

Dr. Goldman's Book Reviews

ULTRA-PREVENTION

The 6-Week Plan That Will Make You Healthy For Life

By

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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 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, the 6-week plan that will make you healthy for life* is the result of that research and experience.

The book is in three parts. *Part I, The Myths of Modern Medicine* does an excellent job of detailing the shortcomings of current American medical practice and showing 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 their use of their own terms to be a little too cute. Using only the actual medical terms: malnutrition, impaired metabolism, inflammation and impaired detoxification and oxidative stress, would have been clearer and made further study easier. *Part III* is their plan of action to improve health and prolong a healthy life. All the elements are there, but they are a little vague and hard to implement as an actual life style program.

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

Robert P. Goldman, M.D. September 2008