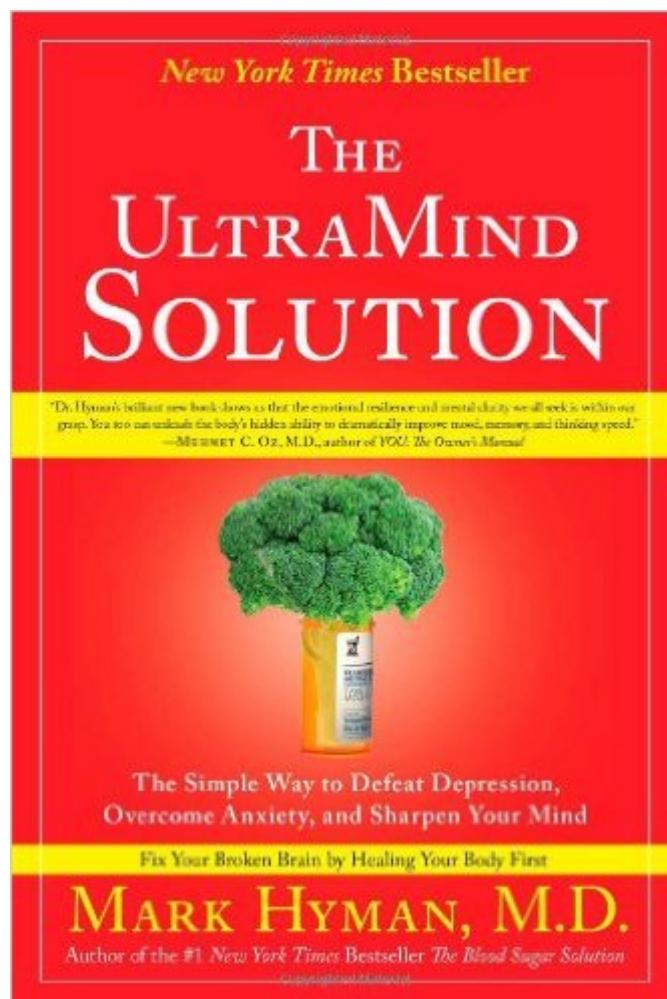


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# The UltraMind Solution: The Simple Way To Defeat Depression, Overcome Anxiety, And Sharpen Your Mind



## **Synopsis**

Is your brain broken? We refer to our broken brains by many names—“depression, anxiety, memory loss, brain fog, ADHD, autism, to name a few”—and although we can’t see it, this silent epidemic affects more than 1 billion people worldwide. If you can answer yes to any of the following, you may have a broken brain: Are you depressed, feeling down, and don’t have the drive to do anything? Do you find it next to impossible to focus or concentrate? Do you get anxious, worried, or stressed-out frequently? Does your mind feel foggy, unable to experience the world clearly? All is not lost. In *The UltraMind Solution*, New York Times bestselling author Mark Hyman shows that to fix your broken brain, you must heal your body first. Dr. Hyman presents a simple six-week plan based on the emerging field of functional medicine to restore health and gain an UltraMind—a one that’s highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

## **Book Information**

Paperback: 464 pages

Publisher: Scribner; 1 Reprint edition (June 8, 2010)

Language: English

ISBN-10: 1416549722

ISBN-13: 978-1416549727

Product Dimensions: 5.5 x 1.2 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars—See all reviews (359 customer reviews)

Best Sellers Rank: #17,456 in Books (See Top 100 in Books) #89 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #98 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing #240 in Books > Health, Fitness & Dieting > Nutrition

## **Customer Reviews**

One of my guiding principles has always been: Never read a book that has the word “ultra” in the title. However, interesting perspectives on diet & health intrigue me, & when I saw endorsements from such respected doctors as Dean Ornish, Christiane Northrup & Mehmet Oz, I decided to break my rule and plunge into *The UltraMind Solution*. I’m glad I did, for this book is an engaging read that’s full of cutting edge science & practical advice. Dr. Mark Hyman has been on a mission to do medicine & health differently since conventional medical thinking failed him in his own debilitating illness twelve years ago. He convincingly argues that maintaining the body’s health is essential for

the brain's well-being, and that many mental & psychological disorders can be rooted in physical, biochemical derangements in the body's health & metabolism. In part one of the book he details the background: his personal story which led to his changed philosophy & practice of medicine. He is an advocate of what is termed functional medicine, a relatively new discipline which focuses on not the established "label the disease, give it a drug" approach but "find what's functionally wrong behind the patient's symptoms, then correct the body's metabolism back to optimum function." The second part of the book contain the outline of his "Seven Keys to UltraWellness" (argh! there's that word again!). He covers optimizing nutrition, balancing hormones, reducing inflammation throughout the body, fixing digestive tract problems, enhancing the body's detoxification, boosting energy metabolism, & calming the mind itself. The third part of the book covers a six week plan to initiate many of these changes, while the fourth part goes into specifics for each of his seven key areas.

A little over a year ago I had my second child. I worked hard at eating healthy while I was at home for the first three months, and I was quite successful, but when I returned to work full time I felt to busy to continue my healthy lifestyle. For lunch I would eat packaged, frozen entrees or even worse go to our hospital cafeteria and have grilled cheese sandwich with french fries and a soda, this was happening three to four times a week. On my way home, I would stop by the store and pick up dinner that was already prepared or food that was pre-packaged so all I had to do was heat it up. This was no way to teach my kids healthy eating. I have a petite frame and was not overweight by any means but I could tell I was slowly getting thicker around the middle, in addition, I constantly felt tired, unfocused, and distracted. Every time I ate I felt sick, almost like a feeling of being hung-over but without drinking. I decided it was time to change how I, and my family, ate. I have heard of the healing power of food and I decided it was time to try the benefits of whole, unprocessed foods. Upon starting this program, I decided I had to commit myself wholly. I began by doing all my grocery shopping in Sundays as well as cutting up all my fruits and vegetable so they were easily accessible. I also planned out my breakfast, lunch, and dinner menus in writing for the entire week and stuck to them. I will admit the first week was hard; giving up sugar and my biggest food obsession - soda. After the first week it became easier and easier. As the program continued, my mind felt clearer; I felt sharper at work.

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