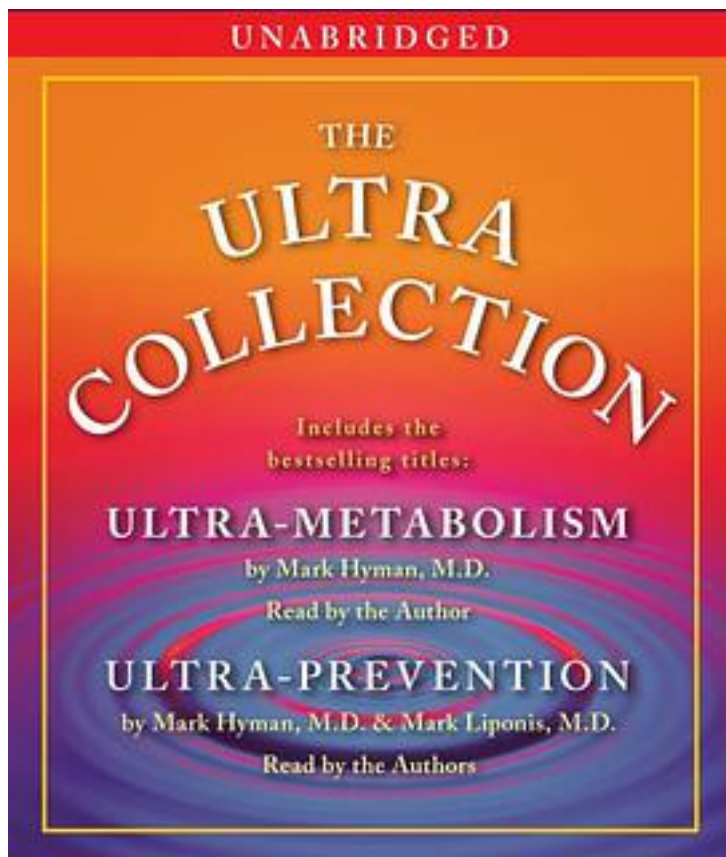


The Ultra-Collection



[The Ultra-Collection_ 下载链接1](#)

著者:Mark, M.D. Hyman

出版者:Simon & Schuster Audio

出版时间:2008-12-30

装帧:Audio CD

isbn:9780743577021

For the first time ever, Ultraprevention and Ultrametabolism are available together in one low-priced collection. Ultraprevention is a revolutionary, accessible, science-based, patient-centered program for living an active, age-defying, disease-free life. You'll experience increased energy, weight loss, enhanced mood and memory, better digestion, deeper sleep, diminished stress, and more. Through the practice of

the six-week Ultraprevention program, you'll learn three simple steps that stop these forces and create a lifetime of good health. Ultrametabolism finally reveals why it's so hard to lose weight. As renowned physician Mark Hyman explains, our bodies are designed to keep weight on at all costs as a matter of survival. It's embedded in our DNA. An easy-to-follow eight-week plan to help you lose weight based on your own unique genetic needs, Ultrametabolism is your personal program for permanent weight loss and lifelong health. The Ultra-Collection provides listeners with a two-tiered approach to living a happier and healthier life.

作者介绍:

目录:

[The Ultra-Collection_ 下载链接1](#)

标签

评论

[The Ultra-Collection_ 下载链接1](#)

书评

[The Ultra-Collection_ 下载链接1](#)