From the Three-Time New York Times Bestselling Author of Ultraprevention, Ultrametabolism, and The Ultrasimple DietIn UltraMetabolism, Dr. Mark Hyman brought the new science of weight loss to the general public. By learning to work with the body instead of against it, you can ignite your natural fat-burning furnace and reprogram your body to burn fat and keep it off for good. Simply put, eat the right foods and send instructions of weight loss and health; eat the wrong foods and send messages of weight gain and disease. The UltraMetabolism Cookbook puts Ultra-Metabolism into overdrive with 200 convenient, easy-to-prepare, and, of course, delicious recipes for the right foods that will bring on a lifetime of good health and healthy weight. The first part of the book reacquaints the reader with the UltraMetabolism plan and then offers a wide variety of delicious, easily prepared dishes for both Phase I -- the three-week detoxification of your system -- and Phase II, which rebalances your metabolism in four weeks and offers the way to a healthy metabolism for life! Look your best, feel your best, perform at your best, and eat such fantastic meals as Roasted Shrimp, Turkey and Red Bean Chili, and Ratatouille. And that's just Phase I! As you progress through the UltraMetabolism plan and enter Phase II, you'll add satisfying, flavor-packed appetizers -- Curried Deviled Eggs with Cashews, anyone? -- as well as many more new salads, meats, fish, shellfish, soups, poultry, grains, vegetables, breakfast foods, and snacks. And there are lots of plant-based options and bean dishes for vegetarians. In addition to the clear, cutting-edge science and great recipes in The UltraMetabolism Cookbook, you'll find countless ideas of how to integrate the UltraMetabolism way of eating into your lifestyle, from quick weeknight suppers to entertaining and holiday meals.

Features:
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* Click here to view our Condition Guide and Shipping Prices
If you are looking for a diet book, this book isn't for you. If, however, you want to change the way you eat, feel better, and keep the weight off that you lose then buy this book.

The first section of the book explains why preservatives and artificial food additives are bad and why eating freshly made foods can increase the metabolism. The second section is divided into two phases of recipes; the first being a month-long detoxification phase to clear out preservatives and artificial substances out of the body, and the second phase is a more broad set of recipes that is less restrictive on what you can eat.

If you do plan to try this book, you need to be prepared to:

1) Be able to follow recipes and cook for yourself or have someone to do so for you. No fast food or frozen dinners.
2) Have time to cook. While some of the recipes are quick, others take quite a bit of time. I can make grilled chicken in about 15 minutes, but making soup can take nearly an hour. (I double or triple recipes and keep leftovers for time-consuming recipes.)
3) Buy kitchen utensils and appliances. The book lists useful ones. I haven't bought the full list, but the ones I have do really help make things easier.

Now you must be asking yourself, If I get this book, will it really work? In my case, I have been seriously overweight for most of my life. I have tried other diets, but none seemed to work. At my last weigh-in at my doctor's office before getting this book I was 344 lbs and wearing a size 50 jeans. After 5 months using these recipes I returned and weighed in at 279 lbs wearing a size 44 jeans (That is 65 lbs in 5 months).

Try it, stick with it, and it will work for you. The food tastes great due to the spices, so I never have a problem wanting something I shouldn't have. I really recommend this book to anyone who needs to take off the weight and keep it off naturally.

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The UltraMetabolism Cookbook: 200 Delicious Recipes that Will Turn on Your Fat-Burning DNA by Mark, M.D. Hyman - 5 Star Customer Reviews and Lowest Price!