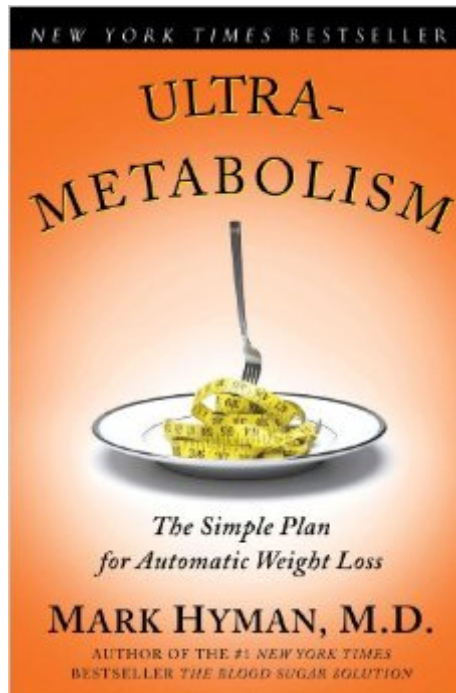


The book was found

# 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

Paperback: 354 pages

Publisher: Atria Books; 1 edition (March 4, 2008)

Language: English

ISBN-10: 0743272560

ISBN-13: 978-0743272568

Product Dimensions: 5.5 x 0.9 x 8.4 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (352 customer reviews)

Best Sellers Rank: #29,391 in Books (See Top 100 in Books) #21 inÂ Books > Medical Books > Medicine > Internal Medicine > Endocrinology & Metabolism #336 inÂ Books > Health, Fitness &

## 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.

[Download to continue reading...](#)

Ultrametabolism: The Simple Plan for Automatic Weight Loss Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight

watchers cookbook, weight watchers 2016, weight loss) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) The Gun Digest Book of Firearms Assembly/Disassembly Part I - Automatic Pistols: Pt. 1 (Gun Digest Book of Firearms Assembly/Disassembly: Part 1 Automatic Pistols) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPoint™ (Weight Watchers Smart Point Recipes) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide

[Dmca](#)