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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 and feel better and healthier

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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.

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Younger," is a new how-to guide from Howard Murad. The book reveals how readers can take charge of their health by addressing cells' most basic need--water.

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The Water Secret - Murad, Howard - 9781630262402 | HPB  
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