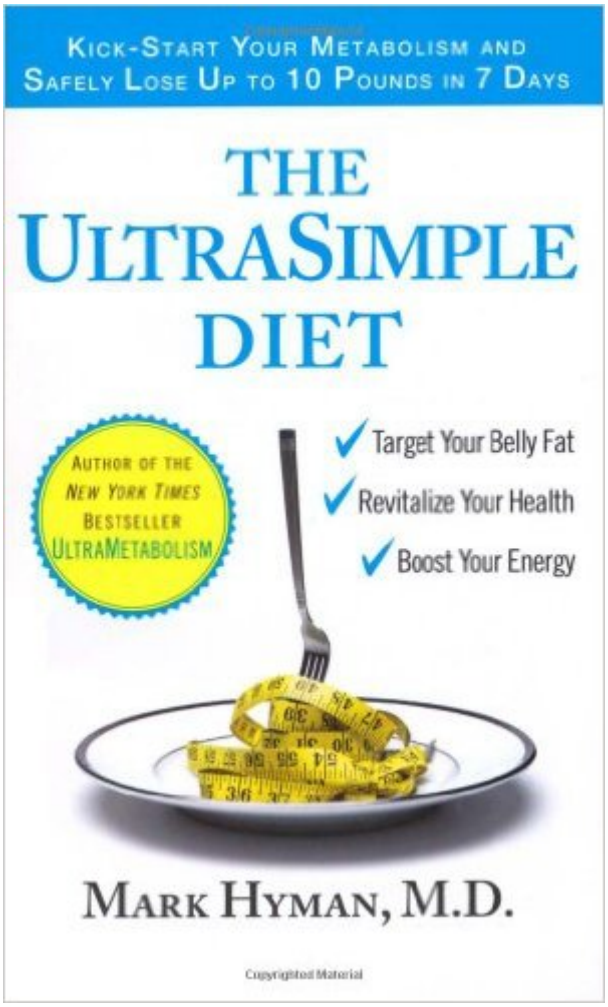
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The UltraSimple Diet: Kick-Start Your Metabolism And Safely Lose Up To 10 Pounds In 7 Days



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Synopsis

The UltraSimple Diet is the New York Times bestselling weight loss plan for diet detox, based on UltraMetabolism, which exploded the myths of dieting, including Ã¢â ¬Å“eat less, exercise more.Ã¢â ¬Â• Dr. HymanÃ¢â ¬â„¢s accelerated, safe diet plan will help you lose ten pounds in only seven days.In The UltraSimple Diet, Dr. Hyman reveals his revolutionary accelerated plan which, if properly followed, allows a person to lose ten pounds in just seven days. Many people who thought they were just doomed to be fat, or had Ã¢â ¬Å“no willpower,Ã¢â ¬Â• will see that they are actually suffering from inflammation brought on by foods that have a toxic effect on the body. By cutting these toxins out of our diets, we can achieve fast and easy weight loss. Each day of the plan features menus, exercise routines, relaxation and stress reduction exercises, and a few blank pages in order for the reader to keep a journal of his or her progress. Dr. Hyman also discusses the philosophy of maintaining a healthy lifestyle, along with its practical ramifications, i.e. keeping the weight off. The UltraSimple Diet is based on his New York Times bestselling book, UltraMetabolism, which explores the cutting-edge science of nutrigenomicsÃ¢â ¬â •the science of how food talks to our genes. Reprogram your body to automatically lose weight by turning on the messages of weight loss and health and turning off the messages of weight gain and disease.

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Customer Reviews

Mark Hyman, MD, is the editor in chief of Alternative Therapies in Health and Medicine, the most prestigious journal in the field of integrative medicine. After ten years as co-medical director at

Canyon Ranch in the Berkshires, he is now in private practice in Lenox, Massachusetts. He is the coauthor of the New York Times bestseller Ultraprevention. His websites are DrHyman.com and Ultrametabolism.com.

Ãƒâ •Ã ÂªÃƒÂ¸ Chapter One Why the UltraSimple Diet? "I lost 3 pounds right away, my sugar levels stabilized, and my energy level shot up." My entire life, even after having children, I have been plagued with depression, chronic fatigue, allergies, debilitating headaches, constant mood swings, and anxiety. After hearing for years from doctors that it was all "in my head," I decided to jump on Dr. Hyman's program, because I had nothing more to lose. Immediately after following his instructions, I started to feel calm and began sleeping throughout the night. I naturally started eating less, because I was full and satisfied. I lost 3 pounds right away, my sugar levels stabilized, and my energy level shot up. For the first time, I can live in the moment. I feel better, my heart palpitations are gone, the ringing in my ears has diminished, my headaches have stopped, and my focus and concentration have improved dramatically. This simply happened as a result of removing the toxins from my diet and eating nourishing whole foods. This experience on The UltraSimple Diet has completely changed my life. Carla Goodrich Columbus, NE Could this be you? This was one user of the program, although not all results were this striking. More dramatic results are at the beginning of each chapter. For more success stories, go to www.ultrasimplediet.com/success. In this chapter you will learn: The 6 steps of The UltraSimple Diet The 4 additional steps of The Enhanced UltraSimple Diet Why the program works Who I am We have all the scientific information we need to address the obesity epidemic facing our society and threatening our children and our longevity. The problem is most of you are not hearing about it. It takes an average of 20 years for new medical discoveries to be applied in practice. But, you don't have to wait -- it's available right now, here in this program. I have to admit something to you: The term diet in the title of this book is a bit misleading. This is really a 7-day health program wherein one of the natural consequences is healthy weight loss as I'll explain in a second. After working with thousands of patients for more than 20 years; heading the medical department of one of the world's top health resorts, Canyon Ranch, for 9 years; and being the founder and medical director of The UltraWellness Center, I have discovered what works and what doesn't to give people quick, yet safe results for revitalizing their health and achieving weight loss. And I have the results to prove it, which you can see for yourself by going to www.ultrasimplediet.com/success where you'll find hundreds of success stories from people who have already been through this program. In fact, throughout this book, I've included comments from real people who have actually already gone through the program so you can see

how well it has worked for them. Even after looking at these success stories, if you are still skeptical that you can't lose up to 10 pounds in 7 days, you are right -- you shouldn't believe it. There are so many false weight-loss claims flying around today that it's tough to believe what works and what doesn't. The only way to know that it's true is to try the program and prove it to yourself. This program won't work for everybody, but it should work for most, and in many cases you may get the kind of dramatic results I've highlighted in this book. The real trick is that the same things that make people sick make them fat. In fact, being overweight is actually a symptom of an underlying health problem. So, it's not really a trick or a gimmick at all -- in this program, you'll be working on some of the underlying, fundamental problems that make people fat. And being fat creates even more sickness and disease -- including heart disease, cancer, arthritis, dementia, and diabetes. The answer to effective, long-term weight loss is addressing the underlying causes of obesity and disease. For most of you out there suffering with weight issues there are two key causes: toxicity and inflammation. In fact, for many of you, toxicity in particular may be what's been frustrating your weight-loss attempts. As I'll explain in chapter 3, you may be carrying around a truckload of toxins in your body that are disrupting your body's natural mechanisms for health. And as you'll see, getting healthy is the key to losing weight. This can frequently explain why people seem to reach a plateau or "hit the wall" when attempting to lose weight, where, after an initial drop in weight, further weight loss proves to be next to impossible. Just restricting calories is a recipe for disaster and inevitably leads to failure. Unless you get rid of this toxic load, you might find yourself continually hitting this wall. Take the "Toxicity and Inflammation Quiz" in chapter 2 and you may be surprised to find out how toxic and inflamed you really are. Don't worry; I'll explain what those two terms mean after you have taken the quiz. The UltraSimple Diet provides a quick-start plan for dramatically, powerfully, and simply addressing toxicity and inflammation. Dealing with toxicity and inflammation may not only help you lose up to 10 pounds in 7 days, but may also provide you with a feeling of robust health and relief of many chronic symptoms. Some of you may ask "Isn't it all just water weight?" or "Isn't it unhealthy to lose more than 1-2 pounds per week?" The truth is that you WANT to lose water weight. Inflammation and toxicity cause fluid retention. Cleaning up your system for one week, by consuming a detoxifying and anti-inflammatory diet, may help you drop fluid and toxins quickly. This may lead to rapid weight loss, which is both safe and healthy under these circumstances. Once you have eliminated the initial toxic fluid and inflammation, and you continue to follow my simple guides, your weight loss may continue at a rate of 1Ã¢â ¬â„¢Ãƒâ |Ãƒâ ˆ2-2 pounds per week until you are at your healthy weight. During this week you may lose both fluid and fat. How much of each varies from person to person. You may also notice other benefits. Besides

increased energy, you may lose the puffiness in your face and around your eyes, and your skin may even glow. Your senses may be heightened. You may sleep better, have fewer allergies, and more mental clarity. Your joint and muscle aches may disappear and all your digestive problems, such as irritable bowel syndrome and reflux, may vanish. This will also be the beginning, I hope, of a new way of life for you. Not because I say it is good for you. NO! Your life will change, because you may not only lose weight, have more energy, and feel fantastic, but you may -- probably for the first time in your life -- have a taste of vital well-being and experience for yourself what it means to live an UltraWellness lifestyle. What Is The UltraSimple Diet? As I mentioned above, this program is founded on two fundamental principles of biology. To regain health and achieve consistent, permanent weight loss, you need to address the underlying cause of diseases and obesity: toxicity and inflammation. It gives you an opportunity to achieve IMMEDIATE weight loss, but more importantly offers you renewed energy and relief from many chronic diseases in just 7 short days. But how, you may ask, can you achieve such results in just 7 days? Simple. Take away the things that make you toxic and inflamed. Provide your body with foods and activities that help you detoxify and cool inflammation. Your body does the rest automatically. It has a natural ability to find balance and heal once you stop doing things that throw it off balance and provide things that put it back in balance. By eliminating the major sources of toxins in your life -- addictive habits such as coffee, sugar, alcohol, processed food, fast food, junk food, trans fats, and high-fructose corn syrup -- and reducing toxic stress for only 7 days, your body can renew and rejuvenate itself. By eliminating the major sources of inflammation in your diet -- food allergens, sugar and flour products, and bad fats -- your body can heal. Then, by eating whole, detoxifying, anti-inflammatory foods, the power of the program can take full effect. Let me be completely honest here. My motivation is not to help you "lose a quick 10 pounds," although that is a nice side effect. My desire is for you to experience in one week the power you have to harm or to heal your body, the power wrong foods have to create sickness, and the power right foods have to promote weight loss and health. That way you can make the connection between your behaviors, what you put in your mouth, how you treat your body, and how you feel and look every day. I am amazed at how the smartest people don't make the connections between what they eat, how they live, and how they feel. You have the power to transform your life forever by choosing to work with your body, rather than against it. You see, the primary reason that I designed this program was based on feedback that I received about my UltraMetabolism program that I outlined in my recent New York Times best-selling book, UltraMetabolism: The Simple Plan for Automatic Weight Loss. The problem that many people ran into was that they thought 8 weeks was too long a commitment and never gave the program a

chance. In reality it’s not; however, as a consequence of receiving that feedback, I designed this program to be only 7 days (which anybody can do) to prove just how good you can actually feel once you have addressed the core problems of toxicity and inflammation. And as my patients and the hundreds of people who have helped me evaluate this program have seen, some of the results can be quite amazing. I had many people comment that they were surprised at just h... --This text refers to the Paperback edition.

Save your money and time. I won’t rate it low, because the information in this book is useful and solid, but I can’t rate it high because it’s mostly common sense stuff, and the way the book is written isn’t that great.This book simply emphasizes the importance of eliminating added sugar, fat, and processed foods from your diet. Anytime it mentions losing 10 lbs in a week, it’s referring to water weight, which can often be easily lost by cutting salty processed foods from your diet and drinking water.I was also annoyed by the fact that each chapter basically repeats the same stuff: Bad food causes toxicity/weight gain, eliminating these foods will result in improved health. The other pet peeve I have about Hyman’s writing is that every other page, he pushes the reader to go on his website and download a bunch of stuff, which is truly not necessary for a diet.Take it from me: If you want to lose weight and get healthy, cut the added sugar and processed junk, eat whole, fresh fruits/veggies and lean meats, and drink water. That’s basically the gist of the book.

I was already gluten, dairy & artificial sweetener free going into this program, doing nothing it mostly as a change to heal & reboot my gut. I was unable to decouple from my stressful life and it was allergy season, so I’m not sure if those stacked against me too. I did lose a few pounds and an inch off each measurement but my gi issues never resolved. I found several of the food items on his diet conflict with my suspected food intolerances (fodmaps) so I’m about to do a second "hybrid" week without those foods but reintroducing a couple foods at the end of the book. I guess we’ll see how I feel in another week.Oh, and all the urls and support materials linked in the book are no offline.

My version seems to need updating: the website it refers the reader to no longer exists.That said, this diet/regimen is really fantastic. I lost almost 11 pounds over about 12 days, but, more importantly, my skin instantly went from dry and flaky to soft again. My blood pressure also dropped about 12 points.The included recipes are very tasty, and never left me feeling deprived or hungry.

Love Dr. Hyman. I have bought most of his books. I lost 15 lbs on this diet in less than a month and

felt great on it. It is very hard to follow this strict diet. You have to be disciplined to be successful and willing to cook at home and grocery shop every three days. I hate grocery shopping so that was my down fall. We should all be eating this healthy.

I was feeling so bad-joint pain, headaches, insomnia, nausea, upset stomach, allergies out of control, legs swelling. I knew if I walked into a doctors office with this list I would get no satisfaction.I followed Dr Hyman's plan, and have decided to stay on it past the 14 days because I feel so good. I have so much more energy, all my symptoms are gone, and I have lost 18 lbs (and counting!)

This diet is easy to follow but make sure you read the entire book before you start to get all of the tips and know what you'll need to do once you finish the week of elimination. I ended up losing about 8 lbs but more importantly, my face had dry spots and skin tag like spots that have almost completely disappeared.

I had already done most of the things recommended, and thought there were too many pages devoted to the author's qualifications, and what was coming up in the next chapter. Found one good tip I've added daily (2 T olive oil and 1/2 lemon juice), which seems to be improving dry skin (desert dweller). Good book for people endeavoring to become healthier, but haven't done much toward that goal.

Dr. Hyman never fails to stimulate my mind and my appetite for delicious food and, of course, extremely healthy and good for you food. He delivers all this in very easy to understand language. While his goal is not weight loss and that is just a wonderful side effect of eating healthier better for you foods! Who knew!I would highly recommend this book and in addition Dr. Hyman provides his website with lots more tips and delicious recipes. So if you are finally ready to take the plunge and get healthy. Why not do it the right way, with someone who can tell you in simple language and give it to you straight. Dr. Hyman won't sugarcoat things like other authors to just make a buck or sell a book, he truly cares about people!Cheryl

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