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Is your brain broken?

We refer to our broken brains by many names_depression, anxiety, memory loss, brain fog, ADHD, autism, to name a few_and although we can't see it, this silent epidemic affects more than 1 billion people worldwide.

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

Are you depressed, feeling down, and don't have the drive to do anything?

Do you find it next to impossible to focus or concentrate?

Do you get anxious, worried, or stressed-out frequently?

Does your mind feel foggy, unable to experience the world clearly?

All is not lost. In The UltraMind Solution, New York Times bestselling author Mark Hyman shows that to fix your broken brain, you must heal your body first. Dr. Hyman presents a simple six-week plan based on the emerging field of functional medicine to restore health and gain an UltraMind_one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits.