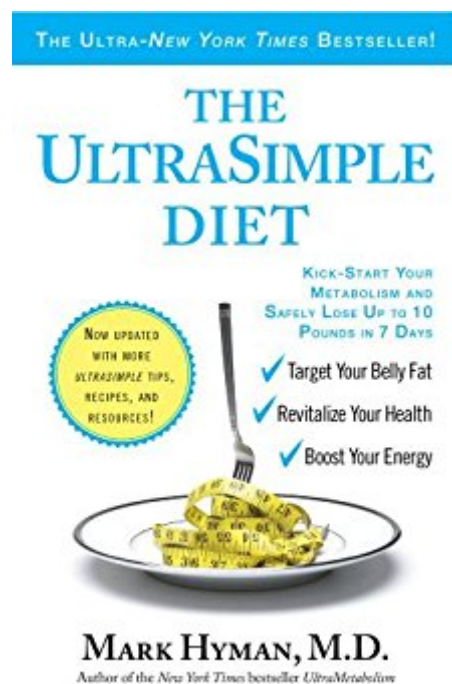


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# The UltraSimple Diet: Kick-Start Your Metabolism And Safely Lose Up To 10 Pounds In 7 Days



## Synopsis

The UltraSimple Diet is the New York Times bestselling weight loss plan for diet detox, based on UltraMetabolism, which exploded the myths of dieting, including "eat less, exercise more." Dr. Hyman's accelerated, safe diet plan will help you lose ten pounds in only seven days. In The UltraSimple Diet, Dr. Hyman reveals his revolutionary accelerated plan which, if properly followed, allows a person to lose ten pounds in just seven days. Many people who thought they were just doomed to be fat, or had no willpower, will see that they are actually suffering from inflammation brought on by foods that have a toxic effect on the body. By cutting these toxins out of our diets, we can achieve fast and easy weight loss. Each day of the plan features menus, exercise routines, relaxation and stress reduction exercises, and a few blank pages in order for the reader to keep a journal of his or her progress. Dr. Hyman also discusses the philosophy of maintaining a healthy lifestyle, along with its practical ramifications, i.e. keeping the weight off. The UltraSimple Diet is based on his New York Times bestselling book, UltraMetabolism, which explores the cutting-edge science of nutrigenomics—the science of how food talks to our genes. Reprogram your body to automatically lose weight by turning on the messages of weight loss and health and turning off the messages of weight gain and disease.

## Book Information

File Size: 279 KB

Print Length: 224 pages

Publisher: Pocket Books (April 18, 2007)

Publication Date: March 27, 2007

Sold by: Digital Services LLC

Language: English

ASIN: B000Q9JOLA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #41,970 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #70 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation #105 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living #136 in Kindle

## Customer Reviews

I lost a pound-a-day my first week and I'm now starting my (optional) second week. Catchy title, but no hype. Written by an M.D. who has worked with hundreds of obese individuals. Straight-to-the point book. No hunger. No enemas required. Nothing complicated to buy. Sure, some stuff he recommends I never heard of, but I didn't let my lack of knowledge stop me (after all it was my ignorance or know-it-all attitude that got me fat in the first place). Yes, its inconvenient living in a small town to find the health products--but it's a lot more inconvenient walking around each day with this weight on my body. I simply bought a couple of things I needed online, that's it. Some products appear to be expensive, but the contents will last a long time, and it sure beats the price of medication my doctor wants me on if I don't do something about my weight. And it's cheaper than the groceries I buy for the week anyway, with a lot better nutrition. (So I did not listen to my negative voice that wants me to stay fat and depressed.) Be sure to read some sections of the book over a second time, so that you understand exactly what the minimum it is he wants you to do and to understand your options. Don't throw up your hands and say this is impossible. Personalize it. Change this plan in places he describes so that you cannot fail and so that you enjoy yourself and so that you can stay on the plan as long as you desire. For example, there's an "UltraShake" he recommends for breakfast that tasted better and better the more I played around with the additional ingredients he suggests. (So if you blow-it the first time, don't give up, just alternate the ingredients a bit here and there and it will taste delicious.

I was recommended this book by a friend who also introduced me to organic, natural foods and body products. I really needed to do something for myself because my skin was breaking out bad and my energy was really low. This diet worked wonders for my skin and energy....but I'll have to admit, the first few days were excruciating for me. I had an addiction to sugars, caffeine and starches, so when I had to basically go "cold turkey" with the caffeine and sugars, I had major headaches and I felt extremely irritable and sluggish (detoxing!!). After the third day, I was feeling much better and my skin was glowing and more supple and moisturized, didn't need lotion! My acne was gone (except the scars, but no new blemishes!), the dark circles under my eyes were gone...by day 7 I felt like a completely different person. Clean, fresh, healthy, and energized (without caffeine!). The reason I gave this only 4 stars, is because of the cost of all the foods and the fact that it doesn't offer alternative suggestions for people who don't have a large income. It is fine if you

have extra money to spend and invest...but if you are like me (mid-20's, college student, living pay check to paycheck...it's un-realistic).My friend had done the diet before, and this is what she suggested to save money -1. Instead of making the broth from scratch, you could substitute with an organic, all natural vegetable broth mix - I made the broth the first time, and it is really good and worth the cost, but really, it's just vegetable broth...you could also just buy some of the approved vegetable to add to the pre-made broth.2. Skip the supplements and laxatives- except for maybe a multivitamin. I didn't take them, and I don't think I missed out on anything.

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