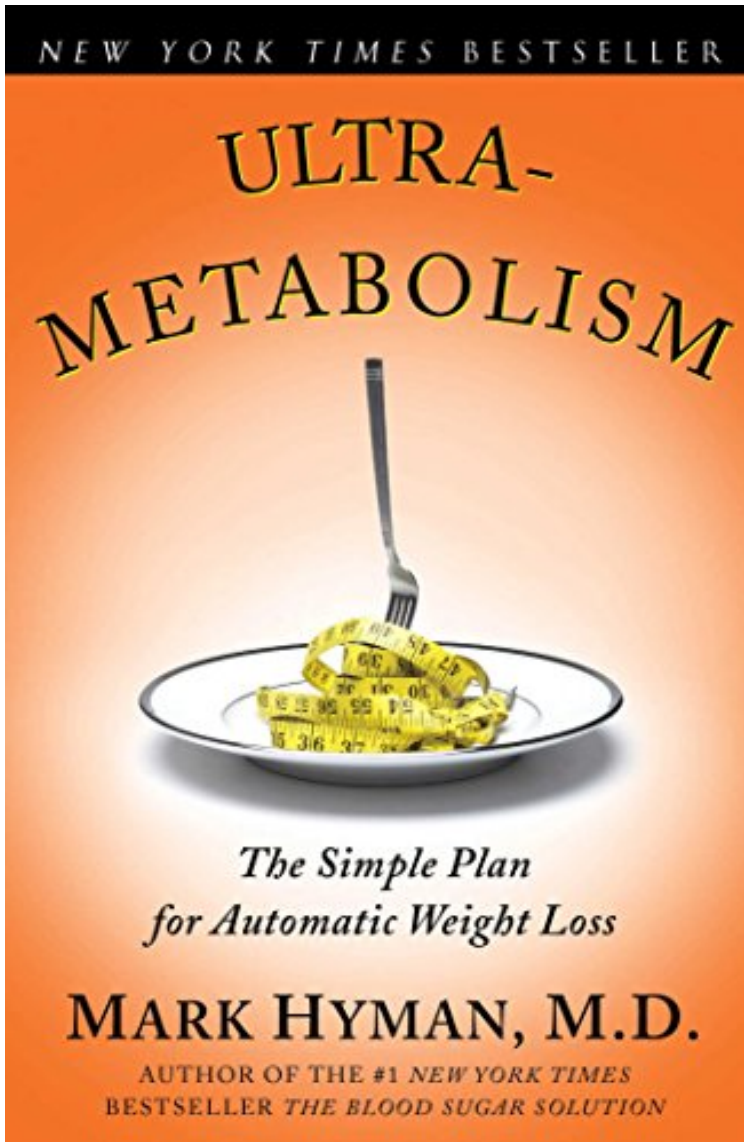


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# Ultrametabolism: The Simple Plan for Automatic Weight Loss (English Edition)



Par Mark Hyman M.D.  
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## Description :

Prsentation de l'diteurBestselling 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 nutrigenomicsthe 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.

Revue de presse "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*

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