



WAZAR HEALTH  
**On the Case**

**Beating cellulite:**  
the new diet

[I] am meant to be munching on **Himalayan goji berries**. Dr. Murad considers them to be the most nutritionally dense food on the planet. With almost 500 times more vitamin C than oranges, 18 types of amino acids, 21 trace elements and three B vitamins, he says they're excellent!