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# Vegan Omega 3 6 9

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The Healthspan Solution

The Omega Rx Zone

Simple Happy Kitchen

The Engine 2 Diet

Vegan Bite by Bite

Vegetarian Times

Eat to Live

Vegan Bodybuilding and Fitness

The UltraMind Solution

Becoming Vegan

The 100 Best Gluten-Free Recipes for Your Vegan Kitchen

The 'Miracle' Enzyme is Serrapeptase

Finally Focused

Animal (De)liberation

Dirty Vegan: Another Bite

Go Dairy Free

The Nemechek Protocol for Autism and Developmental Disorders

How To Go Vegan  
Living Vegan For Dummies  
Polyunsaturated Fatty Acid Metabolism  
Williams' Basic Nutrition and Diet Therapy - E-Book  
The Vegan Athlete  
Eat More Plants  
NOW I WOULD BEAT CANCER - My PLAN  
Power Foods for the Brain  
Fundamentals of Complementary and Alternative Medicine - E-Book  
Becoming Vegetarian  
Viva! Diet of Disaster  
Glucose Revolution  
Hidden Treasures  
Sistah Vegan  
Dietary Guidelines for Americans 2015-2020  
Finding Ultra, Revised and Updated Edition  
Vegan Vitality  
Omega-6/3 Fatty Acids  
Functional Foods and Dietary Supplements  
The POWER Manual

Alzheimer's Disease Rehabilitation in 30 Days  
Fats that Heal, Fats that Kill

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## HOOPER FINLEY

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**The Healthspan Solution** Government  
Printing Office

Sistah Vegan is a series of narratives, critical essays, poems, and reflections from a diverse community of North American black-identified vegans. Collectively, these activists are de-colonizing their bodies and minds via whole-foods veganism. By kicking junk-food habits, the more than thirty contributors all show the way toward longer, stronger, and healthier lives. Suffering from type-2 diabetes,

hypertension, high blood pressure, and overweight need not be the way women of color are doomed to be victimized and live out their mature lives. There are healthy alternatives. Sistah Vegan is not about preaching veganism or vegan fundamentalism. Rather, the book is about how a group of black-identified female vegans perceive nutrition, food, ecological sustainability, health and healing, animal rights, parenting, social justice, spirituality, hair care, race, gender-identification, womanism, and liberation that all go against the (refined and bleached) grain of our dysfunctional society. Thought-provoking for the identification and dismantling of

environmental racism, ecological devastation, and other social injustices, *Sistah Vegan* is an in-your-face handbook for our time. It calls upon all of us to make radical changes for the betterment of ourselves, our planet, and by extension everyone."

*The Omega Rx Zone* Lantern Books

Do you have a picky eater in your household? Do you stay awake at night wondering if your children are getting the nutrition they need to be healthy now and in the future? Are you worried that the nutrition you do get in them isn't being absorbed properly? Do you think your kids are getting sick too often? Are you stressed out and spending too much time trying to get your kids to eat well? Are you fed up with being the "bad guy" because you

care that your loved ones aren't consuming maximum nutrition? You are not alone! I know this can be downright frustrating, exhausting, and even scary. However, there is a solution! Based on her own experience as a mother and her passion for wellness, Gina Diamond offers strategies and recipes to get your kids to thrive emotionally and physically by sneaking love and health into every bite. This book is full of nutritional nuggets and tasty gems offering you and your family: The Hidden Treasures method: Recipes that show you how to put nutrient-rich ingredients into kid's favorite meals that will tantalize the taste buds and are simple to make. Strategies that even busy budget conscious parents can implement that will enhance the overall health of your

family. Joyful meal gatherings full of super charged yummy food, fun and family connections. The seeds to planting a foundation of long-term healthy lifestyle choices. Access to an online community that will provide support, tips, and additional recipes. Ideas to begin expanding your shopping repertoire to include superfoods. A list of where to purchase the most nutrient dense foods for the least expensive price. Inspired by *Cooking for the Whole Family* by Cynthia Lair and with her main solution confirmed by the best aspects of Jessica Seinfeld's *Deceptively Delicious*, this book will prove an invaluable tool to addressing the root cause of your family's health challenges while creating peaceful mealtimes that are chocked full of hidden treasures.

### Simple Happy Kitchen Little, Brown Spark

A guide to veganism for active lifestyles—with one hundred delicious recipes. The culture of food in North America is changing—and fast. More than eight million North Americans choose to exclude meat from their diets, and an additional twenty-five million rarely eat meat. Many of these individuals consume no animal products whatsoever. Why do these vegans and vegetarians choose to forgo steak, yogurt, or ice cream? Most commonly, they cite increasing and maintaining personal health. Add to this the steadily growing population of health and fitness enthusiasts who adopt plant-based diets temporarily to meet their performance goals, plus those looking to vegan diets

for weight loss, and we've got a full-blown diet and lifestyle movement quickly expanding across the globe. Vegan Vitality is a comprehensive active-living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives. Karina Inkster motivates and inspires readers to increase the quality (and length!) of their lives by enjoying a whole foods, plant-based diet and engaging in regular exercise. With healthy living advice for everyone from beginners to amateur athletes, as well as a well-rounded collection of one hundred mouthwatering recipes specifically created to fuel active living, this book sets itself apart from existing titles by bridging the gap between diet

and fitness, approaching health holistically and as a long-term lifestyle. Also included are interviews with vegan athletes and fitness professionals, each providing their own recipes, top-secret tips, and habits for healthy, active plant-based living. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter,

meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

**The Engine 2 Diet** Simon and Schuster  
The fun and easy way® to live a vegan lifestyle Are you thinking about becoming a vegan? Already a practicing vegan? More than 3 million Americans currently live a vegan lifestyle, and that number is growing. *Living Vegan For Dummies* is your one-stop resource for understanding vegan practices, sharing them with your friends and loved ones, and maintaining a vegan way of life. This friendly, practical guide explains the

types of products that vegans abstain from eating and consuming, and provides healthy and animal-free options. You'll see how to create a balanced, nutritious vegan diet; read food and product labels to determine animal-derived product content; and stock a vegan pantry. You'll also get 40 great-tasting recipes to expand your cooking repertoire. Features expert guidance in living a vegan lifestyle and explaining it to friends and family Includes proper dietary guidelines so you can get the nutrition you need Gives you several action plans for making the switch to veganism Provides parents with everything they need to understand and support their children's choices With the tips and advice in *Living Vegan For Dummies*, you can truly live and enjoy a

vegan way of life!

Vegan Bite by Bite Elsevier Health Sciences

Strengthen your memory with New York Times bestselling author Dr. Neal Barnard's simple 3-step plan to protecting your brain with your diet. Could your breakfast or lunch be harming your memory? Are you missing out on the foods that could prevent Alzheimer's disease? Everyone knows good nutrition supports your overall health, but few realize that certain foods-power foods-can protect your brain and optimize its function, and even dramatically reduce your risk of Alzheimer's Disease. Now, New York Times bestselling author, clinical researcher and health advocate Dr. Neal Barnard has gathered the most up-to-

date research and created a groundbreaking program that can strengthen your memory and protect your brain's health. In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimer's disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus. You'll discover: The best foods to increase cognitive function Dairy products and meats-the dangers they may pose to your memory The surprising roles alcohol and caffeine play in Alzheimer's risk The latest research on toxic metals,



like aluminum found in cookware, soda cans, and common antacids. Plus a detailed menu plan, recipes and time-saving kitchen tips

**Vegetarian Times** Harper Collins  
Polyunsaturated Fatty Acid Metabolism explores a number of major roles of PUFA in the body, including its role as a component of cell membranes and how it provides substrates for the synthesis of lipid second messengers. Recent studies are unraveling the effect of interactions between diet and endocrine factors and genetic and epigenetic variation on the regulation of PUFA biosynthesis in animals. Together, these recent findings provide novel insights into the impact of differences in PUFA supply on health. This book captures these findings in a manner that marks

the state-of-the-art, placing them in the wider context of PUFA metabolism and nutritional science. Users will find a comprehensive discussion on the topic that presents the contributions of leading researchers who combine their knowledge to create a cohesive academic resource for researchers, those involved in production, and health policymakers. Provides a comprehensive view of polyunsaturated fatty acid metabolism Describes underlying metabolism on lipids that include polyunsaturated fatty acids Includes discussions on recent findings on the genetic and epigenetic regulation of polyunsaturated fatty acid metabolism  
Eat to Live Marilyn Peterson  
Over the last several years developing human research suggests that a

component of omega-3 fatty acids, long chain ones, contribute particularly to health benefits. Omega-6/3 Fatty Acids: Functions, Sustainability Strategies and Perspectives focuses on developing information on this newly recognized key component. This volume uniquely, and for the first time, focuses on sustainability of natural sources of omega-3 fatty acids variants including long chain ones, and on ways to increase their use and availability to reduce major diseases. The authors review cardiovascular disease, neurological changes and mental health and other diseases like diabetes where long chain omega-3 fatty acids play protective roles from recent human trials. Each chapter evaluates developing information on the possible mechanistic role of long chain

omega-3 fatty acids. After showing their requirement and involvement in health promotion there are reviews of various sources and ways to protect and promote them. Authors provide support for the benefits and sources of long chain omega-3 fatty acids and their increased dietary intake that reduce various physical and mental illnesses. Omega-6/3 Fatty Acids: Functions, Sustainability and Perspectives is a unique and important new volume that provides the latest data and reviews to physicians who need to assess serum omega-6/3 and fatty acids to help diagnose risks and change diets and to inform industry and the scientific community with reviews of research for actions including new studies and therapies.

Vegan Bodybuilding and Fitness

Harmony

Fats that Heal, Fats that Kill  
Book Publishing Company

**The UltraMind Solution** Simon and Schuster

Hailed a "medical breakthrough" by Dr. Mehmet Oz, Eat to Live offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shockingly large

amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off. "Dr. Fuhrman's formula is simple, safe, and solid." --Body and Soul

Becoming Vegan Penguin

Functional foods are foods which contain bioactive components, either from plant or animal sources, which can have health benefits for the consumer over and above their nutritional value. Foods which have antioxidant or cancer-combating components are in high demand from health conscious

consumers: much has been made of the health-giving qualities of fruits and vegetables in particular. Conversely, foods which have been processed are suffering an image crisis, with many consumers indiscriminately assuming that any kind of processing robs food of its “natural goodness”. To date, there has been little examination of the actual effects – whether positive or negative – of various types of food processing upon functional foods. This book highlights the effects of food processing on the active ingredients of a wide range of functional food materials, with a particular focus on foods of Asian origin. Asian foods, particularly herbs, are becoming increasingly accepted and demanded globally, with many Western consumers starting to recognize and seek out their

health-giving properties. This book focuses on the extraction of ingredients which from materials which in the West are seen as “alternative” – such as flour from soybeans instead of wheat, or bran and starch from rice – but which have long histories in Asian cultures. It also highlights the incorporation of those bioactive compounds in foods and the enhancement of their bioavailability. Functional Foods and Dietary Supplements: Processing Effects and Health Benefits will be required reading for those working in companies, research institutions and universities that are active in the areas of food processing and agri-food environment. Food scientists and engineers will value the new data and research findings contained in the book, while

environmentalists, food regulatory agencies and other food industry personnel involved in functional food production or development will find it a very useful source of information.

[The 100 Best Gluten-Free Recipes for Your Vegan Kitchen](#) Book Publishing Company

The 2nd Gift From Silkworms: Giving The Answer To Pain, Chronic Inflammation and Clogged Arteries Authored by Robert Redfern 'The Miracle Enzyme' Is Serrapeptase: 3rd Edition is the latest edition of the world renowned health book by Robert Redfern. The natural Chelation-Anti-Inflammatory Serrapeptase has had wide clinical use - spanning over twenty-five years throughout Europe and Asia - as a viable alternative to salicylates, ibuprofen and

the more potent NSAIDs. Unlike these drugs, Serrapeptase is a naturally occurring, physiological agent with no inhibitory effects on prostaglandins and is devoid of gastrointestinal side effects. Now in its third edition, The Miracle Enzyme Is Serrapeptase, the latest book from Robert Redfern contains 360 pages of useful health information and over 240+ pages of detailed health plans that give the answer to pain, chronic inflammation and clogged arteries.

### **The 'Miracle' Enzyme is**

#### **Serrapeptase** Harmony

Learn more about how health nutrition experts can help you make the correct food choices for a healthy lifestyle The eighth edition of the Dietary Guidelines is designed for professionals to help all individuals, ages 2 years-old and above,

and their families to consume a healthy, nutritionally adequate diet. The 2015-2020 edition provides five overarching Guidelines that encourage: healthy eating patterns recognize that individuals will need to make shifts in their food and beverage choices to achieve a healthy pattern acknowledge that all segments of our society have a role to play in supporting healthy choices provides a healthy framework in which individuals can enjoy foods that meet their personal, cultural and traditional preferences within their food budget This guidance can help you choose a healthy diet and focus on preventing the diet-related chronic diseases that continue to impact American populations. It is also intended to help you to improve and maintain overall health for disease

prevention. \*\*NOTE: This printed edition contains a minor typographical error within the Appendix. The Errata Sheet describing the errors can be found by clicking here. This same errata sheet can be used for the digital formats of this product available for free. Health professionals, including physicians, nutritionists, dietary counselors, nurses, hospitality meal planners, health policymakers, and beneficiaries of the USDA National School Lunch and School Breakfast program and their administrators may find these guidelines most useful. American consumers can also use this information to help make healthy food choices for themselves and their families.

Finally Focused Ubiquity Press  
Simple Happy Kitchen is this first

illustrated guide for a plant-based vegan lifestyle. It is packed with humorous and engaging illustrations designed to help you and your family learn more about plant-based nutrition. The book takes the reader through simple steps needed to live a healthy, nutrient-filled, compassionate life. The guide introduces a new way to learn about nutrition - with positivity, humor and fun. It breaks down complicated nutritional information, helping families learn the basics and many benefits of this lifestyle. This is not a diet or cooking book - It is the first book of its kind, meant to help guide readers and improve the diets of children and families all over the world. Instead of charts, numbers and warnings, the book uses a visual language everyone can understand.

What's inside? Why go plant-based? - Why is it good for you? - How to understand the nutrition facts label? - Building a healthy shopping list - Guides for spices, oils, leafy greens, legumes and grains - Benefits of soaking and sprouting - Substitutes and plant-based milks - Planning your meals - Cooking and storing hacks - Guide for protein, iron, calcium, vitamins and minerals - Simple ways to increase minerals absorption - Making food fun for kids - Vegan lifestyle with kids - Cruelty-free shopping guide - Fun facts about animals - Checklists for going vegan - Easy to make meals - And much more! The book was written together with a clinical dietitian, making sure it is not just fun but also factual.

[Animal \(De\)liberation](#) Hachette UK

The evidence is in— millions of people are moving toward a vegetarian diet because it offers a healthful and environmentally sound alternative to the standard diet. *Becoming Vegetarian* is the ultimate source for making this valuable and beneficial life change. Packed with authoritative vegetarian and vegan nutrition information from established and savvy experts, this powerful book takes the worry out of making an important, healthy transition. Here's what's inside: Vegetarian food guide for optimal nutrition and easy meal planning Delicious, easy recipes Helpful guidelines for those who are just starting out Cutting edge scientific information for experienced vegetarians Nutrition essentials from infancy through our senior years Practical tips for weight

control Much, much more This comprehensive update of an international bestseller is the one resource that contains everything you need to know about becoming a vegetarian or fine-tuning a vegetarian diet. From dealing with awkward social situations to making sure you're getting all the necessary nutrients, let Vesanto Melina and Brenda Davis give you the information you need to achieve a healthful vegetarian life with ease. Change the way you look at food and your health forever— start following the dynamic, easy-to-implement advice in *Becoming Vegetarian* today. [Dirty Vegan: Another Bite](#) Simple Happy Kitchen Lose weight, lower cholesterol, significantly reduce the risk of disease,



and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including

whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite. Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals. Guidelines on menu choices that will allow you to eat out, wherever and whenever you want. Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being-all without heroic effort. "Want to be as strong as a Texas

firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life-- whether you're a man or a woman. Highly recommended!" -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California, SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease

### **Go Dairy Free Balance**

Focusing on emerging therapies and those best supported by clinical trials and scientific evidence, Fundamentals of Complementary and Alternative Medicine describes some of the most prevalent and the fastest-growing CAM therapies in use today. Prominent author Dr. Marc Micozzi provides a complete

overview of CAM, creating a solid foundation and context for therapies in current practice. Coverage of systems and therapies includes mind, body, and spirit; traditional Western healing; and traditional ethnomedical systems from around the world. Discussions include homeopathy, massage and manual therapies, chiropractic, a revised chapter on osteopathy, herbal medicine, aromatherapy, naturopathic medicine, and nutrition and hydration. With its wide range of topics, this is the ideal CAM reference for both students and practitioners! An evidence-based approach focuses on treatments best supported by clinical trials and scientific evidence. Coverage of CAM therapies and systems includes those most commonly encountered or growing in

popularity, so you carefully evaluate each treatment. Global coverage includes discussions of traditional healing arts from Europe, Asia, Africa, and the Americas. Longevity in the market makes this a classic, trusted text. Expert contributors include well-known writers such as Kevin Ergil, Patch Adams, Joseph Pizzorno, Victor Sierpina, and Marc Micozzi himself. Suggested readings and references in each chapter list the best resources for further research and study. New, expanded organization covers the foundations of CAM, traditional Western healing, and traditional ethnomedical systems from Asia, Africa, and the Americas, putting CAM in perspective and making it easier to understand CAM origins and contexts. NEW content includes legal and

operational issues in integrative medicine, creative and expressive arts therapies, ecological pharmacology, hydration, mind-body thought and practice in America, osteopathy, reflexology, South American healing, traditional medicines of India, and Unani medicine. Revised and updated chapters include aromatherapy, classical acupuncture, energy medicine, biophysical devices (electricity, light, and magnetism), massage and touch therapies, traditional osteopathy, reflexology, vitalism, and yoga. New research studies explain how and why CAM therapies work, and also demonstrate that they do work, in areas such as acupuncture, energy healing, and mind-body therapies. Expanded content on basic sciences includes

biophysics, ecology, ethnomedicine, neurobiology, and pschoneuroimmunology, providing the scientific background needed to learn and practice CAM and integrative medicine. Expanded coverage of nutrition and hydration includes practical information on Vitamin D and healthy hydration with fluid and electrolytes. [The Nemechek Protocol for Autism and Developmental Disorders](#) Createspace Independent Publishing Platform  
 DISCOVER THE ADHD SOLUTION FOR YOUR CHILD Dr. James Greenblatt has seen thousands of children and adults struggling with the symptoms of ADHD – hyperactivity, inattentiveness, impulsiveness, and often irritability and combativeness. Rather than simply prescribing medication for their ADHD

symptoms, he tailors remedies to his patients' individual needs, detecting and treating the underlying causes of the disorder. Finally Focused provides proven natural and medical methods to easily treat problems such as nutritional deficiencies or excesses, dysbiosis (a microbial imbalance inside the body), sleeping difficulties, and food allergies, all of which surprisingly can cause or worsen the symptoms of ADHD. Using Dr. Greenblatt's effective Plus-Minus Healing Plan, parents will first understand the reasons behind their child's symptoms, and then be able to eliminate them by addressing the child's unique pattern of biological weakness. Adults with ADHD can do the same for themselves. And if conventional medication is still necessary, this

integrative approach will minimize or even eliminate troublesome side effects. Using Dr. Greenblatt's expert advice, millions of children and adults with ADHD finally will get the help they need to achieve true wellness.

Naturally Healthy Publications

Being vegan is a culinary challenge, especially when you are avoiding gluten. Keough shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen.

*How To Go Vegan* *Fats that Heal, Fats that Kill*

Increase your lifespan and optimize your health with plant-based recipes for a longer, more vibrant life. Authors and leading plant-based nutrition experts Julieanna Hever and Ray Cronise have spent over a decade researching diet

and nutrition, analyzing longevity studies, and helping their clients achieve sustainable, lasting health benefits by adopting a whole food, plant-based diet. In *The Healthspan Solution*, they share the simple and effective diet that has allowed their clients to lose weight, reverse disease, reduce or eliminate medication use, and achieve optimal health. This accessible and easy-to-follow guide examines the health risks posed by typical Western eating habits and explains how a diet rich in vegetables, fruits, whole grains, legumes, mushrooms, nuts, seeds, herbs and spices can lead to lower blood pressure, healthy weight management, and longer life. Their flexible, customizable approach to eating challenges the conventional idea of

breakfast, lunch, and dinner and focuses instead on soups, salads, sides, and sweets. With 100 delicious recipes to choose from, The Healthspan Solution make adopting a plant-based lifestyle simple and sustainable. Evidence-based research on the scientific underpinnings of the healthspan diet Easy-to-follow guidelines simplify food choices without being restrictive Beautifully photographed recipes offer options and flexibility Praise for The Healthspan Solution: "Ray and Julieanna didn't write a fad diet book. It's about making a permanent lifestyle transformation. The magic is I still can eat anything I want. The trick is what I want has profoundly changed. They did the trick for me and saved my life-now let them help you."- Penn Jillette, Las Vegas entertainer and

magician "Ray is a scientific visionary and Julieanna is a master of nutrition. Together they've written a fact-based recipe book for longevity that belongs in every kitchen. Buy it."-David Sinclair, PhD, AO, Professor of Genetics, Harvard Medical School "Working with Julieanna and Ray has given me a profoundly new understanding of how food impacts health and how what we eat is often dictated by social influences. I'm excited to be a part of their effort to push to this message out to a far bigger audience."- Cyan Banister, angel investor and entrepreneur "Julieanna and Ray are an incredible team. While others have sought to demonstrate the adequacy of an exclusively plant-sourced diet, they teach how it can be superior and mimics longevity research."-Rich Roll, plant-

powered ultra athlete and author  
[Living Vegan For Dummies](#) Simon and  
Schuster

From the ten-time New York Times  
bestselling author of Ultrametabolism,  
The Blood Sugar Solution, and Eat Fat,  
Get Thin comes The UltraMind Solution.

—Do you find it next to impossible to  
focus or concentrate? —Have you ever  
experienced instant clarity after  
exercise? Alertness after drinking coffee?  
—Does your brain inexplicably slow  
down during stress, while multitasking,  
or when meeting a deadline? —Do you

get anxious, worried, or stressed-out  
frequently? 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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