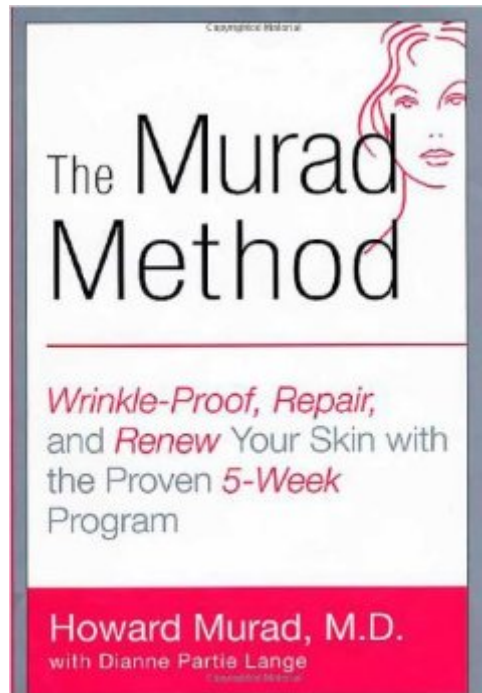


The book was found

# The Murad Method: Wrinkle-Proof, Repair, And Renew Your Skin With The Proven 5-Week Program



## Synopsis

The renowned dermatologist's easy-to-follow, quick-results program to treat skin both inside and out, using widely available products. Since 1972, Dr. Howard Murad has been studying the effects of the environment, nutrition, and lifestyle on skin and creating a skin-care program to slow the aging process. The Murad Method is the result of his three decades of clinical experience treating more than 40,000 men and women as well as independent research proving the effectiveness of the program. His unique approach to skin care combines external products and internal supplements in a simple regimen that will improve the texture and look of anyone's skin. This book clarifies the science behind what Dr. Murad believes is the next generation of skin care, an approach based on what he calls the Water Principle. Rather than relying on a single "miracle" ingredient, this breakthrough program includes a combination of exfoliants, polyphenols and other antioxidants, amino acids, fatty acids, and anti-inflammatory agents that enhance skin hydration. The Water Principle is the foundation of Dr. Murad's unique system for repairing and rejuvenating your skin. The skin is your body's largest organ, and The Murad Method is the first book to show you how its appearance directly reflects your overall health. The Murad Method has been clinically proven to:

- boost hydration
- reduce wrinkles
- increase elasticity
- improve sun protection

By following a regimen that suits your skin type and requires just five minutes, morning and night, for five weeks, you will not only counter the damage that causes aging, but actually reverse the visible signs of aging and reduce wrinkles. Simple, clear charts show you how to customize an anti-aging regimen for your skin type and special concerns. You can assemble your own program, using either Murad or name-brand products. There is an extensive listing of products that contain the key ingredients Dr. Murad recommends in his anti-aging prescription to guide you. The information in this book will change the way you think about your skin and give you the tools you need to make your skin look younger in five weeks.

## Book Information

Hardcover: 288 pages

Publisher: St. Martin's Press; 1 edition (April 22, 2003)

Language: English

ISBN-10: 0312304145

ISBN-13: 978-0312304140

Product Dimensions: 5.8 x 1.1 x 8.6 inches

Shipping Weight: 14.4 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #918,795 in Books (See Top 100 in Books) #52 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care](#)

## Customer Reviews

Since I was just a teenager with acne I have been using Murad products. Back then it was the only thing that seemed to clear my skin. Now, a little older, my skin concerns go beyond acne and up until reading the Murad Method I was at a loss as to how to care for my skin. As a 20 something, taking care of my skin now seems important but I wasn't sure what it meant. Reading magazines simply tells you products to buy but not why. Reading The Murad Method explains, in a detailed but concise way, what I need to do to get rid of age spots, bags under my eyes, and the occasional blemishes as well as prevent wrinkles from forming. And this goes beyond products - it is total wellness, beauty and health from the inside out, both mental and physical. It is easy to read, easy to customize a program for myself and a guide I can always refer to cause let's face it - who knows what my skin is going to have to deal with in the years to come! I would recommend it to anyone who needs a little direction on how to stay young, beautiful and healthy forever!

I found this book to be very easy to read and informative. "The Murad Method" explains the science of skin in plain english and gives many different alternatives for skincare products. While there has been a review here that states:"This book does not tell you what your skin needs or why your skin needs them. What do you learn from the book you ask? You learn that Dr. Murad recommends you using his products."I couldnt feel that this observation was more wrong. While Dr. Murad does recomend some of his products in the book, he also has almost 20 pages dedicated to suggesting other product lines that he feels are comperable to his. Also, he lists ingredients to look for that will help to create healthy skin. By breaking down these products into ingredients he allows the reader to seek different avenues other than just the alternative he knows of or recomends. He even suggests products that you can purchase at your local health food store or grocery store. Another comment made:"And who drinks pomegranate juice anyways?"I personaly drink pomegranate juice on occassion... and if there is a company that MAKES pomegranate juice ([...])then there must be other people drinking it as well. Dr. Murad clearly explains why pomegranate juice is good for you and the science behind it... explaining free radical damage and antioxidants.I personaly thought this book was very helpful; addressing not only skin health, but also overall health. While I know Dr. Murad's products probably fulfill all of my skincare needs, he does discuss alternatives to

purchasing his products and I never felt like I "had" to purchase them to get good skin.

The Murad Method: Wrinkle-Proof, Repair, and Renew Your Skin with the Proven 5-Week Program written by Dr. Murad offers wonderful and effective principles on the anti-aging process. I have been following the treatment and principles offered in the book only to find that my skin has never look better. I love the fact, besides offering his own products for the recommended treatments; it is not necessary to purchase them to achieve ultimate results. Simple, common household products can be just effective in fighting the aging process. A couple of my friends have also begun Dr. Murad's program and every time we see each other it has become somewhat of competition with who can achieve the most results on Dr. Murad's plan. Dr. Murad's principles are so refreshing just like my skin.

I watched an amazing segment on Dr. Murad's Method on "The View", which intrigued me to buy his book and go on his program. My skin has never looked better!! I'm 50 years old and was considering Botox and other cosmetic surgery treatments. With Dr. Murad's wisdom and effective products, I feel like I've gotten a face lift - naturally. The Murad Method is surely the beauty bible!

I've always looked at beauty books as so much babble and hype. But when I came across the Murad Method, I was hooked by the clean, compelling prose and the simple, building-block elements of Dr. Murad's program. It really makes so much sense. Kudos to Murad and Lange for producing a skin-care book for people like me who want substance and science, not fluff, but want it simply explained in layman's terms.

As a sun worshiper of 48 years, I can attest to the irreversible damage and harmful effects of the sun. After trying every other skin regime under the sun a friend of mine told me about Dr. Murad and his anti-wrinkle program. Hesitating to try another hoax product, I took the plunge and began Dr. Murad's 5-week program to renewing my skin. After one week of following Dr. Murad's book, I began to see a difference. My face was aglow. It felt hydrated and soft. Never had I experienced this sensation with any other product. With the help of Dr. Murad and his sensational products, my face looks better than it has in years!!!! Thank you Dr. Murad!!!!

Last month I purchased the book, The Murad Method. The book was easy to read and the program seemed simple enough. So I decided to give it a try. I am a 40 year old woman that has started to

develop lines and wrinkles around my eyes and forehead. After using the Resurgence line and taking the recommended supplements, my lines and wrinkles have practically disappeared and my skin has never looked more radiant and healthy. People that don't know me, think I am closer to 30 years of age. Now that is a miracle. Thanks Dr. Murad for publishing the secret in how to turn back the aging clock!!!!

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Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Credit Repair Secrets: The Complete Credit Score Repair Book: How To Fix Your Credit, Improve Your Credit Score, And Bullet Proof Your Credit Report Using Current Credit Repair Tips Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) The Ultimate Guide To Skin Whitening: The Permanent, Most Effective Solution For Increasing Complexion And Having Beautiful Skin (Beautiful Skin, Improve ... Complexion, Become Fair, Skin Pigmentation) THE COMPLETE CANCER CLEANSE: A Proven Program to Detoxify and Renew Body, Mind, and Spirit Forever Young: The Science of Nutrigenomics for Glowing, Wrinkle-Free Skin and Radiant Health at Every Age The Wrinkle Cure: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin Diabetes Weight Loss: Week by Week: A Safe, Effective Method for Losing Weight and Improving Your Health Credit Repair: The Complete Step-to-step Guide To Raise Your Credit Score Quickly And Control of Your Financial Life (Credit Repair Secrets, Credit Repair Tips, Fix Bad Credit) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Black & Decker The Complete Guide to Windows & Entryways: Repair - Renew - Replace (Black & Decker Complete Guide) The 8-Week Healthy Skin Diet: Includes More Than 100 Recipes for Beautiful Skin Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age The Adrenal Thyroid Revolution: A Proven 4-Week Program to Rescue Your Metabolism, Hormones, Mind & Mood The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body The COPD Solution: A Proven 10-Week Program for Living and Breathing Better with Chronic Lung Disease Skin Cleanse: The Simple, All-Natural Program for

Clear, Calm, Happy Skin

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