

# Download Cellulite Solution Howard Murad

Dry brushing is one of the absolute best things that you can do for the largest organ of your body -- the skin. In fact, dry brushing may help diminish the appearance of cellulite, aid in removing toxins from the body and promote toned and supple skin, advises Ann Louise Gittleman, author of "The Fat Flush Fitness Plan."If you want to get rid of the dreaded cellulite—also known as "cottage cheese thighs"—you're not alone. Nearly 90 percent of women have cellulite according to Howard Murad, M.D., the author of *The Cellulite Solution: A Doctor's Program for Losing Lumps, Bumps, Dimples, and Stretch Marks*.La véritable cause de la cellulite? "Une mauvaise hydratation des cellules, un manque de tonicité de la peau et des tissus de soutien qui la composent", explique le Dr Howard Murad.If you have cellulite that you want gone but don't want to spend big money on expensive creams, check out our quick and easy homemade cellulite cream!, Cellulite Solution Howard Murad.

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