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# Ultramind Solution

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The Daniel Plan  
Silva Ultramind Systems Persuasive Thoughts  
The UltraMind Solution  
The Blood Sugar Solution  
Ultrametabolism  
The Blood Sugar Solution Cookbook  
Disconnect  
Eat Fat, Get Thin  
Silva Ultramind Systems ESP for Business Success  
Food  
Food: WTF Should I Eat?  
The Pegan Diet  
Jose Silva's Everyday ESP  
Clean - Expanded Edition  
Born-Again Vintage  
The Blood Sugar Solution 10-Day Detox Diet  
Ultraprevention  
The UltraSimple Diet  
The Edge Effect  
The UltraMetabolism Cookbook  
Healing Mushrooms  
Food Fix  
Nutrient Power  
The Divided Mind  
Body-Mind Dissociation in Psychoanalysis  
Cleanse Your Body, Clear Your Mind

Healthy Indian Vegetarian Cooking  
You Find Him, I'll Fix Him  
The Whole-Body Microbiome  
José Silva's Ultramind ESP System  
Death by Supermarket  
The Gluten Effect  
Whole Detox  
The UltraMind Solution  
Brain Lock  
The UltraMind Solution  
The Blood Sugar Solution 10-Day Detox Diet Cookbook  
The Inside Tract  
Eat Like a Human  
The Mood Cure

*Ultramind Solution*

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## **LAILA ALISSON**

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The Daniel Plan Simon and Schuster  
Are you a part of the bad mood epidemic?  
Here are the answers you've been looking  
for! Julia Ross's plan provides a natural  
cure for your mood. Drawing on thirty  
years of experience, she presents  
breakthrough solutions to overcoming  
depression, anxiety, irritability, stress, and  
other negative emotional states that are  
diminishing the quality of our lives. Her

comprehensive program is based on the  
use of four mood-building amino acids and  
other surprisingly potent nutrient  
supplements, plus a diet rich in good-  
mood foods such as protein, healthy fat,  
and certain key vegetables. Including an  
individualized mood-type questionnaire,  
The Mood Cure has all the tools to help  
you get started today and feel better  
tomorrow.

Silva Ultramind Systems Persuasive  
Thoughts G&D Media

The conflict and dissociation between the  
Body and the Mind have determinant

implications in the context of our current  
clinical practice, and are an important  
source of internal and relational  
disturbances. Body-Mind Dissociation in  
Psychoanalysis proposes the concept as a  
new hypothesis, different from traumatic  
dissociation or states of splitting. This  
approach opens the door to a clinical  
confrontation with extreme forms of  
mental disturbance, such as psychosis or  
borderline disorders, and strengthens the  
relational power of the analytic encounter,  
through a focus on the internal  
sensory/emotional axis in both analyst and

analysand. The book details this importance of the analyst's intrasubjective relationship with the analysand in constructing new developmental horizons, starting from the body-mind exchange of the two participants. *Body-Mind Dissociation in Psychoanalysis* will be of use to students, beginners in psychotherapy, mental health practitioners and seasoned psychoanalysts.

**The UltraMind Solution** Routledge

If you've ever experienced a hunch that pays off, a dream with useful information, or an unexplained coincidence, you've probably used ESP and didn't know it. Jose Silva's *Everyday ESP* will help you tap into your natural ability of ESP and understand hidden information to better all areas of your life, including health, wealth, and relationships. Imagine you had a guide who knew what lies ahead, and who could direct you to success and happiness. Here you will learn how to obtain guidance from higher intelligence to make good decisions and to fulfill your life's purpose. This book features the scientifically proven Silva Dynamic Meditation System, developed by world-renowned parapsychologist Jose

Silva. And, for the first time in any of the books released by Silva, an audio CD is included to speed up the process. The CD features the Silva Centering Exercise-in just a few hours you can be functioning at the powerful alpha brain wave level. Now is the time to live the successful life that higher intelligence envisioned for you. As Jose Silva used to say, "May the rest of your life, be the best of your life." Book jacket.

**The Blood Sugar Solution** Penguin

A "New York Times"-bestselling author reveals that problems in the brain don't start there, and explains how detoxifying and fortifying the body can maximize brain function, alleviate depression, and improve memory--without drugs.

**Ultrametabolism** Rodale Books

A Life-Changing Medical Breakthrough Clean is an M.D.'s program designed to be easily incorporated into our busy schedule while providing all the practical tools necessary to support and rejuvenate our bodies. The effect is transformative: nagging health problems will suddenly disappear, extra weight will drop away, and for the first time in our lives, we will experience what it truly means to feel

healthy. Expanded Edition Includes: New Introduction • New Recipes • How to Become Clean for Life

*The Blood Sugar Solution Cookbook*  
Skyhorse Publishing, Inc.

The definitive classic that has helped more than 400,000 people defeat obsessive-compulsive behavior, with all-new material from the author An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return. In *Brain Lock*, Jeffrey M. Schwartz, M.D., presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to

develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their psychic prisons and regain control of their lives.

**Disconnect** Little, Brown Spark

A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to *Eat Fat, Get Thin*, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, *Eat*

*Fat, Get Thin* is the cutting edge way to lose weight, prevent disease, and feel your best.

*Eat Fat, Get Thin* Career Press

More than 60 million Americans suffer from digestive disorders such as gastroesophageal reflux disease and irritable bowel syndrome. In *The Inside Tract* by Gerard E. Mullin, MD, a comprehensive plan for overcoming these common digestive ailments, you'll learn how a simple regimen of dietary changes, supplements, and a 7-step lifestyle modification program can help heal intestinal problems and get you on track to vibrant health!

**Silva Ultramind Systems ESP for Business Success** Little, Brown Spark

Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best

has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With *The Pegan Diet's* food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, *The Pegan Diet* offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.

*Food* Little, Brown Spark

Dr. Mark Hyman describes his UltraSimple diet designed to help people boost their metabolism and safely lose up to ten

pounds in seven days.

Food: WTF Should I Eat? Tuttle Publishing  
The epidemics of obesity, disease, low IQ, and depression are the result of a new source of malnutrition caused by chemically loaded, nutrient dead "science fiction" food made in factories. Nancy Deville masterfully links America's obsession with factory food and our growing reliance on the pharmaceutical industries. This well-researched guide based on scientific studies reveals the imminent danger behind the low fat/low cholesterol diet and links the introduction of this diet to the proliferation of high-fructose corn syrup, vegetable oil, endocrine disrupting soy, neurologically damaging aspartame, and other unhealthy ingredients that pervade factory food. You do not have to stay fat, depressed, or sick, tethered to pharmaceuticals and dreading old age. It's never too late to begin reversing the effects of factory food. *Death By Supermarket* shows you how to quit dieting and taking drugs, provide your body and brain with nutritional building blocks, and reclaim your genetic potential -- including your ideal body weight -- by choosing a historically eaten diet of real,

whole, living food.

The Pegan Diet Simon and Schuster  
#1 New York Times bestselling author Dr. Mark Hyman sorts through the conflicting research on food to give us the skinny on what to eat. Did you know that eating oatmeal actually isn't a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? Even the most health conscious among us have a hard time figuring out what to eat in order to lose weight, stay fit, and improve our health. And who can blame us? When it comes to diet, there's so much changing and conflicting information flying around that it's impossible to know where to look for sound advice. And decades of misguided "common sense," food-industry lobbying, bad science, and corrupt food policies and guidelines have only deepened our crisis of nutritional confusion, leaving us overwhelmed and anxious when we head to the grocery store. Thankfully, bestselling author Dr. Mark Hyman is here to set the record straight. In *Food: What the Heck Should I Eat?* -- his most comprehensive book yet -- he takes a close look at every food group and explains what we've gotten wrong,

revealing which foods nurture our health and which pose a threat. From grains to legumes, meat to dairy, fats to artificial sweeteners, and beyond, Dr. Hyman debunks misconceptions and breaks down the fascinating science in his signature accessible style. He also explains food's role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact the environment, the economy, social justice, and personal health, painting a holistic picture of growing, cooking, and eating food in ways that nourish our bodies and the earth while creating a healthy society. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes, *Food: What the Heck Should I Eat?* is a no-nonsense guide to achieving optimal weight and lifelong health.

**Jose Silva's Everyday ESP** Hachette UK  
"As [Disconnect] shows, cell phones may actually be doing damage to far more than our attention spans-and could, in fact, be killing us." -Salon.com. Since the invention of radar, cell phone radiation was assumed to be harmless because it wasn't like X-rays. But a sea change is now occurring in

the way scientists think about it. The latest research ties this kind of radiation to lowered sperm counts, an increased risk of Alzheimer's, and even cancer. In *Disconnect*, National Book Award finalist Devra Davis tells the story of the dangers that the cell phone industry is knowingly exposing us-and our children-to in the pursuit of profit. More than five billion cell phones are currently in use, and that number increases every day. Synthesizing the findings and cautionary advice of leading experts in bioelectricalmagnetics and neuroscience, Davis explains simple safety measures that no one can afford to ignore.

Clean - Expanded Edition Harper Collins Presents an eight-week plan for weight loss that can be tailored to individual needs, examines common myths that thwart weight loss, and includes recipes that aid in detoxifying and balancing the metabolism.

*Born-Again Vintage* Hachette UK The national bestselling, breakthrough program for reversing and preventing aging, written by a leading medical specialist. This could be as close to a fountain of youth as mankind will ever

come. In *The Edge Effect*, Dr. Eric Braverman reveals scientifically proven methods for preventing or reversing the debilitating effects of aging—including memory loss, weight gain, sexual dysfunction, and Alzheimers. A leading figure in brain-body health care, Dr. Braverman explains the vital importance of proper brain nourishment. He then shows how balancing the brain's four essential neurotransmitters is the key to increased longevity and wellbeing. Proven effective for thousands of patients in Dr. Braverman's practice, this groundbreaking approach will help anyone make the most of his or her life, radically reducing the risk of major illnesses such as cancer and heart disease, as well as minor ailments.

**The Blood Sugar Solution 10-Day Detox Diet** Simon and Schuster

Combining her experience as scientist, researcher, and clinician, internationally recognized health expert Deanna Minich offers a comprehensive, integrative, and personalized approach to detox that helps you heal your unique physical challenges and overcome the life obstacles holding you back from total health and wellness. Most detox programs—from fasts,

cleanses and supplements, to elimination diets, organic diets, and saunas—focus on ridding our bodies of the bad foods or chemicals that prevent us from achieving total health. While some people respond well, others find the benefits are short lived and do not result in transformational change. Experienced researcher and practitioner Dr. Deanna Minich discovered that to achieve true health and wellness, we must address all of the toxic elements in our lives. Going beyond previous programs, *Whole Detox* offers a proven plan to uncover all the obstacles that prevent you from feeling your best. Using Dr. Minich's integrative, color-coded system that has successfully helped thousands, *Whole Detox* teaches you how to identify which of your seven "health systems" are out of balance, and provides a personalized prescription for diet, activity, and lifestyle changes that will make you feel better. Following her systematic, step-by-step twenty-one-day journey through all seven systems, filled with helpful questionnaires and charts, you can remove toxins, lose weight, repair existing health issues, boost energy, improve relationships, and find purpose

and passion. Dr. Deanna Minich's methods have resulted in jaw-dropping results. By ridding yourself of all types of toxins, your body will change dramatically . . . and so will your life.

Ultraprevention Harper Collins

No 1 New York Times bestselling author Dr Mark Hyman sorts through the conflicting research on food to give us the truth on what we should be eating and why. Did you know that porridge isn't actually a healthy way to start the day? That milk doesn't build bones, and eggs aren't the devil? In *WTF Should I Eat?* - Dr Hyman looks at every food group and explains what we've gotten wrong, revealing which foods nurture our health and which pose a threat. He also explains the crucial role food plays in functional medicine and how food systems and policies affect our environmental and personal health. With myth-busting insights, easy-to-understand science, and delicious, wholesome recipes in every chapter, *WTF Should I Eat?* is an invaluable resource for cooking, eating and living well. 'Dr Mark Hyman's *WTF Should I Eat?* offers a masterpiece of truth-telling, a subversive reproach to the industrial systems that threaten our very

health - and how each of us can flourish by making better food choices. This could be the most useful book you will read.' - Daniel Goleman 'I find that many people are confused about what constitutes a healthy diet. *Food: WTF Should I Eat?* is an easy to follow guide to the foods that harm us and the foods that heal us. If you want to take all of the guesswork out of eating a real, whole foods diet, read this book!' - Dr Rangan Chatterjee

The UltraSimple Diet Little, Brown Spark  
Find balance in your life and in your blood sugar with the easy to follow guide on leading a healthier life and being a happier person - perfect for anyone looking to take control of their body! In *The Blood Sugar Solution*, Dr. Mark Hyman reveals that the secret solution to losing weight and preventing not just diabetes but also heart disease, stroke, dementia, and cancer is balanced insulin levels. Dr. Hyman describes the seven keys to achieving wellness -- nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind -- and explains his revolutionary six-week healthy-living program. With advice on diet, green living, supplements and

medication, exercise, and personalizing the plan for optimal results, the book also teaches readers how to maintain lifelong health. Groundbreaking and timely, *The Blood Sugar Solution* is the fastest way to lose weight, prevent disease, and feel better than ever.

**The Edge Effect** Little, Brown Spark  
From the ten-time New York Times bestselling author of *Ultrametabolism*, *The Blood Sugar Solution*, and *Eat Fat, Get Thin* comes *The UltraMetabolism Cookbook*. The perfect companion to Dr. Hyman's New York Times bestseller, *Ultrametabolism*, *The UltraMetabolism Cookbook* has 200 convenient, easy-to-prepare, and, delicious recipes geared to each phase of the *Ultrametabolism* plan and designed to kick your metabolism into overdrive, change the way you eat, and establish a lifestyle shift to help you feel better and keep the weight off. The first part of the book takes the reader through the three-week detoxification of Phase I and offers a wide variety of delicious and easily prepared dishes like Roasted Shrimp, Turkey and Red Bean Chili, and Ratatouille. Phase II rebalances your metabolism in four weeks and offers the

way to a healthy metabolism for life with recipes for satisfying, flavor-packed appetizers like Curried Deviled Eggs with Cashews, as well as many more new salads, meats, fish, shellfish, soups, poultry, grains, vegetables, breakfast foods, snacks and, of course, lots of plant-based options and bean dishes for vegetarians. Based off cutting-edge nutritional science, these great recipes will help you integrate the UltraMetabolism way of eating into your lifestyle, from quick weeknight suppers to entertaining and holiday meals.

### **The UltraMetabolism Cookbook**

Zondervan

An archaeologist and chef explains how to follow our ancestors' lead when it comes to dietary choices and cooking techniques for optimum health and vitality. "Read this

book!" (Mark Hyman, MD, author of Food) Our relationship with food is filled with confusion and insecurity. Vegan or carnivore? Vegetarian or gluten-free? Keto or Mediterranean? Fasting or Paleo? Every day we hear about a new ingredient that is good or bad, a new diet that promises everything. But the secret to becoming healthier, losing weight, living an energetic life, and healing the planet has nothing to do with counting calories or feeling deprived—the key is re-learning how to eat like a human. This means finding food that is as nutrient-dense as possible, and preparing that food using methods that release those nutrients and make them bioavailable to our bodies, which is exactly what allowed our ancestors to not only live but thrive. In Eat

Like a Human, archaeologist and chef Dr. Bill Schindler draws on cutting-edge science and a lifetime of research to explain how nutrient density and bioavailability are the cornerstones of a healthy diet. He shows readers how to live like modern “hunter-gatherers” by using the same strategies our ancestors used—as well as techniques still practiced by many cultures around the world—to make food as safe, nutritious, bioavailable, and delicious as possible. With each chapter dedicated to a specific food group, in-depth explanations of different foods and cooking techniques, and concrete takeaways, as well as 75+ recipes, Eat Like a Human will permanently change the way you think about food, and help you live a happier, healthier, and more connected life.