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**MoxieToons**  
<br>The Ultra Mind solution is a good companion to read AFTER Ultraprevention (by the same author). Learning about the different vitamins and minerals that could be missing from my diet and what their possible effect has is mind boggling. He explains how the mind and body are inadvertently connected, and that if you want to fix your mind you must first fix your body. That is why I wrote this ...

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This is the final installment in my series of blogs on my new book, The UltraMind Solution, download your free sneak preview. Now for today's blog ... In previous blogs, I outlined how imbalances in the 7 underlying key systems in your body can lead to a broken brain and all of the psychological and neurological symptoms you have been suffering.

**ULTRAMIND®: The 6-Week Plan to Heal your Brain | Dr. Mark ...**  
"The UltraMind Solution" is an amazing book that will help you today. It is packed with practical information to help you heal your body and enhance your brain." -- Daniel G. Amen, M.D., author of "Change Your Brain, Change Your Life"

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