.

During the free one-hour teleseminar Dr. Murray will cover the following topics:

- using foods to stimulate the body's natural ability to rejuvenate and heal
- discovering the role of fiber, enzymes, fatty acids, and other dietary components
- understanding which food prescriptions will help you safely treat more than 70 specific ailments, including acne, Alzheimer's disease, immune system depression, insomnia, migraine headaches, PMS, and rheumatoid arthritis
- preparing foods safely in order to prevent illness and maximize health benefits

Grounded in rigorous scientific research, the Dr. Michael Murray's interview is expected to offer health-conscious eaters scores of valuable food facts. Dr. Murray is known for his ability to make learning about nutrition fascinating, with historical tidbits and discoveries from the laboratory. And he makes practicing it easy and enjoyable, with tips on selecting, storing, and preparing all kinds of healthful foods, plus quick, inventive, and delicious recipes.

To attend the free Access to Health Experts interviews visit [innovativehealing.com](http://innovativehealing.com).

Written and audio transcripts are available for purchase after the event from the Innovative Healing Book Store.

About Dr. Murray:

Michael T. Murray, N.D. is widely regarded as one of the world's leading authorities on natural medicine. He is a graduate, faculty member, and serves on the Board of Trustees of Bastyr University in Seattle, Washington. Dr. Murray is the co-author of "A Textbook of Natural Medicine," the definitive textbook on naturopathic medicine for physicians, as well as the consumer version – "Encyclopedia of Natural Medicine." He has also written over 20 other books.

About Access to Health Experts:

Access to Health Experts is a monthly teleseminar interview series hosted by Liz Lipski, PhD, CCN. The program features interviews with many of the most prominent and authoritative experts in integrative medicine. Dr. Lipski is a nationally-known nutritionist and author of Digestive Wellness (3rd Edition McGraw Hill). Innovative Healing is located in Asheville, North Carolina. For more information visit [innovativehealing.com](http://innovativehealing.com).

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