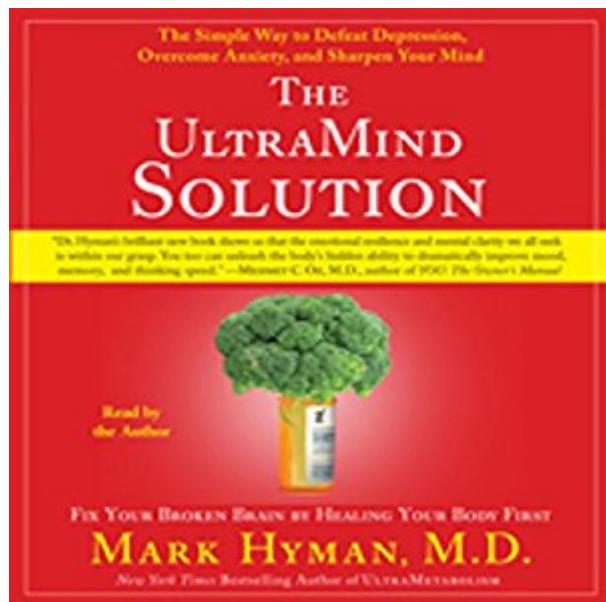


The book was found

The UltraMind Solution: Fix Your Broken Brain By Healing Your Body First



Synopsis

A hidden epidemic races around the globe -- we can't see it or touch it, which makes it so dangerous. The invisible epidemic has led to the suffering of millions who spend billions on drugs, only to find they don't work. This is an epidemic of broken brains. "Broken brains" go by many names -- depression, anxiety, memory loss, brain fog, attention deficit disorder, autism, and dementia, to name a few -- and show up in radically different ways from person to person, making each seem like a separate problem. But the truth is that these "diagnoses" are all the result of a few basic problems with our biology. Pinpoint these biological problems, fix them, and let your body's natural healing intelligence take over to repair your brain. Now you can experience an UltraMind -- one that is highly focused and able to pay attention at will, with a strong, reliable memory and a mood that is calm, confident, in control, and in good spirits. We have all heard of the mind-body connection or how our thoughts affect the health of our body. But the reverse is far more powerful: what you do to your body, your basic biology, has a profound effect on your brain. Have you ever experienced instant clarity after exercise? Alertness after drinking coffee? A mental crash after popping candy? Does your brain inexplicably slow down during stress, while multitasking, or when meeting a deadline? Each is an example of how what we do to our bodies -- whether through nutrition, sleep, exercise, or stress -- has a dramatic effect on our brains. Conventional treatments don't help, or provide only slight benefit, because they just manage symptoms rather than deal with -- and heal -- the underlying problem. And just as brain problems all stem from the same root causes, they all have the same solution -- The UltraMind Solution. Our ancient genes interact with our environment to create systemic imbalances that affect our brains. Correct those imbalances -- most caused by nutritional deficiencies, allergens, infections, toxins, and stress -- and you can achieve optimum mental health without drugs or psychotherapy. The UltraMind Solution is the future of medicine, the culmination of the last twenty years of research on what makes the brain happy, focused, and calm; research that has uncovered a few simple factors that explain why things go wrong and how to fix them. Don't wait for this revolution in medicine to trickle into your doctor's office: it usually takes research twenty years to move from the lab to the patient. The answers are here, right now, in The UltraMind Solution. --This text refers to an out of print or unavailable edition of this title.

Book Information

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Customer Reviews

The work Dr Hyman did to write this book is astounding. He really has a heart for helping people. I had no idea any of the food I was eating was affecting me so greatly before I read The UltraMind Solution. Thank you Dr Hyman ☺

The best book on nutrition and healthy I've read in a long time. I will definitely be referring back to it for information.

I love the directness and detail in the book. Also the fact that medical language has been presented in a way that can be understood. I just finished the book, already applied some of the suggestions while I was reading and they give results immediately. The tests are helpful and supportive and make his book not only extremely informative but also very practical. I would recommend it to my closest people as it gives the life back.

This book opened my eyes and changed my life. It is astounding how quickly your body can and will heal itself when you feed your body Whole Foods and the proper supplements. Take out the bad and add the good and you can't go wrong. I went from a size 12 to a healthy size 4 in three months. I seldom have headaches now, I am more level headed, I have more energy, focus, and drive. I don't wake up tired or get sluggish in the afternoon. I would recommend this book to anyone. Dr. Hyman knows what he is talking about. If you put in the work you will reap the rewards.

Dr. Hyman shows how he cures deeply embedded brain disorders with diet and supplements. If your child is being medicated for ADD/ADHD or being evaluated for it, get this book and save yourself the trouble. You'll likely get better results for less expense.

Concise and straightforward. This book will tell you how to change your diet for the better and live a happier/healthier life. It can't hurt to at least try and eat healthy.

This was a good read. I found many interesting ideas in it. I have taken a few of the supplements it discussed and was able to get off Lexapro!!! It is not something you do all at once, but take a bite at a time and you will feel better. I was on 42 Rx and now on none at all. began to recommend HS FIGHTERS to others and see great results.

Dr. Hyman is an innovative physician whose message on functional medicine is based on scientific fact. His wellness centered approach focuses on preventative care vs. the diagnosis and drug treatment approach of typical doctors in the U.S. Within days of beginning his 6 week program, I felt like a different person. Simple dietary and nutritional changes have also increased the focus and improved sleep of my 2 young children. I recommend this book for both those seeking answers to long term health issues as well as those seeking vitality and ultimate health!

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