

Dr. Goldman's Book Reviews

ULTRA-METABOLISM

The Simple Plan for Automatic Weight Loss

By

Mark Hyman, M.D.

Atria Books, a division of Simon & Schuster

For years, I have been searching for a diet and exercise book that would answer the needs of most of my patients. ***Ultra-Metabolism is the best I have seen.*** 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. 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 very 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 in the mountains of western Massachusetts. In their years at Canyon Ranch, they developed their 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*.

I have two small points of improvement that I would make:

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 the 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 processed and drunk.

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, M.D. September 2008