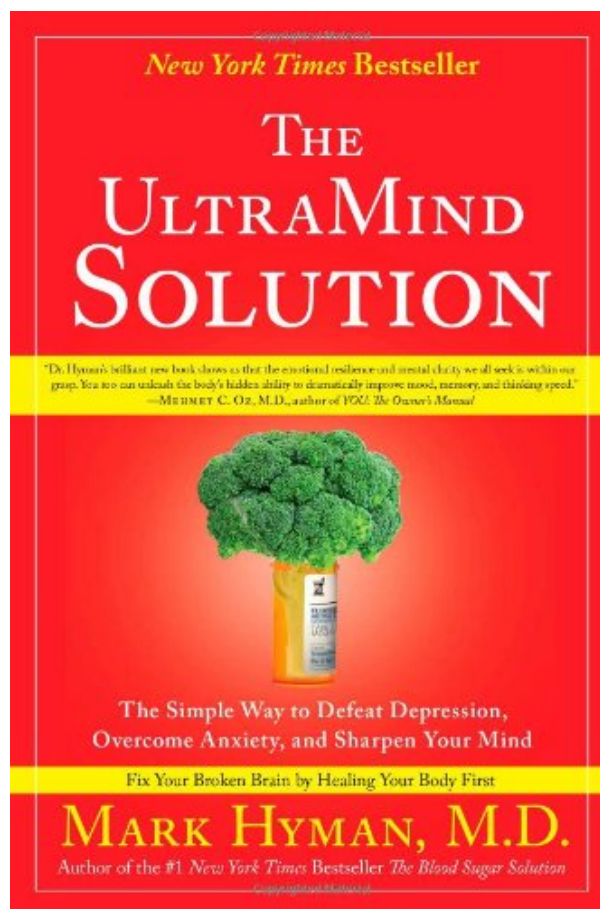


THE ULTRAMIND SOLUTION: THE SIMPLE WAY TO DEFEAT DEPRESSION, OVERCOME ANXIETY, AND SHARPEN YOUR MIND BY MARK HYMAN



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New York Times Bestseller

THE ULTRAMIND SOLUTION

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—MEHMET C. OZ, M.D., author of *YO! The Doctor's Manual*



The Simple Way to Defeat Depression,
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Fix Your Broken Brain by Healing Your Body First

MARK HYMAN, M.D.

Author of the #1 *New York Times* Bestseller *The Blood Sugar Solution*

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Review

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CHAPTER 1

BROKEN BRAINS

A Twenty-first Century Epidemic

Discovery consists of seeing what everybody has seen and thinking what nobody has thought.

-- ALBERT VON SZENT-GYÖRGYI NAGYRAPOLT, 1937 Nobel Laureate in Physiology and Medicine, the scientist who isolated vitamin C

Your brain is broken. You know it. You feel it. You hide it. You fear it. You have been touched by an epidemic. It deprives children of their future, the elderly of their past, and adults of their present.

No one is talking about this invisible epidemic. Yet it's the leading cause of disability, affects 1.1 billion people worldwide -- one in six children, one in two elderly -- and will cripple one in four people during their lifetime.

I am talking about the epidemic of broken brains.

We refer to our "broken brains" by many names -- depression, anxiety, memory loss, brain fog, attention deficit disorder or ADD, autism, and dementia to name a few.

This epidemic of brain breakdown shows up in radically different ways from person to person so that they all seem like separate problems. But the truth is that they are all manifestations of a few common underlying root causes.

These seemingly different disorders are all really the same problem -- imbalances in the seven keys to UltraWellness.

Conventional treatments don't help, make things worse, or provide only slight benefit.

That's because conventional treatments use the wrong model to heal these disorders.

There is another way to fix your broken brain, and it is not what you have heard or might think.

Just as brain problems all stem from the same root causes, they all have the same solution -- The UltraMind Solution.

I know this as both doctor and patient. My own brain broke one beautiful late August day in 1996. I became disoriented and terrified and descended into a spiral of helplessness and hopelessness.

Let me tell you my story.

My Broken Brain

Learning, thinking, and speaking were always easy for me. My brain never failed me. In college, I learned thousands of Chinese characters. In medical school, the intricate patterns and names of our anatomy -- the bones, muscles, organs, vessels, and nerves -- mapped effortlessly into my mind, and the complex pathways

of physiology and biochemistry were clear after one lecture and reading my notes.

I ran four miles every day to medical school. I took detailed notes in my classes, able to simultaneously listen to, remember, and write down nearly every word my professors spoke.

At the end of the day I ran back again to my apartment, did yoga for an hour, ate a freshly prepared whole-foods meal, and studied without distraction or loss of focus for three hours every night. Then I crawled into bed, fell peacefully asleep within five minutes, and slept deeply for seven hours.

The next day I got up and did it all over again.

That rhythmic life broke down, as it does for all physicians in training, when I entered the hospital and started pushing my body and mind beyond their limits with regular thirty-six-hour shifts on top of an occasional sixty-hour shift (Friday morning to Monday evening!).

When I went to practice as a small-town family doctor in Idaho, I worked a shortened schedule of only eighty hours a week, seeing thirty patients a day, delivering babies, and working in the emergency room.

From Idaho, I went to work in China for a year, breathing in the coal-soaked, mercury-laden air, before I landed back in Massachusetts, working a crazy schedule of shifts in an inner-city emergency room.

Then suddenly (or so it appeared at the time), my brain broke -- along with the rest of my body.

Sitting with patients, I often couldn't remember what they had just said, or where I was in eliciting their story. I tried to take careful notes and keep track, but I couldn't focus on conversations, couldn't remember anyone's name. I started taking pictures and writing down personal details about my patients to serve as my peripheral memory so I wouldn't embarrass myself the next time I spoke to them.

During lectures I had to give as part of my job, I would get lost in the middle of a sentence and had to ask the audience what I had just said. When I read a book, I had to go over passages again and again just to glean any meaning. At night, I read my children bedtime stories but had to robotically mouth the words, because I couldn't simultaneously read aloud and understand what I read.

Sleep eluded me. Exhausted and bone weary, I would lie down in bed at night and remain sleepless for hours. After finally drifting off, I would wake the next morning feeling as if I had never slept.

Depression and anxiety, which I had never known before, became constant companions.

At times I felt I couldn't go on any longer. My capacity for pleasure and laughter faded into a distant memory.

The worse my body felt, the worse my brain functioned. If my stomach was bloated and swollen and I had diarrhea, I couldn't think or sleep. If my tongue was inflamed or my eyes swollen and red, I became depressed. If my muscles ached and twitched, I couldn't focus. If I felt bone-weary fatigue, I would forget what I was saying or why I had just walked into a room.

Some doctors said I was depressed and recommended antidepressants. Psychiatrists suggested anti-anxiety drugs. My family doctor prescribed sleeping medication. A neurologist told me I had ADD and I needed stimulants. Others said I had chronic fatigue and fibromyalgia. All I knew was that my brain was broken, my focus gone, my mood depressed, my memory fleeting, and my body wasn't working.

All at once, I couldn't pay attention, remember, or experience joy and happiness. It was as if I had suddenly

"contracted" three terrible diseases -- attention deficit disorder, depression, and dementia. How could my brain have failed me? The part of me that was strongest suddenly became my weakest link. What had happened?

What I experienced was extreme and I hid it from the rest of the world, except for a very few close friends. I faked it and pulled myself through each day.

But after that summer day in August when my brain broke, weary and fighting brain fog, I began searching for answers.

Piece by piece, cell by cell, body system by body system, I discovered the source of my broken brain. By combing through the literature, consulting with dozens of scientists and doctors, and experimenting with my body and mind, I slowly put myself back together.

It wasn't one thing that broke my brain. It was everything piled higher and higher until my brain and body couldn't take anymore. It seemed sudden but was the end of a long series of exposures to toxins, stress, and a strange infection.

The trail led back to mercury poisoning from living in Beijing, China, breathing in raw coal used to heat homes for 10 million people, eating endless childhood tuna-fish sandwiches, and having a mouthful of "silver" or mercury fillings. I was also missing a key gene needed to detoxify all this mercury, which compounded the problem. I found out about this later through careful testing.

Years of sleepless nights delivering babies and working in the emergency room

destroyed my body's rhythms, which I tried to bolster with quadruple espressos, giant-size chocolate chip cookies, and mountains of Chunky Monkey ice cream (I reasoned that was healthy because of the bananas and walnuts!).

Then one late summer day in 1996 I ate or drank something up in a wilderness camp in Maine that infected my gut. That was the straw that broke the camel's back.

This book is the story of my healing. It is also the story of the discoveries I made that hold the answer to our current epidemic of broken brains. It offers a solution to your suffering just as it did to mine.

How many of you feel what I felt, at least to some degree?

- Maybe you fear losing your job because you're tired, unfocused, inattentive, and your memory is failing so you can't properly perform your tasks at work.
- Do you feel depressed, hopeless, disconnected, and disengaged from your life?
- Do you see your relationships breaking down because you are mentally and emotionally absent or numb?
- Perhaps you struggle to focus so you can help your children with their homework and guide them through life, but feel sure you aren't living up to your duties as a parent.
- Do you lie awake at night, tormented by the grief and pain of living half a life, and then worry about how you will find a way to wake up early in the morning just so you can get your kids to school?
- Do you forget to meet friends or go to appointments, and then can't figure out how in the world you forgot?

If so, you aren't alone. You have been affected by the broken brain epidemic, a terrifying and life-threatening chronic illness that has been largely unaddressed by the medical community, leaving millions of people to suffer alone, trapped in their deteriorating minds.

Our Looming Silent Epidemic of Broken Brains

Obesity is obvious. You can't hide it. But mental illness and memory loss are suffered silently, hidden from view. Yet they touch nearly everyone either directly or indirectly; personally or through family members and friends.

Our broken brains cause many problems -- anxiety, depression, bipolar disease, personality disorders, eating disorders, addictions, obsessive-compulsive disorder, attention deficit disorder, autism, Asperger's, learning difficulties, and dyslexia.

Broken brains take many shapes, including psychotic disorders such as schizophrenia and mania, as well as all the neurodegenerative diseases of aging, especially Alzheimer's, dementia, and Parkinson's disease.

In addition, there are brain dysfunctions that fall on the lighter side of the broken brain continuum. While many psychiatrists and neurologists wouldn't qu...

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Superb **The UltraMind Solution: The Simple Way To Defeat Depression, Overcome Anxiety, And Sharpen Your Mind By Mark Hyman** book is consistently being the very best buddy for spending little time in your workplace, evening time, bus, as well as almost everywhere. It will be a good way to simply look, open, as well as check out guide *The UltraMind Solution: The Simple Way To Defeat Depression, Overcome Anxiety, And Sharpen Your Mind By Mark Hyman* while in that time. As recognized, experience and ability do not consistently included the much money to get them. Reading this book with the title *The UltraMind Solution: The Simple Way To Defeat Depression, Overcome Anxiety, And Sharpen Your Mind By Mark Hyman* will certainly allow you know a lot more points.

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Is your brain broken?

We refer to our broken brains by many names—depression, anxiety, memory loss, brain fog, ADHD, autism, to name a few—and although we can't see it, this silent epidemic affects more than 1 billion people worldwide.

If you can answer yes to any of the following, you may have a broken brain:

Are you depressed, feeling down, and don't have the drive to do anything?

Do you find it next to impossible to focus or concentrate?

Do you get anxious, worried, or stressed-out frequently?

Does your mind feel foggy, unable to experience the world clearly?

All is not lost. In *The UltraMind Solution*, New York Times bestselling author Mark Hyman shows that to fix your broken brain, you must heal your body first. Dr. Hyman presents a simple six-week plan based on the emerging field of functional medicine to restore health and gain an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

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- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x 1.20" w x 5.50" l, .90 pounds
- Binding: Paperback
- 464 pages

Features

- Great product!

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0 of 0 people found the following review helpful.

Such an Interesting Read!

By Georgie

Didn't actually think I would finish this book, but I did. And I thoroughly enjoyed every page that I read. Author made it easy to read, and although I didn't know a lot of the medical terms, his descriptions were very helpful. The personal stories and quizzes made it more of an interesting read. My sister read a short portion of it to me in the car, and at first was very hesitant but ended up wanting to read more. She found it very interesting. I'm so happy with this purchase and glad that I came across this book. Would recommend to anyone and everyone!

0 of 0 people found the following review helpful.

It was recommended to me by someone I admire

By S. Rattavongsy

I wasn't sure what to expect before purchasing this book. It was recommended to me by someone I admire. I am so happy I purchased this book because it changed my lifestyle and I learned so much about myself in the progress. My mind is less foggy now because I am taking care of my body more than ever. Everyday I'm learning something new about what I should and shouldn't do to heal myself. I highly recommend everyone to read this book because you will be in a better place.

5 of 5 people found the following review helpful.

Asthma Relief

By B. Bekendam

Our family originally began looking at this book as a way to remove allergens from our diets. Our 11 year old son has asthma that has become worse over the last several years. We finally stopped Advair medication cold turkey and began the diet recommendations in this book. The results are dramatic after 4 weeks. We have identified food substances that cause allergic reactions in our son and continue to see improvement as we stick to Dr Hyman's plan. I would recommend this book highly for asthma relief, weight reduction, and overall health benefits. Our family will continue on in the manner taught in Dr. Hyman's Book.

See all 360 customer reviews...

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Discovery consists of seeing what everybody has seen and thinking what nobody has thought.

-- ALBERT VON SZENT-GYÖRGYI NAGYRAPOLT, 1937 Nobel Laureate in Physiology and Medicine, the scientist who isolated vitamin C

Your brain is broken. You know it. You feel it. You hide it. You fear it. You have been touched by an epidemic. It deprives children of their future, the elderly of their past, and adults of their present.

No one is talking about this invisible epidemic. Yet it's the leading cause of disability, affects 1.1 billion people worldwide -- one in six children, one in two elderly -- and will cripple one in four people during their lifetime.

I am talking about the epidemic of broken brains.

We refer to our "broken brains" by many names -- depression, anxiety, memory loss, brain fog, attention deficit disorder or ADD, autism, and dementia to name a few.

This epidemic of brain breakdown shows up in radically different ways from person to person so that they all seem like separate problems. But the truth is that they are all manifestations of a few common underlying root causes.

These seemingly different disorders are all really the same problem -- imbalances in the seven keys to UltraWellness.

Conventional treatments don't help, make things worse, or provide only slight benefit.

That's because conventional treatments use the wrong model to heal these disorders.

There is another way to fix your broken brain, and it is not what you have heard or might think.

Just as brain problems all stem from the same root causes, they all have the same solution -- The UltraMind Solution.

I know this as both doctor and patient. My own brain broke one beautiful late August day in 1996. I became disoriented and terrified and descended into a spiral of helplessness and hopelessness.

Let me tell you my story.

My Broken Brain

Learning, thinking, and speaking were always easy for me. My brain never failed me. In college, I learned thousands of Chinese characters. In medical school, the intricate patterns and names of our anatomy -- the bones, muscles, organs, vessels, and nerves -- mapped effortlessly into my mind, and the complex pathways of physiology and biochemistry were clear after one lecture and reading my notes.

I ran four miles every day to medical school. I took detailed notes in my classes, able to simultaneously listen to, remember, and write down nearly every word my professors spoke.

At the end of the day I ran back again to my apartment, did yoga for an hour, ate a freshly prepared whole-foods meal, and studied without distraction or loss of focus for three hours every night. Then I crawled into bed, fell peacefully asleep within five minutes, and slept deeply for seven hours.

The next day I got up and did it all over again.

That rhythmic life broke down, as it does for all physicians in training, when I entered the hospital and started pushing my body and mind beyond their limits with regular thirty-six-hour shifts on top of an occasional sixty-hour shift (Friday morning to Monday evening!).

When I went to practice as a small-town family doctor in Idaho, I worked a shortened schedule of only eighty hours a week, seeing thirty patients a day, delivering babies, and working in the emergency room.

From Idaho, I went to work in China for a year, breathing in the coal-soaked, mercury-laden air, before I landed back in Massachusetts, working a crazy schedule of shifts in an inner-city emergency room.

Then suddenly (or so it appeared at the time), my brain broke -- along with the rest of my body.

Sitting with patients, I often couldn't remember what they had just said, or where I was in eliciting their story. I tried to take careful notes and keep track, but I couldn't focus on conversations, couldn't remember anyone's name. I started taking pictures and writing down personal details about my patients to serve as my peripheral memory so I wouldn't embarrass myself the next time I spoke to them.

During lectures I had to give as part of my job, I would get lost in the middle of a sentence and had to ask the audience what I had just said. When I read a book, I had to go over passages again and again just to glean any meaning. At night, I read my children bedtime stories but had to robotically mouth the words, because I couldn't simultaneously read aloud and understand what I read.

Sleep eluded me. Exhausted and bone weary, I would lie down in bed at night and remain sleepless for hours. After finally drifting off, I would wake the next morning feeling as if I had never slept.

Depression and anxiety, which I had never known before, became constant companions.

At times I felt I couldn't go on any longer. My capacity for pleasure and laughter faded into a distant memory.

The worse my body felt, the worse my brain functioned. If my stomach was bloated and swollen and I had diarrhea, I couldn't think or sleep. If my tongue was inflamed or my eyes swollen and red, I became depressed. If my muscles ached and twitched, I couldn't focus. If I felt bone-weary fatigue, I would forget what I was saying or why I had just walked into a room.

Some doctors said I was depressed and recommended antidepressants. Psychiatrists suggested anti-anxiety drugs. My family doctor prescribed sleeping medication. A neurologist told me I had ADD and I needed stimulants. Others said I had chronic fatigue and fibromyalgia. All I knew was that my brain was broken, my focus gone, my mood depressed, my memory fleeting, and my body wasn't working.

All at once, I couldn't pay attention, remember, or experience joy and happiness. It was as if I had suddenly "contracted" three terrible diseases -- attention deficit disorder, depression, and dementia. How could my brain have failed me? The part of me that was strongest suddenly became my weakest link. What had happened?

What I experienced was extreme and I hid it from the rest of the world, except for a very few close friends. I

faked it and pulled myself through each day.

But after that summer day in August when my brain broke, weary and fighting brain fog, I began searching for answers.

Piece by piece, cell by cell, body system by body system, I discovered the source of my broken brain. By combing through the literature, consulting with dozens of scientists and doctors, and experimenting with my body and mind, I slowly put myself back together.

It wasn't one thing that broke my brain. It was everything piled higher and higher until my brain and body couldn't take anymore. It seemed sudden but was the end of a long series of exposures to toxins, stress, and a strange infection.

The trail led back to mercury poisoning from living in Beijing, China, breathing in raw coal used to heat homes for 10 million people, eating endless childhood tuna-fish sandwiches, and having a mouthful of "silver" or mercury fillings. I was also missing a key gene needed to detoxify all this mercury, which compounded the problem. I found out about this later through careful testing.

Years of sleepless nights delivering babies and working in the emergency room

destroyed my body's rhythms, which I tried to bolster with quadruple espressos, giant-size chocolate chip cookies, and mountains of Chunky Monkey ice cream (I reasoned that was healthy because of the bananas and walnuts!).

Then one late summer day in 1996 I ate or drank something up in a wilderness camp in Maine that infected my gut. That was the straw that broke the camel's back.

This book is the story of my healing. It is also the story of the discoveries I made that hold the answer to our current epidemic of broken brains. It offers a solution to your suffering just as it did to mine.

How many of you feel what I felt, at least to some degree?

- Maybe you fear losing your job because you're tired, unfocused, inattentive, and your memory is failing so you can't properly perform your tasks at work.
- Do you feel depressed, hopeless, disconnected, and disengaged from your life?
- Do you see your relationships breaking down because you are mentally and emotionally absent or numb?
- Perhaps you struggle to focus so you can help your children with their homework and guide them through life, but feel sure you aren't living up to your duties as a parent.
- Do you lie awake at night, tormented by the grief and pain of living half a life, and then worry about how you will find a way to wake up early in the morning just so you can get your kids to school?
- Do you forget to meet friends or go to appointments, and then can't figure out how in the world you forgot?

If so, you aren't alone. You have been affected by the broken brain epidemic, a terrifying and life-threatening chronic illness that has been largely unaddressed by the medical community, leaving millions of people to suffer alone, trapped in their deteriorating minds.

Our Looming Silent Epidemic of Broken Brains

Obesity is obvious. You can't hide it. But mental illness and memory loss are suffered silently, hidden from view. Yet they touch nearly everyone either directly or indirectly; personally or through family members and friends.

Our broken brains cause many problems -- anxiety, depression, bipolar disease, personality disorders, eating disorders, addictions, obsessive-compulsive disorder, attention deficit disorder, autism, Asperger's, learning difficulties, and dyslexia.

Broken brains take many shapes, including psychotic disorders such as schizophrenia and mania, as well as all the neurodegenerative diseases of aging, especially Alzheimer's, dementia, and Parkinson's disease.

In addition, there are brain dysfunctions that fall on the lighter side of

the broken brain continuum. While many psychiatrists and neurologists wouldn't qu...

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