

MARK A. HYMAN, M.D.

Respected medical consultant, *New York Times*-bestselling author, lecturer, and practicing physician Mark A. Hyman, M.D., is a leader in the emerging field of functional medicine. Functional medicine is ideal medicine made real; it is a new medical model—a more successful way of treating human illness and disease—born of recent technological and clinical advances applied in a fresh methodology. It is, Hyman says, “the future of medicine, available now.” Functional medicine moves beyond diagnosis-based medicine to incorporate new research that for the first time allows treatment of the underlying causes of disease. A broad range of treatments are used that help restore and optimize normal function and health, including conventional therapies, herbal treatments, and alternative methodologies in one encompassing, patient-centered approach. In his work, Dr. Hyman applies the best of conventional and alternative medicine with cutting-edge science, placing him at the forefront of progressive medical care and education in the United States. A strong and pioneering voice for change in the fundamental way health care is perceived and delivered, as well as for a new paradigm for physicians, he has launched an innovative approach that taps into years of medical research that has not, until now, been translated into clinical practice in hospitals, homes, and the community.

Dr. Hyman is the Editor-in-Chief of **Alternative Therapies in Health and Medicine**, the premiere peer-reviewed professional journal in the fields of integrative medicine and alternative medicine; and is the Medical Editor of **Alternative Medicine Magazine**, which is dedicated to helping consumers improve their health and the quality of their lives. He is on the editorial board of *Integrative Medicine: A Clinician's Journal*. Dr. Hyman collaborates with Harvard Medical School's Brigham and Women's Hospital and its Center for Complementary and Integrative Medicine.

Dr. Hyman has testified regarding health promotion and wellness for the White House Commission on Complementary and Alternative Medicine and has consulted with Surgeon General Richard H. Carmona on his diabetes prevention initiative. Dr. Hyman was co-Medical Director for eight years at Canyon Ranch Lenox, one of the world's leading health resorts; and co-authored the *New York Times*-bestseller **Ultraprevention: The 6-week Program That Will Make You Healthy for Life** (Scribner), winner of the Books for a Better Life Award, which honors the best self-improvement books published each year. He is also author of **The Five Forces of Wellness: The Ultraprevention System for Living an Active, Age-Defying, Disease-Free Life** (Nightingale) and creator of **The Detox Box** (Sounds True), a unique, easy-to-follow program designed to help people significantly rejuvenate their health and vitality by cleansing their bodies from toxins in the environment, diet, and spirit. **NutriGenomics, The New Science of Health and Weight Loss** (2006). His recent book is, the *New York Times* bestseller, **UltraMetabolism, The Simple Plan for Automatic Weight Loss** (Scribner March 2006). It focuses on a cutting-edge personalized -- or "nutrigenomic" -- approach to weight loss and metabolism. A companion PBS pledge special, **Ultrametabolism**, produced by WLIW features this approach. The *New York Times* Best Seller, **The UltraSimple Diet** was is a simple anti-inflammatory, detoxification one week program. (Pocket Books March 2007). His latest book, **The UltraMetabolism Cookbook**, was just released (November 2007, Scribner)

A guest on the *Today* show, *The Early Show*, and *The View* with Barbara Walters, Dr. Hyman has also appeared on CNN, FOX, PBS, and NPR, as well as many other television and radio stations. He is quoted regularly in leading consumer magazines including *Elle*, *Fitness*, *Glamour*, *Family Circle*, *Health*, *Natural Health*, *Self*, *Shape*, and *Town & Country*.

Dr. Hyman serves on the Board of Directors and faculty of the Institute for Functional Medicine, a pioneering educational center for training health professionals in the science and practice of nutritional biochemistry, molecular medicine, and preventing and treating the diseases of aging. He is on the Board of Advisors and faculty of Georgetown University School of Medicine's Food as Medicine training program.

A popular lecturer, Dr. Hyman speaks on a wide range of topics, including natural approaches to common health conditions, optimal health, cardiovascular health, menopause and women's health, brain wellness, obesity and weight loss, optimal aging, and longevity medicine. His websites, www.ultrawellness.com and www.drhyman.com, empower health care consumers and practitioners, enabling them to benefit from the wealth of information and scientific articles he has gathered on the fundamental causes of illness, wellness promotion, vitamin and herbal supplements, and more.

Earlier in his career, Dr. Hyman worked as a rural family physician in the mountains of Idaho, and in China as the Medical Director for development and planning of an international medical center in Beijing. He also consulted in Hong Kong on medical centers for expatriates in Asia. Before joining Canyon Ranch, Dr. Hyman served in an inner city emergency room in Springfield, Massachusetts.

Dr. Hyman graduated with a B.A. from Cornell University, magna cum laude from the Ottawa University School of Medicine, and from the University of San Francisco's program in Family Medicine at the Community Hospital of Santa Rosa. He is board certified in Family Medicine, and resides in western Massachusetts with his family.

Publications:

See www.drhyman.com