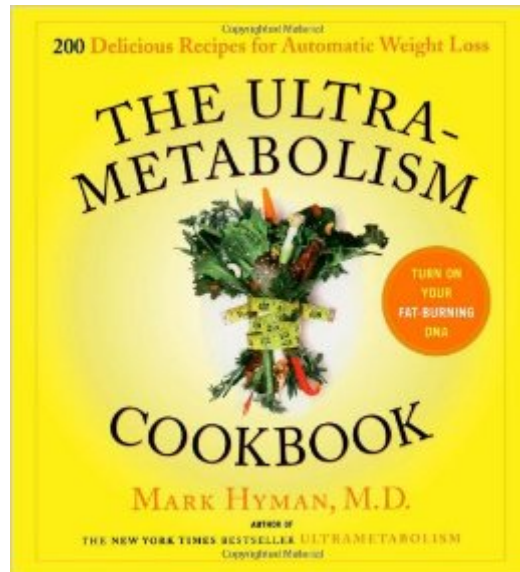


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# The UltraMetabolism Cookbook: 200 Delicious Recipes That Will Turn On Your Fat-Burning DNA



## Synopsis

From the Three-Time New York Times Bestselling Author of *Ultraprevention*, *Ultrametabolism*, and *The Ultrasimple Diet*. In *UltraMetabolism*, Dr. Mark Hyman brought the new science of weight loss to the general public. By learning to work with the body instead of against it, you can ignite your natural fat-burning furnace and reprogram your body to burn fat and keep it off for good. In *UltraMetabolism*, Dr. Mark Hyman brought the new science of weight loss to the general public. By learning to work with the body instead of against it, you can ignite your natural fat-burning furnace and reprogram your body to burn fat and keep it off for good. Simply put, eat the right foods and send instructions of weight loss and health; eat the wrong foods and send messages of weight gain and disease. The *UltraMetabolism Cookbook* puts Ultra-Metabolism into overdrive with 200 convenient, easy-to-prepare, and, of course, delicious recipes for the right foods that will bring on a lifetime of good health and healthy weight. The first part of the book reacquaints the reader with the *UltraMetabolism* plan and then offers a wide variety of delicious, easily prepared dishes for both Phase Iâthe three-week detoxification of your systemâand Phase II, which rebalances your metabolism in four weeks and offers the way to a healthy metabolism for life! Look your best, feel your best, perform at your best, and eat such fantastic meals as Roasted Shrimp, Turkey and Red Bean Chili, and Ratatouille. And that's just Phase I! As you progress through the *UltraMetabolism* plan and enter Phase II, you'll add satisfying, flavor-packed appetizersâCurried Deviled Eggs with Cashews, anyone?âas well as many more new salads, meats, fish, shellfish, soups, poultry, grains, vegetables, breakfast foods, and snacks. And there are lots of plant-based options and bean dishes for vegetarians. In addition to the clear, cutting-edge science and great recipes in *The UltraMetabolism Cookbook*, you'll find countless ideas of how to integrate the *UltraMetabolism* way of eating into your lifestyle, from quick weeknight suppers to entertaining and holiday meals.

## Book Information

Hardcover: 304 pages

Publisher: Scribner (November 20, 2007)

Language: English

ISBN-10: 1416549595

ISBN-13: 978-1416549598

Product Dimensions: 8.1 x 1 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂÂ See all reviewsÂ (181 customer reviews)

Best Sellers Rank: #18,505 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #87 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #220 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

If you are looking for a diet book, this book isn't for you. If, however, you want to change the way you eat, feel better, and keep the weight off that you lose then buy this book. The first section of the book explains why preservatives and artificial food additives are bad and why eating freshly made foods can increase the metabolism. The second section is divided into two phases of recipes; the first being a month-long detoxification phase to clear out preservatives and artificial substances out of the body, and the second phase is a more broad set of recipes that is less restrictive on what you can eat. If you do plan to try this book, you need to be prepared to:

- 1) Be able to follow recipes and cook for yourself or have some one to do so for you. No fast food or frozen dinners.
- 2) Have time to cook. While some of the recipes are quick, others take quite a bit of time. I can make grilled chicken in about 15 minutes, but making soup can take nearly an hour. (I double or triple recipes and keep left-overs for time-consuming recipes.)
- 3) Buy kitchen utensils and appliances. The book lists useful ones. I haven't bought the full list, but the ones I have do really help make things easier.

Now you must be asking yourself, "If I get this book, will it really work?" In my case, I have been seriously overweight for most of my life. I have tried other diets, but none seemed to work. At my last weigh-in at my doctor's office before getting this book I was 344 lbs and wearing a size 50 jeans. After 5 months using these recipes I returned and weighed in at 279 lbs wearing a size 44 jeans (That is 65 lbs in 5 months). Try it, stick with it, and it will work for you.

I am a relatively healthy and active 28 year old female who takes a Beta-Blocker (Inderal LA, 60mg 1x daily) and a Benzodiazepine (Klonopin, 1mg 1x daily) for anxiety. I have followed the enhanced UltraSimple Diet FAITHFULLY for the last six days with NO weight loss and NO inches lost. Discouraged by my results, I decided to google my drugs to see if they were the cause of my problems. I did this with the foreknowledge that some drugs will inhibit weight loss, because I spent a YEAR on Phase I of the Ultrametabolism Diet not losing weight and not understanding that it was caused by the SSRI that I was on at the time, Effexor. Once I came off of the Effexor, and after a few months, I was shedding weight at the impressive rate of 0.5 lbs per day. Dr. Hyman is correct in the fact that we are constantly poisoning our bodies with toxic chemicals daily. What he doesn't point out is, that sometimes toxins come disguised as pharmaceuticals. Lesson for all those reading:

Check your medications! Read the pharmacy label, read about it on the internet. Find out if it, or the family it is in, has a history of causing weight gain and/or weight loss. If it does, talk to your doctor about discontinuing the drug BEFORE you waste your time, energy, and money investing in the Ultra-diets. Below is a link, and then the article found on that link about beta blockers worsening insulin resistance as well as causing metabolic resistance to weight loss.[...]\*\*\*\*\* BETA BLOCKERS SIDE EFFECTS \*\*\*\*\*Gabe Mirkin, M.D. Recent research shows that beta blockers and diuretics, the drugs prescribed most often for high blood pressure, cause high blood sugar levels, weight gain, tiredness and impotence.

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