



## The Cellulite Solution: A Doctor's Program for Losing Lumps, Bumps, Dimples, and Stretch Marks

By Howard Murad

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### The Cellulite Solution: A Doctor's Program for Losing Lumps, Bumps, Dimples, and Stretch Marks By Howard Murad

Featuring the youth-building cellulite diet

Blast cellulite with a powerful, effective three-step program.

Every woman dreads it. But most women---even thin women---have it. Massage systems, topical creams, and going off caffeine won't budge cellulite, and dieting usually doesn't reduce it either. At last, *The Cellulite Solution* contains a simple three-pronged program that actually works to reduce dimpling.

Drawing on thirty-five years of clinical experience, Dr. Murad has developed a cellulite-slaying method that is effective for woman of any age, no matter how severe their cellulite problem is. A triad of nutritional direction, lifestyle changes, and topical treatments combines to both prevent and get rid of cellulite.

Follow Dr. Murad's program and you'll see "cottage cheese thighs" reduced and you'll notice smoother skin all over as your cells are replenished and plumped by water. Dr. Murad explains his complete water principle and why cell hydration---which is essential to healthy and young-looking skin---can't come from drinking water alone. As a bonus, Dr. Murad's program also reduces stretch marks!

Complete with a detailed eating plan and specific recommendations for supplements as well as external skin care, *The Cellulite Solution* is the magic formula you've been looking for to banish the most stubborn beauty problem women face today.

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### Editorial Review

Review

"One of the country's best dermatologists." ?*Vogue*

From the Back Cover

Praise for Dr. Howard Murad and *The Murad Method*

"One of the country's best dermatologists."? *Vogue*

"Dr. Murad is a true visionary and an amazing risk taker. I am always intrigued by and very impressed with his developments in skin care. He leads, others follow."? Felicia Rogawska Milewicz, Beauty Director, *Glamour*

"Dr. Murad is the Deepak Chopra of skin care."? *Los Angeles Magazine*

"Once you know Dr. Howard Murad, you inevitably realize he has a much deeper understanding of complete health and how it is the synergy of the whole body that creates outer beauty. I deeply respect his research, his inclusive health philosophy and his commitment to staying on the horizon of skin-care treatments. For a long time I have hoped Dr. Murad would write a book. His insight, his practice, and his peaceful nature are too wonderful not to share with the world."? Cheryl Tiegs

"Dr. Howard Murad has literally changed the face of professional skin care. His integration of science-based concepts with the reorganization of holistic care of the skin is a true innovation. Dr. Murad's philosophy of 'not treating skin problems, but treating people with skin problems' supports his belief that 'skin care is health care.'? Mark Lees, Ph.D., Chairperson of the Board, The Esthetics Manufacturers and Distributors Alliance of the American Beauty Association

About the Author

**Howard Murad, M.D.**, is a pharmacist and board-certified dermatologist. He is an assistant clinical professor of dermatology at the University of California at Los Angeles and was named one of the top four dermatologists in the country by *Vogue*.

Dr. Murad pioneered many of the advances widely used in skin care and dermatology. In the late 1980s he founded the Murad Skin Research Laboratory and introduced the skin-care industry to over-the-counter alpha hydroxy acid products. At that time, he also opened one of the country's first medically supervised day spas. Since 1992, all Murad products have contained antioxidants and anti-inflammatory agents. Dr. Murad's discoveries that specific supplement formulas could have dramatic effects on the skin led to the introduction of Internal Skincare® in 1996. Dr. Murad also continues to maintain a private practice in Los Angeles.

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