



# The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First

By Mark Hyman

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**A hidden epidemic races around the globe -- we can't see it or touch it, which makes it so dangerous.**

**The invisible epidemic has led to the suffering of millions who spend billions on drugs, only to find they don't work.**

**This is an epidemic of broken brains.**

"Broken brains" go by many names -- depression, anxiety, memory loss, brain fog, attention deficit disorder, autism, and dementia, to name a few -- and show up in radically different ways from person to person, making each seem like a separate problem.

But the truth is that these "diagnoses" are all the result of a few basic problems with our biology. Pinpoint these biological problems, fix them, and let your body's natural healing intelligence take over to repair your brain. Now you can experience an UltraMind -- one that is highly focused and able to pay attention at will, with a strong, reliable memory and a mood that is calm, confident, in control, and in good spirits.

We have all heard of the mind-body connection or how our thoughts affect the health of our body. But the reverse is far more powerful: what you do to your body, your basic biology, has a profound effect on your brain.

Have you ever experienced instant clarity after exercise? Alertness after drinking coffee? A mental crash after popping candy? Does your brain inexplicably slow down during stress, while multitasking, or when meeting a deadline? Each is an example of how what we do to our bodies -- whether through nutrition, sleep, exercise, or stress -- has a dramatic effect on our brains.

Conventional treatments don't help, or provide only slight benefit, because they just manage symptoms rather than deal with -- and heal -- the underlying problem. And just as brain problems all stem from the same root causes, they all

have the same solution -- *The UltraMind Solution*.

Our ancient genes interact with our environment to create systemic imbalances that affect our brains. Correct those imbalances -- most caused by nutritional deficiencies, allergens, infections, toxins, and stress -- and you can achieve optimum mental health without drugs or psychotherapy.

*The UltraMind Solution* is the future of medicine, the culmination of the last twenty years of research on what makes the brain happy, focused, and calm; research that has uncovered a few simple factors that explain why things go wrong and how to fix them.

Don't wait for this revolution in medicine to trickle into your doctor's office: it usually takes research twenty years to move from the lab to the patient. The answers are here, right now, in *The UltraMind Solution*.

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### Editorial Review

#### Review

"If you suffer from anxiety, depression, memory loss, or attention problems, the help you need is right here -- in *UltraMind*. Mark Hyman's approach is right on the mark." -- Christiane Northrup, M.D., author of *The Wisdom of Menopause*

#### About the Author

Mark Hyman, MD, is the editor in chief of *Alternative Therapies in Health and Medicine*, the most prestigious journal in the field of integrative medicine. After ten years as co-medical director at Canyon Ranch in the Berkshires, he is now in private practice in Lenox, Massachusetts. He is the coauthor of the *New York Times* bestseller *Ultraprevention*. His websites are DrHyman.com and Ultrametabolism.com.

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### CHAPTER 1

## BROKEN BRAINS

### A Twenty-first Century Epidemic

*Discovery consists of seeing what everybody has seen and thinking what nobody has thought.*

-- ALBERT VON SZENT-GYÖRGYI NAGYRAPOLT, 1937 Nobel Laureate in Physiology and Medicine, the scientist who isolated vitamin C

Your brain is broken. You know it. You feel it. You hide it. You fear it. You have been touched by an epidemic. It deprives children of their future, the elderly of their past, and adults of their present.

No one is talking about this invisible epidemic. Yet it's the leading cause of disability, affects 1.1 billion people worldwide -- one in six children, one in two elderly -- and will cripple one in four people during their lifetime.

I am talking about the epidemic of broken brains.

We refer to our "broken brains" by many names -- depression, anxiety, memory loss, brain fog, attention deficit disorder or ADD, autism, and dementia to name a few.

This epidemic of brain breakdown shows up in radically different ways from person to person so that they all seem like separate problems. But the truth is that they are all manifestations of a few common underlying root causes.

These seemingly different disorders are *all* really the same problem -- imbalances in the seven keys to UltraWellness.

Conventional treatments don't help, make things worse, or provide only slight benefit.

That's because conventional treatments use the wrong model to heal these disorders.

There is another way to fix your broken brain, and it is not what you have heard or might think.

Just as brain problems all stem from the same root causes, they all have the same solution -- *The UltraMind Solution*.

I know this as both doctor and patient. My own brain broke one beautiful late August day in 1996. I became disoriented and terrified and descended into a spiral of helplessness and hopelessness.

Let me tell you my story.

### **My Broken Brain**

*Learning, thinking, and speaking were always easy for me. My brain never failed me. In college, I learned thousands of Chinese characters. In medical school, the intricate patterns and names of our anatomy -- the bones, muscles, organs, vessels, and nerves -- mapped effortlessly into my mind, and the complex pathways of physiology and biochemistry were clear after one lecture and reading my notes.*

I ran four miles every day to medical school. I took detailed notes in my classes, able to simultaneously listen to, remember, and write down nearly every word my professors spoke.

At the end of the day I ran back again to my apartment, did yoga for an hour, ate a freshly prepared whole-foods meal, and studied without distraction or loss of focus for three hours every night. Then I crawled into bed, fell peacefully asleep within five minutes, and slept deeply for seven hours.

The next day I got up and did it all over again.

That rhythmic life broke down, as it does for all physicians in training, when I entered the hospital and started pushing my body and mind beyond their limits with regular thirty-six-hour shifts on top of an occasional sixty-hour shift (Friday morning to Monday evening!).

When I went to practice as a small-town family doctor in Idaho, I worked a shortened schedule of only eighty hours a week, seeing thirty patients a day, delivering babies, and working in the emergency room.

From Idaho, I went to work in China for a year, breathing in the coal-soaked, mercury-laden air, before I landed back in Massachusetts, working a crazy schedule of shifts in an inner-city emergency room.

Then suddenly (or so it appeared at the time), my brain broke -- along with the rest of my body.

Sitting with patients, I often couldn't remember what they had just said, or where I was in eliciting their story. I tried to take careful notes and keep track, but I couldn't focus on conversations, couldn't remember anyone's name. I started taking pictures and writing down personal details about my patients to serve as my peripheral memory so I wouldn't embarrass myself the next time I spoke to them.

During lectures I had to give as part of my job, I would get lost in the middle of a sentence and had to ask the audience what I had just said. When I read a book, I had to go over passages again and again just to glean any meaning. At night, I read my children bedtime stories but had to robotically mouth the words, because I couldn't simultaneously read aloud and understand what I read.

Sleep eluded me. Exhausted and bone weary, I would lie down in bed at night and remain sleepless for hours. After finally drifting off, I would wake the next morning feeling as if I had never slept.

Depression and anxiety, which I had never known before, became constant companions.

At times I felt I couldn't go on any longer. My capacity for pleasure and laughter faded into a distant memory.

The worse my body felt, the worse my brain functioned. If my stomach was bloated and swollen and I had diarrhea, I couldn't think or sleep. If my tongue was inflamed or my eyes swollen and red, I became depressed. If my muscles ached and twitched, I couldn't focus. If I felt bone-weary fatigue, I would forget what I was saying or why I had just walked into a room.

Some doctors said I was depressed and recommended antidepressants. Psychiatrists suggested antianxiety drugs. My family doctor prescribed sleeping medication. A neurologist told me I had ADD and I needed stimulants. Others said I had chronic fatigue and fibromyalgia. All I knew was that my brain was broken, my focus gone, my mood depressed, my memory fleeting, and my body wasn't working.

All at once, I couldn't pay attention, remember, or experience joy and happiness. It was as if I had suddenly "contracted" three terrible diseases -- attention deficit disorder, depression, and dementia. How could my brain have failed me? The part of me that was strongest suddenly became my weakest link. What had happened?

What I experienced was extreme and I hid it from the rest of the world, except for a very few close friends. I faked it and pulled myself through each day.

But after that summer day in August when my brain broke, weary and fighting brain fog, I began searching for answers.

Piece by piece, cell by cell, body system by body system, I discovered the source of my broken brain. By combing through the literature, consulting with dozens of scientists and doctors, and experimenting with my body and mind, I slowly put myself back together.

It wasn't one thing that broke my brain. It was everything piled higher and higher until my brain and body couldn't take anymore. It seemed sudden but was the end of a long series of exposures to toxins, stress, and a strange infection.

The trail led back to mercury poisoning from living in Beijing, China, breathing in raw coal used to heat homes for 10 million people, eating endless childhood tuna-fish sandwiches, and having a mouthful of "silver" or mercury fillings. I was also missing a key gene needed to detoxify all this mercury, which compounded the problem. I found out about this later through careful testing.

Years of sleepless nights delivering babies and working in the emergency room

destroyed my body's rhythms, which I tried to bolster with quadruple espressos, giant-size chocolate chip cookies, and mountains of Chunky Monkey ice cream (I reasoned that was healthy because of the bananas and walnuts!).

Then one late summer day in 1996 I ate or drank something up in a wilderness camp in Maine that infected my gut. That was the straw that broke the camel's back.

This book is the story of my healing. It is also the story of the discoveries I made that hold the answer to our current epidemic of broken brains. It offers a solution to your suffering just as it did to mine.

How many of you feel what I felt, at least to some degree?

- Maybe you fear losing your job because you're tired, unfocused, inattentive, and your memory is failing so you can't properly perform your tasks at work.
- Do you feel depressed, hopeless, disconnected, and disengaged from your life?
- Do you see your relationships breaking down because you are mentally and emotionally absent or numb?
- Perhaps you struggle to focus so you can help your children with their homework and guide them through life, but feel sure you aren't living up to your duties as a parent.
- Do you lie awake at night, tormented by the grief and pain of living half a life, and then worry about how you will find a way to wake up early in the morning just so you can get your kids to school?
- Do you forget to meet friends or go to appointments, and then can't figure out how in the world you forgot?

If so, you aren't alone. You have been affected by the broken brain epidemic, a terrifying and life-threatening chronic illness that has been largely unaddressed by the medical community, leaving millions of people to suffer alone, trapped in their deteriorating minds.

### **Our Looming Silent Epidemic of Broken Brains**

Obesity is obvious. You can't hide it. But mental illness and memory loss are suffered silently, hidden from view. Yet they touch nearly everyone either directly or indirectly; personally or through family members and friends.

Our broken brains cause many problems -- anxiety, depression, bipolar disease, personality disorders, eating disorders, addictions, obsessive-compulsive disorder, attention deficit disorder, autism, Asperger's, learning difficulties, and dyslexia.

Broken brains take many shapes, including psychotic disorders such as schizophrenia and mania, as well as all the neurodegenerative diseases of aging, especially Alzheimer's, dementia, and Parkinson's disease.

In addition, there are brain dysfunctions that fall on the lighter side of

the broken brain continuum. While many psychiatrists and neurologists wouldn't qualify these problems as treatable diseases, they still cause unnecessary suffering for many. These include chronic stress, lack of focus, poor concentration, brain fog, anger...

### **Users Review**

#### **From reader reviews:**

#### **Pauline Jefferson:**

The book *The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First* can give more knowledge and also the precise product information about everything you want. So why must we leave the good thing like a book *The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First*? Wide variety you have a different opinion about book. But one



aim that book can give many facts for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or details that you take for that, it is possible to give for each other; it is possible to share all of these. Book The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First has simple shape but you know: it has great and massive function for you. You can appear the enormous world by start and read a e-book. So it is very wonderful.

**Lillian Albrecht:**

What do you concerning book? It is not important with you? Or just adding material when you really need something to explain what yours problem? How about your extra time? Or are you busy man or woman? If you don't have spare time to perform others business, it is make you feel bored faster. And you have spare time? What did you do? All people has many questions above. They have to answer that question mainly because just their can do that will. It said that about reserve. Book is familiar on every person. Yes, it is correct. Because start from on guardería until university need this kind of The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First to read.

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**Beverly Woods:**

Precisely why? Because this The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will distress you with the secret the item inside. Reading this book alongside it was fantastic author who write the book in such remarkable way makes the content inside of easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of gains than the other book have such as help improving your talent and your critical thinking way. So , still want to hold off having that book? If I ended up you I will go to the publication store hurriedly.

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