



Michael T. Murray, ND

The Emergence of Conditionally Essential Nutrients and “Anutrients” as Pharmacological Agents

Disclosure Statement:

Dr. Murray has indicated he is the Director of Product Development for Natural Factors.

Lecture Overview

There are a number of substances the body normally produces in sufficient quantities, but increased need/demand, or impaired synthesis, converts these physiological compounds into “conditionally essential nutrients.” Glucosamine, coenzyme Q10, carnitine, GABA, DHA and EPA, SAMe and 5-HTP are well known examples of these sorts of nutrients. The term “anutrient” was used in the past to describe food compounds without nutritional value known to have considerable health benefits including dietary fiber, flavonoids, non-vitamin A carotenoids and many other phytochemicals. Given the tremendous importance of these compounds to human nutrition, this term is now antiquated. In this session, Dr. Murray will highlight the expanding definition of what should be considered a nutrient, the critical role these conditionally essential nutrients and compounds formerly referred to as anutrients play in specific clinical indications, important considerations regarding drug-supplement interactions, and will look at some natural products on the horizon.

About Dr. Murray

Michael T. Murray, N.D., is regarded as one of the world’s leading authorities on natural medicine. He has published over 30 books on health-related topics including coauthor of A Textbook of Natural Medicine. He is a graduate, faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington. Dr. Murray has been instrumental in bringing many effective natural products to North America, including: glucosamine sulfate, St. John’s wort extract, Ginkgo biloba extract, silymarin, enteric coated peppermint oil, saw palmetto berry extract, PGX, and PharmaGABA.

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