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[The Simple Way to Defeat Depression, Overcome Anxiety, and ...](#)

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reductionist approach of current medicine, fragmented into separate fields, is not able to treat this system in a holistic manner the way it should be treated. Instead he proposes **The UltraMind Solution: Key #1 - Optimize Nutrition**. In this week's UltraMind blog, Dr. Mark Hyman tells you how food can heal your brain and gives you the top 4 nutrition tips you need to feel better now. Category Howto & Style; Show more Show less

The UltraMind Solution: Fix Your Broken Brain by Healing Your Body First

Mark Hyman, MD's new release: The UltraMind Solution. Discover how simple changes can enhance your mood, sharpen focus, overcome anxiety and debilitating conditions such as ADHD, bipolar disorder

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Mark Hyman (doctor) - Wikipedia

Mark Adam Hyman is an American physician and New York Times best-selling author. He is the founder and medical director of The UltraWellness Center and was a columnist for The Huffington Post.

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