



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

*Howard Murad*

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**The Water Secret: The Cellular Breakthrough to Look and Feel 10 Years Younger** Howard Murad  
**From one of the world's 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 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
- Introduces 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 the path to clear skin, fewer wrinkles, more energy, and better overall health

Discover *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!

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

Date : Published August 1st 2010 by Wiley (first published July 15th 2010)

ISBN : 9780470554708

Author : Howard Murad

Format : Paperback 272 pages

Genre : Health, Nonfiction, Reference, Food and Drink, Diets



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## **From Reader Review The Water Secret: The Cellular Breakthrough to Look and Feel 10 Years Younger for online ebook**

### **Jessica says**

I liked that this book was mostly common sense. No drastic "diet" plans or crazy supplements to take. I also enjoyed that it had a section on skincare.

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### **Erin says**

I ordered this book to get some free products and I really liked it. It has a lot of diet tips as well as different ways to think about how you consume water. This book would be really good for long distance athletes. I actually went through it with a highlighter because it reminded me of an updated version of some of the things I learned in nursing school, particularly my nutrition classes. This was definitely a pleasant surprise.

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### **Michelle says**

This was a good book, but none of the information was really new to me. There were some good recipes and he goes into depth about some supplements to take, but basically the whole idea of the book is to eat healthy (water rich foods), take supplements, exercise, and limit stress. It's not a must read, but has good information if you're a beginner.

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### **Lisa says**

I ordered this book on amazon and got \$200 worth of free Murad products. That's basically why I bought the book, however I really liked it and it seemed to make sense to me.

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### **Virginia Peppers says**

Most of this book is stuff I already know, but the part about intracellular volume is helpful, and will change the way I eat for sure. I think highly of Dr. Murad when it comes to skin care.

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### **Mikala Hill says**

Interesting points on how to hydrate your body, inside and out, and the different ways dehydration can manifest.

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## **Samantha says**

With an anti-ageing angle as its primary focus The Water Secret challenges our beliefs when it comes to how we hydrate our body's. It is Dr. Murad's opinion, through research and lengthy studies on his very own clients, that we actually receive better quality water from fruits than a bottle of Evian simply because of its structure, but this alone is not enough. He guides us with tips, advice and a few home truths, that are so very relevant for the modern day person, on how to take better care of our overall health (mind, body and soul), which will result in healthier cells and cell renewal, which in turn results in better retention of quality water that allows our body's to function more efficiently and effectively. The end result is that we will look a good ten years younger

Some might say it is just common knowledge and of course they are right to a degree however, Dr. Murad's approach doesn't tell you what you can't have but rather all the things you CAN have, which for a foodie like me is always a bonus! I tried the ten day meal plan guide but actually struggled to eat it all and that is truly saying something!! One thing I have noticed is that through upping my fruit intake I genuinely haven't felt the need to drink anywhere near the recommended 2 litres each day, instead opting for the odd glass of coconut water or herbal tea here and there

I LOVE a that Dr. Murad recommends treating yourself to a well-being day or spa treatment once a month, some might argue that it's only the "rich" who could afford such a luxury but that simply isn't true. We all have bathrooms right? So light some candles, slip into a nice hot bath and relax - there, now you have your very own well-being session. Try a relaxing yoga workout in your lounge whilst everyone is out, go for a walk, take some nice photos of your favourite pet or your family, read that book you've been meaning to pick up for months but "haven't had the time for" and most importantly get off your laptop, iPad, phone, Facebook - all of it. Just switch off for the day and get back to YOU - this is all free to do!

I would highly recommend to everyone seeking to improve their lifestyle and health through small daily measures that are a welcome joy to add to their routines. It's made a real difference in how I take care of myself and I am much more aware of my body, which can only be a good thing - a must read

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## **Ho?i B?ng says**

3.5 actually. Informative but not that new. There's something that's not necessarily right.

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## **Jenni says**

Some of the information is basic knowledge, but I did learn quite a few new things from this book. It made me take a new look at the way I eat!

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## **Huma Rashid says**

Pretty simple concepts (incorporate water dense foods in your diet and take certain supplements and eat healthy) and very repetitive.

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### **Nicole says**

I easily remembered his main point of the book by like page five: eat more water-dense foods and balance that with exercise and a healthy lifestyle. Book got monotonous by about page 25. He writes and advises in circles.

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### **Erica says**

Unless you have been living under a rock, you should know most of the information in this book. Dr. Murad spends his time stating the obvious and bragging about his accomplishments. While he has done well, I did not expect to spend my time reading about how large his ego is and instead hoped to learn something new. I can sum this book up in one sentence--Dr. Murad thinks very highly of himself and thinks you should drink more water and eat healthier (hopefully getting water from some of the food you eat).

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### **Deirdre says**

While it's a bit "one size fits all" this is an interesting look at Howard Murad's theory that we need to get water more from water-rich foods than by just drinking water, that this will improve your skin and your life.

He also subscribes to the 80/20 rule, where so long as 80% of the time your diet is good, you should be fine, which I also liked. On page 182 he had a quote I thought was worth writing down "You have no control over the cards that are dealt to you. But, you do have control over how you play your hand."

He doesn't deal with allergies or other issues, but does deal with stress. However it does seem that he is speaking to people with a bit more money. Though he does suggest having an occasional bath for some "me time" he also suggests regular commercial spa treatments.

It's one to make you think. A lot of it seems like common sense, and he does back it up with examples, however there is no bibliography and I'd like to double check some of the sources. Overall the diet appears healthy and sensible.

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