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UltraMetabolism Diet

In *The Ultrametabolism Diet*, Mark Hyman, MD, introduces a diet about food choice and how it relates to nutrigenomics – the relationship between an individual's genes and the food they eat. The objective is to understand and monitor the connection between what you eat and how you feel. With an emphasis on wholesome, unprocessed foods, physical activity, and stress reduction, The Ultrametabolism Diet aims to detoxify the body and control appetite. Dr. Hyman suggests that eating the right foods will naturally prevent overeating, and by eating the wrong foods, we turn on genes that cause inflammation, slow down metabolism, increase appetite, and lead to weight gain and disease.

Before the initial phase of this diet, it's important to purge your kitchen of all junk food and eliminate sugar, high fructose corn syrup, hydrogenated fats, refined grains, alcohol, and caffeine. There are two phases to this diet. Phase 1 is a three-week detoxification period, which involves removing dairy, wheat, and eggs from the diet. The objective in this phase is to become acquainted with your body and learn about any food allergies.

In Phase 2, you slowly reintroduce foods back into the diet. During this phase it's important to eat every three hours to boost metabolism and control hunger. Three glasses of alcohol are permitted each week, while half a cup of coffee is allowed daily.

Dr. Hyman teaches seven keys to weight loss: control appetite, reduce stress, manage cellular inflammation, prevent cellular rust, rev up metabolism, optimize thyroid function, and detoxify the liver.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Beans and legumes
- Soy products
- Lean meat
- Lean poultry
- Lean fish
- Nuts
- Oils

Foods to minimize:

- Processed foods
- Dairy
- Wheat
- Alcohol
- Caffeine

Pros:

- Whole foods approach
- Reducing stimulants may improve nervous system function
- Removing wheat may bring awareness to an intolerance

Cons:

- May be difficult for some to follow phase 1
- Some do well with wheat
- Soy intolerance is common

Sources:

7 Keys to Ultrametabolism www.cbsnews.com (<https://courses.iin.edlumina.com/courses/1106/pages/the-ultrametabolism-diet>)
The UltraSimple Diet www.drhyman.com (<https://courses.iin.edlumina.com/courses/1106/pages/the-ultrametabolism-diet>)