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In The UltraMind Solution, Dr. Mark Hyman explains that to fix your broken brain, you must heal your body first. Through his simple six-week plan, Dr. Hyman shows us how to correct imbalances caused by nutritional deficiencies, allergens, infections, toxins, and stress, restoring our health and gaining an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.

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Brain by Healing Your Body First 1 by Hyman
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The UltraMind Solution is a six-week, step-by-step program designed to help you identify where your body is not functioning optimally and address those areas by optimizing nutrition, balancing your hormones, supporting immune function, renewing your gut function, detoxifying, increasing your energy metabolism, and balancing the mind-body connection.

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Like all of Dr. Hyman's titles, The Ultra Mind Solution includes the Seven Keys to Brain Health and a simple six week program that will cleanse, heal and strengthen the brain. Each section has a quiz for the listener to assess the effect of each particular key on their brain function, provides a list of diagnostic tests for clinical treatments as well as a how to implement healing solutions from changes in nutrition to supplements, hormones, detoxification, and fighting brain "allergies."

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