

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

THE ULTRAMIND SOLUTION

“Dr. Hyman shows us that the emotional resilience and mental clarity we all seek is within our grasp. You too can unleash the body’s hidden ability to dramatically improve mood, memory and thinking-speed.”

—DR. MEHMET OZ, author of *You: The Owner's Manual*



FIX YOUR BROKEN BRAIN

BY HEALING YOUR BODY FIRST

MARK HYMAN, M.D.

New York Times Bestselling Author of **ULTRAMETABOLISM**

ULTRAMIND SUCCESS STORIES

“I feel like a different person now and have so much energy. I am happy and grateful for life.”



By the age of forty I was in a negative spiral downward, physically, emotionally, and mentally. For a type-A, successful attorney, this was difficult for me. I went through a number of tests, because my body hurt all over and felt like it was falling apart. My short-term memory was almost entirely gone.

I developed a stammer and couldn't find words anymore. My mind and body were failing so quickly that I believed I was developing both Alzheimer's and rheumatoid arthritis. However, after seeing several specialists, my tests came back negative. I was at a point where I could only accomplish one thing a day, because I ran out of gas so easily. I struggled with depression for many years and during this time I became even more short-tempered, irritable, and unenthusiastic about life. I tried several times unsuccessfully to get off the medications.

Finally, I was introduced to Dr. Hyman and decided to follow his advice. What I uncovered surprised me. My mitochondria weren't functioning properly, my body was unable to detoxify, so the toxins were building up and I had serious heavy metal poisoning with mercury levels in the upper sixties, and my lead and uranium levels were also very high (normal levels of mercury in the urinary chelating test are below four). After going through his detoxification program, changing my diet, making lifestyle changes to reduce stress and handle it better, and eliminating the heavy metals, my mental clarity came back, my aches and pains went away, and I ended up losing forty pounds.

I feel like a different person now and have so much energy. I am happy and grateful for life. My mind has changed and I can think clearly without being in a fog. Now the only medication I take is for my hypothyroidism. I enjoy my life, my husband, and my children so much more now. Thank you for saving my life.

Jackie Tepper
Stamford, CT

“I didn’t fully understand how bad I felt, until I felt better.”



For years my health was in decline. It got to the point where I felt like I had the flu all the time with a low-grade fever. I started gaining weight even though I wasn’t eating a lot, I had zero energy, and my social life suffered because I didn’t want to go anywhere or do anything after work except go home to lay on the couch. I took antidepressants and battled with chronic sinus infections.

After going to every doctor I could see including an endocrinologist, all they would do is throw antibiotics at me or suggest surgery. For years I thought it was just the stress of graduate school until my family jumped in and voiced their concern, and committed to helping me get to the bottom of whatever it was that was making me feel so awful.

Finally, I met Dr. Hyman and after listening to my story he did a series of tests to uncover that I had severe mercury poisoning with levels at two hundred sixty (normal levels of mercury in the urinary chelating test are below four) and a significant thyroid imbalance. Going through his plan changed my life.

The minute he told me about my mercury poisoning, I instantly had hope that I wasn’t going to feel lousy for the rest of my life. After time and with patience, I feel like myself again and I am happy to be here. I spent years feeling miserable. Now, even the small things like my hair and skin feel like they used to. I didn’t fully understand how bad I felt, until I felt better. I am a walking testimony of Dr. Hyman’s work.

Kaki Martin
Cambridge, MA

“We didn’t know there was a fog until we started eliminating the heavy metals.”



Up until two years of age, Jackson was developing at a normal level. He was up to twenty words, but suddenly started to regress. When we took him to see our pediatrician he was down to five words, three months later he couldn’t say one.

After seeing a speech doctor and psychologists he was diagnosed with pervasive development disorder, or autism. We knew we had to do something because he wasn’t getting any better. He was irritable and would throw tantrums all the time.

It wasn’t until we discovered Dr. Hyman that we started to put the pieces of the puzzle together. After going through Dr. Hyman’s program we found that our son had several food allergies, heavy metal poisoning, and severe gut inflammation and imbalances in his gut bacteria as well as yeast overgrowth.

After learning about this we changed his diet right away and within days of removing dairy we saw results. We saw more concentration. With the B12 supplements our son developed more verbal skills and was able to focus. What’s amazing is that we didn’t know there was a fog until we started eliminating the heavy metals (using chelation). After Jackson went through chelation he became much more alive, responsive, and verbal.

Marc R (father)
New York, NY

“His teachers told me he was like a completely different kid.”



As a young child Clayton had trouble staying on task, was easily frustrated, and rarely slept through the night. Once school started and we had other children to compare him to, it became clear these issues were pronounced. We reluctantly had him repeat kindergarten, and sought the help of a local doctor who specialized in educational testing. When the results came back, we were left with a diagnosis of ADHD, but were given very few options other than medication to deal with it.

Over the course of the next year he continued to struggle and we eventually made the decision to start him on medication. It worked well, but like all medicine it came with a high price. Evenings were a challenge, as he suffered through rebound effects. His appetite was poor and he continued to have trouble sleeping. His concentration at school was improved, but he often had sinus infections, complained of stomach problems, and frequently broke out in hives for reasons we couldn't pin down.

We took Clayton to Dr. Hyman and for the first time had real, understandable answers for what had been happening to our son. Problems with gluten, yeast, and mercury toxicity were all correctly identified. Through changes in diet and nutritional support we were able to address not only the attention issues but all of his other physical symptoms as well. For the first time in his life, Clayton became focused, his health improved, and he slept through the night. A few months later I noticed a striking improvement in his handwriting, which before had been all but illegible. His teachers told me he was like a completely different kid.

Nearly two years later, our son has fully embraced this new model of taking care of himself. He packs his own lunch, manages social situations where foods he is sensitive to are present, and makes choices that keep him consistently healthy. I am extremely grateful to Dr. Hyman for his knowledge and compassionate support during our family's continued journey toward optimum health.

Audrey Lampert (mother)
North Granby, CT

FOREWARD



BY MARTHA HERBERT, M.D., PH.D.

Assistant Professor of Neurology, Harvard Medical School,
and Director of Transcend Research Program,
Massachusetts General Hospital

In the twenty-first century the watchword of biology is “systems.” As our technologies race ahead in sophistication, we are being flooded with evidence for the integration of functions in our brains and bodies. Things are very connected, and they are very interdependent. Gone is the single gene acting by itself; it has been replaced by networks. And gone is genetics acting by itself—this has been replaced by integration across levels. Genomics, proteomics, metabolomics, and many more “omics” are all intertwined. This is the new “systems biology.”

What does this have to do with our health? In the twentieth century, medicine chopped the body up into specialties—neurology, cardiology, gastroenterology, and endocrinology. Specialists zoomed into their corner of the body; but who was minding the whole picture? Very few doctors have had that skill. Systems biology demands a fresh approach, and that’s where Functional Medicine comes in. Rather than treating the body as a collection of separate organ systems, it looks at how our cells and systems flourish and how they get into trouble. Functional Medicine is the practical interface for systems biology in clinical care. It looks for system problems so it can catch things early and treat root causes rather than symptoms.

In the twenty-first century it is also becoming clear that the brain is deeply linked to the body, and that the brain and body profoundly shape each other. If the brain is in the body, and the body systems are in trouble, the brain will be in trouble too. Many of the systems commonly unwell in the body will also be unwell in the brain. Dr. Hyman uses Functional Medicine to show that if you treat these unwell systems, you help your body and that helps your brain too.

The chemical imbalances underlying “psychiatric illness” can now be seen as linked to more systemic chemical, metabolic problems, which can be treated at the bodily level. While just treating the brain chemistry can lead to drug dependence, treating systemic chemistry can fix the brain chemistry imbalance and lead to real sustainable healing.

With the onslaught of so much stress and so many chemical and other environmental challenges, it’s no wonder that our body systems are challenged, and that our brain function is not what it should be. Dr. Hyman’s seven keys to UltraWellness offer a clear approach to supporting and healing our core functional systems. While more research is important, we know enough to deal intelligently with these challenges right now, and Dr. Hyman shows not only why but how.

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P R E F A C E

For the great enemy of truth is very often not the lie—deliberate, contrived, and dishonest—but the myth—persistent, persuasive, and unrealistic. Too often we hold fast to the clichés of our forbears. We subject all facts to a prefabricated set of interpretations. We enjoy the comfort of opinion without the discomfort of thought.

—JOHN F. KENNEDY

Be open minded, but not so open minded that your brains fall out.

—GROUCHO MARX

Why Diseases Don't Matter

In opening this book on the brain and mood, my guess is you are surprised by the absence of any chapters on familiar diseases like depression, anxiety, attention deficit/hyperactivity disorder (ADHD), autism, or Alzheimer's disease. Instead you find chapters on nutrition, hormones, inflammation, digestion, detoxification, energy, and calming the mind.

If diseases as we know them were a useful way to think about what is wrong with our brains, our moods, and our thinking, then I would have written a book about them. But they are not useful.

Instead this book is an exploration of what is really wrong with our brains. It is about the real causes and solutions for our mental suffering and the epidemics of depression, anxiety, dementia, autism, and attention deficit disorder we see in today's world. If you have been diagnosed with "mental disorders" or "brain diseases," I will tell you what you really need to know about the cause and cure for your suffering. Diseases as we currently define them will no longer be relevant, as we understand the basic common molecular mechanisms at the root of your symptoms.

I challenge you to put aside your beliefs about your suffering, and discover how medicine has evolved without anyone noticing. This book is about that change, and the possibility of renewal for you.

PART I

The Accidental
Psychiatrist's Approach
to the Epidemic of
Broken Brains

CHAPTER 1

Broken Brains

A Twenty-first Century Epidemic

Discovery consists of seeing what everybody has seen and thinking what nobody has thought.

—ALBERT VON SZENT-GYÖRGYI NAGYRAPOLT, 1937

Nobel Laureate in Physiology and Medicine,
the scientist who isolated vitamin C

Your brain is broken. You know it. You feel it. You hide it. You fear it.

You have been touched by an epidemic. It deprives children of their future, the elderly of their past, and adults of their present. No one is talking about this invisible epidemic. Yet it's the leading cause of disability, affects 1.1 billion people worldwide¹—one in six children, one in two elderly—and will cripple one in four people during their lifetime.²

I am talking about the epidemic of broken brains.

We refer to our “broken brains” by many names—depression, anxiety, memory loss, brain fog, attention deficit disorder or ADD, autism, and dementia to name a few. This epidemic of brain breakdown shows up in radically different ways from person to person so that they all seem like separate problems. But the truth is that they are all manifestations of a few common underlying root causes.

These seemingly different disorders are all really the same problem—imbalances in the seven keys to UltraWellness.

Conventional treatments don't help, make things worse, or provide only slight benefit. That's because conventional treatments use the wrong model to heal these disorders. There is another way to fix your broken brain, and it is not what you have heard or might think.

Just as brain problems all stem from the same root causes, they all have the same solution—*The UltraMind Solution*. I know this as both doctor and patient. My own brain broke one beautiful late August day in 1996. I became disoriented and terrified and descended into a spiral of helplessness and hopelessness.

Let me tell you my story.

My Broken Brain

*L*earning, thinking, and speaking were always easy for me. My brain never failed me. In college, I learned thousands of Chinese characters. In medical school, the intricate patterns and names of our anatomy—the bones, muscles, organs, vessels, and nerves—mapped effortlessly into my mind, and the complex pathways of physiology and biochemistry were clear after one lecture and reading my notes.

I ran four miles every day to medical school. I took detailed notes in my classes, able to simultaneously listen to, remember, and write down nearly every word my professors spoke.

At the end of the day I ran back again to my apartment, did yoga for an hour, ate a freshly prepared whole-foods meal, and studied without distraction or loss of focus for three hours every night. Then I crawled into bed, fell peacefully asleep within five minutes, and slept deeply for seven hours.

The next day I got up and did it all over again.

That rhythmic life broke down, as it does for all physicians in training, when I entered the hospital and started pushing my body and mind beyond their limits with regular thirty-six-hour shifts on top of an occasional sixty-hour shift (Friday morning to Monday evening!).

When I went to practice as a small-town family doctor in Idaho, I worked a shortened schedule of only eighty hours a week, seeing thirty patients a day, delivering babies, and working in the emergency room.

From Idaho, I went to work in China for a year, breathing in the coal-soaked, mercury-laden air, before I landed back in Massachusetts, working a crazy schedule of shifts in an inner-city emergency room.

Then suddenly (or so it appeared at the time), my brain broke—along with the rest of my body.

Sitting with patients, I often couldn't remember what they had just said, or where I was in eliciting their story. I tried to take careful notes and keep track, but I couldn't focus on conversations, couldn't remember anyone's name. I started taking pictures and writing down personal details about my patients to serve as my peripheral memory so I wouldn't embarrass myself the next time I spoke to them.

During lectures I had to give as part of my job, I would get lost in the middle of a sentence and had to ask the audience what I had just said. When I read a book, I had to go over passages again and again just to glean any meaning. At night, I read my children bedtime stories but had to robotically mouth the words, because I couldn't simultaneously read aloud and understand what I read.

Sleep eluded me. Exhausted and bone weary, I would lie down in bed at night and remain sleepless for hours. After finally drifting off, I would wake the next morning feeling as if I had never slept.

Depression and anxiety, which I had never known before, became constant companions.

At times I felt I couldn't go on any longer. My capacity for pleasure and laughter faded into a distant memory.

The worse my body felt, the worse my brain functioned. If my stomach was bloated and swollen and I had diarrhea, I couldn't think or sleep. If my tongue was inflamed or my eyes swollen and red, I became depressed. If my muscles ached and twitched, I couldn't focus. If I felt bone-weary fatigue, I would forget what I was saying or why I had just walked into a room.

Some doctors said I was depressed and recommended antidepressants. Psychiatrists suggested antianxiety drugs. My family doctor prescribed sleeping medication. A neurologist told me I had ADD and I needed stimulants. Others said I had chronic fatigue and fibromyalgia. All I knew was that my brain was broken, my focus gone, my mood depressed, my memory fleeting, and my body wasn't working.

All at once, I couldn't pay attention, remember, or experience joy and happiness. It was as if I had suddenly "contracted" three terrible diseases—attention deficit disorder, depression, and dementia. How could my brain have failed me? The part of me that was strongest suddenly became my weakest link. What had happened?

What I experienced was extreme and I hid it from the rest of the world, except for a very few close friends. I faked it and pulled myself through each day.

But after that summer day in August when my brain broke, weary and fighting brain fog, I began searching for answers.

Piece by piece, cell by cell, body system by body system, I discovered the source of my broken brain. By combing through the literature, consulting with dozens of scientists and doctors, and experimenting with my body and mind, I slowly put myself back together.

It wasn't one thing that broke my brain. It was everything piled higher and higher until my brain and body couldn't take anymore. It seemed sudden but was the end of a long series of exposures to toxins, stress, and a strange infection.

The trail led back to mercury poisoning from living in Beijing, China, breathing in raw coal used to heat homes for 10 million people, eating endless childhood tuna-fish sandwiches, and having a mouthful of "silver" or mercury fillings. I was also missing a key gene needed to detoxify all this mercury, which compounded the problem. I found out about this later through careful testing.

Years of sleepless nights delivering babies and working in the emergency room destroyed my body's rhythms, which I tried to bolster with quadruple espressos, giant-size chocolate chip cookies, and mountains of Chunky Monkey ice cream (I reasoned that was healthy because of the bananas and walnuts!).

Then one late summer day in 1996 I ate or drank something up in a wilderness camp in Maine that infected my gut. That was the straw that broke the camel's back.

This book is the story of my healing. It is also the story of the discoveries I made that hold the answer to our current epidemic of broken brains. It offers a solution to your suffering just as it did to mine.

How many of you feel what I felt, at least to some degree?

- ✦ Maybe you fear losing your job because you're tired, unfocused, inattentive, and your memory is failing so you can't properly perform your tasks at work.
- ✦ Do you feel depressed, hopeless, disconnected, and disengaged from your life?
- ✦ Do you see your relationships breaking down because you are mentally and emotionally absent or numb?
- ✦ Perhaps you struggle to focus so you can help your children with their homework and guide them through life, but feel sure you aren't living up to your duties as a parent.
- ✦ Do you lie awake at night, tormented by the grief and pain of living half a life, and then worry about how you will find a way to wake up early in the morning just so you can get your kids to school?
- ✦ Do you forget to meet friends or go to appointments, and then can't figure out how in the world you forgot?

If so, you aren't alone. You have been affected by the broken brain epidemic, a terrifying and life-threatening chronic illness that has been largely unaddressed by the medical community, leaving millions of people to suffer alone, trapped in their deteriorating minds.

Our Looming Silent Epidemic of Broken Brains

Obesity is obvious. You can't hide it. But mental illness and memory loss are suffered silently, hidden from view. Yet they touch nearly everyone either directly or indirectly; personally or through family members and friends.

Our broken brains cause many problems—anxiety, depression, bipolar disease, personality disorders, eating disorders, addictions, obsessive-compulsive disorder, attention deficit disorder, autism, Asperger's, learning difficulties, and dyslexia.

Broken brains take many shapes, including psychotic disorders such as schizophrenia and mania, as well as all the neurodegenerative diseases of aging, especially Alzheimer's, dementia, and Parkinson's disease.

In addition, there are brain dysfunctions that fall on the lighter side of the broken brain continuum. While many psychiatrists and neurologists wouldn't qualify these problems as treatable diseases, they still cause unnecessary suffering for many. These include chronic stress, lack of focus, poor concentration, brain fog, anger, mood swings, sleep problems, or just feeling a bit anxious or depressed most of the time.

Broken brains show up in two major ways: psychiatric disorders—problems that most blame on emotional trauma—and neurological disorders—problems most consider to be caused by neurological impairment, not emotional malfunctioning.

Whether you suffer from a psychiatric disorder like depression or a neurological disorder like Alzheimer's, the simple fact is this . . .

Our brains don't work well.

We suffer from bouts of depression that darken our days and make our lives feel empty and meaningless. We have irrational fears that torment us day in and day out. We live under the constant pressure of stress that never seems to cease. We lose our grip on reality. We can't focus at work. We can't remember what we are taught in school. And our memories just get worse and worse every day.

Because they are so pervasive, broken brains are one of the primary issues keeping many in today's society from being optimally healthy and feeling vitally alive—an experience I call UltraWellness, which is something you are going to learn how to achieve in this book.

If you think this isn't a serious problem or it only affects a few people, think again.

- ✦ Psychiatric disorders affect 26 percent of our adult population or more than 60 million Americans.
- ✦ More than 20 percent of children have some type of psychiatric disorder.^{3,4}
- ✦ More than 40 million people have anxiety.
- ✦ More than 20 million people have depression.

- ✦ One in ten Americans takes an antidepressant.
- ✦ The use of antidepressants has tripled in the last decade.
- ✦ In 2006, expenditures on antidepressants soared to over \$1.9 billion.
- ✦ Psychiatric disorders like depression and anxiety are expensive.⁵ They are among the top five most costly medical conditions, including heart disease, cancer, trauma, and lung disorders. The cost to our health-care system exceeds \$200 billion a year, which is over 12 percent of total health-care spending.⁶
- ✦ Alzheimer’s disease will affect 30 percent (and some experts say 50 percent) of people over eighty-five years old, which is the fastest-growing segment of the population. It will affect 16 million people by 2050.
- ✦ Attention deficit hyperactivity disorder is a label we now give 8.7 percent of children between the ages of eight and fifteen.⁷
- ✦ More than 8 million, or one in ten, children now take stimulant medications like methylphenidate (Ritalin).⁸
- ✦ Autism rates have increased from 3 in 10,000 children to 1 in 166 children—an elevenfold increase—over the last decade.⁹
- ✦ Learning disabilities affect between 5 and 10 percent of school-age children.¹⁰
- ✦ The indirect costs of all these broken brains to society are mammoth. They include loss of productivity at school, home, or in the workplace, accounting for a loss of over \$80 billion a year.

There is something wrong with this picture. Nearly one in three of us suffers from a broken brain. Is this a normal part of the human condition?

No. It isn’t.

The problem is that we’ve been looking for answers to these problems in the wrong places—in the corners of our past, in the chemical “imbalances” in our brains, in the latest drug or therapeutic approach.

This is especially true of psychiatry and neurology, the two specialties that typically treat “brain disorders.”

Neurologists and psychiatrists focus on treating your brain using medications or psychotherapy. In fact, most psychiatrists and neurologists focus solely on their favorite organ, the brain, and ignore the rest of the body.

But what if the cure for brain disorders is outside the brain? What if mood, memory, attention and behavior problems, and most other “brain diseases” have their root cause in the rest of the body—in treatable imbalances in the body’s key systems? What if they are not localized in the brain? If this is true, it would mean our whole approach to dealing with brain disorders is completely backward.

Indeed, it is.

Why Traditional Neurology and Psychiatry Typically Don't Work

Psychiatry has its roots in the notion that previous life experiences or traumas control mood and behavior. This is the legacy of Sigmund Freud—that all mental illness is the result of childhood experiences.

Yet only about 10 percent of us are nutritionally, metabolically, and biochemically balanced enough to fully benefit from psychotherapy.

What's more, years of psychoanalysis or therapy will not reverse the depression that comes from profound omega-3 fatty acid deficiencies,¹¹ a lack of vitamin B12,¹² a low-functioning thyroid,¹³ or chronic mercury toxicity.¹⁴

Certainly, if the body is back in balance, working with the emotional and spiritual dimensions of our suffering is critical and necessary. But it is a very hard road to follow without addressing how our genes, diet, and environment interact to change our brain chemistry and detract from the optimal function and balance of our body and mind.

If you have a significant biological imbalance, psychotherapy is a distraction and a waste of time.

And many of us suffer from biological imbalances . . .

Sensing this, modern psychiatry has moved into an elaborate attempt to control brain chemistry with drugs, as if all mental illness were a brain chemistry imbalance and all we have to do is match the right drug (or drugs) to the mental illness.

Is Depression a Prozac Deficiency?

Is this the answer to our epidemic of broken brains—more and better medication? Do we really need more antidepressants, stimulants, antipsychotics, and memory medications?

Are we defectively designed so that we cannot be happy, or concentrate or remember things, without pills? Is depression a Prozac deficiency? Is ADHD a Ritalin deficiency? Is Alzheimer's an Aricept deficiency?

I think not.

Yet the use of these drugs is skyrocketing. Psychiatric or psychotropic medications are the number-two selling class of prescription drugs,¹⁵ after cholesterol medication. And the rate of increase in the use of psychiatric medications in the last decade is meteoric (such as a 1,000 percent increase in the use of stimulant medication in children).

If treatments like these were completely effective and free of side effects, I would welcome them to provide relief from suffering for millions. But they do not work well (or at all) for many.

Let's take the example of antidepressants.

Most patients who take antidepressants either don't respond or have only a partial response. In fact, success is considered a 50 percent improvement in half the symptoms. And this minimal result is achieved in less than half the patients taking these medications.

That's a pretty dismal record. It's made worse by the fact that 86 percent of those who do find some relief from

their symptoms have one or more side effects, including sexual dysfunction, fatigue, insomnia, loss of mental abilities, nausea, and weight gain!

No wonder half of the people who try antidepressants quit after four months.¹⁶

A recent study in *The New England Journal of Medicine* discovered that drug companies selectively published studies on antidepressants. They published nearly all the studies that showed benefit and almost none of the studies that showed they don't work.¹⁷

This kind of underreporting warps our view, leading us to think that antidepressants (and other psychiatric medications) do work when they don't. This hiding of the real and complete data on antidepressants has fueled the tremendous growth we have seen in psychiatric medications.

The problem is actually worse than it sounds because the positive studies hardly show benefit in the first place. In double-blind studies of antidepressants (where people are given either the medication or a sugar pill) 40 percent of people taking a sugar pill got better, while only 60 percent taking the actual drug had improvement in their symptoms. Looking at it another way—80 percent of people get better with just a sugar pill.

I'll admit, the approach is half right. Chemical imbalances lead to problems. But the real question that manipulating brain chemicals with drugs begs is never asked . . .

“Why are those chemicals out of balance in the first place and how do we get them back to their natural state of balance?”

These drugs don't cure the problem. They cover over the symptoms.

To cure the epidemic of broken brains we have to ask a new set of questions:

- ✦ How do we find the cause of this epidemic?
- ✦ Are we defectively designed, or is it our toxic environment, our nutrient-depleted diet, and our unremitting stress affecting our sensitive brains? Is it the result of imbalances in our body?
- ✦ Are more drugs really the answer, or is there a way to address the underlying causes of this epidemic so that we can regain our mental (and physical) health and live whole, functional, fulfilling lives?

There is an answer to brain problems, but it's not more drugs or psychotherapy. Although these tools can be a helpful bridge during your recovery from a broken brain, they won't provide long-term solutions.

The secret that promises to help us fix our broken brains lies in an unlikely place, a place modern medicine has mostly ignored.

The answer lies in our body.

CHAPTER 2

The Accidental Psychiatrist

Finding the Body-Mind Connection

Do you see what you believe or do you believe what you see?

—SIDNEY BAKER, M.D.

I wasn't sad, hopeless, forgetful, and unable to focus because I had depression, attention deficit disorder, or dementia. It was because I was toxic, inflamed, nutritionally depleted, my gut was a mess, my hormones were out of balance, my cells were unable to make energy, and I was stressed out from being a single parent.

It wasn't until I learned how to rebuild all these broken systems and heal my body that I got my brain back.

The solution I found is the same one I am going to teach you.

It is the UltraMind Solution.

To learn how to fix your brain you are going to have to accept a radically new way of thinking about health—one that most doctors today still struggle to understand. The crux of it is embodied in a simple truth:

Everything is connected.

Your entire body and all of the core systems in it interact as a single sophisticated symphony. You are one whole person, and all the pieces of your biology and your unique genetic code interact with your environment (including the foods you eat) to determine how sick or well you are in this moment.

This means your body-and-mind are connected as well.

The body-and-mind are a single, dynamic bidirectional system. What you do to one has enormous impact on the other. What you do to your body you do to your brain. Heal your body and you heal your brain.

“Change your body and you will fix your broken brain.”

Your thoughts, beliefs and attitudes, traumas, and life experiences directly influence your biology. We know that stress and other psychological factors can have a major impact on your health. Now we understand that 95 percent of all illnesses are either caused by or worsened by stress. What you think can influence how sick or well you are. The mind influences the body.

This is known as Mind-Body Medicine. It is an important contribution to the field of science and is researched by major institutions such as Harvard and Stanford.

Sadly, most physicians do not apply this knowledge in their practices. They accept it. But rather than using the power of the mind to heal, they disdainfully say that people with psychological influences on their health have “psychosomatic illness,” or “somatize,” meaning that their “physical” symptoms are all in their head.

Even worse, somato-psychic medicine (or how the body affects the mind) is hardly on the radar.

The body directly and powerfully influences the brain. Nutritional status, hormonal imbalances, food allergies, toxins, and digestive, immune, and metabolic imbalances, primarily influence mood, behavior, attention, and attitude.

You already know about this body-mind connection, even if you have never consciously considered it. Just take a moment to think about how your own body has affected your mind over your lifetime, and then extrapolate that to more serious conditions.

- ✦ Have you ever felt anxious, irritable, jittery, fearful, or even had a panic attack only to have a can of cola or muffin and feel better right away? Why were you anxious? Because your blood sugar was plummeting, and when that happens your body is programmed to respond as though it is a life-threatening emergency.
- ✦ Do you feel foggy and mentally sluggish after eating a large meal?
- ✦ Have you ever felt stressed and anxious and then taken a long walk or ridden your bike a few miles only to feel calm and relaxed afterward? Why did this happen? Because you burned off the stress chemicals, adrenaline and cortisol, which made you feel anxious.
- ✦ Have you ever felt angry and irritable because you have been deprived of sleep? Have you felt happier and that you had fewer problems after a great night’s sleep?
- ✦ Have you ever had the flu and tried to focus and read a book or concentrate on anything only to find it difficult, perhaps even impossible?
- ✦ Have you ever hallucinated or been delirious with a high fever?

These are basic examples of the body-mind connection that many of us have experienced. But there are so many other things that occur inside of you that affect your brain and mind of which you have no awareness.

Did you know that premenstrual mood swings are the result of fluctuating hormone levels, or that your winter blues are the result of vitamin D deficiency, or that your lifelong melancholy may be the result of mercury poisoning from hundreds of tuna fish sandwiches you’ve eaten over your lifetime, or that your obsessive-compulsive disorder could be the result of a bacterial infection?

These obvious and not so obvious interactions between your body and your mind are only the tip of the iceberg.

Consider for a moment that depression, anxiety, insomnia, attention deficit disorder, and obsessive-compulsive disorder—not to mention the hundreds of other mental disorders described by psychiatrists in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)—may be primarily caused by imbalances in the body and have very little to do with the meaning, metaphors, and myths we associated with them. It is a perfect system for describing your symptoms, but useless for helping you find the cause.

Interestingly, there are a few conditions recognized and treated by conventional medicine that clearly show how problems in your body cause “diseases” in your brain, but the implications are ignored.

For example, when someone with late-stage liver disease develops something called “hepatic encephalopathy” or temporary insanity from liver failure, the treatment is not antipsychotics, but antibiotics to clear out the bacteria

in the intestine, which produce brain-destroying toxins that can no longer be detoxified by the liver.

Imagine, treating insanity with antibiotics.

Similarly, we know that alcoholics become “crazy” with a condition known as Wernicke’s encephalopathy from vitamin B1 (or thiamine) deficiency, which can be cured by giving them a vitamin.

And we know that an antibiotic for a streptococcal infection can cure some children who suffer from obsessive-compulsive disorder. The condition is called PANDAS or Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections.

Yet physicians typically don’t stop to consider whether or not other mental disorders may be related to imbalances in gut function, the immune system, problems with detoxification, or an imbalance in any of the body’s other key systems.

I think this is because doctors tend to see what they believe and often don’t believe what they see, even when it is right in front of them.

What happens in the body influences the brain, as we never imagined it could. The implications for treatment of mental and brain disorders are staggering. A whole new array of possible causes and treatments are open to us.

Changing your diet, nutrient levels, circadian rhythms or sleep patterns, the substances you use, the amount of exercise or playtime you have, getting rid of toxins in your system, balancing your hormones, correcting imbalances in your digestive tract, boosting your cells’ ability to produce energy, and fixing food sensitivities or allergies can all radically transform your mood and brain function.

With that in mind, consider the following:

- ✦ Can lifelong depression be cured?
- ✦ Can children completely recover from autism?
- ✦ Can dementia be reversed?

Conventional medical wisdom says no. We don’t see many cases in the medical literature where people recover from autism, reverse dementia, or are cured from lifelong depression.

But just because psychiatrists and neurologists aren’t reporting dramatic recoveries like these employing the “normal” methods used to treat such disorders doesn’t mean the disorders aren’t treatable. In conventional approaches, partial relief of symptoms is sometimes possible. But cures or dramatic recoveries? You may hear doctors say, Where is the evidence?

The idea that psychiatric or neurological “diseases” like depression, anxiety, Alzheimer’s, Parkinson’s disease, and dementia can be effectively treated, not by administering psychoactive medication, but by altering dietary and lifestyle influences and repairing the body’s systems, which affect the entire Body-Mind System in which the brain functions, is resisted by conventional psychiatry and neurology.

The forces that distort our view, and keep conventional doctors locked in their way of seeing and thinking, are complex. One factor is the enormous influence drug companies have by way of funding and setting the research agenda, developing treatments, withholding important data that contradicts their worldview, controlling medical education, “educating” doctors, and marketing to consumers.

Other factors are our medical institutions and our financial reimbursement systems, which are founded on outdated ideas of separate diseases and medical specialties. Abandoning those ideas would threaten their economic viability and perhaps even their existence.

And our medical training reinforces the illusion of separate body systems by training doctors in specialties and subspecialties—there are doctors for every inch of your body. But there are very few who understand how the whole body works as one complete ecosystem.

Even when we see research or miracles in practice (dismissed as spontaneous remissions) that contradict our worldview, it is very difficult to integrate. It is ignored or brushed aside in favor of our current paradigm. In fourteenth-century Europe it would have been very hard to convince anyone that the world is round. It looks flat so it must be flat. Similarly, doctors today can't see what is quickly becoming obvious.

I recently presented a lecture at Harvard outlining the case of a boy who recovered from autism using the approach in *The UltraMind Solution*. I documented in great detail his story, and showed how when his abnormal tests and biology returned to normal, his brain and behavior stabilized, and he lost his diagnosis of autism.

The pediatrician present explained away his recovery as an example of spontaneous remission. One of the other physicians at the lecture, who knew my work, said facetiously, “The only problem is that Dr. Hyman has twelve cases like this of ‘spontaneous remission’ in his practice.”

Unfortunately, too many doctors have the same mind-set as that pediatrician: don't confuse me with the facts. My mind is made up.

Nevertheless, the recent discoveries about how behavior, mood, and mental functioning are linked to our biology are one of the greatest advances in twenty-first-century medicine. These discoveries are growing to meet other advances, which show how our thoughts, feelings, and life experiences literally shape our brain and influence our biology.

Such research holds the answer to the epidemic of mood, behavior, attention, and memory problems that are rampant in today's society.

What I am suggesting in this book is a revolutionary new method for treating broken brains—“mental disorders” and “brain diseases”—that is based on cutting-edge science and medicine; one that marks a radical departure from classical psychiatry and neurology and the methods these fields typically use to treat their patients.

The brain is not disconnected from the rest of the body as many practitioners of conventional medicine would have you believe, and the solution to the epidemic of broken brains is not found in more psychoactive medications or better therapy.

The brain is mostly downstream from the real causes, which are found in the biology of your whole body. Brain problems or “disorders” are almost always systemic disorders, and the cure will be found outside the brain—in your body.

My goal in writing *The UltraMind Solution* is to show you the new landscape of how brain function, mind, mood, and behavior are created by changes in your body and your biology. I want to show you how to use that information to cure or dramatically improve the rising tide of “broken brains,” including conditions like depression, anxiety, bipolar disease, psychosis, attention deficit disorder, autism, dementia, Alzheimer's, Parkinson's disease, and more.

Even if you don't have one of these “diseases” and feel “fine,” feeling fine is less than what you could feel. You should and can feel alert, focused, happy, energetic, unstressed, and mentally sharp. That is, if you know how to care for your brain.

That is what I will teach you in this book.

My goal for all of you is to live your life as you were meant to live it—a life full of energy, vitality, pleasure, and happiness. This is the state of UltraWellness, and it is available to everyone if you know how to take advantage of it. The key to this is a balanced mind and body, which will allow you to experience the joys and the sorrows of life as you meet them, directly and fully.

Consider the experiences of just a few of my patients:

- ✦ A fifty-three-year-old man with lifelong bipolar disease and crippling depression on a multidrug cocktail who had relief from depression for the first time in thirty years after tuning up his brain function with folate and vitamins B12 and B6.
- ✦ A three-year-old boy with violent behavior who calmed down after balancing his blood sugar and clearing out toxic bacteria from his intestinal tract.
- ✦ A twenty-three-year-old woman with lifelong anxiety and depression that lifted after she quit eating foods that she was allergic to.
- ✦ A seventy-year-old man who was losing a grip on his memory and had been diagnosed with early dementia, who after getting all the mercury out of his body, came back to life and was able to work and function.
- ✦ Or the little boy with autism, who began to talk and connect socially, after getting rid of gluten and casein (wheat and dairy) from his diet and treating yeast in his gut.

How can you explain these “miraculous” cures? It’s simple. Brain function is directly influenced by what you eat, and by nutritional deficiencies, allergens, infections, toxins, and stress. These problems are taken care of by rebalancing the seven keys to UltraWellness. This, in turn, leads to an UltraMind.

The solution to this epidemic is getting to the root of the problems by examining how our ancient genes interact with our environment to create systemic imbalances that affect our most prized and sensitive organ—the brain.

The UltraMind Solution will show you how to correct the causes of the imbalances in your brain. Those causes often result from imbalances in other systems in your body. This book will teach you how to achieve optimum mental health and brain health without drugs or psychotherapy.

This approach is the future medicine, and will soon become the foundation for diagnosing and treating mental illness and brain diseases. It will be the standard way we achieve optimal mental health and brain function.

The last twenty years of research in the field of the brain have concentrated on what makes it able to remember or forget, be happy or sad, feel anxious or calm, and stay focused or be inattentive. Studies have uncovered a few simple underlying factors that explain why things go wrong and how to fix them.

But it can take more than twenty years for scientific findings like these to be incorporated into most physicians’ practices, and it may take even longer since they threaten the very foundation of our scientific paradigm.

You don’t have to wait another twenty years to take advantage of what we know now.

What the years of investigation have revealed is that our troubles with mood, behavior, attention, and memory don’t come from bad parenting or bad genes, but from imbalances in seven key underlying systems in the body.

And here's the really big news:

These “diseases” really do not exist.

“Mental disorders” and “brain disorders” are simply the names of common responses our bodies have to a variety of insults and deficiencies.

Fixing those underlying problems by rebalancing the seven keys may allow the brain to heal, the body-mind and mind-body to come back into balance.

When even one of these seven core systems is out of balance, illness of all kinds can result, ranging from heart disease to diabetes to weight gain to the brain disorders you have come to this book looking to heal.

Helping people balance these seven key systems is the foundation of my medical practice. It is what I did to fix my broken brain and it is how I have helped thousands of patients from all walks of life achieve a state of health they never dreamed possible.

Every day I witness miracles.

Giving you a practical way to understand, identify, and fix imbalances in each of the seven key systems of your body (just as I do in my practice) so you can make a miraculous recovery of your own is the purpose of The UltraMind Solution.

This book makes available for the first time the results of new research and knowledge of the brain, mood, and body in a practical guide for everyone young and old, hyper or calm, forgetful or not. It is designed to give you the information and tools you need to treat the roots of your broken brains, and by doing so overcome their devastating effects and take a big step closer to UltraWellness.

How did I learn about this?

How I Became an Accidental Psychiatrist

I call myself the “accidental psychiatrist.” I never set out to be a brain or mood expert. In fact, my focus was more on how the body works as a whole system. And people saw me not to treat depression or autism or Alzheimer's, but to deal with chronic complaints and illnesses of the body.

People make appointments to see me from far away, often after seeing many physicians, dissatisfied with more medications and more diagnoses. They come with a deep inner knowledge that something is out of balance—they just don't know how to find it by themselves. So many of my patients are willing to begin exploring the landscape of their bodies and minds in a new and deeper way.

Because of this I have had the unique opportunity to be a medical detective, hunting down clues and exploring the entire landscape of human biology and systems. I worked for almost ten years as the co-medical director of Canyon Ranch, and now for many years as the founder and medical director of the UltraWellness Center (www.ultrawellnesscenter.com).

Over the years as I worked to correct the fundamental imbalances that are the cause of all disease (the seven keys to UltraWellness, which you will learn about in a moment), I discovered that mood and brain disorders would often magically disappear as I treated a patient's physical problems.

Rather than dismiss this finding, I found it curious and began to investigate how treating digestive problems could cure depression, or how detoxifying a patient from mercury could bring back their memory. I investigated each of my patients carefully by listening to their stories of transformation and by examining the existing rich medical literature on this subject, which is mostly ignored.

Many years ago I treated a woman with a bacterial infection in her gut from a bug called Clostridia (which produces a molecule called DHPPA, which has neurochemical effects) with an antibiotic. Not only did her digestive symptoms clear up, but also her lifelong depression, which was resistant to treatment with medications like Prozac, lifted almost overnight.

Experiences like these as well as my own struggle with a chronic illness allowed the mysterious world of how the body influences the brain to open up to me.

Hence I became an “accidental psychiatrist.”

Since then I have found remarkable patterns and connections that link the body to the mind. The wonder of the body continues to delight and amaze me, as I understand more clearly how the entire body and the mind is one interacting, interlocking, networked system.

Nowhere is this truer than in how the brain is connected to the rest of the body.

Through the prism of one boy’s story told below, you will learn how powerful this approach can be for fixing your broken brain. This one story, and this boy’s two homework assignments done two months apart, will clarify the bidirectional communication between the brain and the body more than any complicated explanation of biochemical pathways.

While this is a story about one boy, the story of his imbalanced system and how it affected his brain is repeated millions of times over in America. Each story has its personal flavor, and each person may have different imbalances in physiology. But the overarching principle that ties together all brain disorders is simple.

Brain disorders resulting in altered mood, memory, behavior, and attention are a result of imbalances in the seven key systems of your body that determine whether you are well or ill, whether you are living a life of UltraWellness or a diminished life of poor mental and physical health.

Here is Clayton’s story . . .

Clayton: A Case Study in the Body-Mind Effect

An exasperated professional woman finally found her way to my office with her twelve-year-old son, Clayton. Clayton, labeled with a multitude of both psychological and physical diagnoses by a number of highly specialized physicians, seemed to be a walking embodiment of “bad luck—poor kid.”

In the realm of psychiatry Clayton was “diagnosed” with attention deficit hyperactivity disorder (ADHD), a behavioral disorder. He could not focus in school, “zoned out,” and was disruptive. Like many other children labeled with ADHD or on the autism spectrum, Clayton’s writing was nearly illegible.¹ On the other hand he excelled in math.

Physically, Clayton was diagnosed with asthma, suffered from “environmental” allergies, sinus congestion, postnasal drip, sore throats, eczema, nausea, stomach pains, diarrhea, headaches, anal itching, canker sores, muscle aches, muscle cramps,

hypersensitivity to noises and smells, sneezing, hives, itchy skin with bumps, and frequent infections. He slept poorly and had trouble breathing when he did sleep. He also suffered from anxiety, fearfulness, and carbohydrate cravings.

All of his symptoms were being treated with seven different medications prescribed by five different doctors. These included Ritalin for ADHD, allergy medicine, and inhalers for his asthma and hives, acid-blocking medication for his stomach problems, and painkillers for his headaches.

This is quite a drug cocktail for a twelve-year-old. Yet he still didn't experience much relief from his physical, mental, or behavioral symptoms. But this is how we approach things in medicine—divide it all up into parts, farm them out, and pile on the pills. What a life for both Clayton and his family!

Most psychiatrists not only lack the training to address any physical issues but also feel these are irrelevant to the mental “diagnosis” at hand. I, however, believe these physical ailments are the most important findings and these clues will provide the causes and appropriate treatment to repair disordered brain function.

Today the list of medications and the untested cocktails and combinations have grown to frightening proportions. Children who present with mental, behavioral, or emotional problems like the ones Clayton had now get antipsychotic medications, like Risperdal; antiseizure medications, like Trileptal; and antidepressants, like Prozac—all on top of stimulant medications, like Ritalin, Concerta, and Adderall.

I recently visited a local school nurse. After seeing a large box on the floor filled with empty pill bottles, the nurse told me that 63 percent of the children were on some type of medication.

My challenge is to organize symptoms according to how they are influenced by the seven keys of UltraWellness, not by chopping them up into separate diagnoses. That is how I lead my patients to an UltraMind.

Clayton's UltraMind Solution

As we dug below the surface we found and treated the causes of Clayton's symptoms—imbalances in the seven keys to UltraWellness that form the basis of the UltraMind Solution. Here is what we found and what we did. Clayton's story represents, to one degree or another, all of our stories. It illustrates both the despair and the delivery from our epidemic of broken brains.

Let's look at some of the essential keys affected in Clayton's case.

Nutritional Deficiencies

Like most kids, and especially those on the spectrum of ADHD and autism, Clayton lived on and craved junk food. His typical diet included trans fat, food additives,² and an overload of carbohydrates and refined sugar. This has been associated with ADHD.³ Blood tests confirmed significant deficiencies in many important fats, vitamins, antioxidants, and minerals. Clayton had no omega-3 fats and very low levels of tryptophan, vitamins B6, A, and D, antioxidants (vitamin E and beta carotene), zinc, and magnesium.

Omega-3 fats, eicosapentanoic acid (EPA) and docosahexanoic acid (DHA), are essential for brain function. In fact, 60 percent of the brain consists of DHA. A lack of these fats is strongly associated with ADHD,⁴ as well as eczema and immune deficiency.

Tryptophan is an amino acid (building block of protein) needed to make serotonin, the chemical in the brain for a relaxed and happy mood, and melatonin, the chemical for sleep. Vitamin B6 is crucial to converting tryptophan into serotonin. Clayton's unstable mood, sleep disturbance, and ADHD were clues to a B6 deficiency. Some of his

prescription medications were actually further depleting his B6 supply.⁵

A clear indication of low vitamin A and omega-3 fat deficiency were “bumps” on the back of his arms called hyperkeratosis pilaris.⁶ His low level of vitamin D led to lowered immunity.⁷ Deficiencies of other vitamins such as vitamin E and beta carotene indicated he ate a diet high in junk food and low in vegetables and whole grains.

Low levels of zinc are associated with lowered immunity, poor heavy metal detoxification, and ADHD. This was consistent with Clayton’s frequent infections, eczema, and allergies⁸ as well as the hyperactivity symptoms. Low-magnesium levels lead to headaches; anxiety; insomnia, muscle spasms, cramps, and aches; and hypersensitivity to noises.⁹

Nutrients have a multifactorial effect and work in synergy. It is important to attempt to correct all the deficiencies; as you can see, they all interact and overlap.

Immune and Inflammatory Imbalances

Clayton had asthma, allergies, hives, sinusitis, itchy skin, canker sores, a history of intolerance to baby formula, diaper rash, and frequent ear infections. These are all clear evidence of immune and inflammatory imbalances.

These should not be thought of as separate conditions but rather one immune system highly annoyed by one or more triggers such as food or environmental allergens, molds, toxins, chronic low-grade infections, or perhaps a combination of these factors.

Special testing for delayed, low-grade food allergies (IgG food sensitivity) showed Clayton’s immune system (and likely his brain^{10, 11}) was reacting to eighteen foods, including dairy, peanuts, yeast, citrus, and especially gluten, all of which created more inflammation.¹²

Gluten can trigger a low-grade, chronic immune response that inflames the brain and many other systems. Canker sores were just another clue pointing to celiac disease or gluten intolerance.¹³ Indeed, his IgG antigliadin antibodies were elevated (indicating an autoimmune reaction to gluten found in wheat, rye, barley, spelt, oats, and tritacle). In a later chapter, you will learn more about why gluten was a major clue in Clayton’s healing process.

Digestive Imbalances

Nausea, diarrhea, stomachaches, anal itching, and sensitive stomach were clear symptoms of Clayton’s digestive imbalances. The use of frequent antibiotics for the many infections led to a yeast overgrowth and abnormal gut flora. This resulted in a leaky gut (also called intestinal permeability). This condition gives way to the above-mentioned food allergies, systemic allergies, and inflammation.¹⁴ So we can see why his immune system was so angry.

Detoxification Imbalance

Metal toxicity indicates poor detoxification. Tests showed that Clayton

had high levels of mercury and lead. His exposure was probably similar to other children of his age; however, he nutritionally and/or genetically could not eliminate the metals from his body and stored them in his tissues.

Mercury has been associated with myriad gastrointestinal as well as autoimmune and cognitive problems.¹⁵ Children born between 1989 and 2001 were all exposed to mercury in the form of thimerosal in the multitude of vaccines they were given at a very early age (this mercury preservative was removed from the vaccines in 2001). As you will learn, other sources of mercury include coal-burning industrial plants, many large predatory ocean fish, river fish, and even “silver” dental fillings.

Lead toxicity has been associated with cognitive and behavioral problems in children.¹⁶ In a recent groundbreaking study, lead toxicity and environmental toxins were clearly linked to ADHD.¹⁷ By living in a polluted world, playing with toys made in China and coated with lead paint, and crawling around on the floor where shoes drag in the lead pollution from the outside, Clayton was exposed to the dangers of the industrial revolution.

He may also have suffered from other environmental toxins like mold toxins from the black mold in his house and food additives we could not measure.

Clearly, Clayton's problem was not a Ritalin deficiency or bad parenting! The cause of all these problems lay in the dietary and environmental pollutants that throw the seven underlying systems in our body out of balance.

The Simplicity of Treatment

It is not any one thing that caused Clayton's ADHD, abnormal handwriting, hives, asthma, or stomachaches. It was the total load of all the stresses on his system interacting with his unique genetic susceptibilities, which thus led to his abnormal brain function and health problems.

Clayton's treatment was disarmingly simple.

By deliberately and carefully working to find the cause or source of the irritation to his system (nutritional deficiencies, toxic foods, food allergies, gluten, environmental toxins, food additives, yeast overgrowth) and identifying the missing ingredients needed to restore normal physiological function (a multivitamin, omega-3 fats, vitamin B6, zinc, magnesium, vitamin D, healthy gut bacteria, and 5-hydroxytryptophan for sleep and anxiety), Clayton's health and brain function could finally start to normalize.

I recommended a whole-foods diet free of additives, sugar, trans fats, processed foods, and his particular allergic foods—gluten, dairy, citrus, peanuts, and yeast. This is the diet on which the UltraMind Solution is founded.

Then we got rid of the low-grade yeast problem he developed after years of taking antibiotics (it showed up as anal itching) with an antifungal medication.

Lead and mercury toxicity was addressed using DMSA, dimercaptosuccinic acid, an FDA-approved medication to remove lead from children. This part of the treatment was postponed until his gastrointestinal health was restored. This was important so Clayton could properly eliminate the metals as they were chelated (pulled out) of his tissues.

My approach is simple: the first step is to take out the bad stuff; remove what's irritating you. You need to find all the tacks under your feet to be pain free; removing only one tack will not make you 50 percent better. The second step is to add the good stuff; add the specific vitamins, nutrients, and other "ingredients" you need to thrive. These differ from person to person.

The Result of Clayton's Treatment

Clayton and his mother were diligent and determined to make changes. At his two-month follow-up visit, Clayton had discontinued all medications, including Ritalin, antihistamines (Zyrtec and Tagamet), bronchodilators, steroid inhaler, Tylenol (acetaminophen), and Advil (ibuprofen).

His mood and behavior returned to that of a typical twelve-year-old. His attention improved, his disruptiveness at home and in school disappeared, and his irritability and anxiety vanished completely.

Clayton found himself free from all his chronic symptoms for the first time in his life. His hives, asthma, chronic runny nose, anal itching, stomachaches, nausea, diarrhea, headaches, muscle cramps, and sensitivity to loud noises all completely resolved. He was also able to finally fall asleep and stay asleep throughout the night. Clayton also began to succeed in school both socially and academically as he never had before.

Clayton did not have a neurological or psychiatric “disease.” He had a “broken brain” caused by nutritional imbalances; toxicity; and altered immune, neurotransmitter, and digestive function. Treating those root causes and correcting the imbalances led to the resolution of all his symptoms.

Some of these findings and resolutions are subjective; therefore, for those skeptics, one irrefutable objective finding underscores the effectiveness of this approach and “proves” the powerful effect the body has on the mind and brain.

Clayton’s dysgraphia, or abnormal handwriting, completely resolved within two months of treatment (see Figures 1 and 2). Here is his homework before the UltraMind Solution and two months later.

Before Treatment

Name Clayton Lamper 112 Date _____

Chapter 7 Lesson 2 Notes

New Taxes for the Colonists
 : ~~was a law that said colonists had to~~
 pay for goods ~~that they bought~~
 A tax on goods brought

What bothered the colonists the most was The sugar act

• loyalists - Tories
 • mercy O'Hara, Warren and James
 O'Hara, Paper goods, O'Hara

The Stamp Act
 Stamp Act when people put a stamp on to show they paid taxes
 Representation no one acting or speaking

• Treason - working against for them
 • Public opinion or what people thought
 • more people bought stuff than
 • Less than a year after the stamp act
 X went to year after the stamp act

People Protest in Different Ways
 Petitions requests for action
 Two groups that tried to get these issues were Sons and Daughters
 Liberty freedom to make own laws

• boycotts refuse to buy laws
 • ~~boycott laws~~
 King ignored the colonists

Figure 1: Clayton's handwriting before treatment

After Treatment

Albert
Elli

CLAYTON LAMPERT

- Clayton Lampert 136
1. I wrote this sentence.
 2. I have several radios.
 3. Since when do you have an X box?
 4. I am thinking of something.
 5. I am better at math than my sister.
 6. Though the cat was old, it was still very playful.
 7. We're all in this together.
 8. The water was calm until the alligator attacked.
 9. Usually it is quiet in my room.
 10. I am very happy most of the time.
 11. While you were at school, I went skiing.
 12. You ate the whole cake!!
 13. I went on a cruise on the English canal.
 14. I am good at mathematics.
 15. I listen to music a lot.
 16. My Dad took a physical.
 17. I have an education.
 18. The old man was not very

Figure 2: Clayton's handwriting after treatment

Clayton's mother also sent me an e-mail reporting on her meeting with his school. The change was remarkable.

We had a 504 meeting at Clayton's school this morning (where the teachers, school counselor, parents, and principal all get together to review "the plan" for kids with special educational needs—in Clayton's case prompted by the ADHD diagnosis). This was the first time in his entire schooling history that everything seems to be going well. The input from his teachers was that he is "a different kid" than they saw in the first half of the year and that they're amazed by the difference. The school nurse hasn't seen him since March (and he used to be in her office several times a week). The school psychologist said his social skills are very good, age appropriate, and that she sees no problems at all. She also noted that Clayton seems very proud of himself and his new health and that he's taking good ownership of all the changes in his diet. He even seems to be shrugging it off when the other kids at school tell him he's an "alien" because he doesn't drink soda.

This was just such a fantastic meeting and I wanted to pass along the good news and say thank you!

How Do You Know What Worked?

Many of my colleagues argue that it is impossible to know what the most important factors were in Clayton's treatment or in similar treatments I offer to other patients. These people are stuck in the one-disease, one-drug model of thinking. It is an example of reductionistic thinking that misses the whole point of how systems work—of how the body works.

As evident in Clayton's case, many symptoms are caused by a multitude of irritants and a variety of irritants cause a multitude of symptoms. Success is not possible unless all the factors are addressed. If we just stopped food allergens, or just gave zinc, or just treated yeast, or just stopped food additives, or just stopped trans fats, Clayton would not have gotten better.

This story is not an isolated anecdote, but a story repeated over and over in medical practices based on Functional Medicine, which is where the principles of UltraWellness and UltraMind originate.

This case (and so many others like it) suggests that priority be given to research that teases out the subtleties of how to apply this approach to our epidemic of brain and psychiatric disorders. Instead we continue to research more "traditional" models for treating these problems.

I am no longer the "accidental" psychiatrist. I know as I treat the body the brain will heal. And that's no accident.

And I want to tell you what I have learned and show you how to take advantage of this science now. I want to give you the tools you need to apply this Functional Medicine approach to your own life so you don't have to wait twenty years for medical practices and the scientific community to catch up with what we already know today.

The question that remains is how to treat these underlying causes, so you can rebalance your health and empower your brain.

What was I able to help Clayton achieve by identifying and treating the underlying factors that were driving his illness, and how did I do it? How can you use this same approach to help you overcome the "broken brain" that is so debilitating you?

A New Road Map for Treating Disease: The Seven Keys to UltraWellness

A new road map has emerged for how the human body works and how to treat illnesses—whether they are mental or physical. This road map is not based on the traditional ways of naming and diagnosing disease (or the ICD-9 disease classification system that you will learn more about in chapter 3) but on the underlying, core, interlocking, physiological systems that, in fact, underlie all disease.¹⁸

No one element can explain Clayton's constellation of symptoms, but his particular puzzle tells a unique story when taken as a whole. And while there may be similar patterns in other children with ADHD, his pattern is unique to him. Another child with ADHD might have different imbalances and require different diagnostic tests and therapies.

My medical school training gave me the ability to diagnose thousands of different separate diseases. Diseases that I suggest don't really exist in the way we think they do. We give names to disease like depression or ADHD, but that just helps us group people together who have the same symptoms for the purposes of giving them all the same drug therapy. But what if I were to tell you that new scientific discoveries tell us that there is no such thing as depression?

What we see as the symptoms of depression are reflections of a few common interconnected imbalances in the body that have nothing to do with the medical specialties as we know them. Depression is not a psychiatric illness, but a systemic disease. To treat it we need to address the whole system—the ecosystem of your body.

That means we need to understand how the whole body operates as a system, not just how different pieces of the body operate independently from one another. We need to treat people, not body parts; we want to treat the causes of disease, not symptoms.

I was trained according to the dogma of separate medical specialties—for heart problems you see the cardiologist, for stomach problems you see the gastroenterologist, for joint pain you see the rheumatologist, for skin problems, the dermatologist. You just don't ask the skin doctor about your joint pain. If you do ask, he or she will cut you off and tell you to see the joint doctor.

The road map I was given in medical school to navigate through the territory of illness was the wrong map. It taught us to diagnose disease and then assign standardized treatments no matter who was suffering. This is the wrong approach. It's a map that sends us in the wrong direction.

Not only are your joint pains, skin rash, irritable bowel, and depression all connected, but the only way to find your way out of this mess of chronic disease (which affects 162 million people) is by using a new map—one that allows us to see how everything is connected.

This is what the rich new method called Functional Medicine offers. Functional Medicine (www.functionalmedicine.org) applies the science of systems biology in a practical setting. It is the revolutionary new system I have been talking about. It's a fundamental change in our thinking, a whole different paradigm, like the world-is-round-not-flat shift. It changes our approach to the very way we think about illness and the human body.

With it, we can truly treat and cure disease.

Unlike conventional medicine, Functional Medicine personalizes treatment based on a patient's unique needs. We are all different. We have a different genetic makeup. As a result our bodies react to our environment in different ways. Understanding this allows us to develop unique methods to treat people, not diseases.

At the heart of this paradigm shift are the seven keys of UltraWellness, the same keys that make up the UltraMind Solution.

All medicine can be simplified into a few basic principles and concepts or natural laws that explain all disease and suffering. These concepts are the seven keys or core systems of the body.

In Part II I will explore how each of these keys affects your mood, behavior, attention, memory, and overall brain function, and supply quizzes that will help you identify which of these keys is out of balance for you so you can optimize and heal your brain.

This will give you a personalized road map for your journey back to health and wellness. It will help you heal from your broken brain and from a host of other symptoms you may be suffering with.

I would like to give you an introduction to the keys now, as they are critical for understanding how the whole program works. As you read this, keep in mind that these keys are not really separate but interconnect and interact in a dynamic, fluid web.

THE SEVEN KEYS: STAYING IN BALANCE

KEY #1: OPTIMIZE NUTRITION

We are made of the stuff we eat. Our biology, biochemistry, and physiology need certain raw materials to run optimally—the right balance and quality of protein, fats, carbohydrates, the right vitamins and minerals in the correct dose for each of us and all the colorful pigments in plant foods, called phytonutrients, that support our well-being and function. Nearly all of us are nutritionally imbalanced in one way or another.

KEY #2: BALANCE YOUR HORMONES

Our hormones, including insulin, thyroid, sex hormones, stress hormones, and many more, are a symphony of molecules. They have to work in harmony for you to be healthy.

KEY #3: COOL OFF INFLAMMATION

We must protect and defend ourselves from foreign invaders or abnormal cells inside our own body. When this is over- or underactive, illness occurs. Inflammation of the brain is a central theme for almost all psychiatric and neurologic conditions, as well as most chronic disease. If you have a broken brain it is almost certainly inflamed.

continued

KEY #4: FIX YOUR DIGESTION

Digesting, absorbing, and assimilating all the food and nutrients we eat is critical for health. Our digestive systems must also protect us from internal toxins, bugs, and potential allergens, as well as eliminate wastes. Breakdown anywhere in this process creates illness.

KEY #5: ENHANCE DETOXIFICATION

Our bodies must eliminate all of our metabolic wastes and toxins, which we take in from the environment through our food, air, water, and medications. The toxic burden in the twenty-first century is overwhelming and often our bodies can't keep up. This leads to illness.

KEY #6: BOOST ENERGY METABOLISM

Life is energy. Once no more energy is produced in your cells, you die. The process of extracting energy from the food you eat and the oxygen you breathe is the most essential process of life. Keeping that metabolic engine running smoothly and protecting it from harm are essential for health. Loss of energy is found in almost all brain disorders.

KEY #7: CALM YOUR MIND

A life of meaning and purpose, a life in balance with connection, community, love, support, and a sense of empowerment, are essential for health. The overwhelming stresses of the twenty-first century, including social isolation, overwork, and disempowerment, create enormous strain on our nervous system, leading to burnout and breakdown.

By treating imbalances in these seven keys we now have a way to cure, stop, slow, and reverse this looming epidemic of “brain” disorders (as well as virtually all the diseases we see in the twenty-first century).

But what creates these imbalances?

Are these seven key systems out of balance because of poor diet, allergens, infections, stress, and toxins?

Or are they out of balance because they are missing the essential raw materials for life and health—whole, real food rich in phytonutrients and fiber, vitamins and minerals, oxygen, clean water and air, light, sleep, exercise, deep relaxation, love, connection and community, meaning, and purpose?

More to the point, I want to know how these factors influence a person's unique genome and their gene expression, creating their unique set of problems. You see, your genes are not fixed but capable of dynamically responding to information or instructions that come from your diet, lifestyle, and environment. The "information" you send your genes determines whether you stay well or get sick, and just how well you function day to day.

This is the study of nutrigenomics (the science of how food affects your genes), and it is the other critical piece of this new road map for healing disease outlined in *The UltraMind Solution*.

A New Approach to Understanding Food: Nutrigenomics

The most powerful tool you have to change your brain and your health is your fork.

Why?

Food is not just calories or energy. Food contains information that talks to your genes, turning them on or off and affecting their function moment to moment.

Food is the fastest-acting and most powerful medicine you can take to change your life.

This discovery is called "nutrigenomics."

Think of your genes as the software that runs everything in your body. Just like your computer software, it only does what you instruct it to do with the stroke of your keyboard.

The foods you eat are the keystrokes that send messages to your genes telling them what to do—creating health or disease.

Imagine what messages you are sending with a double cheeseburger, large fries, and a forty-eight-ounce cola. Consider what messages you might send instead with deep red wild salmon, braised greens, and brown rice.

The science of nutrigenomics allows us to personalize medicine—not everyone with the same problems needs the same prescription. Your individual genetic makeup determines what you need to be optimally healthy.

You have only about thirty thousand genes. But you have more than 3 million little variations in those genes called SNPs (single nucleotide polymorphisms). Those variations make up who you are. And they make your individual needs slightly different from my individual needs. We all have different needs for food, vitamins, rest, exercise, stress tolerance, or ability to handle toxins.

This book is a map to help you personalize your road to UltraWellness based on your strengths and vulnerabilities—your individual needs.

By analyzing where you are out of balance in the seven keys to UltraWellness and then applying the science of nutrigenomics to help reestablish balance, we can create treatments matched to each person's individual needs.

That is what you will learn how to do in this book.

Using this method, I now approach each encounter with a patient from a general framework that is completely different from the one I learned in medical school. I create a treatment plan that is not reproducible for a group of people with the same symptoms, but is, of necessity, created anew for each patient.

What I do is actually quite simple.

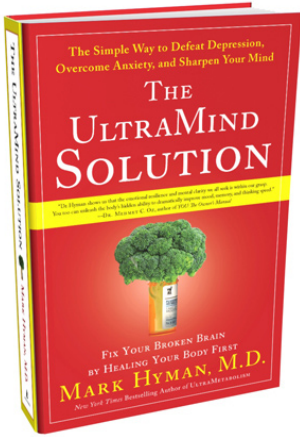
The first step is to take out the bad stuff (the things that create imbalance, such as a nutrient-poor, processed diet; toxins; allergens; infections; and stress); remove what's bugging you. If you have ten tacks in your foot, you can't take out one, pop an aspirin, and hope to feel better. You need to find and take out all the tacks; taking out just one of them won't make you better.

The second step is to add the good stuff (high-quality whole foods, nutrients, water, oxygen, light, movement, sleep, relaxation, community, connection, love, meaning, and purpose), and the body's natural intelligence and healing system will take care of the rest. This is the foundation of The UltraMind Solution.

That's all there is to it. Using this simple, yet comprehensive, method allows me to treat virtually all diseases, whether they are "in the brain" or "in the body." And it works for one simple reason: the body and the brain are one system.

Unfortunately, common myths founded in classical psychiatry and neurology and promoted for decades by society have blinded us to the simple but profound truth Functional Medicine has unveiled.

And we must understand these myths before we can be free of them.



THE ULTRAMIND SOLUTION

Discover how simple changes can enhance mood, sharpen focus, overcome anxiety and debilitating conditions such as ADHD, bipolar disorder, dementia, and autism.

- ✓ Activate your body's natural healing intelligence
- ✓ Achieve a sharp, focused and happy brain
- ✓ Improve your memory, feel calm and in control

BUY NOW

DO YOU HAVE A BROKEN BRAIN?

Although it sounds like a strange question, this invisible epidemic affects nearly 1.1 billion people worldwide, one in six children one in two elderly and will cripple one in four people during their lifetime.

If you can answer yes to any of the following questions, you too may have a broken brain:

1. Are you depressed, feel down and don't have the desire to do anything?
2. Do you find it next to impossible to focus and concentrate on tasks?
3. Do you find it hard to remember names or where you left your keys?
4. Do you find yourself getting anxious, worried and stressed out frequently?
5. Does it seem like a have a foggy mind, not seeing the world clearly?

All is not lost as three-time New York Times bestselling author, Mark Hyman, MD unveils his groundbreaking program that shows us how we can fix our broken brains by healing our bodies first. Based on the emerging field of functional medicine, Dr. Hyman presents a simple, 6-week plan that will show you how to fix your broken brain and gain an UltraMind.

Instead of focusing on the conventional – and highly ineffective – treatments of drugs and therapy first, Dr. Hyman shows us how pinpointing and fixing our underlying biological problems allows our body's natural intelligence to take over and automatically heal our brains.

This leads to an UltraMind – one that's highly focused, able to pay attention at will, with a strong memory and leaves us feeling calm, confident, in control and in good spirits.

“Dr. Hyman’s brilliant new book shows us that the emotional resilience and mental clarity we all seek is within our grasp. This is the essential guide to unleashing the body’s hidden ability to dramatically improve mood, memory and thinking speed.”

—DR. MEHMET OZ,
author of *You: The Owners Manual*

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