

# Murad®

- Media Bio -

## Howard Murad, M.D., FAAD

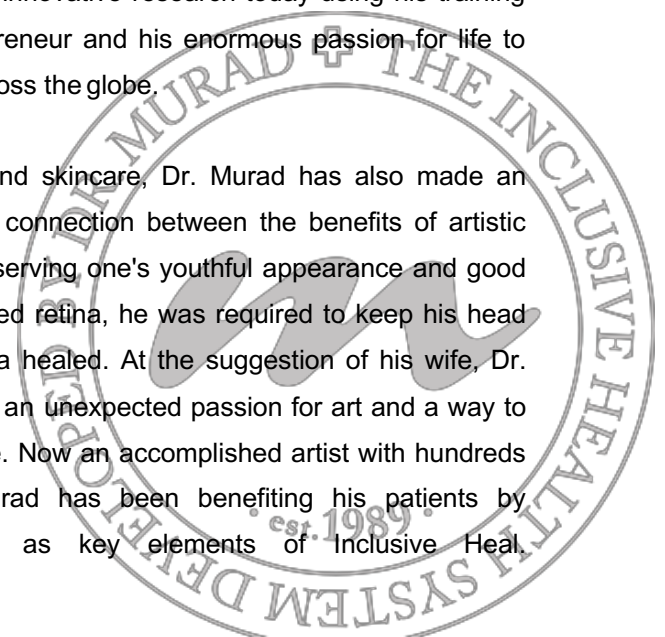
*CEO and Founder*

Howard Murad, M.D., FAAD, is recognized as a leading visionary for his scientific innovations and founder of the Inclusive Health movement, which focuses on a total body approach to youth building and overall wellness. His mission and passion is to help people unlock their potential to look younger, to feel younger and to live healthier, happier and more rewarding lives. By sharing his scientific discovery of The Science of Cellular Water™, which identifies the common denominator of aging and illness as cellular water loss, he empowers people to achieve whole-body wellness, effortless weight management and freedom from stress—the keys to living well and aging well.

A board certified dermatologist, trained pharmacist and Associate Clinical Professor of Medicine at the Geffen School of Medicine, UCLA, Dr. Murad has personally treated over 50,000 patients. In 1989 he founded Murad, Inc. as a way to share his groundbreaking skincare formulas, which were among the first to achieve significant measurable anti-aging results without surgery. Dr. Murad continues his innovative research and holds 19 patents for advances in the science of skin health.

Known as “The Father of Internal Skincare” for being an originator of the use of dietary supplements to promote skin health and as the pioneer of the use of Alpha Hydroxy Acids in topical skin care, Dr. Murad has received numerous recognitions including being named the “Best Forward-Thinking Doctor” by *Vogue* magazine and a “Beauty Genius” by *Elle* magazine. He was named an “Industry Visionary” by the International SPA Association and was inducted into *Dermascope* magazine’s “Academy of Legends.” Additionally, he discovered and continuously conducts research on the impact of Cultural Stress®, the constant and pervasive form of stress due to modern day living which has been scientifically shown to have a negative impact on cellular health. He continues his innovative research today using his training as a pharmacist and a physician, his insights as an entrepreneur and his enormous passion for life to positively transform overall health and wellness of people across the globe.

In addition to his contributions to science, healthy living and skincare, Dr. Murad has also made an impression on the art community with his research on the connection between the benefits of artistic expression and youth building, a whole-body method of preserving one's youthful appearance and good health. In 2008, after undergoing surgery to repair a detached retina, he was required to keep his head down with his chin to his chest for a month while the retina healed. At the suggestion of his wife, Dr. Murad started painting to help pass the time and discovered an unexpected passion for art and a way to reintroduce play and freedom of expression back into his life. Now an accomplished artist with hundreds of works having been exhibited and published, Dr. Murad has been benefiting his patients by incorporating art therapy and finding one's passion as key elements of Inclusive Heal.



# Murad®

Dr. Murad grew up in Queens, N.Y. After earning his degree at The Arnold and Marie Schwartz College of Pharmacy and Health Sciences, he worked as a pharmacist while attending University of California at Irvine Medical School. He completed his rotating internship at New York's Queens Hospital. Later, Dr. Murad joined the U.S. military as a General Medical Officer for the United States Army, where he received a Bronze Star for his service as a battalion surgeon in Vietnam. He then completed his dermatology residency at the Veteran's Administration Hospital at UCLA.

Today Dr. Murad is involved in continuous research on the effects of Inclusive Health on gene expression and regularly sees patients who are seeking out personalized Inclusive Health programs. He is an active philanthropist, inspirational speaker and author of five best-selling books on aging, health and skin care.

## **ABOUT MURAD, INC.**

Murad was founded in 1989 by Dr. Howard Murad, a board certified dermatologist, trained pharmacist and Associate Professor at the UCLA, Geffen School of Medicine. Murad offers people a path to youthful good health through science-based, clinically-proven skincare and healthcare products that have been developed as part of Dr. Murad's Inclusive Health® system of care. With a full range of skin-condition-specific, high-performance products for home and spa—backed by 19 unique patents for advancing the science of skin health and a 30 year legacy of research and clinical testing—millions of people look to Murad with confidence for products, services and tools to help them look, live and feel Better EveryDay®.

Murad is used and recommended by over 30,000 professionals all across the globe and is sold in over 35 countries.

###

