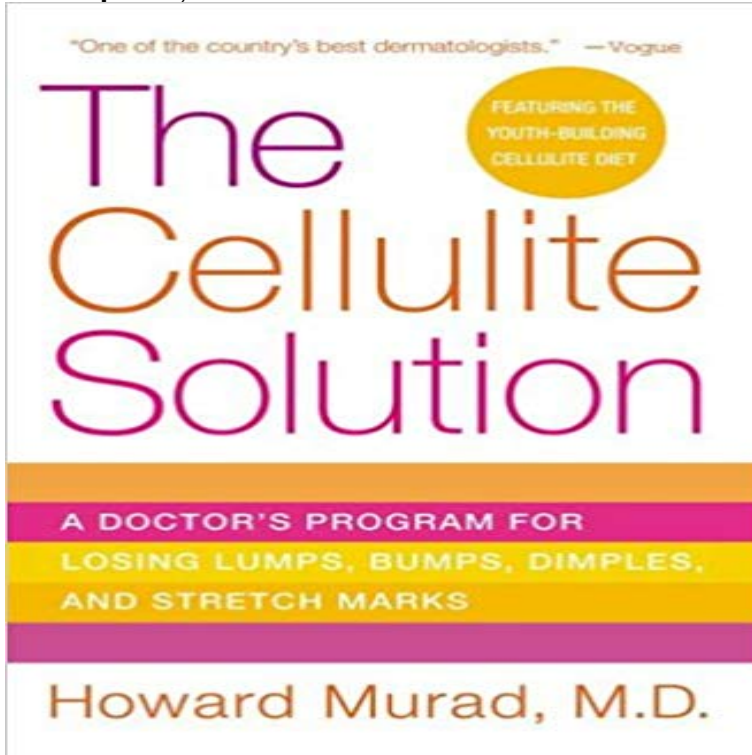


The Cellulite Solution: A Doctors Program for Losing Lumps, Bumps, Dimples, and Stretch Marks



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 wont budge cellulite, and dieting usually doesnt 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. Murads program and youll see cottage cheese thighs reduced and youll 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-cant come from drinking water alone. As a bonus, Dr. Murads 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 youve been looking for to banish the most stubborn beauty problem women face today.

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