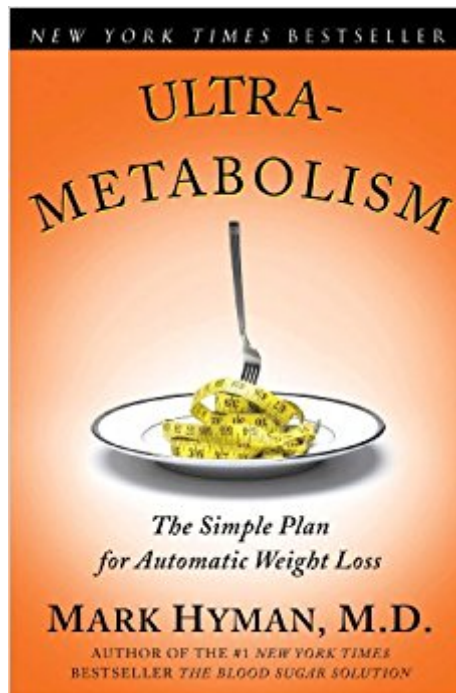




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# Ultrametabolism: The Simple Plan For Automatic Weight Loss



## 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 nutrigenomicsâthe science of how food talks to our genesâ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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Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (352 customer reviews)

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## Customer Reviews

I'm shocked that anyone would give this book 2 or 3 stars. I've been dieting since the age of 9, and have read more books on the subject of health, weight loss, and fitness than I can count.

"Ultrametabolism" offers great advice on how to "reboot" your body if you haven't been eating so well. There's no counting calories, protein, or fat grams, and you don't have to cut out entire food groups, like carbs. The first two weeks on the plan, you have to refrain from all potentially allergenic foods [peanuts, dairy, wheat, etc.] to give your body a break from anything that may be hard on your body; that you may be allergic to. He also recommends drinking a few cups of his "detox broth", which you make yourself using a variety of fresh organic veggies of your choosing. The plan is essentially a whole foods lifestyle. After the first two weeks of detox, you can slowly add things like organic dairy and whole wheat into your diet. There are lots of tasty recipes included, like coconut dal, cashew chicken, and lemon salmon. They're all pretty simple to prepare for anyone who cooks even a little. Not to sound like some crazy infomercial, but during the two week detox part, I lost 14 pounds. The author says you can expect to lose 9 to 11 pounds in the detox phase (mostly water weight, likely). I started the plan right after the holidays though, so I'm sure it was a shock to my body to go from egg nog and pecan pie to fresh fruits and veggies, plus I'm very obese [240 lbs], hence the dramatic weight loss. After that, I lost the typical 1 to 2 pounds a week. With all the health and diet books I own, this is the one I always recommend when friends and family ask what I suggest to help them eat better without the fad diets. A sample day on Dr.

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