



## The Water Secret: The Cellular Breakthrough to Look and Feel 10 Years Younger

By Howard Murad

Wiley. Paperback. Condition: New. 272 pages. Dimensions: 8.9in. x 5.9in. x 0.9in. From one of the worlds leading experts on health and skin care - a revolutionary guide that will help you look and feel ten years younger. He has been called one of the Best Forward-Thinking Doctors (Vogue magazine) and acclaimed as a Beauty Genius (Elle magazine). Howard Murad, M. D. , FAAD is one of today's foremost authorities on health and skincare, and his philosophies have helped men and women around the world look and feel as young and healthy as possible. With *The Water Secret*, Dr. Murad shares a new, scientifically proven strategy, cultivated over years of practice and treating over 50,000 patients, to help you look and feel better from the inside out. *The Water Secret* will: Reveal groundbreaking secrets to help you take years off your looks, feel better and healthier. Debunk health myths through cutting-edge research and tell the truth about how inflammation, hydration, and other factors really affect your health. Explain how damaged cells that leak water can sabotage your looks. Introduce an integrated, multidisciplinary Inclusive Health approach to help optimize cellular strength. Give you a complete 10-step action plan with recipes and meal plans to start you on...



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