

Dr. Michael Murray Smart Supplementation PODCAST SHOWNOTES

Supplements with Dr. Michael Murray

Our guest today is Dr. 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. His research into the health benefits of proper nutrition is the foundation for a best-selling line of dietary supplements from Natural Factors, where he is Director of Product Science and Innovation. He is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington.

Dr Murray's Supplement Recommendations

1. **High Potency Multivitamin:** we all need to supplement and make sure we are getting all of our vitamins and minerals to fuel enzymes in building up our bodies. This is not a "One-A-Day" type of pill. You will need to take more than one pill to fulfill what you need.
2. **High Quality Fish Oil Supplement:** there are over 60 different health conditions that are tied to not getting enough EPA or DHA. You need at least 1000 mg combined of EPA and DHA to start. If you have high triglycerides or an inflammatory issue, then you need at least 3000mg combined a day.
3. **Plant based Antioxidants:** Curcumen products, greens supplements, and other plant-based antioxidants can really contribute to a healthy body. These can exert a broad spectrum of antioxidant effects on the body.

For anyone going into a hospital or getting surgery, a good probiotic supplement is recommended. A good probiotic can go a long way. Always use a probiotic if you're taking antibiotics.

New and Fresh

1. **PQQ** is short for *Pyrroloquinoline quinone*. It's found in intergalactic dust. It's utilized in our cells by the mitochondria. It can lower cholesterol and triglycerides as well as a statin. In addition, it can improve brain function. It's like a dimmer switch on our brain. Low levels of PQQ makes us dim and more PQQ brightens everything up.
2. **Barberry** can lower blood cholesterol, blood pressure, and blood sugar. If it were a drug, it would be the "it" drug. It also has the ability to help people lose weight and get rid of visceral fat.

One thing you do every day that makes all the difference

Expressing awe and gratitude for being alive. Recognizing the things that we are grateful for each day.

[Check out Dr. Murray's website here!](#)

Listener Question:

I see you have both plant based and Paleo inspired shakes. How do I know what's right for me?

If you are vegan or vegetarian, use the [Plant-Based shakes](#). If not, use the [Paleo-Inspired shakes](#). These are derived from bone broth protein. JJ uses a scoop each of the plant and Paleo, and the texture and taste is amazing.

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As always, remember:

You are worthy. Dare to live a life that matters.

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