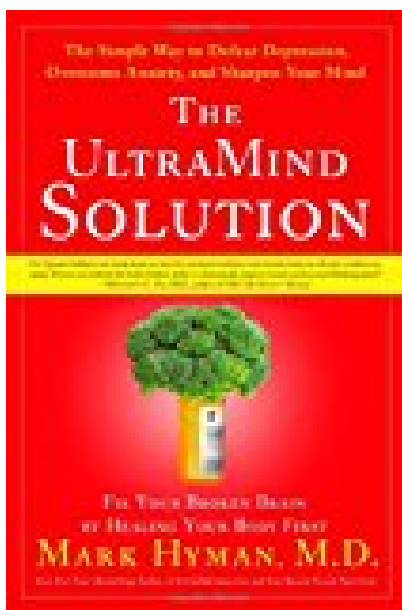


# The UltraMind Solution Fix Your Broken Brain by Healing Your Body First - The Simple Way to Defeat Depression Overcome Anxiety and Sharpen Your Mind

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## BOOK DETAILS

- Author : Mark Hyman
- Pages : 447 Pages
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## **BOOK SYNOPSIS**

A hidden epidemic races around the globe -- we can't see it or touch it, which makes it so dangerous. The invisible epidemic has led to the suffering of millions who spend billions on drugs, only to find they don't work. This is an epidemic of broken brains. "Broken brains" go by many names -- depression, anxiety, memory loss, brain fog, attention deficit disorder, autism, and dementia, to name a few -- and show up in radically different ways from person to person, making each seem like a separate problem. But the truth is that these "diagnoses" are all the result of a few basic problems with our biology. Pinpoint these biological problems, fix them, and let your body's natural healing intelligence take over to repair your brain. Now you can experience an UltraMind -- one that is highly focused and able to pay attention at will, with a strong, reliable memory and a mood that is calm, confident, in control, and in good spirits. We have all heard of the mind-body connection or how our thoughts affect the health of our body. But the reverse is far more powerful: what you do to your body, your basic biology, has a profound effect on your brain. Have you ever experienced instant clarity after exercise? Alertness after drinking coffee? A mental crash after popping candy? Does your brain inexplicably slow down during stress, while multitasking, or when meeting a deadline? Each is an example of how what we do to our bodies -- whether through nutrition, sleep, exercise, or stress -- has a dramatic effect on our brains. Conventional treatments don't help, or provide only slight benefit, because they just manage symptoms rather than deal with -- and heal -- the underlying problem. And just as brain problems all stem from the same root causes, they all have the same solution -- The UltraMind Solution. Our ancient genes interact with our environment to create systemic imbalances that affect our brains. Correct those imbalances -- most caused by nutritional deficiencies, allergens, infections, toxins, and stress -- and you can achieve optimum mental health without drugs or psychotherapy. The UltraMind Solution is the future of medicine, the culmination of the last twenty years of research on what makes the brain happy, focused, and calm; research that has uncovered a few simple factors that explain why things go wrong and how to fix them. Don't wait for this revolution in medicine to trickle into your doctor's office: it usually takes research twenty years to move from the lab to the patient. The answers are here, right now, in The UltraMind Solution.

**THE ULTRAMIND SOLUTION FIX YOUR BROKEN BRAIN BY HEALING YOUR BODY FIRST - THE SIMPLE WAY TO DEFEAT DEPRESSION**

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