



The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days

Mark Hyman

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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.

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