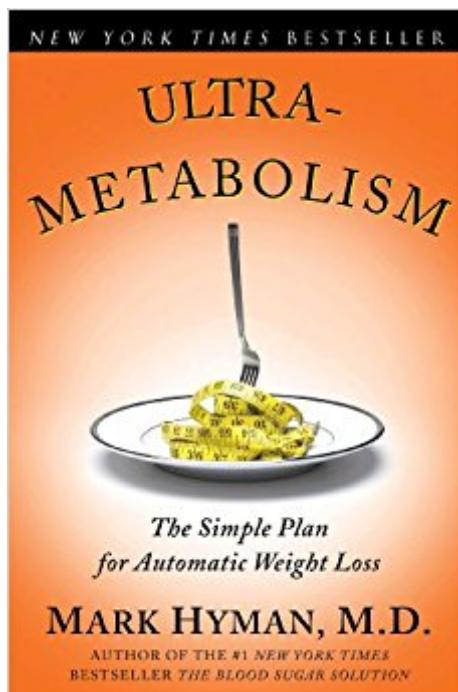


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# Ultrametabolism: The Simple Plan For Automatic Weight Loss



## Synopsis

Bestselling author, columnist, and physician Mark Hyman, M.D., brings us a science-based, easy-to-follow diet and nutritional plan in *UltraMetabolism: The Simple Plan for Automatic Weight Loss*. For many, losing weight is a never-ending struggle, especially since our bodies are designed to keep weight on at all costs; it's a matter of survival. But a medical revolution is under way, showing us how to work with our bodies instead of against them to improve nutrition and ignite the natural fat-burning furnaces that lie dormant within us. Drawing on cutting-edge research about nutrigenomics—the science of how food talks to our genes—Dr. Hyman, author of bestsellers including *The Blood Sugar Solution*, *The Ultra-Mind Solution*, *UltraPrevention*, and *The UltraSimple Diet* has created a method for losing weight by eating the right foods to detox and manage food allergies. Food contains information and instructions for our bodies: eat the right foods and send instructions of weight loss and health; eat the wrong foods and send messages of weight gain and disease. After spending the last ten years conducting pioneering, hands-on research with over two thousand patients at Canyon Ranch, one of the world's leading health resorts, Dr. Hyman has discovered the seven fundamental causes of obesity. He has integrated his years of research into this groundbreaking approach to help you rebalance and stabilize your metabolism to maintain weight loss and enjoy lifelong health. This isn't a fad diet. Dr. Hyman explains how to customize your personal health and weight-loss program with a streamlined eight-week plan designed to help you lose weight based on your own unique genetic needs. Menus, recipes, and shopping lists, as well as recommendations for vitamins, supplements, and exercise will help you change your lifestyle and be healthy for years to come.

## Book Information

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## Customer Reviews

Physician Hyman (Ultra-Prevention: The 6 Week Plan That Will Make You Healthy for Life) delivers plenty of scientifically grounded information about weight loss myths, effective individualized strategies centered around the theme of stoking metabolism and a detailed six-week plan—complete with menus and recipes—that "will help you lose 11 to 21 pounds" in those first six weeks. The data and prescription the author provides are far from simple, and results, if attained, are not automatic. But dogged readers will come away from the book with a thorough understanding of dieting principles, such as the timing of meals, portion size, glycemic load, phytonutrient index, the weight loss benefits of relaxation and the optimized functioning of the thyroid. There are straightforward principles buried in the text, such as "eat fruits and vegetables" and "move your body," plus tips for eating out (e.g., "don't be afraid to ask for substitutions in a dish," "request a 'cruditÃƒÂ©s platter'... instead of the breadbasket" and "order a light drink"); adhering to these tips alone should prove beneficial. The opportunity for readers to remember and apply any of the more involved information is a possible positive side effect. (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"Dr. Hyman, an expert's expert on healing, shares his secrets to harvesting your body's potential for weight loss. Reading this compelling book is the next best thing to entering a cutting-edge health program." -- Mehmet Oz, MD, coauthor of the NY Times #1 Bestselling You: The Owner's Manual: An Insider's Guide to the Body that Will Make You Healthier and Younger" At long last, a clear and practical book by an internationally recognized clinician who creates a sound diet as the cornerstone of a healthy lifestyle. There are no gimmicks, quick fixes, or misleading before and after photos since this diet is based on the latest science which underlies all effective weight management. If you are going to read and use only one book on diet and lifestyle, this is the one!" -- Dr. Kenneth Pelletier, author of Sound Mind, Sound Body: A New Model For Lifelong Health and Professor, University of Arizona School of Medicine"Dr Hyman has worked at the interface of science, Western medicine and alternative health for over 20 years. In Ultrametabolism, he distills this experience into a provocative prescription for weight loss. I have no doubt that this book will make an important difference in the lives of many Americans seeking optimal health." -- David

Ludwig, M.D., Ph.D., Director, Obesity Program, Children's Hospital Boston"Combining cutting edge science and clinical wisdom, Mark Hyman provides a clear, carefully individualized, blueprint for weight loss and good health. It is, quite simply, the best book I've seen on the subject." -- James S. Gordon, M.D., Founder and Director of the Center for Mind-Body Medicine, Washington DC, and author of *Manifesto for a New Medicine*"Congratulations to Dr. Hyman for another masterpiece. This is the most comprehensive explanation of the underlying causes of weight gain I have seen." -- Joseph E. Pizzorno, ND, Editor, *Integrative Medicine: A Clinician's Journal*, Coauthor, *Encyclopedia of Natural Medicine*"Ultrametabolism is a gem. Scientific, practical, and user friendly, it gives you everything you need to know for creating a lean, healthy body." -- Christiane Northrup, MD, author of *Mother-Daughter Wisdom*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom*"UltraMetabolism delivers on its title with a real program that has been developed by one of America's leading nutrition and preventive medicine doctors who also knows how to communicate his successes in writing. The book is both educational and inspiring, and coaches the reader through an effective program for "tuning up metabolism" and improving functional health. This book will be the catalyst for many people accomplishing their goal of good health." -- Jeffrey S. Bland, Ph.D., President and Chief Science Officer, Metagenics, Inc."Finally, a program that makes weight loss a part of your healthy lifestyle. Dr. Hyman's UltraMetabolism isn't a diet, it's a way of life. If you want to lose weight and reduce factors that lead to certain diseases, buy this book." -- Susan Piver, Author, *The Hard Questions*"A healthy lifestyle holds the key to maintaining optimal health as we age. Dr. Hyman provides some sensible signposts for those ready to embrace healthy living, and lower their risk of developing cardiovascular and other chronic diseases." -- Peter Libby, M.D., Chief of Cardiovascular Medicine, Harvard Medical School"Dr. Hyman, an expert's expert on healing, shares his secrets to harvesting your body's potential for weight loss. Reading this compelling book is the next best thing to entering a cutting-edge health program." -- Mehmet C. Oz, M.D., coauthor of the *New York Times* #1 bestseller *You: The Owner's Manual*

I've bought several of Dr. Hyman's books, and I love that they are packed with science but written in a style that is conversational and easy to understand. I was interested in increasing my metabolism, because I had gained a lot of weight after a long bout of Chronic Fatigue. I hadn't been eating very much, because fixing meals was too much effort, and yet I was still overweight. I also knew that my blood sugar was erratic, due to my sporadic eating and skipped meals. I was afraid that there would be little new information in this book, after the others I'd read, but that wasn't the case at all! It contained exactly the information I wanted-- why timing is as important as meal composition. The

story of how Sumo wrestlers deliberately gain hundreds of pounds, and the similarity to the eating patterns of most Americans, was kind of an "ah ha" moment for me. I opted for this book over the Blood Sugar Solution because I was specifically interested in raising my metabolism and getting my mitochondria back up to speed. Managing your blood sugar and increasing metabolism really go hand-in-hand. The information in the Blood Sugar Solution might be a little more current, but I found this book to be very helpful, and I've implemented many of the suggestions. I also follow Dr. Hyman on Facebook, where he posts the latest research and a lot of great articles that help keep me motivated.

As someone who has been in a body conscious business most of her life, I have been to hell and back trying to keep weight off. The problem was hugely exacerbated by my Hashimoto's thyroiditis. I'm also a classic endomorphic body type (curvy when slim, but a SpongeBob when heavy). I spent HOURS in the gym doing intense, sometimes grueling exercise. When I stayed off gluten, I did okay. It was still infuriating that I wasn't thinner, but after two kids, I figured that was pretty much what I could expect. Yet I was still dumping a ton of Nutrasweet (that stuff is the devil) in my coffee, drinking barrels of it, and eating white rice and the occasional potato. I'm someone who really needs to stay away from the "white menace." When I found Dr Hyman's book, I expected to lose weight and I have. What I didn't expect was how clear-headed I would become. I'm no longer brain-fogged and sleep walking. I don't want coffee or need it. In fact, I don't really want food all that often. I literally have to force myself to eat. Why? Previously, what drove me to eat wasn't hunger; it was appetite. My cravings prompted me to eat. Now that I'm off sugar, caffeine, gluten, white rice and potatoes, I feel AMAZING. Food IS medicine. Used as such, you, too, will get these same benefits. I don't usually write reviews, but I am happy to write this one. Dr Hyman is a life saver.

This is a very informative and helpful book. The only thing I take issue with is the use of soy products. Dr. Hyman mentions that soy interferes with thyroid function, yet later in the book's application there are LOTS of soy recipes.... endorsing soy yogurt, soy milk, and tofu. Personal study has made me very wary of soy and so I was a bit disappointed to see this. Of course, you can avoid using soy by substituting it with almond milk, coconut milk, etc. I just wanted to encourage readers to research soy if they are uninformed. Otherwise I think the book is great.

Most people discover and read this book for weight loss. I was given this book to read to help me with symptoms from taking the drug, femara. Lots of women who have experienced breast cancer

and tested estrogen receptive positive are placed on femara. The side effects are many including, muscle, joint and nerve pain, severe fatigue, foggy brain, headaches, trigger thumbs, weight gain, blurred vision etc. The longer you stay on femara the stronger the side effects become. After over 2 years on femara I was physically in really bad shape with all of the above symptoms. I had gained over 30 lbs, but my concern was the other symptoms that stopped me from working and sleeping. My friend who gave me this book had fibromyalgia, high blood pressure, heart condition etc. After switching to Dr. Hyman's way of eating she didn't have high blood pressure or fibromyalgia. I read the book cover to cover, twice. Remember I had brain fog. Took the tests, followed this book to the mark. After the first week of detox, I lost 9lbs., no headaches, in fact no aches anywhere. I was sleeping through the nights. Arms, legs, hips pain free. No facial migraines, once a week. This was crazy amazing!! To me, this is a no brainer. If I eat the right foods I feel like a million bucks. If I eat the wrong foods I pay a dear price. I have been on this plan for two years now, am off of femara and will continue this way of eating for the rest of my life. I overall lost over 30lbs of weight. My only regret is that I didn't start this earlier, it could have prevented me from cancer in the first place. This book is more than just a weight loss book, this book will save us all from a lot of pain. I have bought this book several times for my friends and relatives to have as a gift.

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