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Other factors really affect your health; Explain how damaged cells that leak water can sabotage your looks

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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

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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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Book reveals how readers can take charge of their health by addressing cells' most basic need--water.

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The Water Secret: The Cellular Breakthrough to Look and Feel 10 Years Younger. by Howard Murad.

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(Professor of dermatology)

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