



ULTRA-PREVENTION: *The 6-Week Plan* ***That Will Make You Healthy For Life***

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Scribner

For the last fifteen 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. Drs. Hyman and Liponis were the co-medical directors of the Canyon Ranch in the Berkshires, a health spa situated in the mountains of western Massachusetts. In their years at Canyon Ranch, they incorporated a functional medicine approach in developing their program for better health. *Ultra-Prevention* is the result of a lot of research and experience.

The book is divided into three parts:

Part I: The Myths of Modern Medicine does an excellent job of detailing the shortcomings of current American medical practice and illustrates how things could be improved.

Part II: Deals with aging and the development of the most common chronic diseases in America. Although very informative, I find the use of inventing their own terminology to be a little too cute. Using only actual medical terms, e.g., malnutrition, impaired metabolism, inflammation and impaired detoxification and oxidative stress, would have been clearer and made further study easier.

Part III: Focuses on their plan of action to improve health and prolong a healthy life. All of the elements are there, but it is a little vague and hard to implement as an actual lifestyle program.

Ultra-Prevention was published in 2003 and Dr. Hyman published *Ultra-Metabolism* in 2005. Although *Ultra-Prevention* is an excellent basic knowledge resource, I feel that Dr. Hyman has developed a much clearer and easy-to-follow program for health in *Ultra-Metabolism*.

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