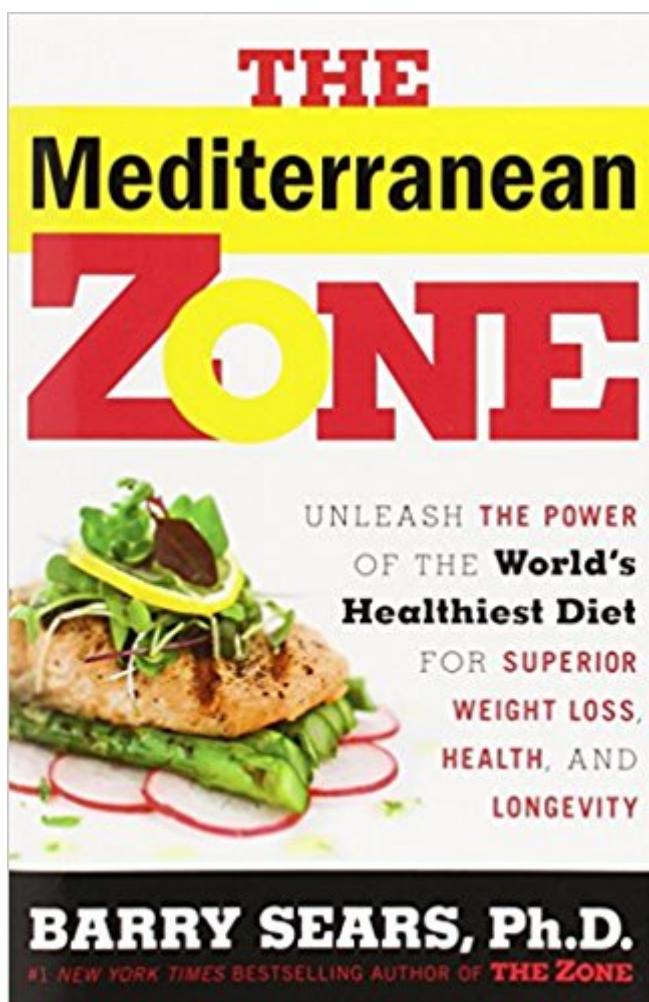


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# The Mediterranean Zone: Unleash The Power Of The World's Healthiest Diet For Superior Weight Loss, Health, And Longevity



## Synopsis

LIVE A LONGER, LEANER, HEALTHIER LIFE IN THE MEDITERRANEAN ZONE!  Eat to stop weight gain and strip away unwanted fat.  Reverse diabetes and protect yourself from Alzheimer's.  Free yourself from inflammation, allergies, and hormonal chaos.  Enjoy the most delicious, nutritious foods from the world's most beloved cuisine.  Break out of the diet-and-exercise trap for good! The Mediterranean diet is the most universally accepted healthy eating regimen around. But what, exactly, is it? If you think it's pasta with red sauce, Italian bread drizzled in olive oil, and plenty of fresh fruit and cheese, you're wrong.  The Mediterranean Zone is here to set you right. Barry Sears, Ph.D., revolutionized dieting with his 1995 bestseller *The Zone*. In the two decades since its publication, its principles of eating for optimal hormonal balance have become the standard by which diets are measured. Now, in *The Mediterranean Zone*, you'll learn how our modern American diet changes the inflammatory response inside our bodies—and how that increased inflammation puts you at risk for Alzheimer's, diabetes, cancer, and more. You'll learn which Mediterranean diet foods help put out the fire, reducing your risk of disease while stripping away pounds, boosting your energy, and even lightening your mood! And you'll learn how to turbocharge the Mediterranean diet to make it even more effective! Live your best life, in your best body, with *The Mediterranean Zone*. Praise for *The Mediterranean Zone*

 "I consider Dr. Barry Sears a mentor, innovator, and wise teacher. The Mediterranean Zone is a powerful new book that will help change your health quickly and permanently. It is not a fad, but a program that will get and keep you well for a very long time."  • Daniel G. Amen, M.D., founder, Amen Clinics, Inc., and bestselling author of *Change Your Brain, Change Your Life* "The Mediterranean Zone is very readable for the layman, but it also contains some significant new science, particularly in the appendix, for those who really want to learn about the biochemistry of omega-3 fatty acids, polyphenols, and epigenetics. Dr. Sears has clarified many aspects for me regarding the resolution of inflammation. His discussion of eicosanoids and gene transcription factors remains the best I have read. Finally, the dietary circle of anti-inflammatory nutrition is completed by his superb discussion of the value of polyphenols in any diet, and in particular an anti-inflammatory diet. I remain extremely admiring of his ability to take such complicated science and put it in an understandable and useful form."  • Joseph C. Maroon, M.D., professor and vice chairman, Department of Neurological Surgery, Heindl Scholar in Neuroscience, University of Pittsburgh, and team neurosurgeon, Pittsburgh Steelers

## Book Information

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## Customer Reviews

Ã¢ "I consider Dr. Barry Sears a mentor, innovator, and wise teacher. The Mediterranean Zone is a powerful new book that will help change your health quickly and permanently. It is not a fad, but a program that will get and keep you well for a very long time.Ã¢ "•Daniel G. Amen, M.D., founder, Amen Clinics, Inc., and bestselling author of Change Your Brain, Change Your LifeÃ¢ "The Mediterranean Zone is very readable for the layman, but it also contains some significant new science, particularly in the appendix, for those who really want to learn about the biochemistry of omega-3 fatty acids, polyphenols, and epigenetics. Dr. Sears has clarified many aspects for me regarding the resolution of inflammation. His discussion of eicosanoids and gene transcription factors remains the best I have read. Finally, the dietary circle of anti-inflammatory nutrition is completed by his superb discussion of the value of polyphenols in any diet, and in particular an anti-inflammatory diet. I remain extremely admiring of his ability to take such complicated science and put it in an understandable and useful form.Ã¢ "•Joseph C. Maroon, M.D., professor and vice chairman, Department of Neurological Surgery, Heindl Scholar in Neuroscience, University of Pittsburgh, and team neurosurgeon, Pittsburgh Steelers

Barry Sears, Ph.D., is one of the worldÃ¢ "s leading medical researchers on the hormonal effects of food. He is the author of fourteen books, including the #1 New York Times bestseller The Zone, and the New York Times bestsellers Mastering the Zone and Zone-Perfect Meals in Minutes. His books have sold more than six million copies in the United States and have been translated into

twenty-two languages. Dr. Sears has been a frequent guest on many national programs, including 20/20, Today, Good Morning America, and CBS Morning News. He continues his research into the role of the inflammatory process in diabetes, heart disease, and neurological disorders as the president of the nonprofit Inflammation Research Foundation. The father of two grown daughters, Dr. Sears lives in Swampscott, Massachusetts, with his wife, Lynn.

Whether or not you support Obamacare, healthcare is a crisis in this country. This book makes an excellent case for Diet as the most critical part of the solution. It is well worth reading. Following and following.

This book is good. It also includes recipes which I really loved. It takes time to get used to a healthy diet but if you persevere you reach to a point that you crave healthy food. With this diet you lose weight but slowly, for me at least because I am 61 years old, but I prefer to lose slowly and steadily as the most important thing is your health and this is definitely a healthy diet.

Another book by Dr Barry Sears whose dietary advice is finally becoming the accepted norm as it should be. It's backed by good science and helpful recipes. Recommended reading to anyone who wants improve their health.

You or a loved one fat, sick, tired, or depressed? Start resolving it with your diet. Dr. Barry Sears is the most credible source out there on this topic.

Great information on how inflammation plays a role into our health and what foods cause it and which prevent it. Gets a little too detailed for the layman to understand. Wish it was written more for the average person to understand.

Great book, big fan of Barry Sears and supplementing with omega 3, just have to figure out the polyphenols he recommends.. He's all about eating to balance your hormones which is really behind hunger and then you lose weight in this way.

Anyone serious about living a long, quality-filled life should read, no read and STUDY this book. Barry Sears is a real honest-ta-gawd scientist, not some kind of new age faddist. This is NOT a diet book, although nutrition is a cornerstone of his research. Quite simply, this book changed my life.

thanks

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