

MURAD® INCLUSIVE HEALTH® PRONG 2: INTERNAL CARE

What is Internal Care?

The second prong in Dr. Murad's Inclusive Health philosophy, Internal Care, advocates using focused nutrition and daily dietary supplementation to flood the body with the building blocks for strong cells. As Inclusive Health demonstrates that illness and signs of aging are manifestations of cell damage, maximizing the body's capacity to heal itself, by replacing damaged cells with healthy new cells, requires smart food choices and select, high quality dietary supplements. These superior sources of nutrients ensure that the body is getting the building blocks it needs to produce new generations of strong, water-tight cells to replace those that are weak or damaged and therefore not functioning at their peak. Restoration of peak cell function reinstates optimal performance to all of the systems in the body and makes them more resistant to damage.

To help people make smart food choices, Dr. Murad created the Pitcher of Health. This easy to understand visual guide, provides a roadmap to maximum skin and body rejuvenation that, unlike a deprivation based diet, is designed to encourage people to eat more of the foods that will aide the body in building strong, water-tight cells.

Dr. Murad's Pitcher of Health suggests:

- **Fruits and Vegetables (3 to 4 servings):** Raw fruits and vegetables are the best source of structured water and fiber, and provide a range of macro and micro nutrients that are nature's most powerful antioxidants.
- **Whole grains (4 to 8 servings):** The best source of complex carbohydrates, whole grains provide the body with long lasting energy and contain fiber, minerals and vitamins.
- **Protein (4 to 6 servings);** Healthy protein supplies the body with the amino acids needed for cellular renewal that keeps all organs and systems functioning at an optimal level.
- **Fats (3 to 4 servings):** All fats are not created equal. "Healthy" fats are unsaturated, such as Omega fatty acids 3, 6, and 9 found in fatty fish like black cod and salmon, flaxseed oil, extra-virgin olive oil, canola oil, natural-style nut butters, and nuts. These "good" fats keep your body hydrated, supple, youthful and healthy.
- **Supplements:** Even the healthiest diet cannot provide the body with everything it needs. Supplements ensure optimal nutrition.
- **Water:** Contrary to the eight-glass-a-day myth, sticking to a healthy, vegetable based diet will keep the body well hydrating, minimizing the amount of drinking water needed.

(more)

2-2-2-2 Internal Care

What is Inclusive Health?

Inclusive Health provides people with a path to overall healthier living, which is most visible as healthy, beautiful skin. It promotes and protects the health of all the cells throughout the body. Inclusive Health is an overlapping system designed to optimize the integrated health of the mind, skin and body through a three-prong approach to care that includes Topical Care (appropriate skincare regimens and professional services), Internal Care (proper nutrition and supplementation) and Emotional Self-Care (managing stress and maintaining a healthy connection to yourself and your surroundings).

The Inclusive Health philosophy advocates a cell-focused approach to care that is based upon Dr. Murad's research into The Science of Cellular Water™ - research that has guided the development of all Murad's products and treatments. Unlike most quick-fix health and wellness programs, which only address symptoms, Inclusive Health works globally to improve the health of every cell in the body.

A Sample Recipe for Eating Beautifully:

Healthy & Hearty Vegetarian Chili

- 1 pound tofu, crumbled
- 1 T soy sauce
- 1 medium onion
- ½ green pepper, chopped
- 2 cloves garlic, minced
- 2 T canola oil
- 2 cups cooked pinto beans
- 1 can (16 ounces) tomato sauce
- 1 cup vegetable stock
- 1 T chili powder

Stir together the tofu and soy sauce in a large bowl. In a large pan, sauté onion, green pepper, and garlic. Add the tofu and continue cooking until browned. Add beans, tomato sauce, vegetable stock, and chili powder. Mix thoroughly. Bring to a boil. *Makes eight 1-cup servings.* Serve with warm, crusty whole grain rolls and raw carrot sticks.

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