

Inclusive Health, Nutrition & Your Skin

1. Is this correct to set goals such as "I want to get slimmer" or "I want to get rid of wrinkles"? Or we need to focus on something deeper?

Yes, you can pick a general goal such as these, but to achieve the best results, I suggest taking an Inclusive Health approach - topical care, internal care (diet and supplements) and a focus on sense-of-self. To support your health internally – eat your water! Diet has a huge impact on skin and skin health. This is because topical skincare products address only 20% of your skin on the surface, the epidermis. The other 80% of your skin is affected by what you eat and drink, including your dietary supplements. Eating a healthy, well balanced diet and taking daily nutritional supplements is key to overall health and wellness. Healthy skin is a reflection of an overall healthy body and we make the body healthy (or not) through what we ingest. Also, as I always say, don't be so hard on yourself and don't be afraid of failure. Success comes when you accept the possibility of failure.

2. How do you see human organism as a system? How this system works?

You need to look at your body holistically, what you put on your body, what you put in your body, and your emotional state. Everything works together inclusively. In order to achieve your ultimate goal whether it be weight loss or minimizing the appearance of wrinkles, it's important to focus on the whole self. I call this Inclusive Health, a three-pronged approach, which includes using topical skin care products, eating a plant-based diet and taking appropriate supplements, as well as taking time to find your Sense of Self - the emotional and spiritual balance in your life. Over the years, I have been able to accurately analyze my patient's skin by simply asking them some basic questions about the products they use, their emotional health, and their diet. Are you eating your water in the form of fruits and vegetables high in anti-oxidants? Do you find yourself stressed out all the time and grumpy? Are you taking the time to care for yourself? These answers give insights on why they are struggling with correcting their skin and overall health conditions. Inclusive Health shows that your whole body is connected and once all 3 prongs are strong and healthy, you'll see the difference in how you feel and look. After all, healthy skin is a reflection of overall wellness.

3. The most common myths about health?

Most people falsely accept signs of aging such as weight gain, fatigue, and familial patterns of disease as the inevitable. The truth: upwards of 80 percent of longevity is attributed to lifestyle – not genes. Yes, aging is a fact of life. But looking your age is not, and you get to choose how fast you age. Additionally, water loss is the final common pathway to all aging and disease.

4. What is the first thing we should do for good health and shape?

There is no one thing to achieve good health and shape. I recommend taking an Inclusive Health approach to achieve overall wellness. A complete diet overhaul is difficult and often unattainable. However, I suggest focusing on a few small changes to make a big difference. Add good fats like walnuts, avocado and olive oil to help rebuild cell membranes and reduce dry, flaky skin. Enjoy embryonic foods like eggs, beans and seeds; these foods contain all the building blocks for regeneration and will flood your body with vital nutrients to make all your cells healthier.

Additionally, activities such as yoga and hiking are a great way to connect oneself with nature and calm the mind and body. Exercising regularly nourishes the skin with oxygen, fresh blood and nutrients, while sweating flushes out toxins. It will also improve digestion, metabolism and endocrine function so that the entire body is functioning at an optimal level.

Remember, you are what you eat! Maintaining a balanced, healthy diet can do wonders for a person's overall appearance inside and out. Begin each day with a healthy, well balanced breakfast and consume nutrient-rich foods. Eat a variety of whole oats, grains, eggs and fresh fruit to boost metabolism, and include dietary supplements as well. Lastly, don't forget to eat your water! Colorful raw fruits and vegetables contain structured water –the best form of water for the body's cells as it stays in your system long enough for your body to put it to good use.

5. Is there anything we don't know about making ourselves healthier and happier?

Perfectionism leads to pessimism. People tend to have low self-esteem because they are overwhelmed with responsibilities, and trying to be perfect. I tell my patients, Be imperfect, live longer. We begin to feel less competent and are hard on ourselves when we're unable to juggle everything on our plates perfectly and feel that so much is expected of ourselves. Participating in something you're passionate about reduces stress, promotes positive self-reflection and connects people based on similar interests. Engaging in these activities each day will help fight the feelings of isolation that are growing more prevalent in today's fast-paced society. Enjoying the simple pleasures of life is equally as helpful in promoting overall mental and physical health.

6. Three main rules for good health.

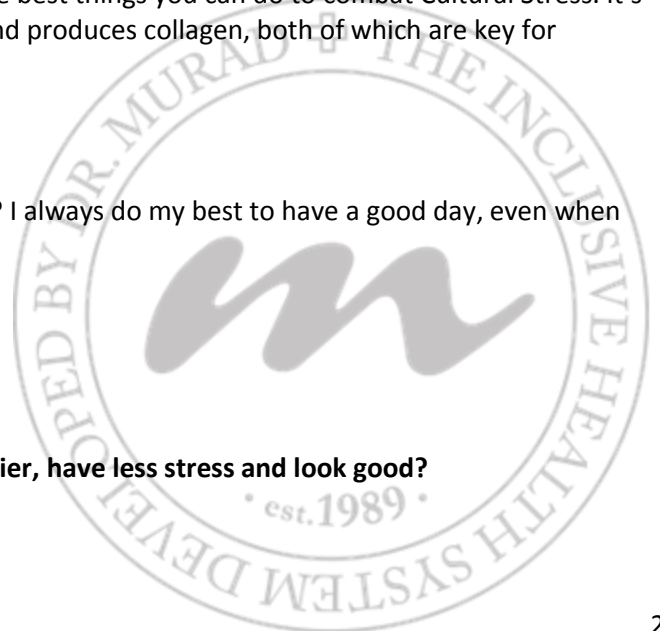
1. Eat your water! Raw fruits and vegetables contain structured water which releases into your system at a slower rate, allowing you to stay hydrated longer. These foods also contain vital nutrients to help your skin and your body stay healthy.
2. Maintain a Strong Sense of Self. Take a deep breath and remember that the most important person in the world is YOU! I recommend a few mantras that will help center your brain, and avoid the inevitable "freak out": Don't let failures spoil your successes. If it isn't personal, don't take it personally. Be imperfect; live longer. And Even in disaster look for the good. Choose the one that speaks to you and repeat!
3. Relax! I have done significant research and have found that 90% of health problems today can in part be attributed to Cultural Stress™, the constant and pervasive stress of modern day living that plays havoc on physical well-being and is turning into a societal crisis. It is more prevalent today than even 10 years ago with the advancements and constant use of smart phones, social networks such as Facebook, and working longer hours at work. Getting deep sleep is one of the best things you can do to combat Cultural Stress. It's during REM sleep that your body regenerates cells and produces collagen, both of which are key for maintaining youthful skin.

7. What are your own rules of living?

- Why have a bad day, when you can have a good day? I always do my best to have a good day, even when the odds are going against me.
- Be imperfect, live longer.
- Don't be so hard on yourself
- Allow happiness to enter
- Turn the rest of your life into the best of your life!

8. Which right thoughts can help to reach goals to be healthier, have less stress and look good?

- The best is yet to come; you just have to let it enter



- Your life's story in the end is how you have lived it. Make it sweet, happy and healthy
- We are each born with a unique commodity called life. It is stressed by the environment, and it is up to us to make the best of it
- Ignore the naysayers from without, and more importantly, those from within. Allow yourself to achieve your maximum potential
- When you become the most important person to yourself, your accomplishments will amaze you

9. How to choose right system of nutrition?

It is important to choose a system that works for you. There is no one diet that will work for everyone. Regardless of what your specific goals are, always nourish yourself by eating plenty of water-rich foods like raw fruits and vegetables. Only 20% of your skin can be reached through topical products. The other 80% is affected by your lifestyle habits and what you put in to your body. Thus, it is important to take an Inclusive Health approach when tackling skin concerns as it's affected by what we eat just as the rest of our organs. Follow the guidelines of my Pitcher of Health™, a comprehensive guide to nutrition that allows the body to perform at it's optimal level of health, to create a diet designed to improve cell hydration and to minimize both free radicals and inflammation. Not only will eating a water-rich diet drastically improve your complexion, eating for wellness will also improve your energy and boost your basal metabolic rate. Eat right so you've got the energy you'll need to enjoy your days to the fullest.

The base of the Murad Pitcher of Health is fruits and vegetables. You should eat more of these foods than any other: 3 or more servings a day of fruits and 5+ servings of vegetables. They are rich in the healing antioxidants your body needs. They also contain many of the trace minerals and B vitamins that your body uses to metabolize carbohydrates, fat and protein, and to synthesize DNA and new cells. Eat handfuls of blueberries as a snack or add half a cup of them to your cereal or oatmeal every day. Also, try to add omega-3 fish oil supplements and cold-water fish into your diet. The healthier you eat, the healthier you become overall. I have an 80/20 rule – eat according to my Pitcher of Health 80 percent of the time, and feel free to indulge in a few treats or favorites that aren't on here no more than 20 percent of the time.

10. Should there be differences in men's and women system of nutrition?

Generally there's not much of a difference between men's and women's system of nutrition since every person is unique. Everyone has different needs and goals so each person's plan can be modified for their specific objective. However, if you follow an Inclusive Health approach to nutrition, whether you are male or female, you will see a difference in your overall health: physically, mentally and spiritually.

11. What is your opinion about vedic system of nutrition?

The Vedic system of nutrition stems from the Ayurvedic approach to healthcare, which considers a person's overall health in order to treat specific concerns. According to Ayurveda, these concerns vary depending on three specific imbalances; Vata, an air imbalance, Kapha, a water and fluids imbalance, and Pitta, an imbalance of fire and heat. Vedic nutrition also strongly advises a diet made up of approximately 60-70% raw vegetables and other natural, whole and living foods.

The Ayurvedic concept of overall health is a paralleled cornerstone of a comprehensive approach to health and well-being I pioneered called Inclusive Health, a three-pronged philosophy which addresses what you put on your body topically, what you eat, and a focus on your emotional sense-of-self. While there is no well-balanced and healthy diet that I advise against, I like to recommend a diet that follows my Pitcher of Health™, a diet consisting of water-rich foods that fuels your body to perform at optimal levels of health. Structured water from raw fruits and vegetables are key,

along with the right amount of essential fatty acids, low-fat proteins, whole grains, etc. Nutritional supplements are also very important to ensure you are getting the nutrients your body needs. Ultimately, you are what you eat and the skin is but one indicator of your overall health. As I mentioned above, I recommend using the 80/20 percent rule: eat according to my Pitcher of Health 80 percent of the time, and feel free to indulge in a few treats or favorites that aren't on here no more than 20 percent of the time.

12. Are there any systems of nutrition that had influence on you?

As a dermatologist and Associate Professor of Dermatology, I have studied many schools of thought surrounding nutrition and diets, all of them with their own unique function to better nourish the body. It was the knowledge of my studies combined with the research and discoveries that I have made in my practice through seeing patients that I found the need for a diet focused on intra-cellular water to optimize healthy performance of the body, while also inclusively making people feel better. A diet full of water-rich foods not only nourished the body, but made skin look more radiant, more youthful!

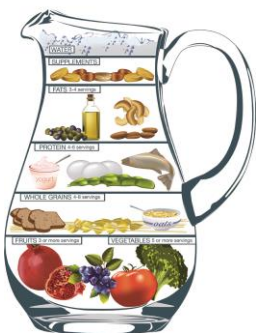
I have concluded that the common denominator to aging and illness is cellular water loss. My Cellular Water Principle® demonstrates how we can support our bodies ability to strengthen and rejuvenate cells and reduce water loss so we can be as healthy as possible for as long as possible. As we age, the barrier of the cell begins to breakdown and our cells begin to lose water. The Cellular Water Principle is about repairing these cells with nutrients so that the cell barrier is strengthened and the cell is better able to hold on to water. As our cells are repaired, our skin begins to look better because the skin is hydrated from the inside out.

In turn, this lack of focus on water-rich diets and comprehensive approach to the body led me to create my Inclusive Health approach to skincare and overall health. In essence, it wasn't other systems of nutrition that motivated my interest and research, but rather what they seemed to be *missing* that truly inspired me to create my Inclusive Health philosophy.

13. What products are always on your plate and what products you never eat?

My plate is always full of foods that resemble Technicolor; colorful, water-rich foods like raw fruits and vegetables, and protein like yogurt, eggs, beans or fish. I always align my diet according to my Pitcher of Health, a comprehensive guide to nutrition that allows the body to perform at it's optimal level of health. I suggest to ingest the following on a daily basis to ensure you are getting all the nutrients that aids in overall wellness:

Dr. Murad's
Pitcher of Health
A Nutritional Guide to Optimal Cellular Hydration



- 3 or more servings of fruits such as pomegranates, blueberries, or blackberries
- 5 or more servings of vegetables like broccoli, leafy greens
- 4-8 servings of whole grains steel cut oats, whole wheat toast, brown rice
- 4-6 servings of proteins such as yogurt, eggs, beans, or fish
- 3-4 servings of fats like olive oil, almonds or walnuts
- Supplements
- Water

I also do not restrict myself – there is never a food I will not allow myself to have. If I feel like having a piece of chocolate, I eat it! I recommend using the 80/20 percent rule: eat according to my Pitcher of Health 80 percent of the time, and feel free to indulge in a few treats or favorites that aren't on here no more than 20 percent of the time. Remember, pessimism leads to imperfection - love yourself!

14. What are the best snacks between meals? Or you do not recommend to have snacks at all?

It's important to listen to your body and nourish it when it is hungry. If you are feeling hungry in between meals, eat a small, nutritious snack that will satiate you until your next meal. I recommend raw walnuts or almonds and trail mix with raisins and goji berries. These snacks are rich in structured water and will keep you feeling satisfied until lunch or dinner. Additionally, snacking throughout the day will keep increase your metabolism which aids in weight loss.

15. Your rules about drinking water: how much to drink and how often?

We've all heard hundreds of times that we should drink eight, 8 oz glasses of water per day to maintain an optimal level of hydration. Yet, there is little scientific evidence for this advice and for most people, more water just means more trips to the bathroom. Not only is this a waste of time, water and valuable resources with the over consumption of bottled water, the constant flushing of water through your body can mean a loss of vital minerals as well. If you *eat* your water, you won't need to count your glasses. Replace at least one glass of water a day with one serving of raw fruits or vegetables; you will be able to stay hydrated significantly longer. Eating foods that are rich in structured water, especially raw fruits and vegetables, will not only help your body hold onto water longer, you'll get the added boost of important antioxidants, fiber and other nutrients. By sticking to a healthy diet you will end up eating most of the water needed each day to stay well hydrated – and you can help reduce your carbon footprint!

16. How to stay healthy, be happy, young and slim when you live in megapolis?

Living in a large metropolis can lead to many different stresses; the stress of traffic, arriving at an appointment or to work on time (or even early!), the stress of technology and the stress of family life. I call this Cultural Stress™, the constant and pervasive stress through living a maxed-out, multi-tasking life. Cultural Stress takes a dramatic toll on one's overall health so it's important to understand it, address your stressors and take steps to combat it such as surrounding yourself with people you care about, quieting your mind by turning off your cell phone and television before bed, participating in a physical activity, and of course, smiling and laughing freely. You may not be able to eliminate the stresses of living in a large city, you can learn to manage it and deal with it. Be imperfect, be comfortable with who you are – love yourself! These small efforts will bring you big emotional changes, helping you destress and enjoy life.

