

The Simple Way to Defeat Depression,
Overcome Anxiety, and Sharpen Your Mind

THE ULTRAMIND SOLUTION

COMPANION GUIDE



FIX YOUR BROKEN BRAIN
BY HEALING YOUR BODY FIRST

MARK HYMAN, M.D.

The

UltraMind

Solution

Companion Guide

By

Mark Hyman, M.D.

The UltraMind Solution Companion Guide

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You can visit our team at **The UltraWellness Center** in Lenox, MA. Go to www.ultrawellnesscenter.com or call (413) 637-9991 for more information on how to make a personal appointment with Dr. Hyman, his partner Dr. Elizabeth Boham, or his specially trained medical nutrition therapists, health coaches, and nurses.

INTRODUCTION:

HOW TO USE *THE ULTRAMIND SOLUTION* COMPANION GUIDE

Your brain is broken. You know it. You feel it. I empathize. My brain was once broken too.

In *The UltraMind Solution*, I tell the story of how my brain broke one beautiful late-summer afternoon and how that was the beginning of my journey toward a whole new way of understanding medicine and the human body and mind.

By learning how to renew my own broken brain and by working with hundreds of patients over the years with similar problems, the surprising truth I realized is that the source of broken brains is in a place most people (including doctors) never look. Broken brains don't start in the brain. They start in the body. Renew your body, and you renew your brain.

To achieve optimal health, your body needs to be balanced in the seven keys to UltraWellness. Balance in these seven key systems in your body, help your broken brain fix itself. This is the revolutionary truth that is the foundation of the *The UltraMind Solution*.

The *UltraMind Solution* is a six-week, step-by-step program designed to help you identify where your body is not functioning optimally and address those areas by optimizing nutrition, balancing your hormones, supporting immune function, renewing your gut function, detoxifying, increasing your energy metabolism, and balancing the mind-body connection.

The heart of the plan is a comprehensive diet and lifestyle change that consists of four basic components:

1. A healthy eating plan designed to help you optimize your brain
2. Basic supplements you need to take to maintain balance and enhance your brain chemistry
3. Lifestyle changes, including exercise, relaxation, sleep, and “brain” or mental exercises
4. Living clean and green to reduce your exposure to environmental toxins and to support a sustainable future for us all

In the book, I gave you specific instructions on how to integrate each of these changes into your life so you could optimize the seven keys to UltraWellness and achieve an *UltraMind*.

However, when you are writing a book, there are always pieces that have to be cut. As I was writing *The UltraMind Solution*, I had to leave out many tips, tools, and techniques I have created and compiled over the years to make this program simpler and more effective.

I believe it's important to give clear instructions on how to achieve an *UltraMind*. I also believe that more detail and guidance are necessary than what can be provided in one book. That is why I wrote this companion guide.

In it you will find all the tools I couldn't fit in the book, including:

- ❖ Menus, recipes, shopping lists, and a daily eating program that will make sticking to the program much easier
- ❖ Tools to track changes in your health—your brain, your body, and your mood

- ❖ A step-by-step protocol that will help you overcome any withdrawal symptoms from sugar, processed foods, or food allergens that you may experience on the program
- ❖ Instructions on how to optimize your aerobic conditioning (and how you can spend less time exercising but get better results)
- ❖ A supplement tracking worksheet that will make taking the basic supplements included in The UltraMind Solution (and even the additional ones you may need to balance the keys) extremely easy
- ❖ More ways to find and hit your pause button so you can relax even more deeply
- ❖ A food reintroduction journal designed to help you identify food sensitivities
- ❖ Further testing and treatment options you can pursue with your doctor to help you optimize your mental and physical health even more
- ❖ And many other tips for making your journey to an UltraMind easier and more enjoyable

In this guide I have also provided all the quizzes, charts, and worksheets in the book so that you can print them out and use them at your convenience. Some people don't like writing in their books. Others may want (or need) to take the quizzes more than once. Still more may want to extend their experience on the six-week plan. Having these worksheets in a handy, easily printable form accommodates everyone.

My wish for you is nothing less than a life full of vital energy and happiness where your mind is sharp, focused, clear, calm, and at peace. This is one of the most important pieces of the experience of UltraWellness. To help you achieve that and experience what Functional Medicine can do for your body and brain from the ground up, I invite each of you to explore with our team at **The UltraWellness Center** in Lenox, MA. Please see our website for more information (www.ultrawellnesscenter.com) or call us at (413) 637-9991. Physician visits must be done in person. Nutrition consultations can be done by phone. We also offer two discounted special, month-long healing programs: **Achieving UltraWellness** and **Achieving an UltraMind**. These can be done in person or through phone consultations.

In the meantime, I hope (and believe) *The UltraMind Solution* and this companion guide will give you the tools you need to help you achieve UltraWellness.

Wishing you all endless health and happiness!

Mark Hyman, MD
January 2009

SECTION 1:

THE ULTRAMIND QUIZZES

The quizzes in Part II of *The UltraMind Solution* are designed to help you identify which keys should be optimized in your body. By doing this, you can customize the program by adding the suggestions I provide in Part IV of the book and achieve optimal health.

For your convenience, I have reprinted each of these quizzes below¹. They are divided by key to keep everything in order. Feel free to print them and use them as you need.

Remember, each quiz offers three options to help your broken brain fix itself so you can optimize your health. These are:

❖ **The UltraMind Solution:**

- If your score qualifies you for **The UltraMind Solution**, simply follow the basic plan in Part III of the book.

❖ **Self Care:**

- If your score qualifies you for **Self Care**, integrate the additional suggestions in Part IV of the book into your six-week plan.

❖ **Medical Care:**

- If your score qualifies you for **Medical Care**, follow The UltraMind Solution and the additional recommendations for Self Care for six weeks, and then retake the quizzes. At that point, many of you will no longer qualify for Medical Care. If you still do, I recommend that you seek out a practitioner of Functional or Integrative Medicine to request the necessary tests and treatments outlined in Part IV of the book and Section 10 of this companion guide.

You will notice that for each quiz there is a “Before” and “After” column and that I have included a chart for you to keep track of your scores and improvement.

You will almost surely start feeling (and seeing) a difference within a few weeks of starting The UltraMind Solution. But having a quantitative assessment of the total change you make over the course of the program will help drive home how much influence the foods you eat and the lifestyle you live have on your health and your mind.

As mentioned above, it is critical that you take the quizzes after the six-week program is over if your score indicates Medical Care. However, I strongly encourage you to take the quizzes both before and after the program, even if you don’t score in the Medical Care range. It will give you a clearer sense of just how much better your life has become, which is my wish for you all.

¹Note that in some cases minor textual edits have been made to these quizzes. This does not affect their efficacy in terms of determining which keys you need to optimize nor does it alter the scoring of the quizzes.

Key #1: Optimize Nutrition

FATTY ACIDS QUIZ

Does your oil need to be changed? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have soft, cracked, or brittle nails		
I have dry, itchy, scaling, or flaking skin		
I have hard earwax.		
I have chicken skin (tiny bumps on the backs of arms or on the trunk).		
I have dandruff.		
I feel aching or stiffness in my joints.		
I am thirsty most of the time.		
I am constipated (have fewer than two bowel movements a day).		
I have light-colored, hard, or foul-smelling stools.		
I have poor mood, difficulty paying attention, and/or memory loss.		
I have high blood pressure.		
I have fibrocystic breasts.		
I have premenstrual syndrome.		
I have a family history of high LDL cholesterol, low HDL levels, and high triglycerides.		
I am of North Atlantic genetic background: Irish, Scottish, Welsh, Scandinavian, or coastal Native American.		

SCORING RECORD— FATTY ACIDS	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—FATTY ACIDS		
SCORE	CARE PLAN	ACTION TO TAKE
0–4	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
5–7	Self Care	Complete the six-week program in Part III and optimize your fatty acids using the Self Care options in Chapter 22 of <i>The UltraMind Solution</i> .
8–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

DOPAMINE QUIZ

Do you have less than optimal dopamine levels? Take this quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I feel down a lot and don't have the energy or desire to do anything.		
I am a low-energy kind of person, mentally or physically.		
I struggle to get motivated to exercise.		
I have trouble concentrating or focusing on things.		
I tend to sleep a lot or have trouble waking up.		
I use substances to "wake up," such as caffeine, chocolate, diet pills, or even cocaine.		

SCORING RECORD— DOPAMINE	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—DOPAMINE		
SCORE	CARE PLAN	ACTION TO TAKE
0–2	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
3–4	Self Care	Complete the six-week program in Part III and optimize your dopamine levels using the Self Care options in Chapter 22 of <i>The UltraMind Solution</i> .
5–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

SEROTONIN QUIZ

Do you have less than optimal serotonin levels? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
My head is full of ANTs (automatic negative thoughts).		
I am a glass-half-empty person.		
I have low self-esteem and low self-confidence.		
I tend to have obsessive thoughts and behaviors (such as being a perfectionist or neat freak).		
I get the winter blues or have a family history of SAD (seasonal affective disorder).		
I tend to be irritable, easily angered, and/or impatient.		
I am shy and afraid of going out or have a fear of heights, crowds, flying, and/or speaking in public.		
I feel anxious or have panic attacks.		
I have PMS (premenstrual syndrome) with moodiness, cravings, breast tenderness, and bloating before my period.		
I have trouble falling asleep.		
I wake up in the middle of the night and have trouble getting back to sleep, or wake up too early in the morning.		
I crave sweets or starchy carbs like bread and pasta.		
I feel better when I exercise.		
I have muscle aches, and/or jaw pain, and/or a family history of fibromyalgia.		
I have a family history of treatment with SSRIs (serotonin boosting antidepressants).		

SCORING RECORD— SEROTONIN	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—SEROTONIN		
SCORE	CARE PLAN	ACTION TO TAKE
0–4	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
5–7	Self Care	Complete the six-week program in Part III and optimize your serotonin levels using the Self Care options in Chapter 22 of <i>The UltraMind Solution</i> .
8–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

GABA QUIZ

Do you have less than optimal GABA levels? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
It is hard for me to relax and kick back.		
I am easily stressed out or overwhelmed.		
It is common for me to feel overworked or pressured.		
My body is stiff or uptight.		
I sometimes feel weak and shaky.		
I am bothered by loud noises, lights, or too much activity.		
I feel more anxious or stressed if I skip meals.		
I use substances to help me relax, such as sugar, alcohol, and/or drugs.		

SCORING RECORD— GABA	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—GABA		
SCORE	CARE PLAN	ACTION TO TAKE
0–2	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
3–4	Self Care	Complete the six-week program in Part III and optimize your GABA levels using the Self Care options in Chapter 22 of <i>The UltraMind Solution</i> .
5–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

ACETYLCHOLINE QUIZ

Do you have less than optimal acetylcholine levels? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I find myself writing things down so I won't forget them.		
I find it hard to do math in my head.		
I have a hard time finding words or remembering what I was saying if interrupted during a conversation.		
I get nervous or anxious when I have to learn something new, like new software at work.		
When reading a book or watching a movie, I find it harder to follow the plot than it used to be.		
I misplace my keys, wallet, or glasses frequently.		
I have trouble focusing during long conversations or meetings.		
I feel like my brain is just not functioning at its peak.		

SCORING RECORD— ACETYLCHOLINE	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—ACETYLCHOLINE		
SCORE	CARE PLAN	ACTION TO TAKE
0–2	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
3–4	Self Care	Complete the six-week program in Part III and optimize your acetylcholine levels using the Self Care options in Chapter 22 of <i>The UltraMind Solution</i> .
5–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

METHYLATION QUIZ

Is your body's methylation less than optimal? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I eat animal protein (meat of any kind, dairy, cheese, eggs) more than 5 times a week.		
I eat more than 1–2 foods a week with hydrogenated fats (margarine, shortening, processed or packaged foods).		
I have servings of animal protein greater than 4–6 ounces (the size of the palm of your hand) at a meal.		
I eat less than 1 cup of dark-green leafy vegetables a day.		
I eat fewer than 5–9 servings (1/2 cup = 1 serving) of fruits and vegetables a day.		
I have more than 3 alcoholic drinks a week.		
I have a poor mood.		
I have a history of a heart attack or other heart disease.		
I have a history of stroke.		
I have a history of cancer (especially colon, cervix, breast).		
I have a history of abnormal PAP test (cervical dysplasia).		
I have a history of birth defects in offspring (neural tube defects or Down syndrome).		
I have a history of dementia.		
I have a loss of balance or sensation in feet.		
I have a history of multiple sclerosis or other diseases with nerve damage.		
I have a history of carpal tunnel syndrome.		
I do not take a multivitamin.		
I am over 65-years old.		

SCORING RECORD— METHYLATION	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—METHYLATION*		
SCORE	CARE PLAN	ACTION TO TAKE
0–8	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
9–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

*Note that for this quiz, there are only two scores. Low-level problems are treated on the six-week program. If you have severe problems, I strongly encourage you to seek the assistance of a physician trained in Functional Medicine.

VITAMIN D QUIZ

Do you have less than optimal levels of Vitamin D? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have a family history of seasonal affective disorder (SAD) or the winter blues.		
I have experienced a loss of mental sharpness or memory.		
I have sore or weak muscles.		
I have tender bones (press on your shin bone to see if it hurts,).		
I work indoors.		
I avoid the sun.		
I wear sunblock most of the time.		
I live north of Florida.		
I don't eat small, fatty fish such as mackerel, herring, or sardines (the main source of dietary vitamin D).		
I have a family history of osteoporosis.		
I have broken more than 2 bones or had a hip fracture.		
I have a family history of autoimmune disease (such as multiple sclerosis).		
I have osteoarthritis (vitamin D deficiency weakens bones and leads to deterioration).		
I have frequent infections.		
I have a family history of prostate cancer.		
I have dark skin (any race other than Caucasian).		
I am 60 years old or older.		

SCORING RECORD— VITAMIN D	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—VITAMIN D*		
SCORE	CARE PLAN	ACTION TO TAKE
0–8	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
9–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

*Note that for this quiz, there are only two scores. Low-level problems are treated on the six-week program. If you have severe problems, I strongly encourage you to seek the assistance of a physician trained in Functional Medicine.

MAGNESIUM QUIZ

Do you have less than optimal levels of this MAGnificent mineral? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have a poor mood		
I feel irritable.		
I have difficulty focusing.		
I have a family history of autism.		
I am anxious.		
I have trouble falling and/or staying asleep.		
I have muscle twitching.		
I have premenstrual syndrome.		
I have leg or hand cramps.		
I have restless leg syndrome.		
I have heart flutters, skipped beats, or palpitations.		
I get frequent headaches or migraines.		
I have trouble swallowing.		
I have acid reflux.		
I am sensitive to loud noises.		
I feel fatigued.		
I have a family history of asthma.		
I have constipation (fewer than two bowel movements a day).		
I have excess stress.		
I have kidney stones.		
I have a family history of heart disease or heart failure.		
I have a family history of mitral valve prolapse.		
I have a family history of diabetes.		
I have a low intake of kelp, wheat bran or germ, almonds, cashews, buck-wheat, or dark-green leafy vegetables.		

SCORING RECORD— MAGNESIUM	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—MAGNESIUM*		
SCORE	CARE PLAN	ACTION TO TAKE
0–12	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
13–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

*Note that for this quiz, there are only two scores. Low-level problems are treated on the six-week program. If you have severe problems, I strongly encourage you to seek the assistance of a physician trained in Functional Medicine.

ZINC QUIZ

Do you have less than optimal zinc levels? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have impaired taste.		
I have impaired smell.		
I have weak nails (thin, brittle, peeling).		
I have white spots on my nails.		
I have frequent colds or respiratory infections.		
I have diarrhea.		
I have eczema or other skin rashes.		
I have acne.		
My wounds heal poorly.		
I have allergies.		
I am losing my hair.		
I have dandruff.		
I have a family history of erectile dysfunction.		
I have an enlarged or inflamed prostate.		
I have a family history of inflammatory bowel disease (ulcerative colitis, Crohn's disease).		
I have a family history of rheumatoid arthritis.		
I consume hard water (which depletes zinc).		
I consume more than 3 alcoholic beverages per week.		
I sweat excessively.		
I have a family history of kidney or liver disease.		
I am over age 65.		
I use diuretics (water pills).		
I have a low intake of dulse (seaweed), fresh ginger root, egg yolks, fish, kelp, lamb, legumes, and pumpkin seeds.		

SCORING RECORD— ZINC	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—ZINC*		
SCORE	CARE PLAN	ACTION TO TAKE
0–12	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
13–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 22 of <i>The UltraMind Solution</i> .

*Note that for this quiz, there are only two scores. Low-level problems are treated on the six-week program. If you have severe problems, I strongly encourage you to seek the assistance of a physician trained in Functional Medicine.

Key #2: Balance Your Hormones

INSULIN QUIZ

Do you have less than optimal insulin or blood sugar levels? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify the care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I crave sweets and eat them, and though I get a temporary boost of energy and mood, I later crash.		
I have a family history of diabetes, hypoglycemia, or alcoholism.		
I get irritable, anxious, tired, and jittery, or get headaches intermittently throughout the day, but feel better temporarily after meals.		
I feel shaky 2–3 hours after a meal.		
I eat a low-fat diet but can't seem to lose weight.		
If I miss a meal, I feel cranky and irritable, weak, or tired.		
If I eat a carbohydrate breakfast (muffin, bagel, cereal, pancakes, etc.), I can't seem to control my eating for the rest of the day.		
Once I start eating sweets or carbohydrates, I can't seem to stop.		
If I eat fish or meat and vegetables, I feel good, but seem to get sleepy or feel "drugged" after eating a meal full of pasta, bread, potatoes, and dessert.		
I go for the breadbasket at restaurants.		
I get heart palpitations after eating sweets.		
I seem salt sensitive (I tend to retain water).		
I get panic attacks in the afternoon if I skip breakfast.		
I am often moody, impatient, or anxious.		
My memory and concentration are poor.		
Eating makes me calm.		
I get tired a few hours after eating.		
I get night sweats.		
I am tired most of the time.		
I have extra weight around the middle (weight to hip ratio > 0.8; measure around the belly button and around the bony prominence at the front of the top of the hip).		
My hair thins in the places I don't want it to (my head) and it grows in the places it shouldn't (my face, if I am a woman).		
I have a family history of polycystic ovarian syndrome or am infertile.		
I have a family history of high blood pressure.		

QUESTIONS, CONTINUED	BEFORE	AFTER
I have a family history of heart disease.		
I have a family history of type 2 diabetes (what used to be known as adult-onset diabetes).		
I have chronic fungal infections (jock itch, vaginal yeast infections, dry scaly patches on my skin).		

SCORING RECORD— INSULIN	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—INSULIN		
SCORE	CARE PLAN	ACTION TO TAKE
0–9	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
10–14	Self Care	Complete the six-week program in Part III and optimize your insulin levels using the Self Care options in Chapter 23 of <i>The UltraMind Solution</i> .
15–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 23 of <i>The UltraMind Solution</i> .

THYROID QUIZ

Is your thyroid functioning optimally? Take the following quiz and find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify the care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have thick skin and fingernails.		
I have dry skin.		
My hair is thinning, I lose hair, or have coarse hair.		
I am sensitive to cold.		
I have cold hands and feet.		
I have muscle fatigue, pain, or weakness.		
I have heavy menstrual bleeding, worsening of premenstrual syndrome, other menstrual problems, or infertility.		
My sex drive has decreased.		
I retain fluid (swelling of hands and feet).		
I feel fatigued (especially in the morning).		
I have low blood pressure and heart rate.		
I have trouble with memory and concentration.		
The outer third of my eyebrows is thinning.		
I have trouble losing weight or have recent weight gain.		
I have constipation.		
I have a poor mood and am apathetic.		
I have a family history of autoimmune disease (such as rheumatoid arthritis, multiple sclerosis, lupus, allergies, yeast overgrowth).		
I have a family history of celiac disease or am gluten sensitive.		
I have been exposed to radiation treatments.		
I have been exposed to environmental toxins.		
I consume a lot of tuna and sushi and/or have multiple dental silver (mercury) fillings.		
I have a family history of thyroid problems.		
I drink chlorinated or fluoridated water.		

SCORING RECORD— THYROID	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—THYROID		
SCORE	CARE PLAN	ACTION TO TAKE
0–7	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
8–11	Self Care	Complete the six-week program in Part III and optimize your thyroid using the Self Care options in Chapter 23 of <i>The UltraMind Solution</i> .
12–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 23 of <i>The UltraMind Solution</i> .

SEXUAL HORMONES QUIZ FOR WOMEN

Are your sexual hormones out of balance? Take the following quiz to find out.

(This quiz is for women, while the one below it is for men.)

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have premenstrual syndrome.		
I have monthly weight fluctuation.		
I have edema, swelling, puffiness, or water retention.		
I feel bloated.		
I have headaches.		
I have mood swings.		
I have tender, enlarged breasts.		
I have a poor mood.		
I feel unable to cope with ordinary demands.		
I have backaches, joint, or muscle pain.		
I have premenstrual food cravings (especially sugar or salt).		
I have irregular cycles, heavy bleeding, or light bleeding.		
I am infertile.		
I use birth control pills or other hormones.		
I have premenstrual migraines.		
I have breast cysts or lumps or fibrocystic breasts.		
I have a family history of breast, ovarian, or uterine cancer.		
I have a family history of uterine fibroids.		
I have peri- or menopausal symptoms.		
I have hot flashes.		
I feel anxious.		
I have night sweats.		
I have insomnia.		
I have lost my sex drive.		
I have dry skin, hair, and/or vagina.		
I have heart palpitations.		
I have trouble with memory or concentration.		
I have bloating or weight gain around the middle.		
I have facial hair.		
I have been exposed to pesticides or heavy metals (in food, water, air).		

SCORING RECORD—SEXUAL HORMONES FOR WOMEN	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—SEXUAL HORMONES FOR WOMEN		
SCORE	CARE PLAN	ACTION TO TAKE
0–9	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
10–14	Self Care	Complete the six-week program in Part III and optimize your sexual hormones using the Self Care options in Chapter 23 of <i>The UltraMind Solution</i> .
15–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 23 of <i>The UltraMind Solution</i> .

SEXUAL HORMONES QUIZ FOR MEN

Are your sexual hormones out of balance? Take the following quiz to find out.

(This quiz is for men, while the one above is for women.)

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify the care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have a reduced sex drive and have lost my vitality.		
I have trouble achieving or maintaining an erection.		
I am infertile or have low sperm count.		
I have loss of muscle.		
I have increased abdominal fat.		
I am fatigued or have low energy.		
I feel a loss of direction and purpose or a sense of apathy.		
I have bone loss or bone fractures.		
I have a family history of high cholesterol.		
I have a family history of insulin or blood sugar problems.		
I feel weak.		
I have a poor mood		
I have been exposed to pesticides or heavy metals (in food, water, air).		

SCORING RECORD— SEXUAL HORMONES FOR MEN	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—SEXUAL HORMONES FOR MEN		
SCORE	CARE PLAN	ACTION TO TAKE
0–4	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
5–6	Self Care	Complete the six-week program in Part III and optimize your sexual hormones using the Self Care options in Chapter 23 of <i>The UltraMind Solution</i> .
7–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 23 of <i>The UltraMind Solution</i> .

Key #3: Support Your Immune System

INFLAMMATION QUIZ

Take the following quiz to find out whether your immune system is optimized.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify the care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have seasonal or environmental allergies.		
I have food allergies or sensitivities or I don't feel well after eating (sluggishness, headaches, confusion, etc.)		
I work in an environment with poor lighting, chemicals, and/or poor ventilation.		
I am exposed to pesticides, toxic chemicals, loud noise, heavy metals, and/or toxic bosses and coworkers.		
I get frequent colds and infections.		
I have a history of chronic infections such as hepatitis, skin infections, canker sores, and/or cold sores.		
I have sinusitis and allergies.		
I have a family history of bronchitis or asthma.		
I have dermatitis (eczema, acne, rashes).		
I suffer from arthritis (osteoarthritis/degenerative wear and tear).		
I have a family history of autoimmune disease (rheumatoid arthritis, lupus, hypothyroidism, etc.).		
I have a family history of colitis or inflammatory bowel disease.		
I have a family history of irritable bowel syndrome (spastic colon).		
I have neuritis (problems like mood and behavior problems).		
I have had a heart attack or have a family history of heart disease.		
I am overweight. (BMI greater than 25; a BMI chart has been printed in Section 5 of this guide.) or have a family history of diabetes		
I have a family history of Parkinson's or Alzheimer's.		
I have a stressful life.		
I drink more than 3 glasses of alcohol a week.		
I don't exercise more than 30 minutes 3 times a week.		

SCORING RECORD— INFLAMMATION	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—INFLAMMATION		
SCORE	CARE PLAN	ACTION TO TAKE
0–6	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
7–9	Self Care	Complete the six-week program in Part III and optimize your immune system using the Self Care options in Chapter 24 of <i>The UltraMind Solution</i> .
10–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 24 of <i>The UltraMind Solution</i> .

Key #4: Optimize Your Digestion

GUT QUIZ

Take the quiz below to assess your inner tube of life.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have a bloated or full feeling, and/or belching, burning, or flatulence right after meals.		
I have chronic yeast or fungal infections (jock itch, vaginal yeast infection, athlete's foot, toenail fungus).		
I feel nauseated after taking supplements.		
I feel fatigued after eating.		
I have heartburn.		
I regularly use antacids (Tums, Maalox, acid-blocking drugs, etc.).		
I have chronic abdominal pains.		
I have diarrhea.		
I have constipation (going less than once or twice a day).		
I have greasy, large, poorly formed, or foul-smelling stools.		
I find food that is not fully digested in my stool.		
I have food allergies, intolerance, or reactions.		
I have an intolerance to carbohydrates (eating bread or other sugars causes bloating).		
I have thrush (whitish tongue).		
I have anal itching.		
I have bleeding gums or gingivitis.		
I have geographic tongue (map-like rash on tongue indicating food allergy or yeast overgrowth).		
I have sores on the tongue.		
I have canker sores.		
I crave sweets and bread.		
I drink more than 3 alcoholic beverages a week.		
I have excessive stress.		
I frequently use or have frequently used antibiotics in the past (more than 1-2 times in 3 years).		
I have a history of NSAID (ibuprofen, naproxen, etc.) or other anti-inflammatory use.		

QUESTIONS, CONTINUED	BEFORE	AFTER
I have taken birth control pills or hormone replacements.		
I have taken prednisone or cortisone.		
I have a family history of any of the following diseases or conditions: <ul style="list-style-type: none"> • Autism • ADHD (attention deficit hyperactivity disorder) • Rosacea (dilated blood vessels in the nose and cheeks, giving a red appearance) • Acne after adolescence • Eczema • Psoriasis • Celiac disease (gluten allergy) • Chronic autoimmune diseases • Chronic hives or urticaria • Inflammatory bowel disease • Irritable bowel syndrome • Chronic fatigue syndrome • Fibromyalgia 		

SCORING RECORD— GUT	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—GUT		
SCORE	CARE PLAN	ACTION TO TAKE
0–8	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
9–12	Self Care	Complete the six-week program in Part III and optimize your gut using the Self Care options in Chapter 25 of <i>The UltraMind Solution</i> .
13–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 25 of <i>The UltraMind Solution</i> .

Key #5: Enhance Detoxification

TOXINS QUIZ

Take the quiz below to find out if you are toxic.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify the care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have hard, difficult-to-pass bowel movements every day or every other day.		
I am constipated and only go every other day or less often.		
I urinate small amounts of dark, strong-smelling urine only a few times a day.		
I almost never break a real sweat.		
I experience one or more of the following: <ul style="list-style-type: none"> • Fatigue • Muscle aches • Headaches • Concentration and memory problems 		
I have a family history of fibromyalgia or chronic fatigue syndrome.		
I drink unfiltered tap or well water or water from plastic bottles.		
I dry-clean my clothes.		
I work or live in a building with poor ventilation or windows that don't open.		
I live in a large urban or industrial area.		
I use household or lawn garden chemicals or get my house or apartment treated for bugs by an exterminator.		
I have more than 1–2 mercury amalgams (fillings) in my teeth.		
I eat large fish (swordfish, tuna, shark, tilefish) more than once a week.		
I am bothered by one or more of the following: <ul style="list-style-type: none"> • Gasoline or diesel fumes • Perfumes • New car smell • Fabric stores • Dry-cleaned clothes • Hair spray • Other strong odors • Soaps • Detergents • Tobacco smoke • Chlorinated water 		

QUESTIONS, CONTINUED	BEFORE	AFTER
I have a negative reaction when I consume foods containing MSG, sulfites (found in wine, salad bars, dried fruit), sodium benzoate (preservative), red wine, cheese, bananas, chocolate, garlic, onions, or even a small amount of alcohol.		
When I drink caffeine, I feel wired, experience an increase in joint and muscle aches, and/or have hypoglycemic symptoms (anxiety, palpitations, sweating, dizziness).		
I regularly consume any of the following substances or medications: <ul style="list-style-type: none"> • Acetaminophen (Tylenol) • Acid-blocking drugs (Tagamet, Zantac, Pepcid, Prilosec, Prevacid) • Hormone-modulating medications in pills, patches, or creams (the birth control pill, estrogen, progesterone, prostate medication) • Ibuprofen or naproxen • Medications for recurrent headaches, allergy symptoms, nausea, diarrhea, or indigestion 		
I have had jaundice (skin and whites of eyes turning yellow) for any reason or I have been told I have Gilbert’s syndrome (an elevation of bilirubin).		
I have a family history of any of the following conditions: <ul style="list-style-type: none"> • Breast cancer • Smoking-induced lung cancer • Other type of cancer • Prostate problems • Food allergies, sensitivities, or intolerances 		
I have a family history of Parkinson’s, Alzheimer’s, ALS (amyotrophic lateral sclerosis) or other motor neuron diseases, or multiple sclerosis.		

SCORING RECORD— TOXINS	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—TOXINS		
SCORE	CARE PLAN	ACTION TO TAKE
0–6	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
7–9	Self Care	Complete the six-week program in Part III and detox using the Self Care options in Chapter 26 of <i>The UltraMind Solution</i> .
10–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 26 of <i>The UltraMind Solution</i> .

Key #6: Boost Energy Metabolism

LOSS OF ENERGY QUIZ

Take the following quiz to see if you may be losing energy.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have chronic or prolonged fatigue.		
I have muscle pain or discomfort.		
I have sleep problems (trouble staying or falling asleep or waking up early).		
My sleep is not refreshing.		
I have a poor tolerance to exercise, with severe fatigue after.		
I have muscle weakness.		
I have trouble concentrating or with memory.		
I am irritable and moody		
Fatigue prevents me from doing things I would like to do.		
Fatigue interferes with work, family, or social life.		
I have been under prolonged stress.		
My symptoms started after an acute stress incident, infection, or trauma.		
I have chronic fatigue syndrome or fibromyalgia.		
I have a history of chronic infections.		
I overeat.		
I have been exposed to environmental chemicals (pesticides, unfiltered water, nonorganic food).		
I served in the Gulf War or another military engagement and have suffered negative consequences.		
I have a family history of neurologic diseases, including Alzheimer's, Parkinson's, ALS, etc.		
I have a family history of autism or ADHD.		
I have a family history of depression, bipolar disease, or schizophrenia.		

SCORING RECORD— ENERGY LOSS	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—ENERGY LOSS		
SCORE	CARE PLAN	ACTION TO TAKE
0–6	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
7–9	Self Care	Complete the six-week program in Part III and optimize your energy metabolism using the Self Care options in Chapter 27 of <i>The UltraMind Solution</i> .
10–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 27 of <i>The UltraMind Solution</i> .

OXIDATIVE STRESS QUIZ

Is oxidative stress contributing to your loss of energy? Take the following quiz to find out.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I am fatigued on regular basis.		
I get less than 8 hours sleep a night.		
I don't exercise regularly or I exercise more than 15 hours a week.		
I am sensitive to perfume, smoke, or other chemicals or fumes.		
I regularly experience deep muscle or joint pain		
I am exposed to a significant level of environmental toxins (pollutants, chemicals, etc.) at home or at work.		
I smoke cigarettes or cigars (or anything else).		
I am regularly exposed to secondhand smoke.		
I drink more than 3 alcoholic beverages a week.		
I don't use sunblock, or I like to bake in the sun or go to tanning booths.		
I take prescription, over-the-counter, and/or recreational drugs.		
I would rate my life as very stressful.		
I eat fried foods, margarine, or a lot of animal fat (meat, cheese, etc.).		
I eat white flour and sugar more than twice a week.		
I eat fewer than 5 servings of deeply colored vegetables and fruits a day.		
I have chronic colds and infections (cold sores, canker sores, etc.).		
I don't take an antioxidant-containing multivitamin.		
I am overweight. (BMI more than 25; a BMI chart has been printed in Section 5 of this guide.)		
I have a family history of diabetes or heart disease.		
I have arthritis or allergies.		

SCORING RECORD— OXIDATIVE STRESS	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—OXIDATIVE STRESS*		
SCORE	CARE PLAN	ACTION TO TAKE
0–9	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
10–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 27 of <i>The UltraMind Solution</i> .

*Note that for this quiz, there are only two scores. Low-level problems are treated on the six-week program. If you have severe problems, I strongly encourage you to seek the assistance of a physician trained in Functional Medicine.

Key #7: Calm Your Mind

ADRENAL DYSFUNCTION QUIZ

Take this quiz to assess your stress response and the level of stress in your life.

In the appropriate box on the right, place a check for each positive answer. Then use the scoring key below to identify which care plan you should use.

You should take this quiz before you start the program and once again after you have completed The UltraMind Solution. In both cases, total your quiz score and record it in the scoring record. After you have completed the program, note the improvement you have made in the scoring record as well.

QUESTIONS	BEFORE	AFTER
I have low blood pressure.		
I feel dizzy when I stand up.		
I have hypoglycemia (low blood sugar).		
I crave salt.		
I crave sweets.		
I have dark circles under my eyes.		
I have sleep problems (either falling asleep or staying asleep).		
I have nonrestorative sleep (don't feel reenergized).		
I have mental foginess or trouble concentrating.		
I have headaches.		
I have frequent infections (catch cold easily).		
I don't tolerate exercise well and feel completely exhausted after.		
I feel stressed most of the time.		
I feel tired but wired.		
I retain water.		
I have panic attacks or am easily startled.		
I have heart palpitations.		
I need to start the day with caffeine.		
I have poor tolerance to alcohol, caffeine, and other drugs.		
I feel weak and shaky.		
I have sweaty palms and feet when nervous.		
I feel fatigued.		
My muscles are weak.		

SCORING RECORD— ADRENAL DYSFUNCTION	BEFORE	AFTER	IMPROVEMENT

SCORING KEY—ADRENAL DYSFUNCTION		
SCORE	CARE PLAN	ACTION TO TAKE
0–7	The UltraMind Solution	Complete the six-week program in Part III of <i>The UltraMind Solution</i> .
8–10	Self Care	Complete the six-week program in Part III and optimize your adrenal function using the Self Care options in Chapter 28 of <i>The UltraMind Solution</i> .
11–up	Medical Care	Do both steps above and see a physician for additional assistance. I have outlined some of the options you should discuss with your doctor in Chapter 28 of <i>The UltraMind Solution</i> .

SECTION 2:

SET THE STAGE FOR SUCCESS

To get the most out of The UltraMind Solution, I recommend that you prepare to set the stage for success.

Learning how to avoid pitfalls and common challenges while on the program; preparing your kitchen by purchasing the tools you need and stocking your shelves with whole foods; learning how to read labels on food items; and building a relationship with your food and your kitchen that is based on fun and enjoyment rather than the dreary chore it has become for so many are all critical parts of the UltraWellness lifestyle.

In this section, I will review ways to achieve these goals so you can set the stage for success and develop an UltraMind.

The first step is to build your UltraKitchen.

Creating Your Own UltraKitchen

If you were climbing a mountain or planning a trek into unknown territory, you would make sure you had the right clothing and tools. You would study the map before you set out. The journey of self-discovery, the journey that will take you to an UltraMind, requires some preparation and equipment. Some special tools and instructions will make your journey successful.

Let's start with your kitchen. Getting the basic equipment makes food preparation easier and faster, as will learning what to clean from your pantry and what to stock your shelves with.

Arm Yourself with the Proper Tools

Consider this equipment a tool kit for taking care of your body. You can substitute or make do with other tools if need be, but I would strongly recommend that you consider purchasing the following items if you don't already have them.

I would also recommend that you buy the best-quality tools possible as you build your kitchen. If you were climbing a mountain, you would buy boots that would last for the duration. The items in this list are as vital to your health as an excellent pair of boots would be if you were to go mountain climbing.

These tools can last you a lifetime if you start with quality items and take proper care of them.

I consider the following to be the basic essential hardware for the care and feeding of a human being (or at least the feeding!):

The UltraEssentials

- ❖ A set of good-quality knives
- ❖ Wooden cutting boards—one for animal products, another for fruits and vegetables
- ❖ An 8-inch nonstick sauté pan
- ❖ A 12-inch nonstick sauté pan (Nonstick pans can vary in quality. Buy the highest quality, such as Calphalon or All-Clad, because of the health risks of poorer-quality nonstick pans using Teflon.)
- ❖ An 8-quart stockpot
- ❖ A 2-quart saucepan with lid
- ❖ A 4-quart saucepan with lid
- ❖ An 11-inch-square nonstick (non-Teflon) stovetop griddle
- ❖ A food processor
- ❖ A blender
- ❖ A can opener
- ❖ A coffee grinder for flaxseed
- ❖ Wire whisks
- ❖ Spring tongs
- ❖ Rubber spatulas
- ❖ Assorted measuring cups (1 quart, 1 pint, 1 cup), dry and liquid style

Additional Useful Tools

- ❖ Dutch oven
- ❖ Grill pan
- ❖ 3 or 4 cookie or baking sheets
- ❖ An immersion blender
- ❖ An instant-read chef's thermometer
- ❖ A fish spatula
- ❖ Natural parchment paper
- ❖ A lemon/citrus reamer
- ❖ A food mill/potato ricer
- ❖ Microplanes in assorted sizes

Rid Your Kitchen of “Toxic” Foods

Before you purchase the food you will eat on the program, take an afternoon to cleanse your cabinets of the items that do not enhance your health. This includes eliminating toxic fats and sugars from your cabinets so that you won't “accidentally” add them to a recipe.

Start by throwing into the trash all items containing hydrogenated and partially hydrogenated fats and high-fructose corn syrup. Those two changes alone can radically alter your life by enhancing your metabolism. Reading the labels (see more on how to do this below) on each of the food products in your cabinets and refrigerator will tell you which ones contain these ingredients.

Tips and Tricks

Over the years, working with the best nutritionist in the country, Kathie Swift, MS, RD, I have accumulated some tips and tricks to eat well and feel well. I offer them to you here.

Learn the Best Brand

By eliminating what you don't need anymore, you will open up space in your refrigerator and cabinets for healthier alternatives. If you carefully read the labels of the foods you buy (see below), in time you will develop a sense for which products optimize your health.

Local food co-ops or national chains such as Whole Foods, Trader Joe's, and Wild Oats have many excellent products that fit into The UltraMind Solution. Be proactive and urge your supermarket chain to carry these types of products.

Buy foods that have not been or are only minimally processed. I recommend choosing organic foods whenever possible to reduce exposure to pesticides and increase your intake of vitamins, minerals, antioxidants, and phytonutrients.

Choose Organic and Hormone- and Antibiotic-Free Food

Buy antibiotic- and hormone-free animal products, including dairy products, poultry, and red meat, whenever possible. Avoid eating types of fish that contain high levels of mercury, such as swordfish, tilefish, shark, king mackerel, and fresh tuna (canned tuna, especially chunk light, is lower in mercury). I recommend that you eat fish with the least mercury, including blue crab (mid-Atlantic), flounder, sole, wild salmon, sardines, herring, anchovies, and shrimp. Check periodic updates on seafood safety at www.ewg.org and www.oceansalive.com.

Buy a variety of seasonally fresh, locally grown, and, whenever possible, certified-organic produce. Though organic food is generally more expensive, the benefits are worth it. Organic food contains lower levels of pesticides, hormones, and antibiotics found in conventional foods.

Research indicates that organic foods also have more nutrients than foods grown conventionally. The following is a priority list for purchasing organic produce based on data from the Environmental Working Group (www.ewg.org), in order of priority:

- | | |
|----------------------|---------------|
| ❖ Peaches | ❖ Spinach |
| ❖ Apples | ❖ Potatoes |
| ❖ Sweet bell peppers | ❖ Carrots |
| ❖ Celery | ❖ Green beans |
| ❖ Nectarines | ❖ Hot peppers |
| ❖ Strawberries | ❖ Cucumbers |
| ❖ Cherries | ❖ Raspberries |
| ❖ Lettuce | ❖ Plums |
| ❖ Grapes | ❖ Oranges |
| ❖ Pears | ❖ Cauliflower |

Some nonorganically grown items in your local grocery store contain less pesticides and are good to eat. If you can't completely stick to organically grown produce (either because your grocery store doesn't carry it or because the cost is prohibitive), the following 11 items are generally considered to have the least pesticides.

While I encourage you to buy as much organic produce as you can, if you can't, these are the items I would recommend. They are listed from the lowest to the highest pesticide count.

- | | |
|-----------------------|------------------|
| ❖ Onions | ❖ Bananas |
| ❖ Avocado | ❖ Cabbage |
| ❖ Sweet corn (frozen) | ❖ Broccoli |
| ❖ Pineapple | ❖ Eggplant |
| ❖ Mango | ❖ Papaya |
| ❖ Sweet peas (frozen) | ❖ Blueberries |
| ❖ Asparagus | ❖ Watermelon |
| ❖ Kiwi | ❖ Sweet potatoes |

Check out the Environmental Working Group Web site (www.ewg.org) for further updates.

You can also reduce your exposure to pesticides and bacteria by washing your produce well. Prepare a vegetable wash solution by adding one teaspoon of mild soap or one tablespoon of cider vinegar to one gallon of water. Wash your vegetables in this solution and rinse well. Use a vegetable brush on potatoes, sweet potatoes, carrots, or other hard produce whose skin you plan to eat.

Seek Out These Antioxidant Powerhouses

Scientists continue to learn more about measuring antioxidants in foods, a process referred to as ORAC (oxygen radical absorbance capacity), or the ability of the food to soak up harmful free-radical molecules (in a test tube). Be aware that with ongoing research, ORAC values may change and new foods may be added or change place on the list.

In the meantime, have fun with this top 20 list of antioxidant foods. Be sure to include plenty of these on your shopping lists. How many of these foods do you like? Were there any that surprised you by making the top 20, such as russet potatoes, which have been maligned by many popular diet books? Which ones might you now be more likely to introduce?

- | | |
|------------------------------------|----------------------------|
| 1. Small red beans (dried legumes) | 11. Strawberries |
| 2. Wild blueberries | 12. Red Delicious apples |
| 3. Red kidney beans | 13. Granny Smith apples |
| 4. Pinto beans | 14. Pecans |
| 5. Cultivated blueberries | 15. Sweet cherries |
| 6. Cranberries | 16. Black plums |
| 7. Cooked artichokes | 17. Cooked russet potatoes |
| 8. Blackberries | 18. Black beans |
| 9. Prunes | 19. Plums |
| 10. Raspberries | 20. Gala apples |

Reading Labels: If You Really Have to Buy Something Processed

Organic whole foods are now available in packages, cans, and boxes. They tend to be found in whole-foods stores or the health-food section of your grocery store.

Even if food has ingredients you are familiar with, there are times when you may want to avoid certain products in processed or manufactured foods. For example, you will want to be careful not to inadvertently include foods in your diet that aren't allowed on the UltraMind program, and you will want to make sure to avoid foods you haven't officially reintegrated into your diet using the system outlined in Chapter 20 of *The UltraMind Solution*.

Be sure to read food labels carefully as you shop for the ingredients you will use while on the program. This will help you make sure to adhere to all the guidelines of The UltraMind Solution as closely as possible. Be a smart label reader. Labels contain both the ingredients and specific (but not all) nutrition information.

Here are some things of which to be aware.

- ❖ **Beware of marketing.** Remember, the front of the label is food marketing at its cleverest. It is designed to seduce you into an emotional purchase and may contain exaggerated claims. Look for high-quality ingredients.
- ❖ **Where is the ingredient on the list?** If the real food is at the end of the list and the sugars or salts are at the beginning, beware. The most abundant ingredient is listed first, and then the others are listed in descending order by weight.
- ❖ **Beware of ingredients in foods that are not labeled.** Foods that are exempt from labels include foods in very small packages, foods prepared in the store, and foods made by small manufacturers.
- ❖ **Look for additives or problem ingredients.** If a food has high-fructose corn syrup or hydrogenated or partially hydrogenated oils, put it back on the shelf. Search for any “suspect” additives.
- ❖ **Look for ingredients that don't agree with you.** Identify food ingredients you are sensitive to or react to, such as gluten, eggs, dairy, tree nuts, or peanuts. Be vigilant about reading labels, as the ingredients mentioned in the previous sentence are often hidden in foods you least suspect. The labeling of some allergens is not always clear. The Food Allergen Labeling and Consumer Protection Act of 2004 requires food manufacturers to disclose the eight most-common allergens on the labels of packaged food. (See www.celiac.com for lists of gluten-containing foods.)
- ❖ **Investigate unfamiliar ingredients.** Use an Internet search engine or other resource to find a credible source for any unfamiliar ingredients on the label before you buy, such as carmine, Quorn, or diacylglycerol. Credible Internet sources tend to be on government or educational sites ending in “.gov” or “.edu” rather than “.com.”
- ❖ **Discover if any “functional food ingredients” are being added to the food** product, such as live active cultures, beta-glucan (a viscous fiber), or plant sterols. Though they may be helpful, more often than not they are “window dressing,” present in small amounts and with minimal value, except to the marketing department of the manufacturer. Examples of this include live active cultures added to high-sugar, high-fat yogurts, or vitamins; “vitamin enriched”

yet sugar-laden cereals; and ginkgo-supplemented potato chips. In other words, it's best to get healthful, functional food ingredients from their whole-food sources rather than as additives to other foods.

- ❖ Would your great-grandmother have served this food? Finally, before you analyze the numbers, ask yourself if this food could have been served at your great-grandmother's table. She served only real food.

Understanding the Nutrition Label: Think Low GL and High PI

Glycemic load, or GL, is a measure of how quickly a food enters your bloodstream. Low GL leads to better health. Phytonutrient index, or PI, refers to the amount of colorful plant pigments and compounds in a food that help prevent disease and promote health. High PI also leads to better health. Here are a few tips to maintain a low GL and a high PI.

- ❖ **Look at the serving size** and determine if this is your "typical" portion, as labels can be deceiving. For example, a cereal may state "3/4 cup serving," when your typical portion is 1 1/2 cups. Or worse, it may say "2 servings," when typically people consume the whole amount in the container or bottle. Have you ever known four people to share one pint of Häagen-Dazs ice cream?
- ❖ **Are the calories high GL or low GL?** The total amount of carbohydrates is less important than where they come from. If they are found in foods with a low GL and high PI, they will have a very different effect on your appetite and weight than will foods that are quickly absorbed and have few nutrients and fiber. How do you know which foods have a low GL and high PI? Simple. Choose whole-plant foods, and you can't lose.
- ❖ **Start with fiber.** It is one of the main factors that determines the all-important glycemic load, and it can also give you a clue about the phytonutrient index. Many packaged foods have no fiber. If convenience items such as soups, entrées, or snacks are missing this key fiber factor, leave them on the shelf.
- ❖ **Look at total carbohydrates.** Remember that it's the type of carbs that matters most. If they are from whole-plant foods that contain plenty of fiber or have a low GL, their effect is very different from that of fiberless foods. The same amount of carbohydrates from a can of beans or from a can of Coke affects the body in very different ways.
- ❖ **Where are the good fats?** Monounsaturated and omega-3 polyunsaturated fats should dominate this category, with minimal amounts of saturated fat and zero trans fats (present on food labels from 2006 on).

Beware that small amounts of trans fats are STILL permitted in packaged foods as long as the food contains less than 0.5 grams per serving. But if you eat that food frequently or eat more than one serving (which is usually the case), you may get a load of trans fats. Therefore, look carefully at the label, even if it says "zero trans fats." Look for the words "hydrogenated" or "partially hydrogenated." If you see those words, put the item back on the shelf.

Unfortunately, omega-3 fats are rarely listed on the label. They are part of the polyunsaturated fat family, but they come from the good side of the family (they are anti-inflammatory; bad polyunsaturated or omega-6 fats are inflammatory).

Other processed and refined oils that are not as healthy as polyunsaturated fats also show up in this section of the label, including corn oil and safflower oil.

Now for the “Nutrition Facts” on the Label

There are a number of important “Nutrition Facts” listed on food labels, as well. But make sure you keep your facts straight! Not all the nutritional information on the label is as important as it sounds, and some is more important than certain authorities would have you believe. If you’re going to use these “Nutrition Facts” effectively, you need to understand their true meaning. Keep the following in mind:

- ❖ **Cholesterol.** Your liver makes more cholesterol in an hour than you ever eat in a day. More cholesterol is produced in the body from eating sugar than from eating fat. There is little correlation between dietary cholesterol and blood cholesterol, and little reason to worry about this number on food labels. Yes, a surprising fact perhaps to many of you, but true.
- ❖ **Protein.** If you eat a variety of whole foods, you won’t have to worry about protein because whole foods such as beans, soy foods, nuts, seeds, whole grains, and lean animal foods contain plenty of protein.
- ❖ **Sodium.** If you are sodium sensitive, use this simple guideline: Double the calories to get an accurate estimate of how much sodium should be in the serving (for example, 150 calories per serving should have a maximum of 300 milligrams of sodium per serving).

There’s an exception to this rule: very low-calorie foods, such as some vegetables without added salt. Many processed foods have far more sodium than this.

You will need to prepare fresh foods at home to recondition your palate to whole foods naturally low in sodium. The recommended daily intake for the average person is 1,500 milligrams, or less than the amount in one teaspoon of salt (2,400 milligrams). That includes salt added at the table, in cooking at the factory, or in a fast-food kitchen (which is where most of our salt intake comes from—hidden in the processed and fast foods we consume, such as packaged meats, canned soup, and even cottage cheese!).

We should consume about 10 times more potassium, mostly from plant foods (such as bananas, potatoes, spinach, and almonds), than sodium in our diet, yet we do just the opposite. We eat 10 times as much salt or sodium as potassium from table salt, processed foods, and restaurant foods.

- ❖ **Calcium.** Add a zero to the calcium percentage on the label. This equals the milligrams of calcium per serving because the “% Daily Value” for calcium is based on 1,000 milligrams. For example, 2 percent equals 20 milligrams calcium, and 30 percent equals 300 milligrams. Remember that calcium is the only nutrient to which this rule applies.
- ❖ **Other nutrients.** B-12, iron, zinc, and other nutrients may have been added to the food product to enhance nutrient levels and will be listed on the label if the product was “fortified.” Many junk foods have vitamins or nutrients added. Beware: They can make you feel fine about eating bad-quality foods, yet they have no real benefit.

Suggestions for Success in Your Kitchen

When you are preparing and cooking your meals, keep these suggestions in mind. They can make cooking a relaxing and enjoyable experience, allowing food to become your ally instead of your enemy and your kitchen to become a sanctuary instead of a battleground.

- ❖ With a little patience and practice, you will feel very comfortable in the kitchen.
- ❖ Get organized, think through your week ahead, and take one day each week to spend a few hours shopping and cooking.
- ❖ Carefully create a shopping list before you head to the store. (If you follow the six-week eating plan in this guide, you can use the shopping lists included in Section 4 for simplicity and ease.)
- ❖ When you come home from the store, organize your groceries in the refrigerator and pantry.
- ❖ Put on some fun music, wash and chop vegetables on the weekend or the day before you cook, and store them in zip-top bags in the refrigerator. You are much more likely to eat them if they are all ready to cook.
- ❖ Multitask while in the kitchen. Simmer some soup or cook a grain for the next day while preparing dinner.
- ❖ Also, double or even triple recipes, and then freeze some for later use. Having a meal ready to go in the freezer is as good as money in the bank!

Putting It Together to Build the Perfect Kitchen

Remember that your kitchen is one of the most important rooms in your home. It is the place where you prepare the food that is going to nourish and sustain you and your family. When your kitchen is out of balance or you don't have the right tools, it is difficult to prepare healthy meals that turn on the genes that keep you healthy and help your body fix its broken brain.

As you start on The UltraMind Solution, try to implement some (if not all) of the tips in this section so your kitchen and the time that you spend preparing food can be enjoyable and rewarding.

Getting re-enchanted with nourishing, delicious food and with the pleasure of eating is so important—it is at the center of human life and belongs in an UltraKitchen, not in the front seat of your minivan!

However, I am also aware that in today's world, sitting down for a meal isn't always possible. So before we move into the actual program, I want to review some ways that you can avoid common pitfalls, like eating out and eating on the go, that can make sticking to The UltraMind Solution more difficult.

These tips will make staying on the program easier during the first six weeks and for a lifetime.

Avoiding Common Pitfalls: Eating Out and On the Go

You shouldn't let frequent travel, being out of the house, or working at mealtime get in your way of a healthy mind and body. When you travel, it can be somewhat difficult to find quality food options that fit into The UltraMind Solution. When you go to work, it can be daunting to have to prepare and pack a lunch every day.

What follows are a number of menus that you can easily take with you. You can either prepare these on

the road or prepare them in advance and bring them with you in a cooler. They help you stay out of trouble in the vast minefield of convenience stores and junk food that awaits you when you leave home.

Grab-and-Go Options

These grab-and-go options give you some quick choices when you are really busy and don't have time to prepare a whole meal. And they still allow you to eat healthy, whole foods.

You can use any of these options during the six-week plan and beyond.

These foods can be prepared at home in advance. Consider keeping a small cooler in your car so you are never without healthy choices. You can store these foods in your cooler and pull them out as needed.

In addition to these grab-and-go options, I often suggest canned beans or legumes as well as frozen vegetables. You can heat these up at work for a simple, healthy meal. You can also cook dried beans or chop fresh vegetables yourself in advance, and then bring these as food options.

Breakfast choices

Grab-and-Go Breakfast #1: Yogurt Parfait

- ❖ Plain organic soy yogurt
- ❖ Fresh or frozen berries
- ❖ Milled flaxseed
- ❖ Chopped raw nuts such as almonds, walnuts, or pecans

Grab-and-Go Breakfast #2: Morning Wrap

- ❖ Tofu, baked
- ❖ Sprouted grain corn tortilla
- ❖ Dijon mustard with curry powder
- ❖ Fresh fruit in season

Grab-and-Go Breakfast #3: Eggs Dijon

- ❖ Hard-boiled omega-3 eggs (Hard-boiled the night before)
- ❖ Yogurt Dijon (2 parts plain organic soy yogurt with 1 part Dijon mustard)
- ❖ Fresh fruit in season

Grab-and-Go Breakfast #4: Nutty Banana

- ❖ Banana
- ❖ Natural nut or seed butter (almond, macadamia, cashew, sunflower)
- ❖ Chopped nuts such as Brazil nuts or walnuts

Grab-and-Go Breakfast #5: Omega Morning

- ❖ Sardines or wild salmon
- ❖ Red onion, tomato, and fresh dill sprigs
- ❖ Gluten-free flax crackers
- ❖ Pink grapefruit

Lunch choices

Grab-and-Go Lunch #1: Soup 'n' Such

- ❖ Lentil soup
- ❖ Baby arugula salad with extra-virgin olive oil and lemon dressing
- ❖ Gluten-free flax crackers
- ❖ 1 small apple

Grab-and-Go Lunch #2: White Bean Wrap

- ❖ Gluten-free brown rice tortilla
- ❖ White cannellini beans
- ❖ Fresh arugula leaves or fresh basil leaves
- ❖ Avocado and tomato
- ❖ Drizzle of extra-virgin olive oil
- ❖ Fresh pear

Grab-and-Go Lunch #3: Wild Fish Lettuce Wrap

- ❖ Wild salmon or sardines, drained
- ❖ Fresh dill sprigs and red onion
- ❖ Horseradish and fresh lemon
- ❖ Boston lettuce leaves (for the wrap)
- ❖ Blood orange

Grab-and-Go Lunch #4: Mediterranean Salad in Minutes

- ❖ Mesclun greens
- ❖ Roasted red peppers
- ❖ Artichoke hearts
- ❖ Kalamata olives
- ❖ Walnuts
- ❖ Fresh lemon juice/extra-virgin olive oil
- ❖ Gluten-free flax crackers
- ❖ 15–20 red grapes

Grab-and-Go Lunch #5: Asian Soup and Salad

- ❖ 1 cup gluten-free miso soup with baked tofu
- ❖ Cabbage salad (ready and washed cole slaw mix of cabbage and carrots)
- ❖ 30-second dressing (rice vinegar and sesame seeds)
- ❖ Gluten-free brown rice and seaweed crackers

The key to staying on the program when you are busy or traveling is never being caught without a healthy, whole-foods eating option. I'm extremely busy. I treat patients, travel internationally to present at and attend conferences, and write books. But I stick to the programs outlined in my books. How? I always have a snack with me in case I get hungry.

In addition to the grab-and-go options above, make sure your cooler is stocked with a few emergency snack items. These might include:

- ❖ Almonds, macadamia nuts, walnuts, pecans, or any mixture of these
- ❖ Healthy snack bars (see Resources for options)
- ❖ Fresh fruit
- ❖ Chopped vegetables in zip-top bags

However, I am also aware that eating out is sometimes necessary—both for business and pleasure.

Eating Out Wisely

Eating out often leads to eating too much—and too much of the wrong things. But as awareness grows and the needs of health conscious diners are met, menu options are changing, meaning that nutritionally intelligent choices are becoming more available. Even some chain restaurants offer healthy options.

A few simple suggestions about dining out can go a long way toward keeping you healthy and boosting your brain power. Remember that there are no good or bad foods so long as they are whole foods (with a few exceptions). As Paracelsus, the ancient physician, reminds us, “The dose makes the poison.”

- ❖ **Prepare your mind** before you begin your meal by practicing the soft-belly breathing technique. (See Chapter 16 of *The UltraMind Solution* for details.) This is especially important when dining out because you may not always be able to control the menu’s quality, but by eating with awareness, you will be more likely to control your overall intake.
- ❖ **Discover some “slow food” restaurants** where the atmosphere and ambience are soothing to your senses. Our eating environment influences how much we end up eating.
- ❖ **Enjoy ethnic cuisine** including Indian, Japanese, Thai, Mediterranean (Italian, Greek, and Spanish), and Middle Eastern. You will reap different nutritional benefits from traditional ingredients such as lemongrass in Thai dishes, sea vegetables in Japanese dishes, curry in Indian dishes, and great greens such as escarole or broccoli rabe in Mediterranean dishes.
- ❖ **Be inquisitive.** Ask questions about ingredients and don’t be afraid to ask for substitutions in a dish. For example, instead of white rice, request brown rice; instead of a starchy fried vegetable, double the green vegetable.
- ❖ **Mix and match menu items.** If you see a dish on the menu that comes with cranberry orange relish and your dish comes with gravy, ask the waiter to substitute the relish for the gravy. If your dish has a vegetable you don’t particularly like, while another dish has a vegetable you adore, mix and match to get the healing foods you love.
- ❖ **Request a “crudités platter”** with fresh vegetables and fruit, or maybe even olives, as a starter or appetizer instead of raiding the breadbasket. Pairing bread and alcohol at the beginning of a meal increases your hunger, and the alcohol decreases your inhibitions, making it more likely you’ll make a play for the cheesecake.
- ❖ **Request “double the veggies.”** Restaurants may overload the quantity of fish, meat, and poultry, only to skimp on the produce, especially the steamed vegetables.
- ❖ **Order a light drink.** Try a Virgin Mary, sparkling water with a spritz of lemon or lime, or an herbal tea instead of alcohol before the meal.
- ❖ **Check in with your gut-brain before ordering dessert.** Rate your sense of satisfaction, and if you are a “3–Gently Satisfied” (1–Not Satisfied, 2/3–Gently Satisfied, 4/5–Too Full), then use your freedom of choice to skip dessert. There will always be another night for the perfect indulgence.

With these suggestions and strategies in place, it is now time to start the program. In the next section, I will explain how to execute the preparation phase (the week before the program actually starts) both easily and painlessly.

SECTION 3:

THE PREPARATION WEEK— PREPARING MIND, BODY, AND SPIRIT

An important part of The UltraMind Solution is the one-week preparation phase that precedes the program. One week before you start the program, you have the opportunity to prepare your body and mind for all the goodness to come by shedding habits that interfere with your metabolism and brain health.

I recommend eliminating items from your diet in a systematic way. This may keep you from potential withdrawal symptoms, make you feel better, and jump-start the process to a better brain.

Remember, over the course of the preparation week, you will eliminate these items from your diet:

- ❖ Caffeine
- ❖ Processed and refined carbohydrates and sugar
- ❖ High-fructose corn syrup
- ❖ Hydrogenated (trans) fats
- ❖ Processed, packaged, junk, and fast foods
- ❖ Alcohol

To help make this transition as simple and painless as possible, follow the steps below. They will help you eliminate caffeine, sugar, and white flour from your diet. These are the items people usually have the most trouble giving up, so getting these out of your system **before** the program starts will make the program immeasurably easier.

How to Eliminate Caffeine in Seven Days

If you have been drinking caffeine for a long time, you have to get off it over a few days. Minimize your pain and the difficulty of giving up your addiction by following these steps.

Step 1: Start on a Weekend

You may want to start on a Sunday. This will allow you to take naps as needed, since your body will be recovering from the lack of caffeine and you will be liable to be fatigued.

Step 2: Reducing Your Caffeine Intake

For the first three days (Sunday, Monday, and Tuesday), cut your daily intake of coffee, cola, black tea, or other caffeinated beverages in half. That means if you usually have four cups of coffee in the morning, you would have two cups of coffee in the morning on Sunday, one cup on Monday, and half a cup on Tuesday. Doing this helps you wean your body off the caffeine, which should reduce withdrawal symptoms.

Step 3: Drink Green Tea

For the next four days (the remainder of the week), you can drink one cup of caffeinated green tea steeped for five minutes in boiling water. You may continue drinking green tea for all its wonderful health and weight benefits. (Note that I recommend green tea as part of your morning ritual while you are on the program.)

You can switch to decaffeinated green tea if you want to eliminate caffeine completely. Otherwise it is fine to have one cup of caffeinated, organic green tea every morning. The caffeine is minimal and the health benefits are great.

Step 4: Take Vitamin C

Throughout this process, I recommend taking 1,000–2,000 milligrams of buffered pure ascorbic acid (vitamin C) as a powder or in capsules. This may help you detoxify and balance your system.

Step 5: Drink Plenty of Clean Water

You should also drink at least six to eight glasses of filtered water a day. You should do this regardless of whether you are getting off caffeine, but it is especially important for this process because it will keep your body well hydrated and can reduce headaches, minimize constipation, and flush toxins out of your system.

How to Eliminate Sugar and White Flour

Eliminating sugar is hard because it's an addiction. But the physical cravings dissipate quickly once you stop eating it—typically within two weeks. Here are some tips for how you can successfully do this.

- ❖ Start five to seven days before you begin the program—you will not regret this! It will make your transition into the program easier. I would recommend starting the same day you cut your caffeine intake in half (the Sunday before you start the program).
- ❖ The tried and true method from my experience with thousands of patients: Go cold turkey from all white flour and sugar products. (Don't cheat—it will only make it worse!)
- ❖ Include protein for breakfast, such as eggs, nuts, seeds, nut butters, or a protein shake. Once you are on the program, you should have plenty of protein for breakfast. See Section 5 for breakfast recipes, including my delicious UltraShake.
- ❖ Combine “good” protein, “good” fat, and “good” carbs at each meal. Good proteins are fish, organic eggs, small amounts of lean poultry, nuts, soy, whole grains, and legumes. Good fats are fish, extra-virgin olive oil, olives, nuts, seeds, and avocados. Good carbs are beans, vegetables, whole grains, and fruit.
- ❖ Don't go low fat. Consume olive oil, olives, nuts, seeds, and avocados every day. Despite commonly held beliefs, these fats are NOT fattening.

- ❖ Eat every three hours. Snack on nuts and seeds such as almonds, walnuts, or pumpkin seeds (raw or dry roasted only). One serving is a handful or 10 to 12 nuts.
- ❖ Drink at least six to eight glasses of filtered water a day.

How to Avoid Withdrawal Symptoms

The unfortunate reality is that making these changes in your diet is liable to cause a few withdrawal symptoms. They include:

- ❖ Bad breath
- ❖ Constipation (should be addressed aggressively by following the steps below)
- ❖ Achy, flu-like feeling
- ❖ Fatigue
- ❖ Headaches
- ❖ Hunger
- ❖ Irritability
- ❖ Itchy skin
- ❖ Nausea
- ❖ Offensive body odor
- ❖ Sleep difficulties (too much or too little)

These symptoms are actually a *good* sign. They mean that your body and mind are eliminating stored toxins and finding their way to balance and UltraWellness.

Those who consume the most caffeine, alcohol, and sugar, and those who have the most food allergies will have the most difficulty initially. In any event, symptoms of withdrawal usually disappear after three or four days.

Here are some suggestions for what to do if your symptoms become uncomfortable:

1. Make sure you drink at least six to eight glasses of filtered water daily.²
2. To prevent headaches, make sure your bowels are clear. If you tend toward constipation, follow the steps to address constipation below.
3. If you are tired, allow more time for sleep.
4. Make sure you exercise daily to help fight off fatigue.
5. If you are hungry, have some protein in the afternoon, such as a handful of nuts or seeds such as almonds, pecans, walnuts, pumpkin seeds, cooked beans, or a piece of steamed or baked fish.

²The best water to drink has been passed through a filtering process. Common and inexpensive filters are available, such as carbon filters like the ones Brita makes. The best filter is a reverse osmosis filter that puts the water through a multistep process to remove microbes, pesticides, metals, and other toxins. This type of filter can be installed under the sink. It's a great filtering system (and is cheaper over the long run). Water in plastic bottles contains phthalates, a toxic petrochemical. Mineral water or still water in glass bottles is also acceptable.

6. If you're irritable or have trouble sleeping, take a combination of calcium citrate (500 mg) and magnesium citrate (250 mg) before bed.
7. If you have an upset stomach, drink ginger or peppermint tea. Steep a tea bag in boiling water for 10 minutes, and drink up to four cups a day as often as needed.

Constipation and Keeping Your Bowels Clear on The UltraMind Solution

One problem I hear people complain of often when they are on the program is constipation. I define being constipated as having fewer than two bowel movements a day. Many people go less often than once or twice a day. Some may even go only once a week. Even if this has been your pattern your whole life, it is NOT normal! It needs to be addressed.

For some people, problems with constipation are exacerbated when they go on the program because of the sudden change in the way they are eating.

This may result in an increase in your withdrawal symptoms and make you feel ill. You may even experience achy, flu-like symptoms such as headaches, brain fog, and fatigue.

Constipation may also inhibit your progress toward an UltraMind because it sabotages your body's ability to detoxify. Toxins in your gut are reabsorbed when your bowel isn't clear.

That is why it is critical that you clear out your bowel before the program begins and keep it clear while you are on the program.

In fact, I recommend clearing out your bowel at the start the program even if you *aren't* constipated. This is a good thing to do because it helps ensure that your bowels are functioning properly so you can maximize your power to detoxify.

Overcoming constipation is an important part of your journey to long-term health. Even after the program has ended, you can follow these steps anytime you are faced with constipation.

Step 1: Basic Bowel Care

If you are you are constipated during your preparation week or any time over the course of the six-week UltraMind Solution, I **strongly** encourage you to use the supplements recommended below to help you overcome the problem.

- ❖ Eat two tablespoons of ground flaxseed a day, sprinkled on salads or vegetables. You can also put them in your UltraShake if you choose to make that for breakfast. See Section 4 for the recipe. Flaxseeds absorb a lot of water and provide omega 3-fats and plenty of fiber.
- ❖ Take an **EXTRA** two to four 100–150 milligram capsules of magnesium citrate twice a day. Reduce the dose or stop completely if your bowels become too loose. Many of us are magnesium deficient. Common symptoms of magnesium deficiency include constipation, headaches, muscle cramps, menstrual cramps, insomnia, palpitations, and anxiety.
- ❖ Take 1,000–2,000 milligrams of buffered ascorbic acid (vitamin C) as a powder or in capsules once or twice a day. This also helps with detoxification and supporting your immune system..

These products can also be safely used over the long term to keep your bowels regular and healthy in the months and years ahead.

Step 2: Take an Herbal Laxative

In some cases, herbal laxatives are a good way to treat constipation. They help clear out your bowels, keeping them free from toxic buildup.

If you try the steps above and they don't work, you can try using an herbal laxative. Common preparations include cascara, senna, and rhubarb. Take two to three capsules before bed.

These should NOT be used regularly, as they are habit forming and may make your colon lazy. You can safely use them for up to seven days, although if you follow Step 1, you will probably not need them for that long. By the end of one week, your bowel should be functioning properly, so going off the laxatives should not be an issue.

Step 3: Magnesium Citrate Liquid

If you have not had a bowel movement by the day after you take the herbal laxative, try taking one bottle of magnesium citrate liquid. You should only need it once if you add Step 4.

After drinking the liquid, you should have a bowel movement within six hours.

If you don't have a bowel movement within six hours, move on to Step 4. But **do this no more than twice over the course of the preparation week**. It should not be used regularly.

Magnesium citrate liquid is available at any drugstore. It is often used to help clear out the bowel before colonoscopies or surgery. It can also be used to clear out the bowel if you become constipated during the program and if Steps 1 and 2 are not effective.

Do not use this if you have inflammatory bowel disease or diverticulitis, if you have had recent abdominal or bowel surgery, or if you have had any type of bowel blockage or impaction without first consulting with your doctor.

Step 4: Dulcolax or Bisacodyl Suppository or Fleet Enema

Most people can achieve a normal bowel movement with Step 1 alone. Step 2 can be helpful in more extreme cases. Steps 3 and 4 are rarely needed.

If you still have not had a bowel movement six hours after taking the magnesium citrate liquid, you should take a Dulcolax or Bisacodyl suppository or a Fleet Enema. Both are available at any drugstore.

The suppository is inserted into the rectum and usually results in a bowel movement in two to three hours. Use the Fleet enema as directed.

Step 5: If You Still Have Not Had a Bowel Movement

If you still have not had a bowel movement after following Steps 1–4, then you need to see your physician for a full evaluation.

By following the guidelines carefully and ensuring that you have daily bowel movements, you will not only enhance your detoxification process, you should also be able to further minimize withdrawal symptoms.

Often when we stop eating foods we are allergic to, the reactions can intensify for one to three days. This is common, short-lived, and followed by a greatly renewed sense of well-being.

A so-called healing crisis (feeling very fatigued or achy) can also occur if your system is not supported to clear out toxins. The most important thing you can do is make sure your bowel is cleared out at the beginning of the program and throughout this process by having two or more bowel movements a day. Follow the recommendations above to make sure this happens.

Following these steps should minimize any withdrawal symptoms you experience during your preparation week or the first few days you are on The UltraMind Solution. Remember, detoxifying means getting rid of the bad stuff in your body and brain. Sometimes that's uncomfortable at first, but your body and mind will thank you in the end.

Once your preparation week is complete, it's time to start your journey to an UltraMind. In the next section, I have reprinted the checklist from the book. Then, in Section 5, you will find a complete six-week eating plan and recipes that will make getting and staying on the program easy, fun, and delicious.

SECTION 4:

THE ULTRAMIND SOLUTION DAILY CHECKLIST

As you get started on the six-week UltraMind Solution, there is a lot of new information to manage. Eventually, eating and living the UltraWellness way will become natural for you. But as you begin, it is helpful to have a way to track your daily activities to make sure you are staying on track.

That is why I created the daily checklist for the six-week program. It has been reprinted below for your convenience. You can print this out and use it every day on the program if you wish (or at least as long as it takes for you to integrate this routine into your daily life). If you use this checklist in conjunction with the eating plan in Section 5, you will keep to the program and have a much better chance at helping your body fix its broken brain and achieving an UltraMind.

Daily Checklist for the Six-Week Program

Use the following checklist every day you are on the program. Make photocopies and check off each item as you go through your day. You can use the recipes, guidelines for exercise and other lifestyle changes, and the supplement checklist in this guide, in addition to this checklist, to make your experience even easier.

DAILY ACTION ITEMS	
Wake up 90 minutes before you need to leave the house.	
MORNING RITUAL	
Do soft-belly breathing upon waking.	
Engage in physical exercise, relaxation, or a brain exercise during this time. (Yoga is perfect in the morning.)	
Drink 1 cup of decaf or caffeinated green tea steeped in hot water for 5 minutes (you may also have green tea later in the day; limit your daily intake to 2 cups).	
BREAKFAST (7–9AM)	
Take the first dose of your multivitamin, calcium/magnesium, vitamin D, omega-3 fats, and methylation supplements with your breakfast, (Other than the vitamin D, it is best to take your supplements in two daily doses.)	
Do soft-belly breathing.	
Eat breakfast—You can try any of the breakfast options in this guide or use the nutritional guidelines as outlined in Chapter 14 of the book to create your own recipes.	
MORNING SNACK (10–11AM)	
Eating snacks is an important way to stay in balance. Protein is particularly helpful. You can try any of the snacks in this guide or use the nutritional guidelines as outlined in Chapter 14 of the book to create your own.	
LUNCH (NOON–1PM)	
Do soft-belly breathing.	
Eat lunch—You can try any of the lunch options in this guide or use the nutritional guidelines as outlined in Chapter 14 of the book to create your own recipes.	
AFTERNOON SNACK (2–3PM)	
Any of the morning snack options are excellent, or, if you are really hungry, you could try an Ultra-Shake. See recipe later in this section.	
BEFORE DINNER	
Walk for 30 minutes or do your aerobic exercise training.	
Do soft-belly breathing.	
DINNER (5–7PM)	
Take the second dose of your multivitamin, calcium/magnesium, omega-3 fats, and methylation supplements with your dinner. (Remember, you do not need to take vitamin D again here.)	
Eat dinner—You can try any of the dinner options in this guide or use the nutritional guidelines as outlined in Chapter 14 of the book to create your own recipes.	
BEDTIME OR EVENING RITUAL	
Do 20–30 minutes of relaxation. I suggest an UltraBath. It is not only relaxing, but also helps you detoxify.	
Do soft-belly breathing before falling asleep.	

SECTION 5:

THE ULTRAMIND RECIPES— YOUR SIX-WEEK EATING PLAN TO AN ULTRAMIND

The six-week UltraMind Solution is designed to remove all the processed, high-sugar foods from your diet as well as the two main allergens (gluten and dairy) that lead to your “broken brain.” These foods are replaced with unprocessed, real, natural whole foods that provide you with the raw materials to achieve an UltraMind—one that’s calm, confident, and in good spirits.

In Chapter 14 of *The UltraMind Solution*, I outlined the nutritional principles and eating guidelines you need to follow while on the program. While those guidelines are enough for you to get and stay on the program successfully, I am aware that many people like to have a bit more guidance regarding what to eat and when. People especially love learning healthy new brain-food recipes they can use to develop an UltraMind.

That is why I developed two weeks’ worth of daily menus you can rotate over the course of the program. In reality, you can use any of the recipes in the pages that follow any day you are on The UltraMind Solution. However, I structured daily menus so you don’t have to think too much about how to achieve an UltraMind.

If you want to keep the program extremely easy, follow the menus as outlined for the first 14 days. After two weeks using these recipes, you will have a good sense of what your body and brain crave and how to nourish them properly. At that stage, you can either pick and choose daily menus for the remaining four weeks or you can just pick out recipes you fall in love with and make those as you wish.

For each week’s recipes, I have also created a comprehensive shopping list that will make it easy to shop for all the food you need to make these delicious and nourishing meals. Just print out the list, take it to the grocery store with you, purchase what is on it, and you should have all the supplies you need to create these meals.

Following this plan should make optimizing your brain function more fun and more delicious. Enjoy!

UltraMind Menus: Week 1

DAY 1	
Breakfast:	Sweet Potato Hash with Eggs
Snack:	1 Piece of Fruit and Indian Spiced Cashews
Lunch:	Asian Bean Salad with Tahini Dressing
Snack:	Roasted Tomato and Garlic Spread
Dinner:	Grilled Shrimp Brochettes and Quinoa Timbales with Roasted Peppers and Herbs
DAY 2	
Breakfast:	UltraShake
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	White Beans on a Bed of Greens
Snack:	Olive Tapenade and Raw Vegetables
Dinner:	Wild Salmon with Rosemary Sweet Potatoes and Lemon Asparagus
DAY 3	
Breakfast:	Apple Walnut Amaranth
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Quinoa and Garbanzo Bean Salad
Snack:	Artichoke Antipasto and Raw Veggies
Dinner:	Moroccan Chicken with Cauliflower and Cashews
DAY 4	
Breakfast:	Breakfast Burrito
Snack:	1 Piece of Fruit and Indian Spiced Cashews
Lunch:	Roast Turkey Breast and Avocado Cream on a Bed of Greens
Snack:	Lemony Hummus with Raw Veggies
Dinner:	Coconut Dal with Steamed Broccoli and Brown Rice
DAY 5	
Breakfast:	Peach Quinoa with Flax and Nuts
Snack:	1 Piece of Fruit Plus Anytime Snack Mix
Lunch:	Curried Waldorf Salad
Snack:	Tahini with Flax Crackers
Dinner:	Sesame-Crusted Sole with Baby Bok Choy and Wild Rice
DAY 6	
Breakfast:	Hot Brown Rice, Nuts, and Flax
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	Tarragon Chicken Salad
Snack:	Avocado with Lemon
Dinner:	Ratatouille
DAY 7	
Breakfast:	Ratatouille Omelet
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Lentil Salad
Snack:	Dark Chocolate or Cocoa Nibs
Dinner:	Balsamic-Marinated Tofu with Herbs and Sautéed Spinach

UltraMind Menus: Week 2

DAY 1	
Breakfast:	Turkey Breakfast Sausage with Dr. Hyman's Chinese Eggs and Seasoned Greens
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Hearty Lentil Soup
Snack:	Roasted Tomato and Garlic Spread
Dinner:	Stir-Fried Chicken and Broccoli with Cashews
DAY 2	
Breakfast:	UltraShake
Snack:	1 Piece of Fruit Plus Anytime Snack Mix
Lunch:	White Bean Salad with Roasted Red Pepper and Fennel
Snack:	Olive Tapenade and Raw Vegetables
Dinner:	Chicken Cacciatore with Endive & Walnut Salad, & Sautéed Broccoli Rabe with Pine Nuts
DAY 3	
Breakfast:	Apple Walnut Amaranth
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	Dilled Egg Salad on Baby Spinach
Snack:	Artichoke Paste and Raw Veggies
Dinner:	Three-Bean Vegetarian Chili and Orange and Red Onion Salad with Fennel
DAY 4	
Breakfast:	Breakfast Burrito
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Black Bean Confetti Salad
Snack:	Lemony Hummus with Raw Veggies
Dinner:	Pan-Browned Tilapia and Slow-Roasted Potatoes with Oregano and Garlic
DAY 5	
Breakfast:	Peach Quinoa with Flax and Nuts
Snack:	1 Piece of Fruit and Indian Spiced Cashews
Lunch:	Crabmeat Salad with Avocado and Mango
Snack:	Tahini with Flax Crackers
Dinner:	Tuscan White Bean Stew with Tricolor Salad
DAY 6	
Breakfast:	Hot Brown Rice, Nuts, and Flax
Snack:	1 Piece of Fruit Plus Anytime Snack Mix
Lunch:	Caribbean Black-Eyed Peas (Cold Salad)
Snack:	Avocado with Lemon
Dinner:	Apple-Soy Roasted Salmon and Herb-Roasted Butternut Squash with Shallots and Garlic, and Green Beans with Caramelized Red Onion
DAY 7	
Breakfast:	Soy-Nut Pancakes with Strawberry-Banana Sauce
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	Asian Chicken Salad
Snack:	Dark Chocolate
Dinner:	Herbed Rack of Lamb with Roasted Garlic and Shallots, and Roasted Sweet Potatoes

Week 1: Recipes

Breakfast**Sweet Potato Hash with Eggs**

Serves: 4

Serving size: ½ cup hash plus 1 egg

Yield: 2 cups hash plus 4 eggs

Prep time: 20 minutes

Cook time: 25 minutes

A nice variation on corned beef hash, this combination of sweet potatoes and peppers is seasoned with a pinch of paprika. It makes a delicious weekend breakfast or vegetarian supper.

- ❖ 2 medium (about 1 lb.) sweet potatoes, peeled and finely diced
- ❖ ¼ c. plus 1 tsp. extra-virgin olive oil
- ❖ ¾ c. finely diced red bell pepper (about 1 medium pepper)
- ❖ ¾ c. finely diced green bell pepper (about 1 medium pepper)
- ❖ ½ c. finely diced red onion (about 1 small onion)
- ❖ 2 tsp. minced garlic
- ❖ 1 tsp. minced jalapeño pepper
- ❖ ½ tsp. sea salt
- ❖ 1 tsp. minced oregano
- ❖ ½ tsp. freshly ground black pepper
- ❖ pinch of paprika
- ❖ 4 large eggs

Bring a large pot of salted water to a boil. Cook the sweet potatoes for about 3 minutes, until crisp-tender. Drain and set aside.

Heat ½ cup of the extra-virgin olive oil in a large skillet over medium heat. Add the red and green pepper, onion, garlic, jalapeño pepper, and salt. Cook for about 10 minutes, stirring frequently, until the vegetables are soft. Increase the heat to medium-high and add the cooked sweet potatoes, oregano, black pepper, and paprika. Cook for about 10 minutes, stirring frequently, until the vegetables are soft and lightly brown.

Meanwhile, heat the remaining 1 teaspoon extra-virgin olive oil in a large, preferably non-stick skillet over medium heat. One at a time, break the eggs into a small bowl, and then slide them into the skillet. Cook until the whites are set. Gently turn the eggs over and cook for about 1 minute for over easy or about 2 minutes for over well.

Nutritional Analysis:

Per Serving: 294 Calories, 20 g Fat, 3.7 g Saturated Fat, 215 mg Cholesterol, 4 g Fiber, 8 g Protein, 21 g Carbohydrates, 332 mg Sodium

The UltraShake

This shake makes for a quick, delicious breakfast as well as a filling and enjoyable snack you can eat any day on the program, either for your morning meal or for a snack. The UltraShake provides essential protein for detoxification, omega-3 fatty acids from flax oil, fiber for healthy digestion, increased elimination from flaxseeds, and antioxidants and phytonutrients from the berries and fruit.

It will sustain you, even out your blood sugar, and help you control your appetite throughout the day.

It does require that you invest in rice protein powder. I prefer detoxifying hypoallergenic rice protein. While it can be expensive, it replaces meals and facilitates your detoxifying and weight loss during the week. My favorite is UltraInflamX by Metagenics. You can find details on this product in Section 10, where I discuss supplements.

- ❖ 2 scoops rice protein powder (the average is 2 scoops, but you should follow the directions for the serving sizes of the product you pick)
- ❖ 1 tbsp. organic combination flax and borage oil
- ❖ 2 tbsp. ground flaxseeds
- ❖ Ice (made from filtered water), if desired
- ❖ 6–8 oz. filtered water, to desired consistency (some like thicker drinks, some thinner)
- ❖ ½ c. frozen or fresh noncitrus organic fruit such as cherries, blueberries, raspberries, strawberries, peaches, pears, or frozen bananas
- ❖ Optional: add 1 tbsp. nut butter (almond, macadamia, pecan) or ¼ c. nuts soaked overnight, such as almonds, walnuts, pecans, or any combination of these

Combine all ingredients in a blender and blend until smooth.

Apple Walnut Amaranth

Serves: 4 (~2/3 cup serving)

Prep time: 10 minutes

Cook time: 25 minutes

Rinsing and soaking grains such as amaranth for a few hours the night before or overnight will help reduce cooking time. To save time in the morning, you can combine all ingredients except the walnuts in a covered saucepan the night before, store in your refrigerator, and cook in the morning. Store leftover grain in a glass bowl and freeze for a busy morning.

- ❖ 1 c. amaranth, dry
- ❖ 3 c. unsweetened soy milk*
- ❖ ¼ tsp. ground cinnamon
- ❖ pinch sea salt (optional)
- ❖ 1 large apple, diced, with skin
- ❖ ½ c. walnuts, chopped

Place amaranth, soy milk, cinnamon, and apple in a 2-quart saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 25–30 minutes, until amaranth is soft. Top with chopped walnuts and serve.

*Use only gluten-free soy milks; some brands are fortified with calcium, B12, and other nutrients, thus the vitamin and mineral content may be higher than in the analysis provided if fortified products are used.

Nutritional Analysis:

Per Serving: Calories 380, Carbohydrates 48g, Fiber 10 g, Protein 16 g, Fat 15 g, Cholesterol 0 mg, Sodium 112 mg, Calcium 370 mg

Breakfast Burrito

Serves: 1

Prep time: 2 minutes

Cook time: 10 minutes

A quick, easy, and tasty breakfast entrée that won't leave you feeling hungry in an hour.

- ❖ 2 large eggs
- ❖ 1 tbsp. water
- ❖ Pinch of freshly ground black pepper
- ❖ 1 ½ tsp. extra-virgin olive oil
- ❖ 1 (8-inch) sprouted corn or brown rice tortilla

In a small bowl, beat the eggs with the water and pepper.

Heat the extra-virgin olive oil in a small skillet over medium heat. Add the egg mixture and stir slowly, scraping the bottom and sides of the pan. Continue cooking until the eggs reach the desired consistency.

Wrap the tortilla in foil and heat at 300 degrees F, until steaming, about 5 minutes.

Place the eggs on the warmed tortilla and top with salsa of your choice.

Nutritional Analysis:

Per Serving: Calories 274, Fat 17 g, Sat 4.1 g, Cholesterol 430 mg, Fiber 2 g, Protein 14 g, Carbohydrates 17 g, Sodium 240 mg

Peach Quinoa with Flax and Nuts

Serves: 4 (~3/4 cup serving)

Prep Time: 5 minutes

Cook Time 20 minutes

A delicious whole-grain cereal that includes the rich and warming flavors of allspice and hazelnuts.

- ❖ 1 c. quinoa, dry
- ❖ 2 c. unsweetened soy milk
- ❖ ¼ tsp. ground allspice
- ❖ pinch sea salt (optional)
- ❖ 2 medium peaches, peeled and diced, or 1 ½ cups frozen peaches
- ❖ 2 tbsp. flaxseeds, ground
- ❖ 2 tbsp. hazelnuts, chopped

Place quinoa, soy milk, allspice, and peaches in a medium saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 20 minutes, until quinoa is tender. Top with ground flaxseeds and chopped hazelnuts.

Nutritional Analysis:

Per Serving: Calories 285, Carbohydrates 41 g, Fiber 5 g, Protein 12 g, Fat 9g, Cholesterol 0 mg, Sodium 120 mg, Calcium 230 mg

Hot Brown Rice, Nuts, and Flax

Serves: 2 (~3/4 cup serving)

Prep time: 10 minutes

Cook time: 25 minutes

Though brown rice may not sound like your typical breakfast, you will quickly see why this is one of my patients' favorites. It's a delicious and filling way to start your day, with a combination of filling whole grains and omega-3 fats from nuts.

- ❖ ½ c. brown rice, long grain
- ❖ 1 c. unsweetened soy milk
- ❖ ¼ tsp. ground nutmeg
- ❖ pinch sea salt (optional)
- ❖ 8 Brazil nuts, chopped
- ❖ 2 tbsp. flaxseeds, ground

Place brown rice, soy milk, and nutmeg in a 2-quart saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 45 minutes. Top with chopped Brazil nuts and ground flaxseeds.

Nutritional Analysis:

Per Serving: Calories 396, Carbohydrates 48g, Fiber 6 g, Protein 14g, Fat 18g, Cholesterol 0 mg, Sodium 128 mg, Calcium 330 mg

Ratatouille Omelet

Serves: 1

Prep time: 5 minutes

Cook time: 5 minutes

This omelet is a great use for leftover ratatouille (see dinner recipes). You can use any black olive, but kalamata olives are recommended.

- ❖ 2 large eggs
- ❖ 1 tbsp. water
- ❖ 1/8 tsp. sea salt
- ❖ pinch freshly ground black pepper
- ❖ 2 tsp. extra-virgin olive oil
- ❖ 3 tbsp. ratatouille (see dinner recipes)
- ❖ 2 tsp. finely snipped chives
- ❖ 2 tsp. chopped black olives (about 2 olives)

In a large bowl, whisk together the eggs, water, salt, and pepper.

Heat the extra-virgin olive oil in a medium skillet over medium-high heat. Use a smaller pan if you prefer a thicker omelet. Add the eggs and stir until they begin to set on the bottom. Using a rubber spatula, lift the eggs that are set near the edge of the pan, and let most of the liquid eggs run underneath to cook.

When the eggs are nearly set, spoon the ratatouille over half the omelet. Using a large spatula, carefully lift and then fold the other side of the omelet over the ratatouille. Turn the heat to low and continue to cook for about 1 minute, to heat the ratatouille. Slide the omelet out of the skillet onto a plate. Garnish with the snipped chives and chopped olives.

Nutritional Analysis:

Per Serving: Calories 322, Fat 24.6 g, Sat 4.8 g, Cholesterol 363 mg, Fiber 2 g, Protein 14 g, Carbohydrates 10 g, Sodium 716 mg

Lunch Recipes**Asian Bean Salad with Tahini Dressing**

Serves: 2

Prep time: 15 minutes

Cook time: none

Tahini is a Middle Eastern sauce that has a delicious tang. Added to a salad like this, it results in a light, refreshing dish full of flavor.

Tahini Dressing

- ❖ ¼c.tahini
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ 1 tbsp. minced garlic
- ❖ 2 tbsp. freshly squeezed lemon juice
- ❖ pinch sea salt
- ❖ dash freshly cracked black pepper

Asian Bean Salad

- ❖ 4 c. fresh baby spinach
- ❖ ¼ c. chopped scallions
- ❖ ½ c. snow peas, strings removed
- ❖ 1 c. bean sprouts, rinsed and drained
- ❖ 1 c. canned adzuki beans, drained

In a small bowl, whisk together the tahini, olive oil, garlic, lemon juice, salt, and pepper. Place the spinach, scallions, snow peas, bean sprouts, and beans in a large salad bowl. Pour the tahini dressing over the vegetable mixture and toss together to coat. Serve.

Nutritional Analysis:

Per Serving: Calories 426, Fat 28 g, Sat. 4.2 g, Cholesterol 0 mg, Fiber 12 g, Protein 13 g, Carbohydrates 35 g, Sodium 160 mg

White Beans on a Bed of Greens

Serves: 2

Prep Time: 10 minutes

Cook Time: None

The humble garlic bulb is nature's pungent source of allicin, a phytochemical that is a powerful detoxifying and antimicrobial agent. Eat plenty of garlic to boost your levels of this crucial chemical as well as the sulfur needed to produce glutathione—the body's most powerful detoxifying molecule.

- ❖ 2 c. canned white beans
- ❖ 3 tbsp. lemon juice, freshly squeezed
- ❖ ½ c. flat-leaf parsley, chopped
- ❖ 1 clove garlic, pressed
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 6 c. fresh baby mixed greens

Drain the canned beans. In a medium bowl, mix beans with all remaining ingredients except greens. Divide the greens between two plates and serve the white bean mixture on the bed of greens.

Nutritional *Analysis*:

Per Serving: Calories 228, Carbohydrates 32 g, Fiber 7g, Protein 11g, Fat 7g, Cholesterol 0 mg, Sodium 56 mg, Calcium 130 mg

Quinoa and Garbanzo Bean Salad

Serves: 4

Prep time: 10 minutes

Cook time: 30 minutes

Light, refreshing, and delicious, this is a perfect vegetarian entrée for a warm afternoon. It is best made ahead to let the flavors blend. The quinoa can also be cooked in a rice cooker.

- ❖ 1½ c. water
- ❖ ¾ c. quinoa
- ❖ 1 tbsp. extra-virgin olive oil
- ❖ ½ c. chopped onion
- ❖ ½ c. diced poblano pepper
- ❖ ½ c. (approx. 3) sliced green onions or scallions
- ❖ ¾ c. chickpeas, canned

Dressing

- ❖ 2 tbsp. lemon juice
- ❖ ½ tsp. chili powder
- ❖ ½ tsp. fresh oregano
- ❖ 1 tsp. fresh parsley, minced
- ❖ ½ tsp. sea salt
- ❖ 2 tbsp. extra-virgin olive oil

Bring water to a boil. Add quinoa and stir. Turn down heat to low. Cover. Simmer covered 25–30 minutes, until all water is absorbed and quinoa is tender. Cool cooked quinoa.

Drain canned chickpeas and rinse.

Heat oil in a medium skillet. Sauté onion and pepper over medium heat for 2 to 5 minutes or until onion is slightly soft.

In a large bowl, mix thoroughly onion-pepper mixture, green onions, cooked quinoa, and chickpeas.

Dressing: In a small bowl, add lemon juice, chili powder, oregano, parsley, and salt.

Slowly whisk in olive oil. Pour dressing over quinoa-chickpea mixture. Gently mix until dressing thoroughly covers all the salad.

Nutritional Analysis:

Per Serving: Calories 227, Fat 9 g, Sat. 1 g, Cholesterol 0 mg, Fiber 4 g, Protein 6 g, Carbohydrates 31 g, Sodium 47 mg

Roast Turkey Breast and Avocado Cream on a Bed of Greens

Serves: 2

Prep Time: 20 minutes

Cook Time: None

The light, refreshing dressing for this dish is a healthy source of monounsaturated fats and keeps well in the fridge. Make it ahead of time, store for up to two to three days, and enjoy with this dish or some fish or chicken.

Avocados and olives are rich in healthy monounsaturated fats.

Avocado Cream Dressing

- ❖ 1 large avocado, peeled and pitted
- ❖ ¼ c. lemon juice, freshly squeezed
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 1 clove garlic, minced
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 3–4 tbsp. water
- ❖ 6 c. fresh baby mixed greens
- ❖ 6–8 oz. roast turkey breast
- ❖ ½ small red onion, sliced
- ❖ 1 pickling cucumber, sliced
- ❖ 10 green olives, chopped

In a food processor, blend avocado, lemon juice, olive oil, garlic, salt, and pepper, slowly adding the water and processing until the dressing has a creamy consistency.

Place fresh baby mixed greens on two serving plates and top with roast turkey breast, red onion, cucumber, and green olives. Add the avocado cream dressing.

Nutritional Analysis:

Per Serving: Calories 304, Carbohydrates 12 g, Fiber 6 g, Protein 31 g, Fat 15 g, Cholesterol 70mg, Sodium 307 mg, Calcium 100mg

Curried Waldorf Salad

Serves: 2

Prep time: 15 minutes

Cook time: None

A nutty, dairy-free version of a traditional favorite.

- ❖ ¼ c. chopped walnuts
- ❖ 1 large Red Delicious or Gala apple, skin on, cored and diced
- ❖ 1 c. extra-firm tofu, drained well and cut into 1-inch cubes
- ❖ ½c. chopped celery
- ❖ ½ tbsp. flaxseed, ground
- ❖ ½ tsp. grated fresh ginger
- ❖ ½ tsp. curry powder
- ❖ 1 tbsp. walnut oil
- ❖ 1 head endive, separated and washed

Sprinkle nuts in a single layer on a cookie sheet and toast at 350 degrees F for 10 to 15 minutes, stirring occasionally.

In a large bowl, combine the apple, tofu, celery, walnuts, flaxseed, ginger, curry powder, and oil. Arrange endive in layers on salad plates. Spoon the apple-tofu mixture on the endive and serve.

Nutritional Analysis:

Per Serving: Calories 286, Fat 16 g, Sat 2.5 g., Cholesterol 0 mg, Fiber 12 g, Protein 16 g, Carbohydrates 28 g, Sodium 88 mg

Tarragon Chicken Salad

Serves: 2

Prep time: 15 minutes

Cook time: None

You can include any fresh or dried herb such as fenugreek, dill, chives, cumin, etc., as desired to flavor the beans.

- ❖ 8 oz. chicken breast, cooked and diced into 1" cubes
- ❖ 3 c. fresh watercress bouquets, washed and separated
- ❖ 5 radishes, chopped
- ❖ 2 stalks celery, chopped
- ❖ 1 medium pear, diced
- ❖ 1/3 c. pine nuts, whole
- ❖ 3 tbsp. fresh tarragon, chopped, or 1 tbsp. dried tarragon
- ❖ 1/8 tsp. cardamom
- ❖ 1 tbsp. walnut oil

In a large mixing bowl, toss all ingredients together and serve.

Nutritional Analysis:

Per Serving: Calories 400, Carbohydrates 18g, Fiber 5g Protein 32 g, Fat 24 g, Cholesterol 68 mg, Sodium 136 mg, Calcium 110 mg

Lentil Salad

Serves: 6

Prep time: 20 minutes

Cook time: 40 minutes

French green lentils are preferable, as they remain firm after cooking and create a beautiful salad. Serve the lentils warm or at room temperature.

- ❖ 1 c. French green lentils
- ❖ 1 bay leaf
- ❖ 1 clove garlic, peeled
- ❖ ¼ small onion, chopped
- ❖ 1 rib celery with leaves, cut in half
- ❖ ½ teaspoon sea salt
- ❖ ¼ c. finely chopped carrot
- ❖ ¼ c. minced parsley
- ❖ ¼ c. finely chopped fennel
- ❖ 2 tbsp. minced red onion
- ❖ 2 tsp. minced oregano
- ❖ 1 tsp. minced garlic
- ❖ ¼ c. extra-virgin olive oil
- ❖ 2 tbsp. fresh lemon juice
- ❖ ½ tsp. freshly ground black pepper

Place the lentils, bay leaf, garlic, onion, and celery in a medium saucepan. Bring to a simmer and cook for about 30 minutes, until lentils are cooked but still slightly firm. Add ¼ teaspoon of the salt and continue cooking for about 10 minutes, until the lentils are tender. Drain the lentils, discarding the bay leaf, garlic clove, and celery. Transfer the lentils to a bowl. Stir in the carrot, parsley, fennel, red onion, oregano, and minced garlic.

Whisk together the extra-virgin olive oil, lemon juice, remaining ¼ teaspoon salt, and pepper, and pour over the salad. Mix well.

Nutritional Analysis:

Per Serving: Calories 190, Fat 10 g, Sat. 1.3 g, Cholesterol 0 mg, Fiber 5 g, Protein 7 g, Carbohydrates 19 g, Sodium 170 mg

Dinner Recipes

Grilled Shrimp Brochettes and Quinoa Timbales with Roasted Peppers and Herbs

Serves: 4–6

Prep time: 30 minutes

Cook time: 50 minutes

In this easy and delicious dish, the herb and lemon flavors pair well with the fresh shrimp, while the red pepper flakes add a slight kick of heat. Baked in small ramekins, the timbales make a unique and tasty side dish

Shrimp Brochettes

- ❖ ¼ c. extra-virgin olive oil
- ❖ 2 tsp. minced oregano
- ❖ 2 tsp. minced parsley
- ❖ 1 tsp. minced garlic
- ❖ 1 tsp. lemon zest
- ❖ ½ tsp. crushed red pepper flakes
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 1 lb. large (21–25 count) shrimp, peeled and deveined
- ❖ Lemon wedges for garnish

Mix together the extra-virgin olive oil, oregano, parsley, garlic, lemon zest, crushed red pepper flakes, salt, and pepper. Toss the shrimp in the olive oil and herbs.

Cover and refrigerate for 1 hour.

Thread the shrimp on 4 skewers, placing 5 to 6 shrimp on each skewer.

Preheat an outdoor grill or an indoor grill pan over medium-high heat. If using a grill pan, brush with 1 teaspoon of extra-virgin olive oil before heating. Grill the shrimp for 2 minutes on each side.

Serve with the lemon wedges.

Quinoa Timbales

- ❖ 1 c. quinoa (about 6 oz.)
- ❖ 2 c. water
- ❖ ½ tsp. sea salt
- ❖ ¼ c. pine nuts
- ❖ 2 tbsp. plus 2 tsp. extra-virgin olive oil
- ❖ ½ c. minced onion
- ❖ 1 tsp. minced garlic (about 1 medium clove)
- ❖ 1 large egg, lightly beaten
- ❖ ½ c. diced roasted red pepper

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Grilled Shrimp Brochettes and Quinoa Timbales with Roasted Peppers and Herbs

continued

- ❖ ¼ c. chopped basil
- ❖ 2 tbsp. minced flat-leaf parsley
- ❖ 1 tsp. minced oregano
- ❖ ½ tsp. freshly ground black pepper
- ❖ 6 tsp. brown rice bread crumbs

Thoroughly rinse the quinoa in a fine-mesh strainer under cold running water until the water runs clear.

Bring the water to a boil in a 2-quart saucepan over high heat. Add the quinoa.

Stir, reduce the heat to medium-low, cover, and simmer for about 12 minutes, until the water is absorbed. When the quinoa is done, remove it from the pan and place it in a medium bowl. Fluff with a fork to remove any lumps.

Meanwhile, toast the pine nuts in a small skillet and over medium-low heat for about 5 minutes, until they turn light golden brown. Stir frequently and watch closely to prevent burning. When toasted, remove the pine nuts to a plate to cool.

Heat 2 tablespoons of the extra-virgin olive oil in a medium skillet. Add the onion and ¼ teaspoon of salt and cook for about 3 minutes. Add the garlic and cook for about 3 minutes, until the onion and garlic are soft and translucent. Stir the cooked onion and garlic into the quinoa. Mix in the egg, red pepper, basil, parsley, oregano, the remaining ¼ teaspoon salt, and the black pepper.

Brush six 4-ounce ramekins with the remaining 2 teaspoons of extra-virgin olive oil. Sprinkle each ramekin with 1 teaspoon of the brown rice bread crumbs and rotate to coat the bottom and sides with the bread crumbs. Shake out any excess.

Fill each ramekin with ½ cup of the quinoa mixture. Place the ramekins on a baking sheet and bake for about 25 minutes, until firm to the touch and beginning to brown around the edges. Remove from the oven and let the timbales cool for 5 minutes. Place a small plate over the top of each ramekin, and invert the ramekins to remove the timbale. Carefully turn the timbales baked side up, and place them on a serving platter.

Nutritional Analysis—Shrimp:

Per Serving: Calories 248, Fat 16 g, Sat. 2.3 g, Cholesterol 172 mg, Fiber 0 g, Protein 23 g, Carbohydrates 1 g, Sodium 409 mg

Nutritional Analysis—Timbales:

Per Serving: Calories 266, Fat 15 g, Sat. 3.0 g, Cholesterol 40 mg, Fiber 2 g, Protein 8 g, Carbohydrates 24 g, Sodium 284 mg

Wild Salmon with Rosemary Sweet Potatoes and Lemon Asparagus

Serves: 2

Prep time: 20 minutes

Cook time: 25 minutes

“Rosemary for remembrance,” an age-old adage, holds true today, as this aromatic herb in the mint family offers antioxidant and anti-inflammatory benefits important for memory.

- ❖ 2 small sweet potatoes, sliced
- ❖ 1 small yellow onion, sliced
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ pinch sea salt
- ❖ 1 clove garlic, pressed
- ❖ 2 tsp. dry mustard
- ❖ 1 tbsp. lemon juice, freshly squeezed
- ❖ 1 tbsp. fresh rosemary, chopped
- ❖ ½ pound fresh asparagus
- ❖ zest of 1 lemon
- ❖ 8 oz. wild salmon cut into two 4-ounce portions

Preheat oven to 425 degrees F.

Cut a piece of parchment paper to fit on a cookie sheet, and then lay it on the sheet. Wash the unpeeled sweet potatoes and onions and slice ¼” thick. Put sweet potatoes and onions on the parchment paper in a single layer. Drizzle with olive oil and salt. Bake for 15 minutes.

Meanwhile, mix garlic, dry mustard, lemon juice, and rosemary to make a paste, and set aside.

Remove sweet potatoes and onions from oven (keep on the cookie sheet). Place the asparagus on the paper next to the sweet potatoes and onions. Sprinkle the lemon zest and on the asparagus. Lay salmon on top of the asparagus and onions. Spread mustard paste on top of salmon.

Return sheet to oven and roast for 12 minutes. Salmon is done when flesh flakes with gentle pressure.

Nutritional Analysis:

Per Serving: Calories 548; Carbohydrates 46 g, Fiber 10 g, Protein 40 g, Fat 25 g, Cholesterol 94 mg, Sodium 230 mg, Calcium 150 mg

Moroccan Chicken with Cauliflower and Cashews

Serves: 4

Prep Time: 30 Minutes

Cook Time: 30 minutes

Garam masala is a blend of ground spices that may include cloves, coriander, cumin, cardamom, fennel, mace, black pepper, and nutmeg, and is a smorgasbord of phytonutrients.

- ❖ 1 tbsp. extra-virgin olive oil
- ❖ 1 lb. skinless, boneless chicken breasts, cut into 1" cubes
- ❖ 1 small onion, chopped
- ❖ 3 cloves garlic, pressed
- ❖ 2 c. cauliflower florets
- ❖ 2 c. chickpeas, canned
- ❖ 6 c. low-sodium, organic chicken stock
- ❖ 2 tbsp. pomegranate molasses
- ❖ 1 tbsp. garam masala
- ❖ ½ c. raw cashews, chopped

Preheat oven to 350 degrees F.

In an ovenproof casserole dish, heat olive oil on medium-high heat and add chicken. Let brown for 5 minutes, stirring occasionally. Add onions, garlic, cauliflower, chickpeas, chicken stock, pomegranate molasses, and garam masala. Cover and place in preheated oven to cook for approximately 25 minutes.

Remove from oven and top with chopped cashews before serving.

Nutritional Analysis:

Per Serving: Calories 540, Carbohydrates 53 g, Fiber 7 g, Protein 45 g, Fat 17 g, Cholesterol 17 g, Sodium 960 mg, Calcium 90 mg

Coconut Dal with Steamed Broccoli and Brown Rice

Serves: 6

Prep time: 10 minutes

Cook time: 30 minutes

This recipe can easily be doubled and frozen for later use as a convenient lunch or dinner.

- ❖ 2 c. yellow split peas
- ❖ 114-oz. can light unsweetened coconut milk
- ❖ 4 c. low-sodium organic vegetable broth
- ❖ 1 small yellow onion, sliced
- ❖ 3 cloves garlic, pressed
- ❖ 1 tbsp. grated fresh ginger
- ❖ 2 tsp. ground turmeric
- ❖ 1 tsp. sea salt
- ❖ 4 tbsp. chopped fresh cilantro
- ❖ 1 medium bunch broccoli, trimmed and steamed
- ❖ 1 ½ c. raw steamed brown rice

Rinse the split peas. In a large saucepan, place the split peas, coconut milk, vegetable broth, onion, garlic, ginger, turmeric, and salt. Simmer over medium heat until peas are soft, approximately 30 minutes. Sprinkle cilantro on top.

Serve with steamed broccoli and brown rice.

Nutritional Analysis:

Per 1 Cup Dal and ½ Cup Rice: Calories 427, Fat 7 g, Sat. 5.3 g, Cholesterol 0 mg, Fiber 20 g, Protein 20 g, Carbohydrates 54 g, Sodium 491 mg

Per 1 Cup Broccoli: Calories 60, Fat 0 g, Sat. 0 g, Cholesterol 0 mg, Fiber 6 g, Protein 4 g, Carbohydrates 12 g, Sodium 32 mg

Sesame-Crusted Sole with Baby Bok Choy and Wild Rice

Serves: 2

Prep time: 15 minutes

Cook time: 15 minutes

Wild or Indian rice is actually a marsh grass that has a chewy texture and is a good source of B vitamins, iron, magnesium zinc, and fiber. It is often used as a gluten-free grain option along with quinoa, brown rice, millet, amaranth, buckwheat groats (kasha), and teff.

- ❖ 2 heads fresh baby bok choy
- ❖ ¼ c. sesame seeds
- ❖ 8 oz. fresh sole, cut into two 4-oz. fillets
- ❖ 2 tbsp. sesame oil
- ❖ 2 cloves garlic, pressed
- ❖ 2 tbsp. fresh ginger, grated
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 2 c. steamed wild rice (cook time is ~55 minutes)

Cut the ends off the baby bok choy, wash well, and set aside. Place sesame seeds on a plate. Lightly rub the sole with 1 tablespoon sesame oil. Press sole onto the sesame seeds to form a crust. Set aside.

Heat a large skillet over medium-high heat. Add remaining 1 tbsp. of the sesame oil and swirl in skillet to distribute evenly over the bottom. Carefully place sole in the skillet. Cook fish until golden brown, approximately 2–3 minutes, leaving undisturbed to ensure a crunchy crust. Using a fish spatula, turn the sole over and brown on the other side for 2–3 minutes. Check fish for doneness. It should flake apart with gentle pressure when done. Remove the sole from the pan and set on a plate.

Add the baby bok choy, garlic, and ginger to the skillet. Toss well, until the baby bok choy begins to wilt. Sprinkle with salt and pepper. Place the bok choy and steamed wild rice on plates and serve the fish on top.

Nutritional Analysis:(with bok choy and wild rice)

Per Serving: Calories 615, Carbohydrates 54 g, Fiber 10 g, Protein 39 g, Fat 27 g, Cholesterol 54 mg, Sodium 240 mg, Calcium 340 mg

Ratatouille

Serves: 8

Prep time: 30 minutes

Cook time: 1 ½ hours

This is the classic mix of eggplant, zucchini, red peppers, and tomatoes, but the fresh herbs stirred in at the end of the cooking process set this version apart. Good served hot or at room temperature, drizzled with a touch of olive oil, ratatouille travels well and tastes even better the day after it's made.

- ❖ 1 medium eggplant (about 12 oz.), cut into ¾" cubes
- ❖ ¾ tsp. sea salt
- ❖ 4 tbsp. extra-virgin olive oil
- ❖ 2 medium yellow onions, peeled and cut into ½" pieces
- ❖ 2 medium cloves garlic, minced (about 2 tsp.)
- ❖ 2 medium red bell peppers (6 oz. each), cored, seeded, and cut into ¾" pieces
- ❖ 2 small zucchini (about 12 oz.), cut into ¾" pieces
- ❖ 1 ½ c. coarsely chopped tomato
- ❖ 1 large sprig of thyme
- ❖ ½ tsp. freshly ground black pepper
- ❖ ¼ c. shredded basil
- ❖ ¼ c. finely chopped parsley

Sprinkle the eggplant cubes with ¼ teaspoon of the salt, and place the eggplant in a colander set over a bowl. Cover the eggplant with a paper towel and place a plate over the towel. Weigh the plate down with a heavy can to press down on the eggplant. Let the eggplant drain for about 30 minutes to extract any bitter juice.

After the eggplant has drained, rinse it and pat dry with paper towels.

Heat 2 tablespoons of the extra-virgin olive oil in a medium skillet over medium heat. Add the onion and ¼ teaspoon of the salt. Cook the onion for about 3 minutes, until translucent and beginning to soften. Add the garlic and cook for 1 to 2 minutes, until the garlic and onion are lightly browned. Remove the garlic and onion with a slotted spoon and place them in a medium Dutch oven or casserole.

Add 1 more tablespoon of the extra-virgin olive oil to the skillet. Stir in the peppers and ¼ teaspoon of the salt and cook for about 7 minutes, until the peppers are just beginning to brown.

Using a slotted spoon, transfer the peppers from the skillet to the Dutch oven or casserole. Add the zucchini and cook for about 4 minutes. Remove the zucchini from the skillet with the slotted spoon and add it to the Dutch oven or casserole.

Add the remaining 1 tablespoon of extra-virgin olive oil to the skillet and cook the eggplant, stirring occasionally. When lightly browned, add it to the Dutch oven or casserole.

Add the tomatoes to the skillet. Scrape up any browned bits on the bottom of the skillet.

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Ratatouille

continued

Add the tomatoes to the Dutch oven or casserole, along with the thyme and black pepper. Bring the vegetables to a simmer. Cover and cook, stirring occasionally, for about 45 minutes.

Remove the lid and continue cooking for about 15 minutes. When done, the vegetables should be soft and the sauce thick. Stir in the basil and parsley. Serve hot or at room temperature.

Nutritional Analysis:

Per Serving: Calories 119, Fat 9.3 g, Sat. 1.4 g, Cholesterol 2 mg, Fiber 4 g, Protein 3 g, Carbohydrates 12 g, Sodium 267 mg

Balsamic-Marinated Tofu with Herbs and Sautéed Spinach

Serves: 4

Prep time: 10 minutes plus 1 hour or more to press, drain, and marinate

Cook time: 6 minutes

This tofu with a Mediterranean flavor profile cooks to a beautiful brown color and has crispy edges. Allow time to press and drain the tofu before cooking.

Balsamic Marinated Tofu

- | | |
|--------------------------------------|---------------------------------------|
| ❖ 1 (14-oz.) package extra-firm tofu | ❖ 1 tsp. minced rosemary |
| ❖ 4 tbsp. extra-virgin olive oil | ❖ 1 tsp. minced thyme |
| ❖ 2 tbsp. balsamic vinegar | ❖ ¼ tsp. sea salt |
| ❖ 1 tsp. minced garlic | ❖ ½ tsp. coarsely ground black pepper |
| ❖ 1 tsp. minced parsley | |

Cut the tofu into 2 equal pieces. Slice each piece in half, horizontally, making a total of 4 slices. To press and drain the tofu, place the slices in a single layer on a shallow dish or tray, with paper towels underneath and on top of the tofu. Place another dish or tray on top of the tofu and weigh it down with several cans of food or a heavy skillet. Refrigerate for at least 30 minutes.

Meanwhile, combine 2 tablespoons of the extra-virgin olive oil, vinegar, garlic, parsley, rosemary, thyme, salt, and pepper.

After the tofu has drained, discard the excess liquid and pat the tofu dry with a paper towel. Place the tofu in a shallow dish and pour the balsamic marinade over it. Refrigerate for at least 30 minutes. Marinating longer will give the tofu a more intense flavor.

Heat the remaining extra-virgin olive oil over medium-high heat in a skillet large enough to hold the tofu in a single layer. Cook the tofu for 2 to 3 minutes on each side, until brown and beginning to crisp. Remove to a plate when finished cooking.

Serve atop Sautéed Spinach with Garlic and Lemon.

Sautéed Spinach with Garlic and Lemon

- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 4 medium cloves garlic, chopped
- ❖ 2 bunches fresh spinach (about 2 lb.), thoroughly washed
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ zest of 1 lemon (about ½tsp.)

Heat the extra-virgin olive oil in a large skillet over medium heat. Add the garlic and cook until golden. Add the spinach, salt, and pepper. Cook, turning the spinach in the pan, until the spinach is wilted. Remove from the heat and stir in the lemon zest.

Nutritional Analysis:

Per Serving: Calories 274, Fat 23 g, Sat. 3.3 g, Cholesterol 0 mg, Fiber 4 g, Protein 12 g, Carbohydrates 9 g, Sodium 615 mg

Morning Snacks

A couple of notes about the snack recipes...

First, they make far more than the one or two servings you will eat each week. I recommend that you make them the first week you are on the program and then store them to use in subsequent weeks. I have included these ingredients on the shopping list for Week 1 for this reason.

Also note that any of the snacks are interchangeable. You can eat morning snacks in the afternoon, afternoon snacks in the morning. You can eat the same snacks everyday if you wish, and you can even exchange them for an UltraShake or a simple handful of nuts or seeds.

This part of the program has a great deal of flexibility. If you buy the ingredients for your snacks during the first week, you should have enough for at least three weeks of the program. If you don't, simply substitute something else and pick up some additional snack materials at the grocery store the next time you go.

Now for the recipes...

Indian Spiced Cashews

Serves: 8

Prep time: 10 minutes

Cook time: 10 minutes

These have a subtle curry flavor. They are best served warm on the day they're made.

- ❖ 2 c. raw, unsalted cashews
- ❖ 2 tsp. extra-virgin olive oil
- ❖ 1 tsp. Madras curry powder
- ❖ ½ teaspoon sea salt
- ❖ ½ tsp. ground coriander
- ❖ ½ tsp. ground cumin
- ❖ ½ tsp. ground cinnamon
- ❖ ½ tsp. ground fenugreek
- ❖ ½ tsp. ground chile pepper

Preheat the oven to 300 degrees F. Toss the cashews and extra-virgin olive oil together on a baking sheet.

In a small bowl, mix together the curry powder, salt, coriander, cumin, cinnamon, fenugreek, and ground chile pepper. Sprinkle over the cashews, turning the cashews to coat thoroughly.

Bake for about 10 minutes, until golden brown and fragrant. Serve warm.

Nutritional Analysis:

Per Serving: Calories 210, Fat 17 g, Sat. 3.3 g, Cholesterol 0 mg, Fiber 1 g, Protein 5 g, Carbohydrates 12 g, Sodium 123 mg

UltraMind Road Mix

Serves: 13

Prep time: 5 minutes

Cook time: none

Cocoa nibs are roasted cocoa beans separated from their husks and broken into small bits. The nibs can be used in recipes or as a stand-alone snack when nothing but chocolate will satisfy your taste buds.

- ✦ ½ c. dried wild blueberries
- ✦ 1 c. cocoa nibs
- ✦ 1 c. raw almonds, whole
- ✦ 1 c. raw cashews, whole
- ✦ 1 c. raw walnuts, whole
- ✦ 1 c. hulled raw pumpkin seeds
- ✦ 1 c. hulled raw sunflower seeds

In a medium bowl, mix all the ingredients. Store in a covered jar and keep in a cool, dark place.

Nutritional Analysis:

Per Serving: Calories 300, Fat 24 g, Cholesterol 0 mg, Fiber 10 g, Protein 13 g, Carbohydrates 23 g, Sodium 54 mg

Brazil Nut Bars

Serves: 16

Prep time: 15 minutes

These bars make an excellent snack or a quick on-the-run breakfast with a piece of fruit.

- ❖ 1 c. natural cashew butter
- ❖ 1½ cups whole Brazil nuts
- ❖ ¾ c. honey
- ❖ ½ c. raw, shelled pumpkin seeds
- ❖ ½ c. sliced almonds
- ❖ ½ c. raw, shelled sunflower seeds
- ❖ ½ c. ground flaxseeds
- ❖ ⅓ c. dried organic cranberries
- ❖ 1 tsp. ground cinnamon
- ❖ 2 c. gluten-free crispy brown rice cereal

Lightly coat a 9"x13" baking dish with grapeseed oil. Set aside.

In the bowl of the food processor, add Brazil nuts and pulse until nuts are ground into a fine powder. Place in a large mixing bowl. Add the pumpkin seeds, almonds, sunflower seeds, flaxseeds, cranberries, cinnamon, and sprouted grain cereal to the bowl. In a large saucepan on the stove, add the cashew butter and honey and heat until very hot and bubbling. Transfer this mixture to the mixing bowl and mix together using a wooden spoon. Immediately press mixture firmly into the baking dish (wear rubber gloves if needed). Let mixture cool in the refrigerator. Cut into 16 pieces and serve. Wrap each bar individually with wax paper and store in the freezer.

Nutritional Analysis:

Per Serving: Calories 377, Carbohydrates 30g, Fiber 5g, Protein 10g, Fat 27.5g, Cholesterol 0 mg, Sodium 25mg, Calcium 170 mg

Anytime Snack Mix

Serves: 6

Prep time: 5 minutes

Cook time: 5 minutes

A quick and delicious snack. Serve as an afternoon snack for the kids or for adults to munch on with a glass of sparkling water with pomegranate juice.

- ❖ ¼c. raw, unsalted cashews
- ❖ ¼ c. raw, unsalted pecan halves
- ❖ ¼ c. raw, unsalted whole almonds
- ❖ ¼ c. raw, unsalted walnuts pieces
- ❖ ¼ c. hulled raw, unsalted sunflower seeds
- ❖ 6 tbsp. dried organic cranberries
- ❖ 6 tbsp. organic golden raisins

Preheat the oven to 400 degrees F.

Mix together the cashews, pecans, almonds, walnuts, and sunflower seeds on a baking sheet. Bake for 5 minutes. Cool the nut mixture slightly. Mix in the dried cranberries and raisins. Store in tightly covered glass bowls.

Nutritional Analysis:

Per Serving: Calories 213, Fat 15 g, Sat. 1.6 g, Cholesterol 0 mg, Fiber 2.5 g, Protein 5 g, Carbohydrates 20 g, Sodium 4 mg

Midday Snacks**Roasted Tomato and Garlic Spread**

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes

This earthy, flavorful spread can be served as an appetizer with raw vegetables.

- ❖ ½ medium-size head of garlic
- ❖ ¼ c. plus ½ tsp. extra-virgin olive oil
- ❖ ¼ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 1 lb. grape or cherry tomatoes, cut into quarters or halves
- ❖ 2 tsp. minced flat-leaf parsley
- ❖ 4 fresh basil leaves, cut into thin strips (about 2 tsp.)

Preheat the oven to 400 degrees F.

Cut the head of garlic in half horizontally. Place the garlic on a piece of aluminum foil. Drizzle with ½ teaspoon extra-virgin olive oil and sprinkle with a pinch of salt and pepper. Wrap the garlic tightly in the foil and place on a large baking sheet.

In a medium bowl, stir together the tomatoes, ¼ cup extra-virgin olive oil, salt, and pepper. Spread the tomato mixture in a single layer on the baking sheet with the wrapped garlic. Place in the oven and roast for about 30 minutes, until the tomatoes start to brown.

Remove the tomatoes from the baking sheet and place them in a small bowl. Remove the garlic from the foil. Squeeze the individual garlic cloves from their skins and add to the tomatoes. Stir in the parsley and basil.

Nutritional Analysis

Per Serving: Calories 165, Fat 14 g, Sat. 2 g, Cholesterol 0 mg, Fiber 2 g, Protein 2 g, Carbohydrates 9 g, Sodium 128 mg

Olive Tapenade and Raw Vegetables

Serves: 6

Prep Time: 5 minutes

Cook Time: 20 minutes

Tapenade is a tasty spread you can serve with almost any veggies you choose.

- ❖ ½ c. kalamata olives, pitted
- ❖ ½ c. green olives, pitted
- ❖ ½ c. roasted garlic cloves
- ❖ 1 tbsp. lemon juice, freshly squeezed
- ❖ 1 tbsp. extra-virgin olive oil

In a food processor, combine all ingredients and puree until smooth.

To roast garlic: Preheat oven to 350 degrees F. Place whole head of garlic on a parchment paper-lined cook sheet. Bake for 20 minutes, until light brown.

Nutritional Analysis:

Per Serving: Calories 77, Carbohydrates 7 g, Fiber 1 g, Protein 1 g, Fat 5 g, Sodium 290 mg, Calcium 50 mg

Artichoke Antipasto and Raw Veggies

Drain a can of artichoke hearts and puree them in a food processor with a teaspoon of extra-virgin olive oil and your favorite Italian dried herbs. Central Market is one brand, but you can find others in your local supermarket.

Lemony Hummus with Raw Veggies

Serves: 10

Prep time: 20 minutes

Cook time: none

This dip is garlicky, lemony, and even better drizzled with optional extra-virgin olive oil. Pair with sliced raw vegetables for a nice appetizer, or serve as part of an appetizer buffet.

- ❖ 1 (15-oz.) can chickpeas or 2 c. cooked chickpeas
- ❖ ½ c. tahini
- ❖ 5 tbsp. extra-virgin olive oil
- ❖ ¼ c. fresh lemon juice
- ❖ 4 medium cloves garlic
- ❖ ½ tsp. sea salt
- ❖ ¼ tsp. freshly ground black pepper
- ❖ ⅛ tsp. ground red pepper
- ❖ 1 tbsp. extra-virgin olive oil (optional)

Drain and rinse chickpeas, reserving ½ c. of the liquid from the can or from the cooking process.

Combine the chickpeas, tahini, extra-virgin olive oil, lemon juice, garlic, salt, black pepper, and red pepper in the bowl of a food processor fitted with a metal blade.

Process until the mixture is smooth. If the mixture is too thick, add 1 to 2 tablespoons of the reserved liquid until desired consistency is reached. Remove to a serving dish and drizzle with 1 tablespoon extra-virgin olive oil before serving, if desired.

Nutritional Analysis:

Per Serving: Calories 213, Fat 17 g, Sat. 2.2 g, Cholesterol 0 mg, Fiber 4 g, Protein 5 g, Carbohydrates 12 g, Sodium 213 mg

Tahini with Flax Crackers

Tahini is ground sesame seed paste that spreads just like peanut butter and can be used as an ingredient in sauces, marinades, bean spreads, and more. Flax crackers add omega-3s and a delightful crunch. You can buy both of these products in many health-food stores and supermarkets. Take a bit of tahini paste and spread it on crackers for a delicious snack!

Avocado with Lemon

Peel an avocado, remove the pit, cut into wedges, and splash some fresh lemon juice on it. That's all you need for a tasty snack filled with good fat.

Dark Chocolate or Cocoa Nibs

Choose a chocolate that is at least 70 percent cocoa or try cocoa nibs, roasted cocoa beans separated from their husks and broken into small bits. Cocoa nibs are the essence of chocolate and can be added to savory dishes and baked goods. The combination of cocoa nibs and fresh coconut, available in your produce section, makes a crunchy snack with just the right dose of sweetness.

Week 2: Recipes

Additional Breakfasts

Note that most of the recipes for breakfast are repeated from the first week. However, I have included two new recipes for Days 6 and 7 of Week 2. Here they are.

Turkey Breakfast Sausage with Dr. Hyman's Chinese Eggs and Seasoned Greens

Serves: 2 (will have leftover sausage)

Prep time: 25 minutes

Cook time: 20 minutes

This flavorful breakfast sausage with sage and apple is a delicious, healthy alternative to store-bought sausage. It pairs nicely with the Chinese eggs, which are a delicious variant on the classic scramble.

Sausage

- ❖ 1 lb. ground turkey breast
- ❖ ¼ c. finely diced apple, such as Gala or Red Delicious
- ❖ 2 tbsp. finely minced red onion
- ❖ 2 tbsp. finely minced sage
- ❖ ½ tsp. finely minced thyme
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper

In a large bowl, gently mix together the ground turkey, apple, onion, sage, thyme, 1 tablespoon of the extra-virgin olive oil, salt, and pepper. Form the mixture into eight 4" patties, each about ½" thick.

Heat the remaining 2 tablespoons of extra-virgin olive oil in a nonstick skillet over medium heat. Cook the patties for 3 to 4 minutes on each side, until firm to the touch.

Eggs

- ❖ 12 whole garlic cloves
- ❖ 6 whole omega-3 eggs
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 116-oz. can whole or chopped plum tomatoes with juices
- ❖ 1 tsp. toasted sesame oil
- ❖ 1 tbsp. reduced-sodium, wheat-free tamari
- ❖ 1 tsp. Worcestershire sauce
- ❖ 1 c. cooked brown rice
- ❖ 6 c. spinach, steamed

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Turkey Breakfast Sausage with Dr. Hyman's Chinese Eggs and Seasoned Greens

continued

Chop garlic coarsely. Beat eggs with a whisk. Heat extra-virgin olive oil in a 12" nonstick sauté pan or wok. Add garlic and cook for 1 minute. Add eggs and let them cook undisturbed until eggs are no longer liquid, and then flip over and cook on the other side. When cooked through, use a spatula to cut into pieces about 1–2" large. Add chopped tomatoes and juice to the eggs. Add sesame oil, tamari, and Worcestershire sauce. Simmer for 10 minutes. Serve over brown rice along with some steamed spinach.

Nutritional Analysis—Sausage:

Per Serving: Calories 126, Fat 9 g, Sat. 1.7 g, Cholesterol 33 mg, Fiber 0 g, Protein 11 g, Carbohydrates 1 g, Sodium 160 mg

Nutritional Analysis—Eggs:

Per Serving: Calories 600, Carbohydrates 45g, Fiber 7g, Protein 26 g, Fat 37 g, Cholesterol 556, Sodium 815 mg, Calcium 280 mg

Soy-Nut Pancakes with Strawberry-Banana Sauce

Serves: 4

Serving Size: 3 pancakes plus ½ cup sauce

Prep time: 15 minutes

Cook time: 5 to 7 minutes

You can add fresh fruit to the batter. Try whipped natural nut butter with a touch of honey in it as a topping.

- ❖ 1 small banana
- ❖ 2 c. fresh strawberries (or frozen unsweetened, thawed, with juice)
- ❖ 1 tsp. honey
- ❖ ½ c. drained Silken tofu
- ❖ ½ c. plain soy milk
- ❖ 2 tbsp. ground flaxseed
- ❖ ¾ c. almond flour
- ❖ ½ c. soy flour
- ❖ 2 tsp. baking powder
- ❖ pinch sea salt
- ❖ 1 tsp. vanilla extract
- ❖ 1 whole omega-3 egg
- ❖ grapeseed oil for griddle

In blender, combine banana, strawberries, and honey. Puree for 5 to 10 seconds for a chunky sauce. Set aside sauce in a small bowl.

Without washing the blender, combine tofu, soy milk, flaxseed, almond and soy flours, baking powder, salt, vanilla, and egg, and mix until smooth.

Preheat a griddle to 400 degrees F and lightly brush with grapeseed oil. Pour approximately ¼ cup batter directly from the blender onto the griddle for each pancake. Cook pancakes until bubbles form on the surface and burst, about 4 minutes. Turn pancakes over and cook about 2 more minutes, until cooked through. Serve 3 pancakes per person with ½ cup of sauce.

Nutritional Analysis—Pancakes:

Per Serving: Calories 221, Fat 14 g, Sat. 1.7 g, Cholesterol 53 mg, Fiber 5 g, Protein 14 g, Carbohydrates 17 g, Sodium 79 mg

Nutritional Analysis—Sauce:

Per Serving: Calories 66, Fat 0 g, Sat. 0 g, Cholesterol 0 mg, Fiber 3 g, Protein 1 g, Carbohydrates 17 g, Sodium 3 mg

Lunch Recipes

Hearty Lentil Soup

Serves: 4

Prep time: 15 minutes

Cook time: 35 minutes

Lentils may seem anything but hearty. However, when cooked correctly and with lots of spices, they can be a warming and filling dish that will keep you satisfied and full of energy throughout your day.

- ✦ ¼ c. carrots
- ✦ ½ c. red onion
- ✦ 1 clove garlic
- ✦ ⅓ c. celery
- ✦ ⅓ c. poblano pepper
- ✦ 1 c. lentils
- ✦ 1 tbsp. extra-virgin olive oil
- ✦ 2½ c. organic vegetable broth
- ✦ ½ tsp. rosemary, fresh
- ✦ ½ tsp. oregano, fresh
- ✦ ½ tsp. parsley, fresh
- ✦ ⅛ tsp. cayenne pepper
- ✦ ½ tsp. sea salt

Prepare lentils: Place dry lentils in a large stockpot, and then cover the lentils with 4–6” water. Simmer over medium-high heat for 30 minutes or until lentils are slightly tender. Cover pot as needed. Drain any excess water off lentils; most if not all will be absorbed.

Slice red onions into ½” rings. Slice poblano peppers into ¼” rings. Dice carrots and celery. Mince garlic.

Grill red onions and poblano peppers, char on both sides. Remove from grill and dice grilled onions and grilled peppers. (Alternatively, you may oven roast onions and poblano peppers.)

In a stock pot, heat oil over medium heat. Sauté carrots, celery, and garlic for 4–5 minutes.

Add vegetable broth, cooked lentils, grilled onions, grilled poblano peppers, and all herbs and spices. Simmer for 25–30 minutes or until lentils become soft and begin to breakdown thickening the liquid.

Remove from heat and chill.

Nutritional Analysis:

Per serving: Calories 217, Fat 4 g, Sat. 1 g, Cholesterol 0 mg, Fiber 15 g, Protein 14 g, Carbohydrates 34 g, Sodium 1053 mg

White Bean Salad with Roasted Red Pepper and Fennel

Serves: 4

Prep time: 20 minutes

Cook time: none

A beautiful main-course salad, perfect for lunch, the creamy white beans are complemented by crunchy fennel and the smoky taste of the roasted red pepper. Fresh scallion and parsley add bright green color and flavor to the other ingredients.

- ❖ 1 (15-oz.) can low-sodium or 2 c. cooked Great Northern white beans, drained and rinsed
- ❖ 1 c. diced roasted red pepper
- ❖ ½ c. diced fennel
- ❖ 10 to 12 leaves fresh basil, cut into slivers (about ¼ c.)
- ❖ 2 tbsp. minced scallion (about 1 large scallion)
- ❖ 2 tbsp. finely chopped parsley
- ❖ ¼ c. extra-virgin olive oil
- ❖ 2 tbsp. fresh lemon juice
- ❖ ½ tsp. finely minced garlic (about 1 small clove)
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper

Mix together the beans, roasted pepper, fennel, basil, scallions, and parsley in a medium bowl.

Whisk together the extra-virgin olive oil, lemon juice, minced garlic, salt, and black pepper in a small bowl. Pour the dressing over the beans.

Nutritional Analysis:

Per Serving: Calories 236, Fat 14 g, Sat. 2 g, Cholesterol 0 mg, Fiber 7 g, Protein 6.5 g, Carbohydrates 42 g, Sodium 261 mg

Dilled Egg Salad on Baby Spinach

Serves: 2
Serving size: 2 cups
Yield: 4 cups
Prep time: 15 minutes
Cook time: 20 minutes

A wonderful way to enjoy more omega-3 fats.

- ❖ 4 whole omega-3 eggs
- ❖ 2 tbsp. finely chopped scallions
- ❖ 2 tbsp. finely chopped fresh dill
- ❖ 2 tbsp. organic soy mayonnaise
- ❖ 2 tsp. Dijon mustard
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 3 c. fresh baby spinach, trimmed and washed
- ❖ 1 large red apple, cut into wedges

Place the eggs in a medium saucepan and cover with cold water. Bring to a boil over medium-high heat. Remove from the heat, cover, and let stand for 15 minutes. Drain the eggs and plunge them into ice water to chill. When cold, peel and coarsely chop.

Combine the eggs, scallions, dill, mayonnaise, mustard, salt, and pepper in a medium bowl and toss gently. Arrange the spinach and apple wedges on a salad plate, and then top with the egg salad.

Nutritional Analysis:

Per Serving: Calories 270, Fat 15 g, Sat. 3. 6, Cholesterol 423 mg, Fiber 4 g, Protein 15 g, Carbohydrates 19 g, Sodium 398 mg

Black Bean Confetti Salad

Serves: 4

Prep time: 10 minutes

Cook time: none

A colorful, naturally sweet, antioxidant-rich salad.

- ✦ 1 (15-oz.) can black beans, rinsed and drained
- ✦ 1 c. frozen organic corn, thawed and drained
- ✦ 12 cherry or grape tomatoes, halved
- ✦ ½ c. chopped scallions
- ✦ 2 cloves garlic, pressed
- ✦ ½ c. diced red bell pepper
- ✦ ¼ c. chopped cilantro
- ✦ 2 tbsp. extra-virgin olive oil
- ✦ 3 tbsp. freshly squeezed lime juice
- ✦ ¼ tsp. ground cumin

Mix all the ingredients in a large bowl, cover, and let marinate in the refrigerator for a few hours before serving.

Nutritional Analysis:

Per Serving: Calories 412, Fat 15 g, Sat. 2.2 g, Cholesterol 0 mg, Fiber 18 g, Protein 18 g, Carbohydrates 57 g, Sodium 110 mg

Crabmeat Salad with Avocado and Mango

Serves: 8

Prep time: 25 minutes

Cook time: none

An extra-virgin olive oil– and lime-based dressing stands in for the oft-used mayonnaise in this pretty, colorful salad with a great combination of taste and texture.

- ❖ 1 lb. lump crabmeat, picked over to remove any shells
- ❖ ¼ c. minced scallion
- ❖ ¼ c. diced fennel
- ❖ ¼ c. finely diced red bell pepper
- ❖ ¼ c. minced cilantro
- ❖ 1 tsp. minced jalapeño pepper
- ❖ 1 tsp. lime zest
- ❖ 5 tbsp. extra-virgin olive oil
- ❖ 4 tbsp. fresh lime juice
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 2 avocados, halved, pitted, peeled, and each half cut into 8 thin slices
- ❖ 1 c. diced mango
- ❖ 2 tbsp. snipped chives

Flake the crabmeat into a bowl. Gently fold in the scallions, fennel, red pepper, cilantro, jalapeño pepper, and lime zest.

Combine 4 tablespoons of the extra-virgin olive oil, 3 tablespoons of the lime juice, and the salt and pepper. Pour over the crab and gently mix.

Combine the remaining 1 tablespoon extra-virgin olive oil and 1 tablespoon lime juice with a pinch of salt. Fan 4 avocado slices on each plate. Drizzle with the extra-virgin olive oil and lime juice mixture. Place the crab salad at the base of the avocado on the plate. Place 2 tablespoons of the mango on one side of the crab.

Sprinkle with the chives.

Nutritional Analysis:

Per Serving: Calories 228, Fat 17 g, Sat. 2.3 g, Cholesterol 57 mg, Fiber 4 g, Protein 13 g, Carbohydrates 9 g, Sodium 284 mg

Caribbean Black-Eyed Peas (Cold Salad)

Serves: 4

Prep time: 10 minutes

Cook time: none

A cool and delicious alternative to traditional black-eyed peas. The poblano pepper gives this dish a nice light spiciness.

Salad

- ❖ 2 cans (30 oz.) organic black-eyed peas
- ❖ 4 tsp. poblano pepper
- ❖ 7 stalks (white part) green onion or scallion
- ❖ ½ cup c. red onion

Dice the poblano pepper, green onions, and red onion. Mince garlic. Drain and rinse black-eyed peas.

In a large bowl, mix thoroughly black-eyed peas, poblano pepper, green onions, and red onion.

Dressing

- ❖ ¾ c. organic vegetable broth
- ❖ 1 tbsp. extra virgin olive oil
- ❖ 1 clove garlic, fresh
- ❖ 2 tbsp. lemon juice
- ❖ 3 tbsp. cilantro, fresh
- ❖ ¼ tsp. oregano, fresh
- ❖ ¼ tsp. cayenne pepper
- ❖ ⅛ tsp. red pepper flakes, crushed
- ❖ ½ tsp. sea salt

In a small bowl, add vegetable broth, garlic, lemon juice, cilantro, oregano, cayenne pepper, red pepper flakes, and salt. Slowly whisk in olive oil.

Pour dressing over black-eyed pea mixture. Gently mix until dressing thoroughly covers all black-eyed peas.

Nutritional Analysis:

Per Serving: Calories 178, Fat 4 g, Sat. 0 g, Cholesterol 0 mg, Fiber 7 g, Protein 10 g, Carbohydrates 28 g, Sodium 322 mg

Asian Chicken Salad

Serving size: 1 cup salad plus ¼ cup dressing

Prep time: 40 minutes

Cook time: minimal

With a rich dressing made from tahini (sesame seed paste), this colorful, filling salad is perfect for lunch or picnics, or as part of a dinner party buffet.

Tahini Dressing

- ❖ ½ c. tahini
- ❖ ½ c. light sesame oil
- ❖ 2 tsp. minced garlic (about 2 medium cloves)
- ❖ ½ tsp. grated fresh ginger
- ❖ 3 tbsp. fresh lemon juice
- ❖ 3 tbsp. low-sodium, wheat-free tamari
- ❖ 1 tbsp. dark sesame oil
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. Thai Kitchen red chili paste

Combine the tahini, light sesame oil, garlic, ginger, lemon juice, tamari, dark sesame oil, salt, and red chili paste in the bowl of a food processor fitted with a metal blade. Process just until smooth. If the dressing seems too thick, add a little water.

Asian Chicken Salad

- ❖ 2 oz. snow peas, strings removed (generous ½ c.)
- ❖ 3 c. cooked chicken breast, shredded
- ❖ ½ c. thinly sliced red bell pepper
- ❖ ½ c. julienne carrots
- ❖ ¼ c. thinly sliced scallions (about 2 scallions, sliced on the diagonal)
- ❖ 2 tbsp. black sesame seeds

Bring a large pot of salted water to a boil. Drop in the snow peas and cook for 30 seconds. Drain, and then immediately place in a bowl of ice water to stop the cooking. Drain again, and then cut the snow peas on the diagonal into thin slices.

Place the snow peas in a large bowl. Add the chicken, red pepper, carrot, and scallions, and stir to combine.

Stir 1 cup of the dressing into the chicken mixture. Add more dressing if desired.

Garnish the chicken salad with the sesame seeds before serving.

Nutritional Analysis:

Per Serving: Calories 533, Fat 39 g, Sat. 5.8 g, Cholesterol 90 mg, Fiber 3 g, Protein 40 g, Carbohydrates 8.5 g, Sodium 660 mg

Dinner Recipes**Stir-Fried Chicken and Broccoli with Cashews**

Serves: 4

Prep time: 30 minutes (plus 30 minutes marinating)

Cook time: 12 minutes

A classic combination of chicken and broccoli, somewhat spicy from the red chili paste.

Preserve the beautiful green color of the broccoli by first blanching it, as described below, and then stir-frying.

- ✦ 1 ¼ lb. boneless, skinless chicken breast, cut into ¼"-thick strips
- ✦ 6 tbsp. low-sodium, wheat-free tamari
- ✦ 2 tbsp. rice wine vinegar
- ✦ 1 tbsp. dark sesame oil
- ✦ 1 tsp. honey
- ✦ 1 tsp. Thai Kitchen red chili paste
- ✦ 1 medium head broccoli, cut into florets
- ✦ ½ c. raw, unsalted cashews, roughly chopped
- ✦ 2 tsp. arrowroot
- ✦ 3 tbsp. light sesame oil
- ✦ 1 tbsp. minced garlic
- ✦ 2 tsp. minced ginger
- ✦ ½ c. sliced scallion
- ✦ 2 c. steamed brown rice

Place the strips of chicken breast in a large bowl.

In a small bowl, combine the tamari, rice wine vinegar, honey, dark sesame oil, and red chili paste. Pour over the chicken. Cover and refrigerate for 30 minutes or up to 2 hours.

Meanwhile, bring a large pot of salted water to a boil. Drop in the broccoli and cook for 1 minute. Drain, and then place in a bowl of ice water to stop the cooking.

Drain the broccoli and pat dry with paper towels. Set aside.

Toast the cashews in a small skillet over medium-low heat for 4 to 5 minutes, turning frequently, until lightly colored. When toasted, remove the nuts to a plate to cool.

Pour the excess marinade off the chicken into a small bowl. Stir the arrowroot into the excess marinade and set aside.

Heat the light sesame oil in a large skillet or wok over high heat. Add the chicken and cook, stirring quickly and constantly, for 2 minutes. Transfer to a plate.

Add the garlic and ginger and cook, stirring quickly and constantly, for 30 seconds. Add the broccoli and chicken and cook, stirring quickly and constantly, for about 2 minutes or until the

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Stir-Fried Chicken and Broccoli with Cashews

continued

chicken is cooked through. Add the scallions and the reserved marinade. Cook for about 1 minute, until thickened. Add the toasted cashews, and stir to combine and heat through.

Transfer to a platter and serve with the steamed brown rice.

Nutritional Analysis:

Per Serving: Calories 523, Fat 25 g, Sat. 4.3 g, Cholesterol 82 mg, Fiber 6 g, Protein 42 g, Carbohydrates 34.5 g, Sodium 1,066 mg

Chicken Cacciatore with Endive and Walnut Salad, and Sautéed Broccoli Rabe with Garlic and Pine Nuts

Serves: 6

Prep time: 60 minutes

Cook time: 60 minutes

This chicken cacciatore has the right color and heady aroma to make it a perfect main course for a cold evening. The classic combination of sautéed sliced garlic and bitter greens offers a vibrant offset to the main dish. And the salad rounds out the meal beautifully with a classic contrast of flavors and textures.

Chicken Cacciatore

- ✦ 6 (about 3 lb. total) bone-in chicken breast halves, skin removed
- ✦ $\frac{3}{4}$ tsp. sea salt
- ✦ 1 tsp. freshly ground black pepper
- ✦ $\frac{1}{4}$ c. plus 2 tsp. extra-virgin olive oil
- ✦ 2 c. sliced onion (about 3 medium onions)
- ✦ 2 tsp. minced garlic (about 2 medium cloves)
- ✦ 4 medium red bell peppers, cored, seeded, and cut into $\frac{1}{2}$ " strips
- ✦ $\frac{1}{4}$ c. organic low-sodium chicken broth
- ✦ 1 (28-oz.) can whole tomatoes, drained and chopped
- ✦ 1 tsp. minced oregano
- ✦ $\frac{1}{2}$ tsp. minced rosemary
- ✦ $\frac{1}{4}$ tsp. crushed red pepper flakes
- ✦ $\frac{1}{2}$ lb. cremini mushrooms, cut into thick slices
- ✦ 2 tbsp. finely chopped parsley

Rub the chicken with $\frac{1}{2}$ tsp. of the salt and $\frac{1}{2}$ tsp. of the black pepper.

Heat $\frac{1}{4}$ cup of the extra-virgin olive oil in a large skillet over medium-high heat. Add the chicken breasts to the skillet and cook for about 4 to 5 minutes on each side, until brown. Remove the chicken to a platter and set aside.

Add the sliced onions to the pan and cook for about 5 minutes, until softened. Add the garlic and red peppers to the pan and cook for about 5 minutes, until the peppers begin to soften. Remove the onion and red pepper mixture to a plate.

Add the broth to the skillet and bring to a boil over high heat. Cook for 1 minute, scraping any brown bits off the bottom of the pan. Add the tomatoes, oregano, rosemary, and crushed red pepper flakes, reduce to a simmer, and cook for 2 to 3 minutes, until slightly thickened. Stir in the reserved onions and peppers. Add the chicken pieces and bring back to a simmer. Cover and cook for 10 to 15 minutes or until the chicken is done.

Meanwhile, heat the remaining 2 teaspoons of extra-virgin olive oil in a small skillet over medium-high heat. Add the mushrooms, the remaining $\frac{1}{4}$ teaspoon salt, and the remaining $\frac{1}{2}$ teaspoon black pepper. Cook for about 8 minutes, until the mushrooms have browned.

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Chicken Cacciatore with Endive and Walnut Salad, and Sautéed Broccoli Rabe with Garlic and Pine Nuts

continued

When the chicken is done, add the mushrooms to the pan and heat through. Adjust the seasoning if necessary. Serve garnished with the parsley.

Broccoli Rabe

- ❖ 2 lb. broccoli rabe, tough stems removed, coarsely chopped (about 12 c.)
- ❖ 2 tbsp. pine nuts
- ❖ ¼ c. extra-virgin olive oil
- ❖ 6 medium cloves garlic, thinly sliced
- ❖ ¼ tsp. crushed red pepper flakes
- ❖ ¼ tsp. sea salt

Bring a large pot of salted water to a boil. Drop in the chopped broccoli rabe and cook for 1 minute, until wilted. Immediately drain, and then place in a bowl of ice water to cool. Drain and set aside.

Meanwhile, toast the pine nuts in a small skillet over medium heat for about 3 to 4 minutes, until lightly browned. Stir the pine nuts frequently and watch closely to prevent burning. When toasted, remove the nuts to a plate to cool.

Heat the extra-virgin olive oil in a large skillet over medium-high heat. Add the garlic and cook, stirring, until golden. Add the broccoli rabe, red pepper flakes, and salt, and cook until tender and heated through.

Adjust the seasoning if necessary. Add the pine nuts and serve.

Endive Salad

- ❖ 1 ¾ lb. Belgian endive (about 6 medium or large heads)
- ❖ ¾ c. chopped raw, unsalted walnuts (about 3 oz.)
- ❖ ½ c. extra-virgin olive oil
- ❖ 3 tbsp. fresh lemon juice
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground pepper

Slice the endive vertically into strips about ½" wide.

Toast the walnuts in a small skillet over medium heat. Stir the nuts for about 10 minutes, until lightly toasted. Watch carefully, as nuts can burn easily. Remove to a plate to cool.

In a large bowl, combine the extra-virgin olive oil, lemon juice, salt, and pepper.

Toss the endive strips with the dressing. Divide the strips among 6 plates. Top with the toasted walnuts.

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**Chicken Cacciatore with Endive and Walnut Salad,
and Sautéed Broccoli Rabe with Garlic and Pine Nuts**

continued

Nutritional Analysis—Chicken Cacciatore:

Per Serving: Calories 339, Fat 9 g, Sat. 1.6 g, Cholesterol 105 mg, Fiber 4 g, Protein 47 g, Carbohydrates 19 g, Sodium 456 mg

Nutritional Analysis—Broccoli Rabe:

Per Serving: Calories 228, Fat 17 g, Sat. 2 g, Cholesterol 0 mg, Fiber 0.3 g, Protein 9 g, Carbohydrates 13 g, Sodium 188 mg

Nutritional Analysis—Endive Salad:

Per Serving: Calories 285, Fat 28 g, Sat. 3.5 g, Cholesterol 0 mg, Fiber 5 g, Protein 3 g, Carbohydrates 8 g, Sodium 163 mg

Three-Bean Vegetarian Chili and Orange and Red Onion Salad with Fennel

Serves: 4

Prep time: 20 minutes

Cook time: 60 minutes

This vegetarian chili tastes best the day after it's made. Incorporating three different types of beans will increase your phytonutrient intake. The orange and red onion salad completes the meal with a good dose of fruit and veggies.

Chili

- ✦ 1 c. canned black-eyed peas
- ✦ ⅔ c. canned chickpeas
- ✦ ½ c. canned Great Northern white beans
- ✦ 1 tbsp. extra-virgin olive oil
- ✦ ¼ c. diced onion
- ✦ 1 clove garlic, peeled and minced
- ✦ ¼ c. diced celery
- ✦ ⅔ c. diced poblano pepper
- ✦ 2 c. organic low-sodium vegetable broth
- ✦ 1 tbsp. chili powder
- ✦ ¼ tsp. chopped fresh parsley
- ✦ ¼ tsp. cumin
- ✦ ¼ tsp. fresh thyme
- ✦ ⅛ tsp. cayenne pepper
- ✦ ¼ c. sea salt

Drain and rinse beans.

Heat oil in a stockpot over medium heat. Sauté onion, garlic, celery, and peppers for 5–7 minutes.

Add vegetable broth, beans, parsley, and spices. Cover. Simmer for approximately 1 hour or until beans are tender and liquid thickens slightly.

Remove from heat and chill.

Salad

A lovely salad to make in midwinter, when citrus fruit is at its peak.

- ✦ 3 tbsp. extra-virgin olive oil
- ✦ 1 ½ tbsp. fresh lemon juice
- ✦ ¼ tsp. sea salt
- ✦ ½ tsp. coarsely ground black pepper
- ✦ 2 large navel oranges
- ✦ ½ c. very thinly sliced fennel
- ✦ ¼ c. very thinly sliced red onion
- ✦ 3 tbsp. chopped mint

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Three-Bean Vegetarian Chili and Orange and Red Onion Salad with Fennel

continued

❖ 8 brine-cured black olives, such as Kalamata, pitted and quartered

Whisk together the extra-virgin olive oil, lemon juice, salt, and pepper.

Peel the oranges, removing all the white pith, and cut them horizontally into ¼"-thick slices. Arrange the oranges on a platter or in a shallow dish and pour 3 tablespoons of the dressing over them.

Toss the fennel, red onion, and mint with the remainder of the dressing. Arrange the fennel mixture on top of the orange slices. Garnish with the olives.

Nutritional Analysis—Chili:

Per Serving: Calories 112, Fat 3 g, Sat. 0 g, Cholesterol 0 mg, Fiber 4 g, Protein 5 g, Carbohydrates 17 g, Sodium 545 mg

Nutritional Analysis—Salad:

Per Serving: Calories 168, Fat 13 g, Sat. 1.7 g, Cholesterol 0 mg, Fiber 3 g, Protein 1 g, Carbohydrates 14 g, Sodium 249 mg

Pan-Browned Tilapia and Slow-Roasted Potatoes with Oregano and Garlic

Serves: 4

Prep time: 15 minutes

Cook time: 1 ½ hours

Crispy on the outside, flaky, white, and tender on the inside, this quick and easy fish has a lemony taste. The potatoes are golden brown and crispy on the outside and soft on the inside. The taste of the oregano is subtle but adds another dimension of flavor. While they take a little time to cook, the potatoes roast unattended, so the meal isn't difficult to prepare.

Tilapia

- ❖ 4 (6-oz.) tilapia fillets
- ❖ ½ tsp. sea salt
- ❖ ¼ tsp. freshly ground black pepper
- ❖ ¼ c. chickpea or soy flour
- ❖ 5 tbsp. extra-virgin olive oil
- ❖ ¼ c. fresh lemon juice
- ❖ 3 tbsp. finely chopped parsley
- ❖ lemon wedges for garnish

Pat the fish dry with paper towels, and then season both sides with salt and pepper.

Dredge the fish in the flour, shaking off any excess.

Heat 3 tablespoons of the extra-virgin olive oil in a large skillet or sauté pan over medium-high heat. Add the fillets in a single layer and cook, in batches if necessary, for about 2 minutes on each side, until brown on the outside and flaky but moist on the inside. Transfer to a platter and keep warm.

Heat the remaining 2 tablespoons of extra-virgin olive oil in the pan over high heat. Add the lemon juice and parsley and cook for 30 seconds, scraping any browned bits off the bottom of the pan. Pour the pan sauce over the fillets and serve. Garnish with lemon wedges.

Slow-Roasted Potatoes

- ❖ 4 medium russet potatoes (about 1 ½ lb.), cut into quarters
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 1 tsp. minced garlic (about 1 medium clove)
- ❖ 1 tbsp. minced oregano
- ❖ 1 tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper

Preheat the oven to 350 degrees F.

Bring 4 cups of water to a boil in a medium pot. Add the potatoes. Return the water to a boil and cook the potatoes for 2 minutes. Remove the potatoes from the water and place in a shallow roasting pan in a single layer.

Add the extra-virgin olive oil, garlic, oregano, salt, and pepper to the potatoes.

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Pan-Browned Tilapia and Slow-Roasted Potatoes with Oregano and Garlic

continued

Roast for about 1 ½ hours, until golden brown. Turn the potatoes every 30 minutes while baking.

Nutritional Analysis—Tilapia:

Per Serving: Calories 363, Fat 21 g, Sat. 3.5 g, Cholesterol 85 mg, Fiber 0.8 g, Protein 35 g, Carbohydrates 10 g, Sodium 330 mg

Nutritional Analysis—Slow-Roasted Potatoes:

Per Serving: Calories 155, Fat 4 g, Sat. 0.5 g, Cholesterol 0 mg, Fiber 3 g, Protein 3 g, Carbohydrates 29 g, Sodium 487 mg

Tuscan White Bean Stew with Tricolor Salad

Serves: 4

Prep time: 20 minutes

Cook time: 45 minutes

This stew is quick, easy, and extremely tasty. It can be served warm or cold, so it's great for nights when you don't have much time to spend in the kitchen. The salad is a nice twist on a traditional salad, with a pleasing texture and crunch, especially from the walnuts. The pomegranate vinaigrette is sweeter than a traditional red wine vinaigrette and provides a pleasing balance for the bitter greens.

Stew

- ❖ ½ c. carrots
- ❖ ¼ c. onion
- ❖ 1 clove garlic
- ❖ ⅓ c. celery
- ❖ 1 (15-oz.) can organic Great Northern white beans
- ❖ 1 tbsp. extra-virgin olive oil
- ❖ 2 c. organic vegetable broth
- ❖ ⅛ tsp. rosemary, fresh
- ❖ ¼ tsp. parsley, fresh
- ❖ ¼ tsp. thyme, fresh
- ❖ ½ tsp. sea salt

Rinse white beans, drain, and dry.

Mince garlic. Dice onions, carrots, and celery.

In a stockpot, heat oil over low-medium heat. Sauté onions for 2–3 minutes. Add carrots, celery, and garlic. Sauté for an additional 4–5 minutes or until vegetables start to become soft.

Add vegetable broth, beans, and all herbs and spices. Simmer covered for 20–30 minutes, stirring occasionally.

Remove from heat and serve, or chill for later.

Salad

- ❖ ½ c. chopped raw, unsalted walnuts
- ❖ 4 c. baby arugula (about 4 oz.)
- ❖ 2 small Belgian endives, cut lengthwise into ½" strips (about 3 c.)
- ❖ ½ small head radicchio, sliced (about 3 c.)

Toast the walnuts in a small skillet over medium heat for about 5 minutes, until slightly darker in color. Stir frequently and watch closely to prevent burning.

When toasted, remove the walnuts to a plate to cool.

Place the toasted walnuts, arugula, endive, and radicchio in a large bowl and toss with the pomegranate vinaigrette.

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Tuscan White Bean Stew with Tricolor Salad

continued

Dressing

- ❖ 3 tbsp. pomegranate juice
- ❖ 1 tbsp. fresh lemon juice
- ❖ 1 tsp. pomegranate molasses
- ❖ ½ tsp. minced garlic (about 1 small clove)
- ❖ ½ tsp. Dijon mustard
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 6 tbsp. extra-virgin olive oil

In a medium bowl, mix together the pomegranate juice, lemon juice, pomegranate molasses, garlic, mustard, salt, and pepper. Slowly whisk in the extra-virgin olive oil until the dressing is slightly thickened. Alternatively, place all ingredients in a jar with a tight-fitting lid and shake until well combined.

Nutritional Analysis—Stew:

Per Serving: Calories 106, Fat 2 g, Sat. 0 g, Cholesterol 0 mg, Fiber 4 g, Protein 5 g, Carbohydrates 18 g, Sodium 874 mg

Nutritional Analysis—Salad:

Per Serving: Calories 223, Fat 21 g, Sat. 2.6 g, Cholesterol 0 mg, Fiber 3 g, Protein 3 g, Carbohydrates 8 g, Sodium 182 mg

Apple-Soy Roasted Salmon with Herb-Roasted Butternut Squash with Shallots and Garlic, and Green Beans with Caramelized Red Onion

Serves: 4–6

Prep time: 45 minutes plus 1 hour marinating

Cook time: 60 minutes

This is a moist and tasty salmon fillet with a spicy, sweet golden-brown glaze. The squash cooks until soft in the center and slightly crispy on the outside, creating an earthy and satisfying complement to the salmon. And the bright-green, crisp beans are a sweet accent.

Salmon

- | | |
|--|--|
| ❖ ¾ c. 100 percent apple juice | ❖ 1 tsp. minced garlic |
| ❖ 4 (6-oz.) wild salmon fillets | ❖ 1 tsp. minced ginger |
| ❖ 2 tbsp. low-sodium wheat-free tamari | ❖ ¼ tsp. Thai Kitchen red chili paste |
| ❖ 1 tbsp. sesame oil | ❖ 2 scallions, thinly sliced on the diagonal |
| ❖ 1 tsp. agave nectar | ❖ 4 lime wedges |

Place the apple juice in a small pan. Bring to a boil over high heat and reduce by about half. When reduced, set aside to cool.

Place the salmon in a single layer in a shallow baking dish.

In a small bowl, stir together the cooled apple juice reduction, tamari, sesame oil, agave nectar, garlic, ginger, and red chili paste. Pour the marinade over the salmon and refrigerate for about 1 hour.

Preheat the oven to 450 degrees F.

Before roasting the salmon, pour the excess marinade off the fish into a small pan.

Bring the excess marinade to a boil over high heat. Cook until reduced by half, about 7 minutes.

Place the salmon in the oven and cook for about 7 minutes. Brush salmon with the reduced marinade and continue cooking for about 7 more minutes, until golden brown and cooked through. Before serving, brush again with the marinade and garnish with the scallions and lime wedges.

Squash

- ❖ 1 medium (2 ½–3-lb.) butternut squash, peeled and cut into 1" cubes
- ❖ 4 large shallots, peeled and cut in half
- ❖ 1 tbsp. minced rosemary
- ❖ 1 tsp. minced thyme
- ❖ ¾ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 3 tbsp. plus 1 tsp. extra-virgin olive oil
- ❖ 1 medium bulb garlic

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Apple-Soy Roasted Salmon with Herb-Roasted Butternut Squash with Shallots and Garlic, and Green Beans with Caramelized Red Onion

continued

Preheat the oven to 400 degrees F.

Place the squash, shallots, rosemary, thyme, salt, pepper, and 3 tablespoons of the extra-virgin olive oil on a large baking sheet. Stir to coat the squash and shallots with the olive oil and seasonings.

Cut the garlic across the top to remove the top third of the bulb. Drizzle the exposed garlic with the remaining 1 teaspoon of extra-virgin olive oil and sprinkle with salt and pepper. Wrap the garlic bulb in aluminum foil and place on the baking sheet with the squash.

Place the baking sheet in the oven and roast for 20 minutes. Stir the squash and continue baking for another 20 to 25 minutes, until the squash is soft and lightly browned.

Remove the garlic from the aluminum foil. Squeeze the individual cloves from the skin and stir them into the squash.

Green Beans

- ❖ 1 lb. whole thin green beans, stem ends trimmed
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ 1 large (about 7- to 8-oz.) red onion, peeled, halved, and thinly sliced
- ❖ ½ tsp. sea salt
- ❖ ¼ tsp. freshly ground black pepper
- ❖ 1 small clove garlic, minced

Bring a large pan of salted water to a boil. Drop in the trimmed beans. Cook for about 1 to 2 minutes, until crisp-tender. Drain and immediately place in a bowl of ice water to cool. Drain and pat dry (this can be done ahead or while the onion is cooking).

Heat the extra-virgin olive oil in a large skillet over medium heat. Add the onion, salt, and pepper. Cook the onion for 10 to 15 minutes or until translucent. Stir in the garlic and continue to cook for about 20 minutes, until the onions are golden brown. Cover and reserve until ready to serve.

Just before serving, add the green beans to the onion. Warm thoroughly over medium heat and adjust seasonings.

Nutritional Analysis—Salmon:

Per Serving: Calories 397, Fat 23 g, Sat, 5.0 g, Cholesterol 123 mg, Fiber 0 g, Protein 38 g, Carbohydrates 8 g, Sodium 270 mg

Nutritional Analysis—Squash:

Per Serving: Calories 124, Fat 6 g, Sat. 0.9 g, Cholesterol 0 mg, Fiber 3 g, Protein 2 g, Carbohydrates 18 g, Sodium 186 mg

Nutritional Analysis—Green Beans:

Per Serving: Calories 76, Fat 5 g, Sat. 0.7 g, Cholesterol 0 mg, Fiber 3 g, Protein 2 g, Carbohydrates 8 g, Sodium 165 mg

Herbed Rack of Lamb with Roasted Garlic and Shallots, and Roasted Sweet Potatoes

Serves: 4

Prep time: 20 minutes plus 1 hour marinating time

Cook time: 40 minutes

This elegant, special-occasion entrée is quick and easy to prepare; just allow enough time to marinate the meat. The tiny chops are flavorful with herbs and garlic, tender and juicy when cooked until just pink in the center. The sweet potatoes are a perfect side. They are soft and slightly browned and their flavor is enhanced by the spices.

Lamb

- ❖ 2 (1- to 1 ¼-lb.) racks of lamb, trimmed and frenched (about 8 ribs each)
- ❖ 1 tbsp. minced garlic (about 3 medium cloves)
- ❖ 1 tbsp. minced mint leaves
- ❖ 1 tbsp. minced parsley
- ❖ 1 tbsp. minced rosemary
- ❖ 1 tsp. minced thyme
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 2 c. watercress, tough stems removed, for garnish

Place the lamb in a shallow dish. In a separate bowl, combine the garlic, mint, parsley, rosemary, thyme, salt, pepper, and 2 tablespoons of the extra-virgin olive oil. Spread evenly over the meaty surface of the lamb. Let stand at room temperature for up to 1 hour. If marinating for longer than 1 hour, place the rack of lamb in the refrigerator.

Preheat the oven to 425 degrees F.

Heat the remaining 1 tablespoon of extra-virgin olive oil in a large ovenproof skillet over medium-high heat. Add the lamb, meat side down. Sear for 2 minutes, until brown. Turn the lamb rack over so that the meaty surface is facing up. Place the skillet in the oven and cook for about 18 minutes for medium rare or until a meat thermometer inserted into the center reads about 125 degrees F. Let the lamb rest for about 10 to 15 minutes before carving. The internal temperature will rise to about 130 degrees F.

Slice the lamb into single or double chops, depending on your preference. Serve with Roasted Garlic and Shallots (below).

Roasted Garlic and Shallots

- ❖ 12 medium cloves garlic, peeled
- ❖ ¼ c. plus 2 tbsp. extra-virgin olive oil
- ❖ 12 medium shallots, peeled
- ❖ 1 sprig fresh thyme
- ❖ ½ c. organic low-sodium vegetable or chicken broth
- ❖ 1 tsp. balsamic vinegar

continued on next page

Herbed Rack of Lamb with Roasted Garlic and Shallots, and Roasted Sweet Potatoes

continued

- ❖ sea salt
- ❖ freshly ground black pepper
- ❖ 1 tbsp. snipped chives

Preheat the oven to 425 degrees F.

Place the garlic in a small (6") skillet or saucepan. Add ¼ c. of the extra-virgin olive oil and a pinch of salt and pepper. Cook over low heat, at a bare simmer, for 25 minutes or until the garlic is soft and golden in color.

Mix the shallots, 1 tablespoon of the extra-virgin olive oil, and a pinch of salt and pepper in a small ovenproof dish. Place the shallots in the oven and roast for 25 minutes or until browned and soft.

After the garlic and shallots have both cooked, place the garlic and the remaining 1 tablespoon of extra-virgin olive oil from the garlic pan (save the remaining oil for another use) in another small saucepan. Add the roasted shallots and their oil, thyme, and broth. Bring to a low boil over medium heat and cook for about 5 minutes, until the stock is reduced to about 1 tablespoon. Add the balsamic vinegar and cook for 30 to 60 seconds. Remove the thyme sprig, and then season to taste with salt and pepper. Garnish with the chives.

Roasted Sweet Potatoes

- ❖ 4 large (about 2 ¼ lb.) sweet potatoes, peeled and each cut into 8 pieces
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ ¼ tsp. ground red pepper
- ❖ ¼ tsp. ground cinnamon
- ❖ 2 tbsp. snipped chives
- ❖ sea salt to taste (optional)

Preheat oven to 425 degrees F.

Place the potatoes on a large baking sheet. Drizzle with the extra-virgin olive oil, salt, black pepper, red pepper, and cinnamon. Toss to combine the ingredients.

Bake for about 40 minutes, until brown and soft, turning twice during cooking.

Sprinkle with the chives and sea salt, if desired.

Nutritional Analysis—Lamb:

Per Serving: Calories 446, Fat 31 g, Sat. 6.6 g, Cholesterol 70 mg, Fiber 0 g, Protein 24 g, Carbohydrates 18 g, Sodium 328 mg

Nutritional Analysis—Roasted Garlic and Shallots:

Per Serving: Calories 170, Fat 11 g, Sat. 1.6 g, Cholesterol 3 mg, Fiber 0 g, Protein 4 g, Carbohydrates 17 g, Sodium 18 mg

Nutritional Analysis—Sweet Potatoes:

Per Serving: Calories 217, Fat 11 g, Sat. 1.5 g, Cholesterol 0 mg, Fiber 5 g, Protein 3 g, Carbohydrates 36 g, Sodium 294 mg

UltraMind Shopping List: Week 1

Your first week of shopping is likely to be a little more expensive than the next few weeks of shopping. Getting your kitchen cabinets filled with foods and spices that will make your mind and body thrive is an investment. During the prep week, you threw away the foods that do not support healthy balance. Now it's time to replace those with foods that will support balance of your seven keys and help you create an UltraMind.

QUANTITY	TYPE OF FOOD	✓
PROTEIN		
1.5 pounds	Boneless, skinless chicken breast	
6–8 ounces	Fresh-roasted turkey breast (sliced)	
8 ounces	Wild salmon	
8 ounces	Fresh sole (cut into 4-ounce fillets)	
1 pound	Large (21 to 25 count) shrimp, peeled and deveined	
2 packs	Extra-firm tofu	
1 dozen	Large omega-3 eggs (use omega-3 eggs in all recipes that call for eggs)	
BEANS		
3 15-ounce cans	Chickpeas	
1 15-ounce can	Adzuki beans	
1 15-ounce can	Great Northern white beans	
1 cup	French lentils	
2 cups	Yellow split peas	
FRUIT AND VEGETABLES		
½ cup	Fresh or frozen non-citrus fruit (If you choose frozen, try Cascadian Farms; note you will need more fruit if you make more shakes.)	
2 large	Red Delicious or Gala apples	
1 medium	Pear	
2 medium	Peaches (you can use frozen if they aren't in season)	
½ cup	Dried wild blueberries	
½ cup	Dried organic cranberries	
½ cup	Organic golden raisins	
6	Lemons	
4 medium	Sweet potatoes	
3 medium	Red peppers	
1 medium	Green peppers	
1	Jalapeño pepper	

QUANTITY	TYPE OF FOOD	✓
1	Poblano pepper	
3 small	Red onion	
7 medium	Yellow or white onions	
1 bunch	Green onions/scallions	
8 bulbs	Garlic	
½ cup	Roasted garlic cloves (You can purchase it roasted or roast it yourself using the amount above.)	
2 large	Avocados	
1	Pickling cucumber	
1 bunch	Celery	
1 head	Cauliflower (You can also buy it pre-chopped and eat with your snacks.)	
½ pound	Asparagus	
2 medium	Broccoli (You can also buy it pre-chopped and eat with your snacks.)	
1	Eggplant	
2	Hothouse tomatoes	
1 pound	Grape or cherry tomatoes	
3	Carrots	
5	Radishes	
2 small	Zucchini	
2 heads	Baby bok choy	
½ cup	Snow peas	
1 cup	Bean sprouts	
12 cups	Baby mixed greens	
4 cups or 1 package	Baby spinach	
2 pounds	Spinach (This is different than baby spinach—you can buy additional baby spinach and use that, if you prefer.)	
1 head	Endive	
3 cups	Watercress bouquets	
WHOLE GRAINS		
1 cup	Amaranth	
2 ¾ cup	Quinoa	
1 medium bag	Brown rice	
1 box	Gluten-free crispy brown rice cereal	
2 cups	Wild rice	

QUANTITY	TYPE OF FOOD	✓
OILS AND SAUCES		
1 medium to large bottle	Extra-virgin olive oil (This will be enough for two or three weeks, at least.)	
1 small bottle	Flax and borage oil (Spectrum carries a nice combination flax/borage oil.)	
1 small bottle	Walnut oil (This has an excellent flavor and is well-suited for cooking at high temperatures.)	
1 small bottle	Balsamic vinegar	
HERBS AND SPICES³		
1 small bunch	Chives	
1 small bunch	Oregano	
1 small bunch	Flat-leaf parsley	
1 small bunch	Curly parsley	
1 small bunch	Tarragon	
1 small bunch	Basil	
1 small bunch	Bay leaves	
1 small head	Fennel	
1 small bunch	Rosemary	
1 small bunch	Cilantro	
1 small bunch	Thyme	
1 small piece	Ginger root	
1 jar	Ground cinnamon	
1 small jar	Ground allspice	
1 small jar	Ground nutmeg	
1 small jar	Paprika	
1 small container	Chili powder	
1 small jar	Ground cardamom	
1 small jar	Dry mustard	
1 small jar	Garam masala	
1 small jar	Ground turmeric	
1 small jar	Coriander	
1 small jar	Cumin	
1 small jar	Fenugreek	
1 jar	Curry powder	
1 jar	Sea salt	

³While dried and ground spices are fine in many cases, use fresh herbs and spices where possible. They contain many health benefits and much more flavor.

QUANTITY	TYPE OF FOOD	✓
1 small jar	Ground pepper (or peppercorns and grinder)	
1 small jar	Ground red pepper	
1 small jar	Red pepper flakes	
SPECIAL SUPPLEMENTS FOR FOOD		
1 container	UltraInflamX ⁴ rice protein powder	
1 bag	Ground flaxseeds (FiProFLAX is an excellent brand and can be found in most health-food stores)	
NUTS AND NUT BUTTERS		
1 ¼ cup	Raw almonds	
¼ cup	Pecan halves	
½ cup	Raw sliced almonds (I recommend you buy these in addition to the almonds mentioned above; it's easier than slicing them yourself.)	
2 cups	Raw walnuts	
2 tablespoons	Raw hazelnuts	
3 ¾ cup	Raw cashews	
2 cups	Brazil nuts	
2/3 cup	Pine nuts	
¼ cup	Sesame seeds (Buy in bulk, or you may find a small jar in the seasoning section of your grocery store.)	
1 ½ cup	Hulled raw pumpkin seeds	
1 ¾ cup	Hulled raw sunflower seeds	
1 jar	Cashew butter (to add to UltraShakes and for Brazil bars—can use other nut butters, if you prefer)	
OTHER PANTRY ITEMS		
1 package	Sprouted corn or brown rice tortillas	
1 small can	Chopped black olives (can also use uncanned)	
1 small can	Chopped green olives (can also use uncanned)	
½ cup	Kalamata olives	
½ cup	Green olives	
1 small container	Tahini	
1 box (minimum 6 ounces)	Low-sodium organic chicken stock	
1 box (minimum 4 ounces)	Organic vegetable broth	
2 containers	Soy milk	
1 14-ounce can	Light, unsweetened coconut milk	

⁴See Section 10 for additional ordering information. This is a hypoallergenic rice protein powder that is great for UltraShakes.

QUANTITY	TYPE OF FOOD	✓
1 small jar	Roasted red pepper—or can roast yourself	
1 small box	Brown rice crumbs	
1 small container	Honey	
1 small bottle	Pomegranate molasses	
115 ounce can	Artichoke hearts	
1 package	Gluten-free flax crackers	
1 bar	Dark chocolate (minimum 70 percent cocoa)	
1 ½ cup	Cocoa nibs	

UltraMind Shopping List: Week 2

Before you start your shopping for Week 2, check the supplies you have. Cooking is not an exact science, and the amounts sold in grocery stores aren't always exactly the same. There may be items on the list below that you don't need (e.g., if you have leftover herbs from the week before). Simply cross those items off the list—no need to buy extra food you won't eat.

QUANTITY	TYPE OF FOOD	✓
PROTEIN		
1 pound	Lump crabmeat	
1 ¾ pounds	Boneless, skinless chicken breast	
3 pounds	Bone-in chicken breast (skin removed)	
1 pound	Ground turkey breast	
4 6-ounce	Tilapia fillets	
4 6-ounce	Wild salmon fillets	
2 1-1 ¼ pound	Racks of lamb, trimmed and frenched	
1 package	Silken tofu	
18-24	Omega-3 eggs (The amount will depend on how many you ate last week and how many you want to keep on hand.)	
BEANS		
3 15-ounce cans	Great Northern white beans	
1 15-ounce can	Black beans	
3 15-ounce cans	Black-eyed peas	
1 15-ounce can	Chickpeas	
1 cup	Lentils	
FRUITS AND VEGETABLES		
½ cup	Noncitrus fruit, fresh or frozen (you may need more if you drink more shakes; if you bought a bag of frozen fruit last week, you should have enough for this week)	
3 large	Red Delicious or Gala apples	
1	Mango	
2 medium	Peaches (use frozen if they aren't in season)	
1 small	Banana	
2 cups	Fresh strawberries (Use frozen if they aren't in season; be sure to get unsweetened strawberries with juice.)	
5	Lemons	
2 large	Navel oranges	

QUANTITY	TYPE OF FOOD	✓
3	Limes	
2 ounces	Snow peas	
9 cups	Spinach (can use baby spinach, if you wish)	
2 medium heads	Broccoli (should give you leftovers for snacks)	
1 package	Frozen, organic corn	
½ pound	Cherry or grape tomatoes	
4	Carrots	
1 medium	Butternut squash	
4 large	Sweet potatoes	
½ pound	Cremini mushrooms	
2 pounds	Broccoli rabe	
1 ¾ pounds	Belgian endive	
1 pound	Whole thin green beans	
2 cups	Watercress	
1 bunch	Celery	
7 medium	Red peppers	
1	Jalapeño	
3	Poblano peppers	
2	Avocados	
4 medium	Russet potatoes	
7 bulbs	Garlic	
4 small	Red onions	
1 large	Red onion	
4	White or yellow onions	
2 small	Bunches green onions/scallions	
4	Shallots	
WHOLE GRAINS		
1 cup	Amaranth	
1 cup	Quinoa	
OILS AND SAUCES		
1 small bottle	Grapeseed oil	
1 small bottle	Light sesame oil	
1 small bottle	Dark sesame oil	
1 bottle	Reduced-sodium, wheat-free tamari	
1 small bottle	Worcestershire sauce	
1 small jar	Organic soy mayonnaise	

QUANTITY	TYPE OF FOOD	✓
1 small jar	Rice vinegar	
1 small jar	Dijon mustard	
HERBS AND SPICES⁵		
1 small bunch	Cilantro	
1 small bunch	Sage	
1 small bunch	Basil	
1 small bunch	Fresh dill	
1 small	Ginger root	
1 small head	Fennel	
1 small bunch	Fresh mint	
1 small bunch	Fresh parsley	
1 small bunch	Oregano	
1 small bunch	Rosemary	
1 container	Thai Kitchen red chili paste	
1 small jar	Cayenne	
SPECIAL SUPPLEMENTS FOR FOOD		
1 package	Ground flaxseeds (FiProFLAX is an excellent brand and can be found in most health-food stores. See Section 10 for more information.)	
NUTS		
1 ¼ cup	Raw walnuts	
2 tablespoons	Hazelnuts	
½ cup	Raw cashews	
2 tablespoons	Pine nuts	
OTHER PANTRY ITEMS		
1 small package	Almond flour	
1 small package	Soy flour	
1 container	Baking powder	
1 small container	Vanilla extract	
1 container	Unsweetened soy milk	
1 16-ounce can	Whole or chopped plum tomatoes	
1 28-ounce can	Whole tomatoes	
1 box (minimum 8 ounces)	Organic vegetable broth	
1 box	Low-sodium, organic chicken broth	

⁵While dried and ground spices are fine in many cases, use fresh herbs and spices where possible. They contain many health benefits and much more flavor.

QUANTITY	TYPE OF FOOD	✓
1 small container	Tahini	
¼ cup	Kalamata olives	
1 small jar	Pomegranate juice	
1 small jar	100 percent apple juice	
1 small jar	Agave nectar	
1 small can	Arrowroot	

SECTION 6:

TRACK YOUR PROGRESS

Getting a quantitative sense for how much improvement you make over the course of the program gives you a clear measure for the changes that are happening in your brain (not to mention your body). This may help motivate you to continue on your journey to an UltraMind and UltraWellness, give you a feeling of happiness and peace as you realize the changes you feel inside are real, or it may simply satisfy your curiosity. Whatever the case, many people find tracking their progress an interesting and fulfilling process.

What follows are specific questionnaires that assess mood, cognitive function, and attention. They can help you assess the changes in your mood, memory, attention, and brain function.

Mental and Cognitive Health Tracker

Go through this “Mental and Cognitive Health Tracker.” If you identify with any of the problems mentioned in the quizzes below or struggle with similar or related problems, The UltraMind Solution can help you achieve optimal health.

The quizzes in the book (those reprinted in Section 1 of this guide) are based on the seven keys to an UltraMind. They help you identify the CAUSES for your brain or cognitive problems. Addressing the underlying causes will help you achieve an UltraMind.

However, just as it is helpful to track the changes in your seven key biological systems (the seven keys to UltraWellness or an UltraMind) at the root of all health and disease (as well as brain function), it is also helpful to track your PROBLEMS so you can see how your body fixes your broken brain. That’s why I have created this “Mental and Cognitive Health Tracker.”

It will help you (and your health care practitioner) track your progress according to traditional ways of thinking about mental illness and cognitive and neurological function—creating a common language you can both use to communicate about how you feel.

The “Mental and Cognitive Health Tracker” consists of nine separate quizzes that will give you a clear record of your progress on the path to an UltraMind. I recommend that you take these quizzes twice—once before you start the program and once after you finish the six-week UltraMind Solution. Doing so will give you an excellent sense of how The UltraMind Solution has helped you achieve optimum health.

Start by carefully going through and answering the questions in each of the nine quizzes below. At the end, add up all your subtotals to get an overall sense of your brain function. The first time you take the quiz, base your answers on your mental and cognitive health profiles for the past 30 days.

After you have completed The UltraMind Solution, take the quiz again. This time, rate your symptoms based on how you feel that day. If you scored 0 on any of the nine quizzes the first time you took them, then just skip those. Some quizzes may not apply to you at all. In that case, you can simply ignore them when you do your final assessment on this tracker.

Please note that this questionnaire is not a replacement for regular checkups or diagnoses by health care or psychological health professionals.

NAME: _____

DATE: _____

Rating Scale

0 = Never or almost never have the symptom

1 = Occasionally have it, effect is not severe

2 = Occasionally have it, effect is severe

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

ANXIETY AND STRESS	BEFORE	AFTER	DIFFERENCE
Pounding or racing heart			
Sweating			
Trembling or shaking			
Shortness of breath			
Fear			
Chest pain or discomfort			
Nausea			
Dizziness or feeling unsteady			
Fear of losing control/going crazy (panic attacks)			
Numbness or tingling in body			
Chills or hot flashes			
Fear of dying			
Persistent worry			
Irritability			
Difficulty sleeping			
Choking sensation			
Inability to relax			
Feel you are "unreal"			
Avoid situations because of anxiety			
Feel lightheaded or faint			
ANXIETY AND STRESS SUBTOTAL			

POOR MOOD	BEFORE	AFTER	DIFFERENCE
Do things slowly			
Future seems hopeless			
Have difficulty concentrating			
Critical of yourself			
Find no pleasure in life			
Have difficulty making decisions			
Lose interest in parts of life that used to feel important			
Sad or unhappy			
Agitated			
Fatigued			
Require great effort to accomplish simple tasks			
Feel guilty			
Feel lifeless			
Experience sleep disturbances (either too little or too much)			
Spend time thinking about killing yourself			
Feel trapped			
Feel depressed even when good things happen			
Loss or gain of weight with no change in diet			
MOOD SUBTOTAL			

MOOD SWINGS	BEFORE	AFTER	DIFFERENCE
Talkative or speak faster than usual			
More active or do more things than usual			
Feel very speeded up or irritable			
Feel both high (elated) and low (depressed) at the same time			
More interested in sex than usual			
Self-confidence ranges from great self-doubt to overconfident			
GREAT variations in the quantity or quality of work			
Feel VERY angry for no apparent reason			
Periods of mental dullness followed by periods of great creativity			
Vacillate between wanting to be around people and wanting to be isolated			
Periods of great optimism followed by periods of great pessimism			
Episodes of tearfulness followed by episodes of laughter			
MOOD SWINGS SUBTOTAL			

TROUBLE FOCUSING OR HYPERACTIVITY	BEFORE	AFTER	DIFFERENCE
Difficulty wrapping up projects (especially after challenging parts are complete)			
Difficulty organizing yourself			
Have problems remembering appointments or obligations			
Avoid starting tasks that require thought			
Fidget or squirm with hands and feet when seated for a long period of time			
Feel overly active as though you are compelled to do things or driven by a motor			
TROUBLE FOCUSING OR HYPERACTIVITY SUBTOTAL			

MEMORY AND BRAIN FITNESS	BEFORE	AFTER	DIFFERENCE
Difficulty remembering names or faces			
Misplace keys, wallet, etc., or forget where they are			
Feel disoriented, as though you aren't sure where you are			
Stories or events from your past are now hard to recall			
Have to write things down to remember them			
Have to ask people to repeat what they just said, though you heard them			
Difficulty following plots in books or movies			
Difficulty doing math in your head			
Don't feel like your brain is functioning at its peak			
Feel like you are in a fog			
MEMORY AND BRAIN FITNESS SUBTOTAL			

SELF-ESTEEM	BEFORE	AFTER	DIFFERENCE
Don't feel proud			
Feel like a failure			
Wonder what other people see that is good in you			
Worry you can't accomplish your tasks at work, school, etc.			
Experience excessive shame			
Experience inappropriate guilt (you feel bad for things that aren't your fault or you can't change)			
SELF-ESTEEM SUBTOTAL			

ANGER OR IRRITABILITY	BEFORE	AFTER	DIFFERENCE
Muscle tension			
Clenching (teeth, hands, etc.)			
Frustration			
Irritable			
Temperamental (temper flares, sometimes without reason)			
Feel like the world is against you or out to get you			
Feel your way is the “right” way			
Yell at home or in the office			
Stuff your anger down			
ANGER OR IRRITABILITY SUBTOTAL			

ENERGY LEVEL	BEFORE	AFTER	DIFFERENCE
Exhausted or fatigued			
Difficulty getting out of bed			
Difficulty falling or staying asleep at night			
Sleep is not restful			
Hard time staying awake or focused during the day			
Dull feeling			
Poor tolerance for exercise			
Difficulty getting motivated to exercise			
ENERGY LEVEL SUBTOTAL			

PROBLEMS WITH COMMUNICATION, SOCIAL INTERACTIONS, AND REPETITIVE BEHAVIORS	BEFORE	AFTER	DIFFERENCE
Prefer to do things on my own			
Prefer to do things the same way all the time			
Get so absorbed in one task that all others seem to disappear			
Notice small sounds that others do not			
Notice car license plates or other similar strings of information			
People tell me I am impolite even when I feel polite			
Fascinated by dates			
Have difficulty keeping track of several conversations in a group			
Social situations are difficult			
Tend to notice details that others do not			
Prefer to go to a library than a party			
Drawn more to things than people			
Have strong interests and get upset if I can't pursue them			
Find social chitchat difficult			
Not easy for others to get a word in edgewise when I talk			
Fascinated by numbers			
Difficult to work out characters' intentions when reading			
Don't particularly enjoy reading fiction			
Hard to make new friends			
Notice patterns in things			
Become upset if my daily routine is disturbed			
Have difficulty keeping a conversation going			
Have difficulty reading between the lines when someone is talking to me			
Good at remembering phone numbers			
Notice small changes in a situation or a person's appearance			

PROBLEMS WITH COMMUNICATION, SOCIAL INTERACTIONS, AND REPETITIVE BEHAVIORS	BEFORE	AFTER	DIFFERENCE
Have difficulty knowing if someone is getting bored when I talk			
Have difficulty doing more than one thing at once			
Do not enjoy doing things spontaneously			
Have difficulty understanding jokes			
Have difficulty knowing what people feel by looking at their faces			
Have difficulty refocusing attention after an interruption			
People tell me I go on and on about the same thing			
Enjoy collecting information about categories of things			
Have difficulty imagining what it is like to be someone else			
Like to carefully plan my activities			
Have difficulty working out people's intentions			
New situations make me anxious			
Do not enjoy meeting new people			
PROBLEMS WITH COMMUNICATION, SOCIAL INTERACTIONS, AND REPETITIVE BEHAVIORS SUBTOTAL			

OVERALL BRAIN FUNCTION TOTAL	BEFORE	AFTER	DIFFERENCE

Tracking Changes in Your Body

Many of you will not only experience changes in brain function, but weight loss and other physical changes, as well. Some of you may be interested in keeping track of these changes along with the changes in your brain function.

Below you will find a chart that will help you track changes in your weight, BMI, waist, hips, and waist-to-hip ratio. It isn't critical that you fill out these worksheets; however, for those interested, I felt that they would make a nice inclusion.

(Note: Your BMI and waist-to-hip ratio are also necessary for you to accurately answer questions in some of the quizzes. The tracking tools for those measurements have been included for that reason as well.)

Waist, Hips, and Waist-to-Hip Ratio

1. **Measure Your Waist**—Take your waist measurement by wrapping a tape measure across your back and around your belly button.
2. **Measure Your Hips**—Measure your hips at their widest point. This should be right below the bones of your pelvis and around your butt.
3. **Calculate Your Waist-to-Hip Ratio**—To obtain your waist-to-hip ratio, divide your waist measurement by your hip measurement.
4. **Interpret Your Results**—If your waist-to-hip ratio is over 0.8 for a woman or 0.9 for a man, you have too much belly fat. This is a sign of insulin resistance and blood sugar imbalance, both of which can lead to a broken brain.

Body Mass Index or BMI

To find your BMI, you can do either of these two things:

1. **Use the following formula:**

$$\text{BMI} = [\text{Weight in pounds} / (\text{Height in inches}) \times (\text{Height in inches})] \times 703$$

For example, if I am 5'8" (68 inches) and 165 pounds, my BMI would be calculated as follows:

$$\text{My BMI} = [165 / (68 \times 68)] \times 703 = 25$$

2. **Identify where you land on this chart:**

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	WEIGHT (LB.)													
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	265	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	279	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	287	328

To do this, simply scan down the column on the left to find your height. Then trace over to the column that is closest to your weight. The number at the top of this column is your BMI.

Again, let's use the example above to illustrate. I go down the column to 5'8". Then I scan over to find the closest approximation to my weight. There is no listing for 165 pounds, but there is one for 164 pounds (this is close enough). If you look at the top of that column, you will see the number 25. This is the same BMI measurement we identified using the formula.

If you don't find your weight listed in the chart above, find the closest approximation. This will give you a close enough estimate for your BMI.

BMI is a useful method for indirectly determining how much body fat you have. It helps you determine your weight category by comparing your height and weight against other people of different heights and weights.

Once you have identified your BMI, you can use the chart below to determine your weight category:

- ❖ Less than 18—Underweight
- ❖ 18–24—Normal weight
- ❖ 25–29—Overweight
- ❖ Above 30—Obese

Keep in mind that this is only one method for determining your weight category. It is not always definitive in and of itself. This is because it is based on what is considered a “normal” body type by most health professionals. Of course, what “normal” is varies a great deal from person to person. So don’t automatically assume you are obese if you score above 30.

Having said that, BMI is still an important factor to keep in mind and one I use in my own practice as I assess patients.

Here is the chart you can use to keep track of all your vital measurements.

MEASUREMENTS	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	TOTAL
Weight (in pounds)							
Waist (in inches)							
Hip (in inches)							
Waist-to-Hip Ratio							
BMI							

SECTION 7:

FOOD REINTRODUCTION JOURNAL

As you complete the six-week UltraMind Solution, you may want to reintegrate gluten and dairy into your diet to verify whether they were causing a breakdown in brain function for you.

Remember, many people are sensitive to these substances, and, in many cases, they can lead to brain allergies. These may show up as any number of symptoms, ranging from a little brain fog to more serious conditions like severe anxiety or depression.

In addition to problems with brain function, reintroducing gluten and dairy can trigger any of the following symptoms:

- ❖ Nasal congestion
- ❖ Chest congestion
- ❖ Headaches
- ❖ Brain fog
- ❖ Difficulty remembering things
- ❖ Mood problems (depression, anxiety, or anger)
- ❖ Sleep problems
- ❖ Joint aches
- ❖ Muscle aches
- ❖ Pain
- ❖ Fatigue
- ❖ Changes in your skin (such as acne)
- ❖ Changes in digestion or bowel function

To determine whether gluten and dairy are a problem for you, use the instructions in Chapter 20 of The UltraMind Solution and track your symptoms in the Food Log below.

SECTION 8:

OPTIMIZE YOUR EXERCISE PROGRAM

Exercise is a critical component of The UltraMind Solution. It is the best antidepressant and anti-anxiety medication available, it reduces inflammation, improves mood, balances neurotransmitter function, and increases neuroplasticity and neurogenesis, just to mention a few of the positive effects it has on your brain.

If exercise could be put in a pill, it would be the biggest blockbuster medication of all time. Unfortunately, today, nearly half of Americans live a sedentary lifestyle and 88 percent don't get enough exercise. No wonder we have an epidemic of broken brains!

On the six-week plan, I only ask you to commit to 30 minutes of vigorous walking every day. However, more is better, and for those of you who want a more comprehensive exercise regimen (which I strongly encourage), here are some guidelines.

Aerobic Conditioning: The Basics

- ❖ Do 30 minutes of aerobic conditioning exercise at least 5 days a week
- ❖ Aerobic conditioning is anything that gets your heart rate up consistently between 70–85 percent of your maximal heart rate. To calculate your target heart rate, subtract your age from 220, and then multiply the resulting amount by .70 to .85. For example, if you are 45-years old, subtract 45 from 220, which is 175, and then multiply that by .70 and .85. In this case, your target heart rate would range from 122 to 148.
- ❖ Use a heart rate monitor; it can help you maintain your pace. I recommend Polar heart rate monitors—you can find out more at www.polarusa.com.
- ❖ Add interval training 3 days a week, if possible (see below). If you are over 30 years old, you should have a complete physical exam before starting an interval-training program.

Interval Training: What It Is and How to Do It

Interval training is short bursts of high-intensity exercise followed by a longer period of lighter exercise (what we called wind sprints in high school, or what the Swedes call *fartlek* or “speed play”). While interval training was designed for maximizing professional athletes' performance, the average person can greatly benefit from it as well.

I recommend it. It is a powerful (and time-saving) way to get and stay in shape, both mentally and physically.

Benefits of Interval Training

1. Improves overall fitness level or the ability to utilize oxygen. The more oxygen we use, the more calories we burn.
2. Increases *postexercise* fat burning and calorie expenditure, even at rest or sleep.
3. You can exercise for less time and achieve greater fitness, weight loss, and brain health benefits.
4. You can naturally increase growth hormone levels, BDNF (the super fertilizer for your brain), and improve insulin function, which promotes fat burning and muscle and brain building.

How to Do Interval Training

What follows is a step-by-step overview of how interval training works. There is a version for people who are just beginning to exercise as well as one for those who are a little more advanced and have been working out regularly already.

If you don't fit either of these categories (i.e., if you can't walk for 30 minutes at 3.5 mph), then you should build up your aerobic exercise program before you start incorporating interval training. Start by walking vigorously for 30 minutes every day, as prescribed in *The UltraMind Solution*.

Beginners (someone who could walk for 30 minutes at 3.5 mph)

- ❖ **Step 1.** Warm up: 5 minutes of walking at 3.5 mph.
- ❖ **Step 2.** Speed up and walk at 4.0 mph for 60 seconds.
- ❖ **Step 3.** Slow down and stroll at 3.0 mph for 90 seconds.
- ❖ **Step 4.** Repeat the previous 2 steps 5 more times.
- ❖ **Step 5.** Finish with 5 minutes of walking at a comfortable pace to cool down.

Advanced Interval Program

- ❖ **Step 1.** Warm up: 5 minutes of jogging or cycling at the lowest possible percentage of your all-out effort.
- ❖ **Step 2.** Run or cycle for 60 seconds at about 85 to 90 percent of your all-out effort. Your leg muscles should fatigue within about 1 minute. (Basically, the speed you'd run or cycle at to save your life equals 100 percent of your all-out effort. From there, adjust how fast and hard you work so your output reflects the recommended percentage.)
- ❖ **Step 3.** Slow down to 60 percent of your all-out effort for 90 seconds. (Make sure you slow down to this very light pace.)
- ❖ **Step 4.** Repeat the previous 2 steps 5 more times.
- ❖ **Step 5.** Finish with five minutes at 60 percent of your all-out effort to cool down.

I've come across a powerful interval-training program that many of my readers have used with incredible success. [Click here](#) to find out more about it or go to www.ultramind.com/pace.

Building Up Your Brain and Your Muscles: Strength Training

It's also good to do something to stop the inevitable loss of muscle that happens with aging. One exercise I have my patients perform in the office is to stand up out of a chair without leaning forward or using their arms. It is incredible how many people (even younger people) have lost so much muscle that their thighs can't even lift their body weight off the chair without some help. Try it yourself now.

Strength training helps to increase muscle size and strength and increases the number of mitochondria in your body (they are found in the highest concentration in muscle cells and the brain), which are essential for energy production and optimal brain function. It can also boost your metabolic rate so you burn more calories at rest or sleeping.

Find something you like, maybe vary it, but try something. Using your own body weight by doing an activity such as yoga (now practiced by 17 million Americans), stair climbing, push-ups, or squats can be great. Finding a gym and using weights is another way to build muscle. If you have never lifted weights, be sure to get some help from the fitness trainer in the gym to use proper technique and form and avoid injury.

Ideally, you want to build up to two sets of eight to ten repetitions of an exercise using a weight that leads to muscle fatigue for each major muscle group. A 20-minute routine two to three times a week can cover all the bases. Who doesn't have 40 to 60 minutes a week to invest in his or her health and boosting brain power?

Stay Flexible

A stiff body usually reflects a stiff brain. And keeping flexible with stretching or yoga prevents injury and general pain from any other type of activity. With some types of yoga, you can even achieve aerobic exercise, strength training, and stretching all in one workout.

To stay flexible, here is what I suggest:

- ❖ Try to stretch for at least 5 minutes before and after every time you exercise.
- ❖ Do 30–60 minutes of whole body stretching twice a week.

Exercise will help you stay mentally and physically fit by exerting yourself daily. But, as I discussed throughout *The UltraMind Solution*, all things in the body and mind require balance. Relaxation is as important as exercise. And it is a skill you need to learn as well.

SECTION 9:

RELAX MORE DEEPLY

Do you know where your pause button is? Do you know how to push it? If not, your brain could be in big trouble.

We live in a stressed-out world. Everything in our environment, from perpetual pressure at work to feeling overwhelmed with the kids, to our SAD diet and environmental toxins, stress out our bodies and minds. The way we live causes us to have a hard time focusing, remembering, and just feeling happy and alive. But so few make the connection between the stress in their lives and the stress in their bodies and brains...

Aside from eating breakfast regularly and eating more fruits and vegetables, the one characteristic present in all the healthy aged is resiliency—the ability to recover from or adjust easily to misfortune or change.

How do we develop this sense of resilience? One way is to learn how to get and remain relaxed, even during stressful situations.

However, doing this takes practice. You have to relax actively—consciously engage in the process of softening and calming your mind and body.

You can also simply reduce the amount of stressors in your life. Many of us haven't even identified what causes us to feel overwhelmed all the time. Even fewer have taken a good, hard look at stressors that they could eliminate from their lives.

Because eliminating stressors and learning how to actively relax (or push that pause button) are so essential in the creation of an UltraMind, this section of the guide is dedicated to providing you with additional tools to help you relax and be free from stress.

Identify and Eliminate Stressors

Looking closely at the habits of our life—both what we do and how we think—is not something most of us do on a regular basis. We often don't connect the choices we make in our diets; in our relationships; in our work; or in the use of brain-altering substances like sugar, caffeine, and alcohol with how we feel everyday.

Eating junk food, drinking six cups of coffee a day, having those two cocktails at night to calm down, watching four hours of television a day, doing work we hate, or being stuck in relationships that don't give us peace or joy—we tend to accept these without giving too much thought to how they drive our moods and brain function. However, these things and many more are stressing out our bodies and minds.

Realistically, no one can eliminate all the causes of stress in his or her life. But all of us can take an inventory—a close examination of our daily habits—and consider which things we can let go of that are triggering stress and what things we can add to help us heal and thrive.

Now make an agreement with yourself to eliminate at least one thing this week that robs you of energy and causes you to stress out. Add one thing to your life that gives you energy. Do this once a week during the six-week program, and your life will transform.

Activating the Relaxation Response

Even if you can't eliminate all the stressors in your life, there are ways that you can encourage your body and brain to relax intentionally when faced with stressful situations. Engaging in activities that turn on what Herbert Benson, MD, of the Harvard Mind-Body Institute, calls the relaxation response can be a great antidote to chronic psychosocial or physical stress.

There are many ways you can activate the relaxation response. I gave you many ideas (including soft-belly breathing, which is an essential part of the UltraMind Solution) in the book. However, there are many other ways to practice pushing your pause button. Choose techniques you enjoy that fit into your life and conform to your personal needs and beliefs.

Here are some more ways you can begin to relax:

- ❖ Mindfulness meditation
- ❖ Autogenic training
- ❖ Progressive muscular relaxation
- ❖ Regular exercise, including jogging and swimming
- ❖ Lamaze breathing exercises
- ❖ Yoga
- ❖ Tai qi
- ❖ Qigong
- ❖ Guided imagery
- ❖ Biofeedback
- ❖ Cognitive behavioral therapy
- ❖ Personal coaching
- ❖ Prayer
- ❖ Laughter therapy
- ❖ Massage
- ❖ Acupuncture
- ❖ Shamanic healing
- ❖ Energy medicine
- ❖ Adequate sleep
- ❖ Community connection (join a group)
- ❖ Take an UltraBath (20 minutes of soaking in a hot bath with 2 cups of Epsom salt and 10 drops of lavender essential oil)
- ❖ Eat stress-free foods (whole, real, organic, fresh, plant-based, low-glycemic, high-phytonutrient, omega-3-fat-containing foods)
- ❖ Take stress-reducing nutrients (folic acid, magnesium, vitamin D, vitamin C, omega-3 fatty acids)
- ❖ Take stress-reducing herbs (rhodiola, ashwagandha, Siberian ginseng, ginseng, schizandra, licorice)

In addition to the ideas above, I would like to offer you three step-by-step exercises that will help you deepen your experience of relaxation.

Active Relaxation Tip #1: Soft-Belly Breathing

The soft-belly breathing you learned in *The UltraMind Solution* is a core component of the program. Not only does it stimulate your vagus nerve, it also helps you retrain your breathing so you can maintain (or get back to) a relaxed state more easily.

Because it is so critical, I want to reiterate my instructions on how to do it here and give you some tips on how you can enhance its effect even more.

To start with, let's review the basic formula for the technique I outlined in my book:

1. Put your hand on your belly and allow your abdomen to relax.
2. Close your eyes or soften your focus, looking at the floor a few feet in front of you.
3. Inhale through your nose and exhale through your mouth.
4. Breathe deeply into your abdomen and feel it expand as you count to 5.
5. Pause for a count of 1.
6. Exhale slowly to a count of 5, allowing your body to relax and release tension.
7. Repeat for 5 breaths or until you feel relaxed.

You do this five times a day, every day you are on The UltraMind Solution—upon waking, before every meal, and before you go to bed. I call this my 5x5x5 breathing program because you take five breaths to the count of five, five times a day.

To enhance the effects of soft-belly breathing and activate your relaxation response even more, you can include any of the following techniques:

- ❖ **Start by getting into a comfortable position.** If you're at home, sit in your favorite chair or lie down somewhere comfortable. If you're at the office, sit comfortably on your chair with your feet on the floor, your back straight, and your hands on your lap. You may want to unbutton the top button on your pants or loosen your shirt a little. Do whatever you need to make yourself comfortable.
- ❖ **Bring your attention to your breathing slowly.** Instead of rushing into the technique, take a few moments to slow down and notice how you are breathing and feeling. Are you breathing in through your nose or in through your mouth? Are you taking shallow breaths or full, deep breaths? Where can you feel your breath in your body? Is it in your chest or in your belly?
- ❖ **Use the word “relax” or another calming mantra.** When you exhale, either think or say the word “relax” to your self. Inhale. Then exhale. *RELAX*. Inhale. Exhale. *RELAX*. You can also use a different calming mantra, if you wish. Some examples include “peace” or “joy,” and you can even use calming scenes that make you feel relaxed or at peace, like “ocean” or “forest.” Whatever you choose, consciously telling yourself to relax and find peace as you breathe is a powerful addition.
- ❖ **Give yourself the time and space to enjoy this process.** If you feel rushed to relax, if it becomes a project you have to complete, it will not be effective. Take the time to enjoy breathing and relaxing. You can even continue this process for 5–10 minutes, if you like. Simply focus on breathing into your abdomen and telling yourself to relax. As you do so, feel what happens to your body. Let any places where you feel tension unwind. Let your body feel like a loose rope. Physically relax. Give yourself this gift. You deserve it.

Active Relaxation Tip #2: Special Place Imagery

Visualization is another very powerful relaxation tool. Taking time during the week to do a guided visualization in which you visit a special, serene place in your mind's eye gives you the opportunity to unwind and enjoy the power of your imagination for a moment.

There are many CDs on the market that will walk you through a guided visualization. I have included some recommendations in the Resources section. But to introduce you to the technique, I want to share a visualization I created. I hope you enjoy it.

Guided Visualization Dialogue

Take a moment to sit back and relax. Gently close your eyes and breathe deeply into your abdomen. Feel yourself in your body, right now, in this moment. As you breathe, allow your body to completely relax. Stress is flowing out of you with each breath. Your body is becoming limp and comfortable. Let the tension in your brow go. Let the tension in your lips go. Let the tension in your eyes go. Just relax in the comfortable darkness that surrounds you.

PAUSE

Once you feel completely relaxed and centered, start to bring yourself to one of your favorite peaceful places. This could be a place you have been before, like a silent redwood grove with cool shade and towering ancient trees that protect you in their mammoth embrace, or a white-sand beach where the ocean waves gently lap the shore and the smell of the sea air makes you feel at home.

Or it could be a place built in your imagination: a lovely slowly swaying bridge that you stand on, watching the babbling brook flow away beneath it, or an ancient oak in autumn, something out of old legend, where golden leaves fall around you as you sit under the shade and watch the golden-orange sun pass over the horizon into twilight.

Wherever this special, peaceful place is for you, take some time to imagine it as completely as you can all around you.

PAUSE

Once you have your special place in mind, bring yourself into the picture. Imagine that you are in this beautiful place. Put yourself there. Talk a walk and look at the lovely, peaceful, relaxing surroundings. Before you were looking at this peaceful scene like a painting, from a distance. Now you are in the scene. You are living it. Be there now.

PAUSE

What do you see around you? There is no need to verbally answer this question. Just look around and see what you see. What in this scene is most relaxing to you? Take a walk through this special place and see all that you see.

PAUSE

What do you smell in the air? Can you smell the trees and the soil of the forest floor beneath you? Do you smell the salty air of the oceanside? Bring scent into your visualization. Smell the air where you are.

PAUSE

Reach out and touch something that is attractive and peaceful to you. How does it feel? Is it soft to your touch? You are living in the scene. You can feel the ground beneath you and the air on your skin. How does it feel?

PAUSE

Now take a moment to listen. What sounds do you hear in this beautiful new surrounding? Can you hear birds chirping in the woods? Do you hear the ocean waves in their perpetual booming rhythm? Perhaps there is music from an ancient flute in the background. Or maybe you hear the voice of an old friend that soothes and calms you. Whatever you hear, take a moment now to enjoy listening to it.

PAUSE

You can stay in this scene as long as you want to, enjoying this moment of relaxation you have taken for yourself. Feel free to walk around in this special place as long as you want. It is yours. You can change the scene as you wish.

Remember that this special place is always here for you. You can come back to it whenever you wish. You need not be afraid to lose it. It is always with you. And the relaxation that you feel right now, at this moment in your body, is yours to call on anytime you wish.

When you are ready, slowly let the scene before you dissolve back into your mind. Allow yourself to slowly come back to the comfortable darkness that was there before you imagined your special place. When you are ready, you can slowly open your eyes and come back to this moment, this time, this reality.

Before you get up, take a moment to note how relaxed you feel right now. Then, slowly, move on with your daily life.

Active Relaxation Tip #3: Enjoy Saunas or Steam Baths

Saunas or steam baths have proven very effective in reducing the stress response and creating balance in the autonomic nervous system. They improve circulation, help with weight loss, balance blood sugar, and improve detoxification—each of which improves your brain function.

Saunas have also been shown to reduce complications and improve cardiac performance in heart disease patients. When the autonomic nervous system is in chronic stress mode, the heartbeat becomes less variable. Normally, there is a subtle variability between beats. If there is more variability in the beat-to-beat rhythm, your heart and nervous system are healthier. The least healthy heart rhythm has the least variability—a flat line.

As you may remember from *The UltraMind Solution*, the health and resilience of your brain function are directly related to the complexity and variability of your heart rate. What is good for your heart is good for your brain. And since saunas and steam baths increase the variability and health of your nervous system, that means they are a great way to improve brain function.

To take a sauna or steam bath, use the following guidelines:

- ❖ Find a local sauna to use.
- ❖ Start slowly, with 5 to 10 minutes per session.
- ❖ Build up to 30 minutes with cool-down periods in between.
- ❖ Keep well hydrated during the sessions—bring a glass bottle of water into the sauna or steam room with you.

- ❖ Be sure to take a good multimineral while doing the sauna treatments (if you are not doing so already) to replace the minerals lost through sweating.
- ❖ Wash thoroughly with soap after the steam or sauna to remove the toxins from your skin
- ❖ Consider purchasing an infrared sauna (www.sunlightsaunas.com) for home use.

Other Tools You Can Use to Help You Relax

In addition to the techniques above, there are a number of technological devices now available that can help you train yourself to relax. These include biofeedback systems that help you control bodily processes that are normally involuntary, as well as heart rate variability monitors that help you track and improve your heart rate variability.

In the Resources section of this guide, I give a complete list of these tools. Use them in addition to the techniques above to relax even more deeply.

It's easy to convince yourself that you don't have time to relax. This is a major mistake. If you don't relax, your body and mind will suffer. Consider this: We only live this life once. If you don't enjoy your life now, when will you enjoy it? All of us make time for our jobs, our families, and all our other responsibilities. Why not take some time for yourself? Relax. It will help your mind and your body fix themselves.

SECTION 10:

SUPPLEMENTS: WHAT, WHEN, AND HOW MUCH TO TAKE

Some doctors will tell you that supplements just make expensive urine. Nothing could be further from the truth. Vitamins and minerals are the *cofactors* or coenzymes that make virtually every biochemical process in your body function.

Today, more than 92 percent of Americans are deficient in at least one vitamin or mineral. That doesn't mean they receive less than the amount needed for optimal health; it means they receive less than they need to avoid deficiency diseases like rickets or scurvy.

I have watched so many of my patients help their bodies fix themselves by taking a few supplements.

That's why I recommend the use of supplements for everyone.

However, I am also aware that taking so many different supplements to promote the balance of so many different parts of your biochemistry can quickly become confusing. That's why I created the two supplement charts below.

SUPPLEMENT CHART #1: The first chart includes all the basic supplements you need for lifelong health. Every single one of you should take these basic supplements every day for the rest of your life.

SUPPLEMENT CHART #2: In the second chart, you will find supplements divided by the key they are used to optimize. You can use these supplements to support balance in your key systems.

The supplements in the second chart are THE MOST IMPORTANT supplements you need to take to balance each key. For some keys you may not need to take ALL of the supplements outlined in *The UltraMind Solution* to optimize function. In cases where supplements are only necessary under special conditions, I have placed them in the "Additional Supplements" chart at the end of this section.

After taking your quizzes, if you qualify for Self Care or Medical Care in any of the keys, I recommend focusing on the core supplements outlined in Supplement Chart #2 for the 6-week program.

If you don't experience the level of support you expect during the program; if you know you need certain types of additional support; or if you are simply interested in trying some of the Additional Supplements, you may add these to your program as well and take them as indicated.

Please use the instructions in Part IV of *The UltraMind Solution* to integrate all of the supplements you take.

All of the charts are organized as follows:

- ❖ **Type**—In the "Type" column on the left, you will find the type of supplement I recommend you take (multivitamin/mineral, calcium/magnesium, etc.)
- ❖ **Brand**—In the "Brand Name" column, you will find the specific brand of supplement I suggest. These are the SAME supplements I give my patients. The brands I recommend are from companies that have risen above the pack and are at the top of their field in terms of the manufacturing practices they use.

- ❖ **Product Name**—The next column is the “Product Name,” which simply tells you exactly what each company calls its specific product.
- ❖ **Amount**—Finally, in the column on the right, you will find “Amount,” or the number of capsules you should take of each supplement. This will cover all your needs and you won’t have to worry about the exact number of milligrams you are taking.

If you want to use these charts as checklists, you can. I have included a box on the far right for you to check off the supplements as you take them. If you choose to use them this way, you will need to make copies of these checklists for every day you are on the program. Then simply check off your supplements as you go to keep track of each supplement you are taking, along with the amount and when you should take them.

Special Notes for Taking Supplements

When taking all these supplements, there are a few **important** things to keep in mind:

1. The amounts outlined are the **MAXIMUM** total daily amount I recommend taking without a doctor’s supervision (with the exception of vitamin D). For example, if you are getting B12 from several sources (your multivitamin and a separate B12 tablet), the total you should take every day from all sources is 1,000 mcg—no more. This is true of **EACH** of the amount recommendations below, so please be careful about how much you take.
2. Generally, take all your vitamins with food—optimally with the meal or just before (unless otherwise indicated). People who take them after a meal may find that the vitamins just sit on top of their food and upset their stomachs. If you still have an upset stomach when taking your supplements, find a doctor who can help to correct any digestive problems, which are often the source of intolerance.
3. Take fish oil just before meals to prevent any fish taste from coming up. Or keep the bottle of fish oil capsules in the freezer so that the capsule will have time to reach your intestine before it dissolves.

These supplements are critical if you want to obtain optimal brain health and move toward an Ultra-Mind. Follow my recommendations, and then watch your mind transform.

How to Order the SAME Supplements I Give My Patients

In the charts that follow, I have given specific product recommendations for all your supplement needs. What you will find here are some of the best supplements currently available for supporting your biochemistry and supporting balance in the key systems in your body.

These are the EXACT same supplements I recommend to patients who come to see me. They are supplements produced according to very strict manufacturing practices and are made by some of the best companies in the industry.

IMPORTANT: These supplements are NOT available in stores, but through a special relationship, I've been able to make them available to you by going to:

<http://store.ultramind.com/guide>

I **STRONGLY** encourage you to follow these guidelines. Your body and your brain will thank you for it. Log on now to order the nutritional support you need to balance the seven keys to UltraWellness.

Supplement Chart #1: The UltraMind Solution Essentials Kit

<http://store.ultramind.com/guide>

These are the best supplements you can take as a basic support package for your body and brain.

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Multivitamin/ mineral	ProThera	MultiThera 1 Capsule Formula	Take 3 capsules twice a day, once with breakfast and once with dinner.	
Calcium/ magnesium	ProThera	OsteoThera Capsule Formula	Take 2 capsules twice a day, once with breakfast and once with dinner.	
Vitamin D3	Pure Encapsulations	Vitamin D3 1000 IU	Take 2 capsules once a day with breakfast.	
Methylation (B complex vitamins)	Designs for Health	Homocysteine Supreme	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Omega-3 fats	Metagenics	EPA-DHA Extra Strength Enteric Coated	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Probiotics	Metagenics	UltraFlora Plus DF Capsules	Take 1 capsule twice a day, once with breakfast and once with dinner.	

The UltraMind Solution Essentials Kit—for Kids

<http://store.ultramind.com/guide>

Children have special nutritional support needs. In *The UltraMind Solution*, I did not have the space to expand on specific supplements for children. I know that many of you will be inspired to use the program to optimize your child's brain function. This list will help you achieve that goal. It is my basic supplement support package for children.

Remember, children are even more sensitive to environmental toxins, nutritional deficiencies, and other effects of an unhealthy lifestyle. Their little bodies need optimal support so they can grow up healthy. Give your child these supplements every day to provide the nutritional support they need. Be sure to review these recommendations with your pediatrician as doses vary depending on age. Younger children need less, older children more.

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Multivitamin/mineral	Klaire/ProThera	VitaSpectrum	Give your child 1 teaspoon a day	
Omega-3 fats	Nordic Naturals	Arctic-D Cod Liver Oil – Lemon	Give your child 1 teaspoon in the morning with breakfast.	
Vitamin D3	Pure Encapsulations	Vitamin D3 Liquid	Give your child 1 drop in the morning with breakfast.	

Supplement Chart #2: Optimizing the Seven Keys

<http://store.ultramind.com/guide>

The following are all the supplements you NEED to support balance in the seven key systems in your body. They have been divided by key for your convenience. If your quizzes specify “Self Care” or “Medical Care,” add the following supplements to your six-week program as outlined in *The UltraMind Solution*.

IMPORTANT NOTE: In the lists that follow, I have included a few additional supplements not outlined in the book. I wanted to share all my favorite supplement recommendations with you and provide you the same options I give my patients.

In cases where additional supplements have been added that do not appear in the book, simply follow the amount recommendations in the right-hand column.

Key #1: Optimize Nutrition

<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION PHOSPHOLIPID SUPPORT KIT				
PS (phosphatidylserine), 120 mg	Designs for Health	Brain Vitale Capsules ¹	Take 2 capsules twice a day, once with breakfast and once with dinner, for two months. After 2 months, take 1 capsule twice a day, once with breakfast and once with dinner.	
PC (phosphatidylcholine), 200 mg	Designs for Health	See “Brain Vitale Capsules” above	See “Brain Vitale” above	
THE ULTRAMIND SOLUTION SEROTONIN SUPPORT KIT				
5-HTP (5-hydroxytryptophan), 50 mg	Designs for Health	5-HTP Synergy	Take 1 capsule twice a day, once mid afternoon and once before bed. Add an additional capsule mid afternoon and at bedtime until you get to 150 mg or 3 capsules total.	
Melatonin ²	ProThera	Melatonin-SR 2mg	Take 1 capsule before bed.	

¹Brain Vitale is an excellent combination supplement that will enhance your brain health and your fatty acid intake. It contains PC, PS, and a few other helpful nutrients and herbs. To enhance your fatty acid support, simply take Brain Vitale as recommended here. The amounts do not match what is outlined in *The UltraMind Solution* precisely, but it is safe to take.

²You can take melatonin in addition to 5-HTP or tryptophan.

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION GABA SUPPORT KIT				
GABA, 500 mg	Allergy Research Group	Zen 200mg ³	Take 1 capsule twice a day, once mid afternoon and once before bed.	
Theanine	Included in “200mg of Zen” above	Included in “Zen 200mg” above	Included in “200mg of Zen” above	
THE ULTRAMIND SOLUTION DOPAMINE SUPPORT KIT				
l-Tyrosine, 700 mg ⁴	Pure Encapsulations	l-Tyrosine	Take 1 capsule 3 times a day, once upon waking, once midmorning, and once mid afternoon. After 3 days, increase to 2 capsules 3 times a day, once upon waking, once midmorning, and once mid afternoon.	
dl-Phenylalanine, 500mg	Pure Encapsulations	dl-Phenylalanine	After 1 week of taking L-tyrosine, start taking DL-phenylalanine. Begin by taking 1 capsule 3 times a day, once upon waking, once midmorning, and once mid afternoon. After 3 days, increase to 2 capsules 3 times a day, once upon waking, once midmorning, and once mid afternoon.	
THE ULTRAMIND SOLUTION ACETYLCHOLINE SUPPORT KIT				
PC (phosphatidylcholine), 200 mg ⁵	Designs for Health	Brain Vitale Capsules	Take 2 capsules 3 times a day, once with breakfast, once with lunch, and once with dinner, for 2 months. After 2 months, take 1 capsule 3 times a day, once with breakfast, once with lunch, and once with dinner for two months.	

³Despite its somewhat confusing name, this a quality combination supplement that contains 500 mg of GABA and 200 mg of theanine

⁴Note that the amount here differs slightly from what is in The UltraMind Solution. That is because not all supplements are made to the same amount recommendations by all manufacturers. It is safe to take this amount of L-tyrosine. Start with 700mg and after three days increase to 1400mg.

⁵Acetylcholine is made from choline, so as long as you are getting enough PC support, you should be balanced. If you are already taking PC for fatty acid support, you do not need to add more. Simply continue your fatty acid support regimen.

Key #2: Balance Your Hormones<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION INSULIN SUPPORT KIT				
Chromium, 300 mcg ⁶	Metagenics	MetaGlycemX	Take 2 capsules twice a day, once with breakfast and once with dinner.	
Glucomannan fiber (PGX)	Natural Factors	WellBetX PGX	Take 4 capsules 3 times a day, once with breakfast, once with lunch, and once with dinner. These should be taken with an 8-ounce glass of water 5 minutes before you eat.	
THE ULTRAMIND SOLUTION MENSTRUAL CYCLE SUPPORT KIT				
Evening primrose oil, 1,300 mg ⁷	ProThera	Evening Primrose Oil	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Chasteberry, 100 mg 10:1 extract	Metagenics	Chasteberry Plus	Take 1 capsule twice a day, once with breakfast and once with dinner.	
DIM, 100mg	Pure Encapsulations	DIM-PRO 100	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Combo magnesium, vitamin B6, and herbs for the menstrual cycle	Metagenics	Fem Premenstrual	Take 3 capsules twice a day, once with breakfast and once with dinner. Do this for 10 days prior to the beginning of your menstrual cycle.	
THE ULTRAMIND SOLUTION MENOPAUSAL SUPPORT KIT				
Combination herbal supplement for menopause	Metagenics	Fem EstroPlex	Take 2 capsules with breakfast and 1 capsule with dinner.	
Black cohosh, 20 mg (combined with other herbs and vitamins)	Metagenics	Black Cohosh Plus	Take 1 capsule twice a day, once with breakfast and once with dinner.	

⁶Note that one capsule of this combination supplement provides slightly less than the amount I outline as optimal in *The UltraMind Solution*. That is why I suggest taking two capsules of this particular supplement. That will give you 600 mcg of chromium, which is safe to take. The other herbs and vitamins provide additional support.

⁷The amount here is slightly more than I recommend in *The UltraMind Solution*. That is because not all supplements are made to the same amount recommendations by all manufacturers. It is safe to take 1,300 mg of evening primrose oil.

Key #3: Support Your Immune System<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION IMMUNE SYSTEM SUPPORT KIT				
Turmeric, 375 mg ⁸	ProThera	InflaThera	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Quercetin, 500 mg	ProThera	Quercetin-Bromelain Forté	Take 2 capsules three times a day, once with breakfast, once with lunch, and once with dinner.	
Resveratrol, 200 mg	Pure Encapsulations	Resveratrol 200mg	Take 2 capsules twice a day, once with breakfast and once with dinner.	

Key #4: Optimize Your Digestion<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION DIGESTIVE SUPPORT KIT				
Digestive enzymes (proteases, amylases, lipases, and DPP IV)	Klaire	Vital-zymes Complete	Take 2 capsules 3 times a day, once with breakfast, once with lunch, and once with dinner. This should be done for at least 6 months.	
Saccharomyces boulardii, 275mg	Metagenics	ProBoulardi	Take 1 capsule twice a day, once upon waking and once before bed.	
Glutamine, 2,500mg	Pure Encapsulations	l-Glutamine Powder	Take 1 scoop twice a day, once with breakfast and once with dinner.	

⁸Note that this is a combination product that contains turmeric as well as a few other herbs. Though it doesn't fit the exact recommendation I give in The UltraMind Solution, it is an excellent herbal combination and I recommend it.

Key #5: Enhance Detoxification<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION DETOXIFICATION SUPPORT KIT				
N-acetylcysteine, 600 mg ⁹	Pure Encapsulations	NAC 600mg	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Buffered ascorbic acid (vitamin C), 1000 mg	Pure Encapsulations	Buffered Ascorbic Acid Capsules – 90 Count	Take 1 capsule twice a day, once with breakfast, and once with dinner. Note that this is to be taken in addition to what is in your multivitamin.	
Milk thistle, 140 mg	MMS Pro	Thisilyn Pro	Take 1 capsule twice a day, once with breakfast and once with dinner.	

Key #6: Boost Energy Metabolism<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION ENERGY METABOLISM SUPPORT KIT				
Coenzyme Q10, 100 mg	Integrative Therapeutics	CoQ10 100mg	Take 1 capsule a day upon waking.	
D-Ribose power, 5 g	Bioenergy Life Science	Corvalen D-Ribose	Take 1 teaspoon a day upon waking.	
Mitochondria support combination	Researched Nutritionals	NT Factor Energy	Take 2 capsules 3times a day, once with breakfast, once with lunch, and once with dinner for the first 6weeks. After 6weeks, take 2 capsules with breakfast only.	

⁹The amount here is slightly more than I recommend in The UltraMind Solution. That is because not all supplements are made to the same amount recommendations by all manufacturers. It is safe to take 600 mg NAC.

Key #7: Calm Your Mind<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
THE ULTRAMIND SOLUTION CALM YOUR MIND SUPPORT KIT				
Rhodiola root extract, 100 mg	Researched Nutritionals	Energy Multi-plex ¹⁰	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Siberian ginseng, 250 mg	See “Energy Multiplex” above.	See “Energy Multiplex” above.	See “Energy Multiplex.”	

¹⁰Energy Multiplex is a combination herbal product that contains Siberian ginseng, rhodiola, and a number of other herbs that may help you reduce your stress response. If you take it, you need not take any of the others in this list, as it includes them.

Additional Supplements to Consider

In addition to the supplements above, you may consider adding the following to your daily regimen. While they are not part of the core packages above, each of the following may provide you with an extra benefit in helping you create and maintain balance in different key systems, and a couple of them have the added benefit of providing you with delicious and healthy snack or breakfast options!

Additional Supplements for Key #1: Optimize Nutrition

<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Additional magnesium	Pure Encapsulations	Magnesium (Citrate) 150mg	Take 1–2 capsules before bed as needed for constipation and/or problems with sleep.	

Additional Supplements for Key #3: Support Your Immune System

<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Immune system supporting herb combination	New Chapter	Zyflamend	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Overall memory booster that supports your immune system. Includes ACL, turmeric, herbs, ginkgo, and more	Pure Encapsulations	Memory Pro	Take 2 capsules twice a day, once with breakfast and once with dinner.	

Additional Supplements for Key #4: Optimize Your Digestion<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Betaine hydrochloric acid ¹¹	Pure Encapsulations	Betaine HCL Pepsin	Start with 1 capsule before each meal. Increase the dose by 1 capsule per meal until you have a warm feeling in your stomach. Then drop back down to the dose just before the warm feeling occurred. 1 to 2 capsules will usually be enough for most people.	

Additional Supplements for Key #6: Boost Energy Metabolism<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Acetyl-L-carnitine, 500 mg	Pure Encapsulations	Acetyl-L-Carnitine 500mg	Take 1 capsule twice a day, once with breakfast and once with dinner.	
Alpha lipoic acid, 100 mg	Pure Encapsulations	R-lipoic acid 100mg	Take 1 capsule twice a day, once with breakfast and once with dinner.	
NADH, 10 mg	Prof Birkmayer Health Pro	Co-E1 NADH 10mg (sublingual)	Take 1 tablet under the tongue upon waking.	

Additional Supplements for Key #7: Calm Your Mind<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Asian ginseng root, 200 mg (combination herbal with ginseng, rhodiola, and cordyceps)	Metagenics	Adreset	Take 1 capsule twice a day, once with breakfast and once with dinner.	

¹¹It is safest to use betaine hydrochloric acid under the supervision of a health practitioner. People with inadequate stomach acid can normally take the supplements for up to six months.

UltraMind Shakes and Snacks<http://store.ultramind.com/guide>

TYPE	BRAND NAME	PRODUCT NAME	AMOUNT	✓
Detox rice protein shakes (can be used in UltraShakes)	Metagenics	UltraClear PLUS	Take 2 scoops with breakfast as a shake.	
Immune system and gastrointestinal supporting rice protein shake (can be used in UltraShakes)	Metagenics	UltraInflamX ¹²	Take 2 scoops with breakfast as a shake.	
Ground flax seeds for UltraShake	Health from Sun	FiproFLAX	Take 2 tbsp. in your UltraShake.	
Rice almond protein bar (a great snack!)	Metagenics	UltraClear PLUS Bars ¹³	Eat 1 bar twice a day as a snack.	

Reminder on Ordering Supplements

REMEMBER that you can order ALL these supplements by going to <http://store.ultramind.com/guide>.

Log on now and purchase the nutritional support you need to support your body and brain.

¹²You can use UltraInflamX or UltraClear Plus in the UltraShake recipe found in Section 5. They come in a variety of different flavors and serve as detoxifying, breakfasts or snacks. For UltraClear PLUS my favorite flavor is the “original.” For UltraInflamX I like “tropical mango.”

¹³You can eat these as a snack any time over the course of the program.

SECTION 11:

TESTING GUIDE: INFORMATION YOU AND YOUR DOCTOR NEED

Eighty percent of people will thrive by following the six-week UltraMind Solution and adding the additional steps outlined in Part IV of the book to optimize key systems in their bodies. However, the other 20 percent of you may need further care.

If you don't experience the level of optimization you expect following The UltraMind Solution and the Self Care plan in Part IV of the book, then you may need some laboratory tests and medical treatment. I outlined the primary tests I recommend and some of the treatments you might pursue with your doctor in the book.

Here I would like to give you a more comprehensive list of tests and treatment options that are available to you when you work with a doctor. Understanding what to ask for will help you advocate for yourself in your doctor's office and the broader medical setting.

To do the tests recommended here and get the care you need, you will most likely have to find an experienced practitioner of Functional Medicine or Integrative Medicine. Most conventional doctors simply will not give you these tests. I offer some recommendations on places to find practitioners of Functional and Integrative Medicine in the Resources section.

You can also visit our team at **The UltraWellness Center** in Lenox, MA (www.ultrawellnesscenter.com). Please see our website for more information (www.ultrawellnesscenter.com) or call us at (413) 637-9991. Physician visits must be done in person. Nutrition consultations can be done by phone. We also offer two discounted special, month-long healing programs: **Achieving UltraWellness** and **Achieving an UltraMind**. These can be done in person or through phone consultations.

Most tests I recommend in my practice are available through conventional large commercial labs such as Quest Diagnostics or LabCorp. Others are small specialty labs that specialize in metabolic, immune, nutritional, or functional testing. After each test discussed below, I have given recommendations on which lab to use to obtain the test.

There is still great controversy in conventional medicine circles about the utility of these laboratory tests, but I have used these successfully for more than 20 years in treating patients.

I have used these tests on thousands of patients to help me navigate this new medical territory with great success. Rather than provide on or off type of diagnoses—you have this or you don't—they provide a picture of where you are on the continuum from optimal health to full-blown disease.

Rather, many of these tests identify disturbances in function, not pathology. In other words, you might not have anemia from lack of folate, but you might have any number of important pathways that are jammed because you don't have enough folate for you.

The tests I recommend often can help me identify patterns and guide me in choosing the best therapies to help my patients achieve optimal health. I think they can help you and your doctor the same way.

While testing isn't always necessary, it can be **very** helpful in homing in on specific imbalances in your biochemistry that are creating problems for you.

If you are still severely out of balance in certain keys or don't have the health-optimizing experience you expect using The UltraMind Solution, share the information below with your doctor and see if together you can work through the problems in your body that are plaguing your mind.

Key #1: Optimize Nutrition

Methylation Testing (B6, B12, and Folate Insufficiencies)

Complete Blood Count

Quest Diagnostics or LabCorp

Large red blood cells or anemia might provide a clue. Check the MCV or mean corpuscular volume (the size of the red blood cells). If the MCV is greater than 95, you might have a methylation problem.

Homocysteine

Quest Diagnostics or LabCorp

This is one of the most important tests you can ask for. The ideal level is between 6 and 8 umol/l (micromoles/liter).

Serum or Urinary Methylmalonic Acid

Quest Diagnostics or LabCorp

This is more specific for B12 insufficiency and may be elevated even with a normal serum B12 level (which is very poor at picking up anything other than severe B12 deficiency) or homocysteine.

Vitamin D Testing

Quest Diagnostics, LabCorp, or Genova Diagnostics

Get tested for 25 OH vitamin D. The current ranges for normal are 25–137 nmol/L or 10–55 ng/ml. These are fine if you don't want to get rickets, but not for optimal health. The range should be 100–160 nmol/L or 40–65 ng/ml. In the future, we may even raise this "optimal" level further. In fact, I like my patients to be between 60–80 ng/ml.

Monitor your vitamin D status until you are in the optimal range. If you are taking high doses (10,000 units a day), your doctor must check your calcium, phosphorous, and parathyroid hormone levels every three months.

Magnesium Testing

Quest Diagnostics, LabCorp, or Genova Diagnostics

Serum magnesium is most often used, but rarely helpful. Levels of less than 2.0 can be significant.

Red blood cell magnesium is more accurate, but if you have symptoms of magnesium deficiency, the best way to know if it will help is to try taking magnesium and see how you feel.

Zinc Testing

Quest Diagnostics, LabCorp, or Genova Diagnostics

The zinc taste test using liquid zinc sulfate can be very accurate in picking up subtle zinc deficiency. (See Resources section for how to get this.)

To take the test, simply swish about 2 tablespoons of liquid zinc sulfate in your mouth for a minute or two. It should taste horrible. If you immediately taste something bad, metallic, or bitter, then you are okay. If you taste nothing or have a delayed taste, then you are likely zinc deficient. You can swallow it or spit it out when you are done.

WBC or RBC or plasma zinc levels can also be useful.

Alkaline phosphatase is a common blood test looking for liver or bone disease. It is an enzyme that depends on zinc; if it is low, it indicates zinc deficiency. Most doctors only pay attention to high numbers, but if it is low (less than 70 U/L), you likely need more zinc.

Selenium Testing

Quest Diagnostics or LabCorp

Serum selenium level should be 60 to 160 micrograms/liter. Deficiency is associated with lower cognitive function and many other illnesses.

Essential Fatty Acid Testing

Metametrix or Genova Diagnostics

It may be useful to test red blood cell fatty acid levels to look for the proper balance of fats, especially low levels of omega-3 fats and high levels of omega-6 fats. This test can identify essential fatty acid deficiencies as well as excesses of inflammatory fats and trans fats.

Urinary Amino Acids and Plasma Amino Acids

Metametrix or Genova Diagnostics

Amino acids can be measured in the blood or urine and can be a helpful guide in nutritional supplementation and supporting amino acid metabolism.

Red Blood Cell Minerals

Metametrix or Genova Diagnostics

Mineral status is a critical part of nutritional health. This can identify deficiencies or imbalances in many minerals.

OAT (Organic Acid Test): Urine Organic Acids

Metametrix or Genova Diagnostics

Organic acids are byproducts of metabolism. They are helpful as a general nutritional and metabolic screening test. They help identify vitamin B deficiencies as well as problems with fat, carbohydrate, and energy metabolism; oxidative stress; the gut; detoxification; and even neurotransmitter function.

Key #2: Balance Your Hormones***Testing for Insulin Resistance*****Lipid Profile (Total Cholesterol, LDL, HDL, Triglycerides)**

Quest Diagnostics, LabCorp, or Genova Diagnostics

Ideal total cholesterol is < 180 mg/dl, LDL < 70, HDL > 60, triglycerides < 100

Lipid Particle Size Via Nuclear Magnetic Resonance (NMR)

Liposcience

Large particles of LDL and HDL are protective, while small particles are harmful

Fasting and 1- and 2-hour Insulin and Glucose Levels after a 75-gram Glucose Load

Quest Diagnostics, LabCorp, or Genova Diagnostics

- ❖ Fasting insulin should be less than 5 and fasting glucose less than 90 mg/dl; 1 and 2 hour insulin should never be over 30, and 1 and 2 hour glucose never over 110

Additional Testing Useful to Get a Full Picture of Insulin Resistance

Quest Diagnostics or LabCorp

- ❖ Fibrinogen (normal is less than 300)
- ❖ Uric acid (ideal is 3–5)
- ❖ High-sensitivity C-reactive protein (ideal is less than 0.7)
- ❖ Ferritin (ideal is < 150)
- ❖ Liver function tests, including GGT (any elevation is a possible indication of a fatty liver)

Basic Testing for Thyroid Dysfunction

Quest Diagnostics, LabCorp, or Genova Diagnostics

There is no one perfect way, no one symptom or test result, that will properly diagnose low thyroid function or hypothyroidism. The key is to look at your symptoms and your blood tests, and then decide.

Doctors typically diagnose thyroid problems by testing your TSH levels and sometimes your free T4 level. But some doctors and clinicians have brought the normal levels of those tests into question.

The diagnosis of “subclinical” hypothyroidism depends on having a thyroid stimulating hormone (TSH) level over 5 and lower than 10. But new guidelines from the American College of Endocrinologists suggest that anything over 3 is abnormal. This number is an improvement but still may miss many people who have normal tests and a malfunctioning thyroid system.

To get a complete picture, I recommend looking at a wider range of function:

- ❖ TSH (ideal is between 1 and 2).
- ❖ Testing for free T4 (ideal level is 1 to 1.4 ng/dl) AND free T3 (ideal level is 300–400 pg/dL), which are the inactive and the active hormones.
- ❖ Thyroid antibodies (TPO) or autoimmune thyroid antibodies. Most doctors don’t check this UNLESS the TSH is high. This is a big mistake. Many people have autoimmunity against their thyroid, which makes it function poorly but still have a “normal” TSH. That’s why I think this should be part of routine screening
- ❖ Basal body temperature normal temperature is 98.6 degrees F. This is measured with a special basal body thermometer you can obtain at the pharmacy. Check your temperature before getting out of bed in the morning. If you are a menstruating woman, check it only between the first and third days of your menstrual cycle (the first day is the first day of bleeding).

Additional Testing If the Basic Testing Does Not Provide Clear Answers

- ❖ Reverse T3 (tests for inactive T3 that is made when you are toxic or sick)
- ❖ Thyroxine binding globulin
- ❖ TRH (thyroid releasing hormone) stimulation test for difficult-to-diagnose cases
- ❖ A 24-hour urine test for free T3 can be helpful in hard-to-diagnose situations

Testing for Sex Hormone Imbalances

Testing for sex hormone imbalances in women is tricky because levels change all throughout the menstrual cycle. Postmenopausal testing is easier.

The best time to test for hormones in premenopausal women is anywhere between days 18 to 23 of the menstrual cycle. For postmenopausal women, any time is fine. Hormone testing is essential to monitor the effects of bio-identical hormone replacement.

Women’s Hormone Testing (blood)

Quest Diagnostics, LabCorp, or Genova Diagnostics

1. FSH (follicle stimulating hormone)
2. LH (luteinizing hormone)
3. Estradiol
4. Progesterone
5. SHBG (sex hormone binding globulin)
6. Free testosterone
7. DHEA-S

Men's Hormone Testing

Quest Diagnostics, LabCorp, or Genova Diagnostics

1. Free testosterone
2. Total testosterone
3. DHEA-S

Note that saliva testing is an accurate, noninvasive way of measuring sex hormones levels and can be used to measure variations over time by measuring at different times of the menstrual cycle.

Key #3: Support Your Immune System

High-Sensitivity C-Reactive Protein (hs-CRP)

Quest Diagnostics, LabCorp, or Genova Diagnostics

This is the best test for inflammation. It measures the general level of inflammation, but does not tell you where it is from.

The most common reason for an elevated C-reactive protein is metabolic syndrome or insulin resistance. The second most common is some sort of reaction to food—either a sensitivity, a true allergy, or an autoimmune reaction as occurs with gluten. It can also indicate hidden infections.

There are a few special tests noted below to help identify food problems and gluten reactions. One caution about C-reactive protein: If it is high, you can be sure you are inflamed (and high is anything over 1.0), but if it is normal, you can't be 100 percent sure there isn't some smoldering inflammation somewhere. (If only medicine were an exact science!)

Gluten Allergy/Celiac Disease Testing

Quest Diagnostics, Immuno Laboratories, LabCorp, Prometheus Labs, or Genova Diagnostics

All these tests help identify various forms of allergies or sensitivities to gluten or wheat. The diagnosis can sometimes be difficult.

You may want to refer your doctor to an important review paper, “Narrative Review: Celiac Disease: Understanding a Complex Autoimmune Disorder,” by Armin Alaedini, PhD, and Peter H. R. Green, MD, from Cornell and Columbia Universities. It sheds light on how best to diagnosis this common condition that shows up in many ways, but is often overlooked.

Below are the most common blood tests used to identify this problem, which can cause a host of inflammatory diseases, from autoimmune diseases to obesity, dementia, and even cancer.

- ❖ IgA antigliadin antibodies
- ❖ IgG antigliadin antibodies
- ❖ IgA antiendomysial antibodies
- ❖ Tissue transglutaminase antibody (IgA; IgG in questionable cases)
- ❖ Stool antigliadin IgA and tTG
- ❖ HLA-DQ2 and HLA-DQ8 genotyping (gene testing for the celiac or gluten-sensitivity gene)

IgG Food Sensitivity (Special Antibodies Tests Against Food)

Immuno Laboratories or Genova Diagnostics

While still controversial, well-controlled studies have shown these tests to be helpful in identifying problem foods. Removing these foods helps inflammatory problems. I have found these tests to be imperfect though helpful guides in locating trouble foods.

ELISA/RAST IgE (Testing for Mold and Environmental Allergies)

Quest Diagnostics, LabCorp, Immuno Laboratories, or Genova Diagnostics

This is the classic allergy blood test done by allergists for acute allergies. However, chronic mold exposure and allergies, particularly from a sick building, is a growing problem that leads to inflammation and ill health. You can measure mold antibodies and mold toxin antibodies that tell you if you have been exposed and if your immune system is aggravated by the mold.

Hidden Infections

You can have a chronic, smoldering infection that leads to an activation of your immune system and promotes systemwide inflammation. If inflammation persists despite changing your diet and lifestyle, taking supplements, and addressing food allergies and insulin resistance, then you may have a hidden infection. There are many tests that identify hidden infections.

Here are the basic options for testing. Specific tests vary based on the bugs and where they are.

- ❖ Antibody Testing (Quest Diagnostics, LabCorp, Medical Diagnostics Laboratory (MDL), or Genova Diagnostics)
- ❖ PCR (Genetic Testing for Organisms) (Quest Diagnostics, LabCorp, or Medical Diagnostics Laboratory (MDL))
- ❖ Cultures of Stool or Urine (Quest Diagnostics, LabCorp, or Medical Diagnostics Laboratory (MDL))
- ❖ Metabolic Markers of Microbes that Can be Found in Urine (OAT test) (Metametrix or Genova Diagnostics)
- ❖ Metabolic Markers of Microbes that Can be Found in Breath (hydrogen breath testing) (Genova Diagnostics)

Here are the most common hidden infections:

- ❖ Viruses (herpes family, including EBV, CMV, HHV6, HSV I, and HSV II; measles; HIV; and Bornavirus)
- ❖ Bacteria—mostly *Helicobacter pylori* (found in the stomach) and abnormal overgrowth in the gut
- ❖ Yeast—often as overgrowth in the gut
- ❖ Parasites and worms—often in the gut
- ❖ Atypical infections (Lyme disease, tick-borne diseases, Lyme co-infections, *Mycoplasma*, *Chlamydia*, *Ureaplasma*) IgeneX is a lab specializing in tick borne infections

Key #4: Optimize Your Digestion

General Gut Health, Bacterial Balance, and Parasite Testing

Stool Analysis for Dysbiosis

Metametrix, Genova Diagnostics, or Doctor's Data

Many chemical markers in the stool can be analyzed to give a picture of the ecosystem. Markers for digestion, absorption, acid-alkaline balance, as well as cultures of the various bacteria, yeasts, or parasites can often pinpoint the sources of inflammation and be linked to many diseases. Some conventional labs do test for parasites but are often not experienced and miss many infections. Newer tests even assess the DNA through PCR testing of the entire gut ecosystem and can identify the balance of good and bad bugs in the gut.

Urine Organic Acid Test (OAT) for Bacterial and Yeast Metabolites

Metametrix or Genova Diagnostics

Organic acids are metabolites in the urine that can give clues to nutritional status, but the organic acid test is often used to look at unusual chemicals that come from the gut, such as bacteria, yeasts, or parasites. The test can be helpful in identifying problems and tracking treatment, but even a negative test doesn't rule out significant imbalances in the gut. We can now only measure some of the activity, not all of it yet.

Urinary Peptides

Genova Diagnostics

Checking for odd molecules that come from partially digested gluten and dairy can be helpful and a motivating factor for removing these brain-twisting foods from your diet, even if you are not allergic.

Conventional Tests for Causes of Acid Reflux

Quest Diagnostics, LabCorp, Prometheus, or Genova Diagnostics

To properly diagnose the causes of acid reflux, you may need to do the following:

1. Get an H. pylori blood antibody test or stool antigen test.
2. Get a hydrogen breath test to check for active H. pylori infection.

If you don't get better with the suggestions below, consider getting an upper endoscopy or upper GI series X-ray to see if there is anything else wrong.

Specialty Tests for Causes of Acid Reflux

To properly diagnose the causes of acid reflux, you may need to do the following:

1. Consider a test for IgG food allergies (Immuno Laboratories)
2. Consider a test for celiac disease (Quest Diagnostics or LabCorp).
3. Get a breath test to check for small bowel bacterial overgrowth (Genova Diagnostics).
4. Get a urine organic acid test to check for small bowel bacterial overgrowth or yeast overgrowth. (Metametrix or Genova Diagnostics)

Key #5: Enhance Detoxification

Genetic Testing for Detoxification Capacity or Weakness

Genova Diagnostics

Detoxification SNPs can be evaluated. SNPs (single nucleotide polymorphisms) are variations in your genetic code. Testing for detoxification SNPs can help identify specific areas of strength and weakness in your ability to detoxify certain substances.

Your detoxification system has two phases. The first phase gets toxins ready for processing by the second phase, which then packages up the toxins and ships them out to the urine or bile and stool.

There can be problems with each phase. Common problematic genes include those for phase 1 enzymes such as CYP 1A1, CYP 1B1, etc., and phase 2 enzymes such as COMT, NAT, GSTM1, GSTP1, etc. These can be helpful to understand people's weak areas in detoxification. Then dietary, lifestyle, and supplement support can be prescribed to match the individual and reduce his or her risk. New research shows that people with certain weak enzymes are more susceptible to the effects of toxins.

How Is Your Detox System Functioning? The Detoxification Challenge Test

This innovative test acts like a stress test for the liver. After taking a dose of caffeine, aspirin, and acetaminophen, saliva, urine, and blood samples are collected to measure how your liver processes these chemicals.

They go through specific phase 1 and phase 2 detoxification pathways. If there is a problem, it will likely be picked up, and then specific nutrients, foods, or herbs that promote the healthy functioning of those pathways can be prescribed. This needs to be done by a physician experienced in Integrative or Functional Medicine.

Measurement of Detoxification Enzymes and Molecules

There are several tests that can measure levels of detoxification enzymes and molecules in your body. These tests can explain several things about how your detoxification system is functioning.

Glutathione

Genova Diagnostics

As you know, glutathione is the main and final detoxifier and antioxidant in the body. It can be measured in the blood. Low levels are found in nearly all chronic illnesses and indicate a toxic overload and inability to protect yourself against oxidative stress.

Glutathione Peroxidase

Genova Diagnostics

This critical enzyme necessary for recycling our glutathione is dependent on selenium. This is why selenium has been shown to prevent cancer. It aids in our detoxification system. The activity of this enzyme can be measured in a blood test. Low levels of this is a very strong predictor of heart attacks.

SOD (Super Oxide Dismutase)

Genova Diagnostics

This is a critical enzyme necessary for neutralization of super oxide anion, a potent free radical. Low levels of this enzyme have been found in ALS and Down syndrome patients and account for an inability to protect us from toxins and oxidative stress. This enzyme requires zinc, copper, and manganese for proper functioning. Deficiencies in any of these nutrients can lead to problems with this critical enzyme. Low levels of this enzyme indicate problems with oxidative stress and increased toxic overload.

Urinary Organic Acids

Metametrix or Genova Diagnostics

Specific compounds can be measured, including sulfates, pyroglutamate, orotate, and others that can give clues to problems with detoxification pathways. This can be useful for anyone scoring high on the detoxification quiz.

Heavy-Metal Testing

Doctor's Data (DDI) or Genova Diagnostics

These tests can be critical in identifying heavy-metal poisoning. If you are concerned about heavy metals, you should find a doctor of Functional Medicine and have these tests performed. If you have many amalgam fillings, regularly consume seafood, get flu vaccines, or live in an area close to coal-burning industrial plants or medical incinerators, then you should be tested for mercury and other heavy metals.

Whole Blood or Red Blood Cell Heavy-Metal Levels: Lead, Mercury, Arsenic, Etc.

Doctors Data, Metametrix, or Genova Diagnostics

Even though this is the test used by conventional doctors to screen for metals, it is ONLY accurate in picking up very recent exposure (the last 120 days) because most of the toxic metals are cleared quickly from your bloodstream and are stored in your tissues and bones for decades.

Hair Analysis

Doctor's Data

This test can identify most heavy metals quite accurately. Hair samples have shown that Andrew Jackson had toxic levels of lead from buckshot and mercury from a 19th-century remedy called calomel, and that Napoleon had arsenic toxicity from chronically poisoned wine.

Note that mercury from dental fillings will NOT generally show up in hair analysis. It mostly picks up methylmercury, which comes from fish consumption.

Chelation Challenge

Doctor's Data or Genova Diagnostics

The chelation challenge test can often better identify the level of heavy metals than any other test. An FDA-approved chemical chelation agent called DMSA (challenge dose is 30mg/kg) can be used to mobilize the metals that are found in a 24-hour urine sample that is collected and sent to the lab. DMPS, sold over the counter in Germany and used widely in Europe and Russia, is another well-used chelating agent that can be used for testing or treatment. The challenge dose is 250 mg for children and 500 mg for adults. It is not FDA approved but is legally available from compounding pharmacies in the United States.

Urinary Porphyrins Testing

Metamatrix

These are by-products of damaged hemoglobin molecules. They can be helpful to identify if your body has had damage done by heavy-metal toxins, especially mercury. I use this to see how severely someone is affected by the mercury in his or her body and to help me know when someone has completed the detoxification process because the effects on porphyrins are gone.

Toxin Exposure

Metamatrix

Urinary D-glucarate can be used to assess exposure to industrial toxins or xenobiotics. This is available on organic acid testing.

Chemical Testing

I rarely perform chemical tests because I assume nearly everyone has some degree of chemical toxicity. Body burden studies have been done through the Environmental Working Group (www.ewg.org) and the Centers for Disease Control (www.cdc.gov/exposurereport) and have found hundreds of chemicals in everyone. For more serious or acute exposures, certain tests that identify the following chemicals can be helpful:

- ❖ **Chemical antibodies** to various toxins and metals can occasionally be useful.
- ❖ **Organophosphates** can be identified through a 24-hour urine collection.
- ❖ **Organochlorine** residues can be identified through a fat biopsy. This is used mostly for research purposes, but certain labs process clinical specimens.
- ❖ **Urinary trimellitic anhydrides** (TMA) can be used to assess exposure to volatile organic compounds (VOCs).

Key #6: Boost Energy Metabolism

As you know from *The UltraMind Solution*, oxidative stress is one of the primary factors that jeopardizes your body's ability to create energy. Unfortunately, there is no perfect clinical test for oxidative stress. Many of the tests available are used mostly for research, although they are becoming more available to the health care consumer.

They need to be interpreted by someone experienced in dealing with oxidative stress. With that caveat, here are some of the indicators of oxidative stress now in use and available (although perhaps only at specialty laboratories) for your doctor to order. The tests for mitochondrial function and oxidative stress are not generally performed by conventional doctors or by conventional labs.

These are the two main tests I use for assessing oxidative stress:

Damaged DNA By-products

Metametrix or Genova Diagnostics

- ❖ 8 OHDG or 8-hydroxy-2-deoxyguanosine found in the urine. This test is usually done by specialized labs. This indicates the presence of oxidized or damaged DNA and is closely connected to neurologic diseases.

Lipid peroxide Assays in Urine or Serum or TBARS

Metametrix or Genova Diagnostics

- ❖ Indicators of rancid or oxidized fat in the body, especially the fats from our cell membranes. This is an excellent indicator of oxidative stress.

Additional Helpful Tests (Advanced Specialty Testing for Oxidative Stress)

Genova Diagnostics

The tests for the following chemicals can also be helpful in some cases in assessing the level of oxidative stress and monitoring the response to treatment:

- ❖ Whole Blood or Intracellular Glutathione and Reduced Glutathione
- ❖ Antioxidant Enzyme Assays
 - Super oxide dismutase (SOD), glutathione peroxidase (GSHPx), and catalase
- ❖ Urinary Hydroxyl Markers
 - Including catechol and 2,3-dihydroxybenzoate measured after an aspirin and acetaminophen challenge
- ❖ Assessment of Iron Overload (Quest Diagnostics or LabCorp)
 - Hemochromatosis or iron storage disease is the most commonly inherited genetic disorder in the Northern Hemisphere. A blood test for transferrin saturation, ferritin, serum iron, and total iron binding capacity is the best test for this.
- ❖ Blood tests for the following antioxidants levels can be occasionally helpful, including
 - Vitamin A, vitamin E, coenzyme Q10, and beta-carotene (Metametrix or Genova Diagnostics)

Specialty Testing for Mitochondrial Function

While the tests above cover many general factors that affect your energy production, the following tests focus specifically on mitochondrial function and can be important in cases where this is a potential problem.

Urine Organic Acids Test (OAT)

Metametrix or Genova Diagnostics

The body produces many by-products of metabolism. We can measure these in the urine after the body excretes them. They can identify metabolic weak spots or deficiencies. They are a great way to look at the function of mitochondria. With them, we can see how fats and carbohydrates are processed through the mitochondria, and even how well the mitochondria make energy.

If there are steps in your energy production system that are not functioning properly, we can identify the step and the exact nutrient, cofactor, or amino acid necessary to correct the problem.

For example, if you have trouble getting fats into your cells for energy, we know you may need more carnitine, an amino acid that transports fats into the cells. Then we can prescribe that carnitine to help overcome the problem.

This is an overnight urine test.

Cardiometabolic Stress Testing: VO2max

This is a special cardiac stress test that measures how much oxygen you can consume or burn per minute. It is directly related to your mitochondrial function and your fitness level. The lower the level, the higher your risk of death.

This test is often only available from specialists in exercise physiology, although I think it is an excellent way to learn about the mitochondria and monitor fitness levels and improvement in function.

Key #7: Calm Your Mind

An Adrenal Stress Index

DiagnosTechs or Genova Diagnostics

This is a measure of four separate saliva tests for cortisol at four different times of the day. A number of labs perform this test, which helps you identify if your stress response is still functioning normally, if you are on overdrive, or if you are burned out. Each finding may require different treatment.

DHEA: Cortisol Ratio

DiagnosTechs or Genova Diagnostics

With stress or as you age, the stress-reducing hormone produced in your adrenal glands, DHEA, goes down, while cortisol goes up. A low DHEA-to-cortisol ratio is a good indicator that you are overstressed and need to rigorously apply my recommendations for finding the pause button, which will raise your DHEA and lower your cortisol.

IGF-1

Quest Diagnostics, LabCorp, or Genova Diagnostics

This is a measure of growth hormone, which goes down whenever stress or cortisol goes up. Growth hormone is important for building muscle and keeping you young.

AA-to-EPA Ratio

Metametrix or Genova Diagnostics

This is the ratio of inflammatory (AA) to anti-inflammatory fats (EPA). The more inflammatory fats and the less anti-inflammatory fats you have in your body, the harder it will be for your body to respond to stress and reduce an overactive stress response.

Heart Rate Variability

When you are stressed, your body and brain are less resilient, flexible, and complex. They get stuck in rigid patterns of function, behavior, and mood. One of the best ways to measure this is the “flexibility” of your heart rate.

A small device hooked up to a computer can record very minute changes in your heartbeat from second to second. The more complex and variable your heart rate, the healthier your autonomic nervous system, which controls both the stress response and the pause button.

Heart rate variability is something you can change almost instantly by changing your breathing or thinking. And it can even be measured at home using a simple software program and sensors for your fingers.

There are two products that I recommend that are wonderfully effective:

- ❖ Healing Rhythms by Wild Divine – www.ultramind.com/wilddivine
- ❖ emWave by HeartMath – www.ultramind.com/heartmath

Other Tests

These tests are used less often but are still sometimes helpful.

24-Hour Urinary Cortisol

Quest Diagnostics, LabCorp, or Genova Diagnostics

This is a measure of stress hormone in the urine. When this is very elevated, it is considered a disease (Cushing’s syndrome), but if it is mildly or moderately elevated, it is a great indicator of an overactive stress response. Testing this and finding high levels has been one of the best ways I have found to show people why they can’t lose weight and why they need to relax.

ACTH Stimulation Tests (Cortrosyn)

Quest Diagnostics or LabCorp

This is a test performed in a doctor’s office to measure how well your adrenal glands respond to a command hormone from the brain that normally stimulates the adrenal glands to produce cortisol. If the cortisol is low after this stimulation, then your adrenal glands are burned out and unable to respond to stress.

Vitamin D

Quest Diagnostics, LabCorp, or Genova Diagnostics

Vitamin D deficiency can promote an increased stress response in the body. See Key #1 for recommended testing to locate vitamin D deficiencies.

ULTRAMIND RESOURCES

As promised, here is a list of resources you can use to find high-quality food, get help relaxing, locate a practitioner of Functional Medicine in your area, and assist you in your pursuit of an UltraMind.

Tools for Healthy Living, Yoga, and Relaxation

There are many wonderful resources available to help you activate the relaxation response and reduce stress. Below is a selection of some of the best sources of CDs, lifestyle products (such as biofeedback tools), and saunas.

General

Best of Stress Management Kit

James Gordon, MD

www.cmbm.org/mind_body_medicine_RESEARCH/stress_management_cmbm.php

Health Journeys

www.healthjourneys.com

Resources for self-healing, including guided imagery tapes

Natural Journeys

www.naturaljourneys.com

Healthy lifestyle DVDs and videos on Pilates, yoga, tai chi, fitness, meditation, and self-healing

The Relaxation Company

www.therelaxationcompany.com

Music and relaxation CDs

Susan Piver: Products That Support an Awakened Life

www.susanpiver.com/home

Kripalu Center for Yoga and Health

www.kripalu.org

Many CDs and DVDs to support health and relaxation

Home Biofeedback Tools

Journey to Wild Divine

www.wilddivine.com

A biofeedback computer game that brings deep relaxation

Resperate

www.resperate.com

A small, personal biofeedback device to train yourself to relax

Stress Eraser

www.stresseraser.com

A home monitor of heart rate variability that can train you to activate the relaxation response

emWave

www.emwave.com

From the developers of HeartMath, a personal stress reliever that uses heart rate variability to balance your nervous system

Saunas for Detoxification

Sunlight Saunas

www.sunlightsaunas.com

My preferred source of far-infrared saunas

High Tech Health

www.hightechhealth.com

Another source of far-infrared saunas

Food Resources

Organic Essentials

You'll find a vast array of organic food; home-care, health-care, kitchenware, and pet-care products; and other valuable resources at these sites.

The Organic Food Pages

www.theorganicpages.com

Shop by Organic

www.shopbyorganic.com

Oranics

www.oranics.com

efoodpantry.com

www.efoodpantry.com

Organic Provisions

www.orgfood.com

Organic Planet

www.organic-planet.com

Sun Organic Farm

www.sunorganicfarm.com

Green for Good

www.greenforgood.com

Produce

Diamond Organics

www.diamondorganics.com

Mail order, high-quality organic produce and raw foods

Earthbound Farms

www.earthboundfarm.com

Fresh, packaged organic produce

Small Planet Foods

www.cfarm.com

Home site of Cascadian Farm and Muir Glen—organic frozen and canned vegetables and fruits

Maine Coast Sea Vegetables

www.seaveg.com

Variety of sea vegetables, including some organically certified types

Organic Frozen Foods

Cascadian Farm

www.cfarm.com

Great source of organic frozen fruit and vegetables for those in a hurry

Stahlbush Island Farms, Inc.

www.stahlbush.com

Organic Vegetable Broth

Pacific Foods

www.pacificfoods.com

Imagine Foods

www.imaginefoods.com

Meat, Poultry, Eggs, and Dairy

Eat Wild

www.eatwild.com

Information and ordering site for grass-fed meat and dairy products

Organic Valley

www.organicvalley.com

Organic meats, dairy, eggs, and produce from more than 600 member-owned organic farms

Peaceful Pastures

www.peacefulpastures.com

Grass-fed and grass-finished meat, poultry, and dairy products

Applegate Farms

www.applegatefarms.com

Packaged poultry, meat, and deli products

Pete and Gerry's Organic Eggs

www.peteandgerrys.com

Organic omega-3 eggs

Stonyfield Farm

www.stonyfield.com

Certified-organic dairy products and soy yogurt

Horizon Organic

www.horizonorganic.com

Variety of certified-organic dairy products, including cheeses

Fish**Vital Choice Seafood**

www.vitalchoice.com

Selection of fresh, frozen, and canned wild salmon

EcoFish, Inc.

www.ecofish.com

Environmentally responsible seafood products and information

Crown Prince Natural

www.crownprince.com

Wild-caught, sustainably harvested, specialty canned seafood

SeaBear

www.seabear.com

Wild salmon jerky for a convenient snack

Nuts, Seeds, and Oils**Barlean's Organic Oils**

www.barleans.com

Organic oils and ground flaxseeds

Omega Nutrition

www.omeganutrition.com

Variety of organic oils, and flax- and hemp-seed products

Spectrum Naturals

www.spectrumorganic.com

Extensive line of high-quality oils, vinegars, flax products, and culinary resources

Maranatha

www.worldpantry.com/cgi-bin/ncommerce/ExecMacro/nspired/maranatha/home.d2w/report

Organic nut and seed butters

Once Again Nut Butter

www.onceagainnutbutter.com

Organic nut and seed butters

Beans and Legumes**Eden Foods**

www.edenfoods.com

Complete line of organic dried and canned beans

Westbrae Natural

www.westbrae.com

Full variety of organic beans and vegetarian products (soups, condiments, pastas, etc.)

ShariAnn's Organic

www.shariannsorganic.com

Organic beans, refried beans, soups, and more

Grains

Arrowhead Mills

www.arrowheadmills.com

Organic grains, including many gluten-free choices

Lundberg Family Farms

www.lundberg.com

Organic grains and gluten-free items such as wild rice

Hodgson Mill, Inc.

www.hodgsonmill.com

Complete line of whole grains, including many gluten-free grains

Shiloh Farms

www.shilohfarms.net

Organic whole grains, sprouted grains, and gluten-free items

Spices, Seasonings, Sauces, Soups, and Such

Spice Hunter

www.spicehunter.com

Complete line of organic spices

Frontier Natural Products Co-Op

www.frontiernaturalbrands.com

Extensive line of organic spices, seasonings, baking flavors and extracts, dried foods, teas, and culinary gadgets

Rapunzel Pure Organics

www.rapunzel.com

Great selection of seasonings such as Herbamare, made with sea salt and organic herbs

Seeds of Change

www.seedsofchange.com

Organic tomato sauces, salsas, and more

Edward and Sons Trading Co.

www.edwardandsons.com

Extensive line of vegetarian organic food products, including miso, sauces, brown rice crackers, etc.

Flavorganics

www.flavorganics.com

Full product line of certified organic pure flavor extracts

Beverages

Nondairy, Gluten-Free Beverages

Westbrae WestSoy (unsweetened soy milk)

<http://www.westsoy.biz/products/index.php>

Imagine Foods (Soy Dream)

www.tastethedream.com

White Wave (Silk soy beverage)

www.silksoymilk.com

Pacific Natural Foods (under the “Our Products” tab at the top, go to “Nut & Grain Beverages” or “Soy Beverages”)

www.pacificfoods.com

WholeSoy & Co. (unsweetened soy yogurt)

www.wholesoyco.com

Organic Herbal Teas

Mighty Leaf Tea

www.mightyleaf.com

Choice Organic Teas

www.choiceorganicteas.com

Yogi Tea

www.yogitea.com

The Republic of Tea

www.republicoftea.com

Numi Tea

www.numitea.com

Water**Brita Filters**

<http://www.brita.com/>

Reverse Osmosis Filters

<http://www.h2odistributors.com/index.asp>

Nutritionally Oriented Doctors and Organizations

You can visit our team at **The UltraWellness Center** in Lenox, MA. Go to www.ultrawellnesscenter.com or call (413) 637-9991 for more information on how to make a personal appointment with Dr. Hyman and his specialized team of nurses and nutritionists. You can also use the other resources below to find additional recommendations

The Institute for Functional Medicine

www.functionalmedicine.org

**American Academy of Environmental
Medicine**

www.aaem.com

**American College for Advancement in
Medicine**

www.acam.org

American Board of Holistic Medicine

www.holisticboard.org

Laboratories for Specialized Testing

Quest Diagnostics

www.questdiagnostics.com

A resource for most conventional laboratory testing needs

LabCorp

www.labcorp.com

A resource for most conventional laboratory testing needs

LipoScience

www.liposcience.com

Innovative nuclear medicine spectroscopy for the assessment of lipid particle size and improved accuracy in assessing cardiovascular risk factors

IGeneX

www.igenex.com

Specialized testing for detecting chronic infections such as Lyme disease with PCR technology

Doctor's Datawww.doctorsdata.com

Experts in testing for heavy metal toxicity and other nutritional and metabolic disorders

Metametrixwww.metametrix.com

Leaders in nutritional and metabolic testing

Genova Diagnosticswww.genovadiagnostics.com

Leaders in nutritional, functional, and metabolic testing as well as genetic testing of SNP—single nucleotide polymorphisms—to help identify disease predispositions that can be modified with lifestyle interventions

Immuno Laboratorieswww.TheRightFoodForYou.com

IgG food-sensitivity testing

Medical Diagnostic Laboratorieswww.mdlab.com/html/home.html

Advanced infection testing

DiagnosTechswww.diagnostechs.com**Prometheus Labs**www.prometheuslabs.com

Further Reading and Favorite Books

Books by Dr. Hyman[The UltraMetabolism Cookbook](#)

By Mark Hyman, MD

[The Detox Box: A Program for Greater Health and Vitality](#)

By Mark Hyman, MD

[UltraPrevention](#)

By Mark Hyman, MD and Mark Liponis, MD

[UltraMetabolism](#)

By Mark Hyman, MD

[NutriGenomics](#)

By Mark Hyman, MD

[The UltraSimple Diet](#)

By Mark Hyman, MD

[5 Forces of Wellness](#)

By Mark Hyman, MD

Other Recommended Reads:[The 20-Day Rejuvenation Diet Program](#)

By Jeffrey S. Bland, PhD, with Sara Benum, MA

[The 20-Day Rejuvenation Diet Program \(paperback\)](#)

By Jeffrey S. Bland, PhD, with Sara Benum, MA

[7-Day Detox Miracle, 2nd ed.](#)

By Peter Bennett, ND, and Stephen Barrie, ND

[A Natural Guide to Pregnancy and Postpartum Health](#)

By Dean Raffelock, DC, et al.

[A Primate's Memoir](#)

By Robert M. Sapolsky

[Ageless Woman](#)

By Serafina Corsello, MD

[Alpha Lipoic Acid Breakthrough](#)

By Burt Berkson, MD, PhD

[Anti-Depressant Survival Program](#)

By Robert J. Hedaya, MD

[AstroFit](#)

By William Evans, PhD

[The Balance Within](#)

By Esther M. Sternberg, MD

[The Balance Within \(paperback\)](#)

By Esther M. Sternberg, MD

[The Better Brain Book](#)

By David Perlmutter, MD, and Carol Colman

[Beyond Antibiotics](#)

By Michael A. Schmidt, PhD; Lendon H. Smith, MD; Keith W. Sehnert, MD

[Biochemical Individuality](#)

By Roger J. Williams, PhD

[Biomarkers](#)

By William Evans, PhD, and Irwin H. Rosenberg, MD

[Blooming](#)

By Giselle Cooke MD

[The Body Heals](#)

By William Ferril, MD

[Brain-Building Nutrition](#)

By Michael A. Schmidt, PhD

[BrainRecovery.com](#)

By David Perlmutter, MD

[The Better Brain Book](#)

By David Perlmutter, MD

[Breaking the Age Barrier](#)

By Sherry Torkos, BSc, Phm, and Farid Wassef, RPh, CCN

[Breaking the Vicious Cycle](#)

By Elaine Gottschall, BA, MSc

[The Cardiovascular Cure](#)

By John P. Cook, MD, PhD

[Changing for Good](#)

By James O. Prochaska, PhD; John C. Norcross, PhD; and Carlo C. DiClemente, PhD

[The Circadian Prescription](#)

By Sidney MacDonald Baker, MD, and Karen Baar (contributor)

Clinical Nutrition: A Functional Approach, 2nd Edition

By The Institute for Functional Medicine

[Comprehensive Cancer Care](#)

By James S. Gordon, MD, and Sharon Curtin, MD

Comprehensive Office Forms for the Functional Medicine Practice

By Virginia Shapiro, DC and Dan Shapiro

[Conditioning for Outdoor Fitness](#)

By D. Musnick, MD, and M. Pierce, MD

[Depression Cured At Last](#)

By Sherry A. Rogers, MD

[Detoxification and Healing: The Key to Optimal Health](#)

By Sidney Baker, MD

[Detoxify or Die](#)

By Sherry A. Rogers, MD

[Digestive Wellness](#)

By Elizabeth Lipski, CCN

[Eat, Drink, and Be Healthy](#)

By Walter C. Willett, MD

[Encyclopedia of Natural Medicine](#)

By Michael T. Murray, ND, and Joseph Pizzorno, ND

[Environmental Nutrition](#)

By Buck Levin, PhD, RD

[Fats That Heal Fats That Kill](#)

By Udo Erasmus

[The Four Pillars of Healing](#)

By Leo Galland, MD

[Genetic Nutritioneering](#)

By Jeffrey S. Bland, PhD, with Sara Benum, MA

[Genome](#)

By Matt Ridley

[Glandular Failure Caused Obesity](#)

By William Ferril, MD

[Good for You! Smart Choices for Hormone Health!](#)

By Mary Ann Mayo with Lyra Heller

[Handbook of Antihypertensive Therapy, 10th Ed.](#)

By Mark Houston, MD

[Healing Childhood Ear Infections](#)

By Michael A. Schmidt, PhD

[Healing Fibroids](#)

By Allan Warshowsky, MD, and Elena Oumano

[Healing the Hyperactive Brain: Through the Science of Functional Medicine](#)

By Michael Lyon, MD

[The Healing Response](#)

By Michael W. Loes, MD

[The Heart Disease Breakthrough](#)

By Thomas Yannios, MD

[The Heart Revolution](#)

By Kilmer S. McCully, MD

[The Homocysteine Revolution](#)

By Kilmer S. McCully, MD

[How to Prevent and Treat Cancer with Natural Medicine](#)

By Michael Murray, ND, et al.

[HRT: The Answers](#)

By Pamela Wartian Smith, MD

[Immunotics](#)

By Robert Rountree, MD

[Integrating Complementary Medicine into Health Systems](#)

By Nancy Faass

[Integrative Orthopedics: Concepts, Algorithms, and Therapeutics](#)

By Alex Vasquez, DC, ND

[Internal Cleansing](#)

By Linda Berry, DC, CCN

[Is Your Child's Brain Starving?](#)

By Michael R. Lyon, MD, and G. Christine Laurell, PhD

[Living Downstream](#)

By Sandra Steingraber

[Maximize Your Vitality & Potency](#)

By Jonathan V. Wright, MD, and Lane Lenard, PhD

[Menopause and Natural Hormones](#)

By Daved Rosensweet, MD

[Molecules of Emotion](#)

By Candace B. Pert, PhD, and Deepak Chopra

[My Doctor Says I'm Fine: So Why Do I Feel So Bad?](#)

By Margaret Smith Peet, ND, and Shoshanna Zimmerman, MD

[Natural Alternatives to Over-the-Counter Drugs](#)

By Michael T. Murray, ND

[Natural Medicine Instructions for Patients](#)

By Lara Pizzorno; Joseph Pizzorno, ND; and Michael Murray

[No More Heartburn](#)

By Sherry A. Rogers, MD

[The Omega-3 Connection](#)

By Andrew L Stoll, MD

[Optimal Wellness](#)

By R. Golan, MD

[Our Toxic World: A Wake Up Call](#)

By Doris J. Rapp, MD

[Over Dose: The Case Against the Drug Companies](#)

By Jay S. Cohen, MD

[Pain Free in 6 Weeks](#)

By Sherry A. Rogers

[The Paleo Diet](#)

By Loren Cordain, PhD

[Power Healing](#)

By Leo Galland, MD

[Prozac Backlash](#)

By Joseph Glenmullen, MD

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