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The UltraMind solution automatically boost your brain power, improve your mood and optimize your memory This edition published in 2008 by Scribner in New York .

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The Ultra Mind Solution: Automatically Boost Your Brain Power, Improve Your Mood and Optimize Your Memory

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Like all of Dr. Hyman's titles, The Ultra Mind Solution includes the Seven Keys to Brain Health and a simple six week program that will cleanse, heal and strengthen the brain. Each section has a quiz for the listener to assess the effect of each particular key on their brain function, provides a list of diagnostic tests for clinical treatments as well as a how to implement healing solutions from changes in nutrition to supplements, hormones, detoxification, and fighting brain "allergies."

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The Simple Way to Defeat Depression, Overcome Anxiety and Sharpen Your Mind. The UltraMind® Solution is a 6-week, step-by-step program designed to help you fix imbalances in your body's core underlying biology, which will then trigger your body's own natural intelligence to heal and automatically fix your brain.

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