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**Best-selling Author, Mark Hyman M.D. Speaks on His New Book
UltraMetabolism: The Simple Plan for Automatic Weight Loss,
the Second in a Series of Health and Wellness Lectures
Sponsored by Lenox Village Integrative Pharmacy**

LENOX, MA: The Lenox Village Integrative Pharmacy is sponsoring a lecture presented by best-selling author, Mark Hyman, M.D. (co-author of *Ultraprevention*) and Kathie Swift, MS RD, Nutrition Director of Hyman Integrative Therapies, on January 11, from 7 to 9 pm at the Lenox Town Hall auditorium. The lecture is free of charge and will feature the topic of Dr. Hyman's soon-to-be released book, *Ultrametabolism: The Simple Plan for Automatic Weight Loss* (Scribner; April 2006; \$24.00), in which the groundbreaking concept of nutrigenomics—or the science of how food “talks” to our genes—is explained and a new science in the area of weight loss is presented.

Dr. Hyman has spent the last decade refining and perfecting his weight-loss methods through innovative medical testing and hands-on research. He's worked with more than 2,000 patients struggling with weight loss and weight-related health issues in both his Lenox-based private practice, and as the former Co-Medical Director at Canyon Ranch in Lenox, one of the world's leading health resorts. Through his research, Dr. Hyman has identified the seven fundamental causes of weight gain and has integrated them all into a single, simple plan for automatic weight loss. *Ultrametabolism* is an easy-to-follow, eight-week plan to help individuals lose weight based on their unique genetic needs. The *Ultrametabolism* program includes menus, recipes, and shopping lists, as well as recommendations for exercise, nutritional supplements and lifestyle treatments designed to create a healthy metabolism and promote permanent weight loss and lifelong health. Lenox Village Integrative Pharmacy stocks all of the nutritional supplements recommended by Dr. Hyman.



Larry Browne, owner of the Lenox Village Integrative Pharmacy, said that this lecture is one of a series of talks planned by the pharmacy. Each lecture will be presented by a leading health expert and will focus on an important health issue that affects daily life and well-being. "As an integrative pharmacy our approach to health is very different from the typical retail pharmacy. Our primary goal is to help our customers achieve optimum health, vitality and wellness, whether through traditional medications, nutritional supplements, natural remedies, customized medications that are mixed in the pharmacy, or a blend of any of these approaches. Lectures, such as Dr. Hyman's, are perfectly suited to our goal of promoting healthy living," Mr. Browne stated.

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