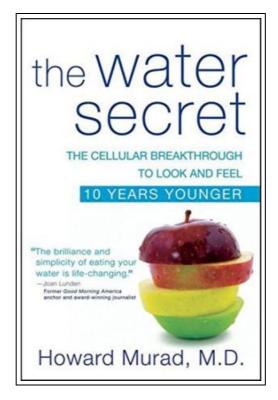
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(Ivy Pollich)

THE WATER SECRET: THE CELLULAR BREAKTHROUGH TO LOOK AND FEEL 10 YEARS YOUNGER



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Wiley. Paperback. Condition: New. 272 pages. Dimensions: 8.9in. 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 youngerHe 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 todays 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 healthierDebunk health myths through cutting-edge research and tell the truth about how inflammation, hydration, and other factors really affect your healthExplain how damaged cells that leak water can sabotage your looksIntroduces an integrated, multidisciplinary Inclusive Health approach to help optimize cellular strengthGive you a complete 10-step action plan with recipes and meal plans to start you on the path to clear skin, fewer wrinkles, more energy, and better overall healthDiscover The Water Secret and learn to take control of the process of aging by improving the health of every cell in the body. Begin the program and you will see and feel the difference your healthy new lifestyle will make in as soon as one week! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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