



Ultra-Metabolism: *The Simple Plan for Automatic Weight Loss*

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Atria Books

For years, I have been searching for a diet and exercise book that would answer the needs for most of my patients. ***Ultra-Metabolism is the best I have read.*** For many years, a new approach to medical practice has been developing called **Functional Medicine**. Based on new research, advances in physiology, genetics, proteomics, and nutrition, Functional Medicine approaches the chronic diseases of obesity, diabetes, chronic fatigue, autoimmune diseases and aging using appropriate diet, supplements, lifestyle and exercise to reverse chronic diseases, improve health and prolong healthy life. *In Ultra-Metabolism*, Dr. Hyman has created a guidebook for the average reader to help achieve better health.

Unlike most of the books I have read and reviewed, there is very little here that I find incorrect. It is well researched, easy to read and clear. Dr. Hyman, along with Dr. Mark Liponis, were the co-medical directors of the Canyon Ranch in the Berkshires (located in western Massachusetts). In their years at Canyon Ranch, they developed a program for better health. Before writing *Ultra-Metabolism*, Dr. Hyman, along with Dr. Liponis, wrote *Ultra-Prevention: The 6-week Plan That Will Make you Healthy for Life*. Although *Ultra-Prevention* is a good background book, I feel that Dr. Hyman has developed a much clearer and easier to follow program for health in *Ultra-Metabolism*.

Two small points for improvement:

In treating menopausal women and andropausal men, Dr. Hyman does not seem to appreciate the advantages of small, physiologic doses of natural, bioidentical hormones. Surprisingly, in the few places that he details actual menopausal therapy, his choices of hormone replacement are very similar to my most common choices. Perhaps he chose to limit his discussion of hormones because of space considerations.

In his meal plans and recipe section at the end of the book, he includes many foods prepared in a blender or food processor. He does this despite his frequent emphasis on fiber and the benefits of eating whole, unprocessed foods. I would suggest many of the same foods, but eaten whole and chewed, instead of processing in the blender to drink.

On the whole, *Ultra-Prevention* and *Ultra-Metabolism* are both excellent books. *Ultra-Metabolism* is an excellent basic knowledge resource but *Ultra-Prevention* is a clearer, more specific program to follow.

Robert P. Goldman, MD