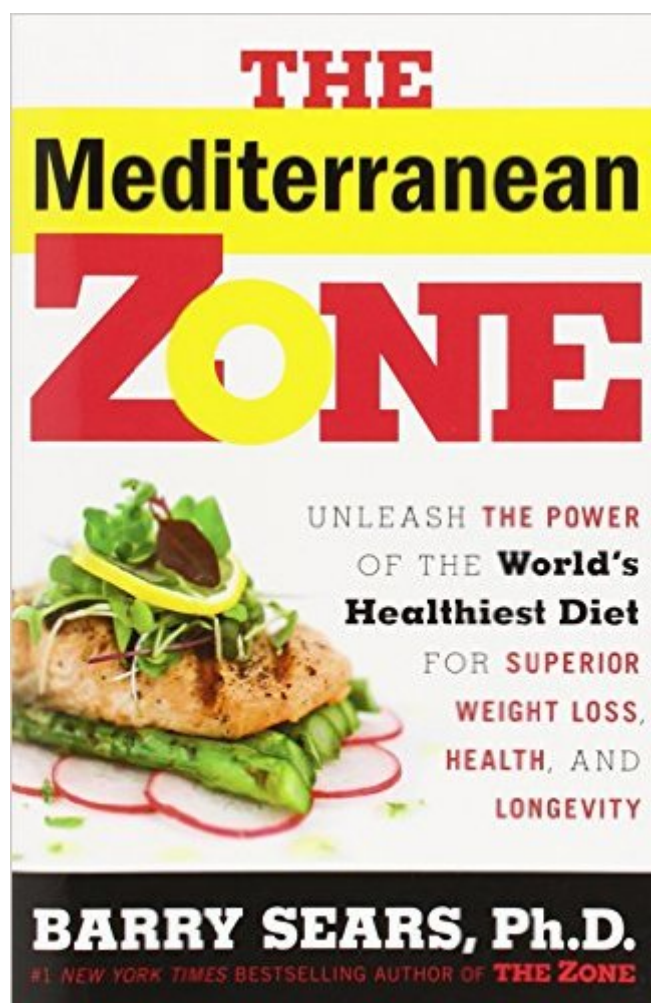


The book was found

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—dead 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* • 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

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Customer Reviews

Being a physician operating in the nutritional field I read all the previous Sears' books that helped radically in my professional life. On my opinion "The Mediterranean Zone" reaches matchless levels of scientific information. I consider this new book an encyclopedia with innovative scientific concepts that are explained thoroughly. They can be understood by anyone who has "a good ear to listen" how we, through our choices of nutrients, can control our health, prevent and cure illnesses, reach our highest psychophysical performances, and live longer and in better health. I thank the author on behalf of those who will benefit from the directives provided in this new book that I evaluate as a masterpiece.

Dr Sears has an important story - Chronic inflammation inside our cells from junk food is the cause of most of our disorders of aging including cancer, heart problems, auto-immune, diabetes, etc. Omega-3's & a lot of polyphenols from vegetables are the answer. He's updated his prior works & put the technical details in appendices. Fish oil, polyphenols & the zone life style are the anti-inflammatory measures of choice. There are also algae based, vegetarian omega-3's available as well. One issue he overlooks is IGF-1 from excess animal protein, but it is NOT a high protein diet. He is clear that it is a moderate protein life style, which can come from vegetables. As is the trend in health books, he includes recipes. He allows real, extra-virgin olive oil, but that will be hard to find in American markets. It's too bad the health book writers aren't on the same page, but on one point they agree - we need a lot more vegetables in our diet and a lot less vegetable oil from processed junk food (corn oil, soy oil). You'll also learn about a super-food - maqui berry with an

off-the-charts ORAC value and the "master switch of life", AMP Kinase. You can adhere to the current popular diets - paleo, various types of vegetarian - and still be in the zone to reduce inflammation. Other prominent health book writers on-board the anti-inflammation band wagon are Dr Andrew Weil MD & Dr Perlmutter, MD, co-author of "Grain Brain" on .

Awesome recipes, new information on polyphenols and the faulty association of gluten itself as the harmful component to most people (he blames the overprocessed carbs and high glycemic indices rather than gluten. This is consistent with my observations. I've been wheat free for 15 years but not necessarily gluten free. Some of those gluten free baked goods are more addictive than the traditional kinds, since they're made from ultra-refined rice flour and powdered sugar. BLAST of glucose. He also recognizes his earlier books advocated for too much fruit, especially for women, who tend to be more sensitive to fructose. Another great thing is his recipes contain the full caloric/nutritional information rather than merely "blocks" of protein, carb, and fat. I'm very happy with this book! Recipes are modern, unique, and fairly simple to make.... I love Dr. Sears! Here's to 19 years of zone-compatible living! :)

The Mediterranean Zone updates Dr Sears' lifetime passion for understanding metabolism, health and diet. The typical American diet is radically changing both our health and our DNA. He explains how and why this has happened and suggests diet solutions to reverse the changes. He also has developed a simple blood test to quantify our progress. Check out all the references in the appendix. I've read most of his books. This is the best.

The Mediterranean Zone is Barry Sears'™s follow-up to his earlier books including The Zone. Sears is quick to point out that the book is not a diet plan in the sense of a short-term change in eating habits, but rather a life-long eating prescription to live a long and healthy life. He states that hormones affect inflammation and that excess insulin is what makes you fat. Dietary inflammation is the cause of many diseases and leads to obesity, diabetes and Alzheimer's™. Thus the key to his plan is to stay in the "zone" of hormone balance. His method is very simple. Take a dinner plate (he does not say how big and plates have gotten bigger in recent years) and put a lean protein source (four ounces or the size of your palm) in one area and fill the rest with colorful vegetables and fruits. Add a little olive oil and a small amount of nuts. Eat this meal every five hours. Such a diet will equal 1200-1500 calories a day, which Sears says is enough to lose weight and sustain health. Later in the book he adds that two small snacks a day can be eaten as well. About

40% of these calories are low glycemic veggies and fruits, 30% are low fat proteins and 30% are unsaturated fats. All meals should be about 400 calories. This approach works because it will provide you with a substantial amount of polyphenols. You need 2.5 grams of Omega 3 fatty acids daily. The main dietary sources are vegetables. You can also take a fish oil supplement but be careful to get one that is purified. There are three medical tests you can take to see if you are in this zone.

1. AA/EPA ratio – the ideal is 1.5-3 (more is bad) this test measures the level of cellular inflammation. Another common test in this regard, C-reactive protein, is not reliable.
2. Glycosylated hemoglobin – the ideal is 5% (more is bad). This test measures your blood sugar level.
3. TG/HDL ratio – the ideal is less than 1 (again, more is bad). This test measures your level of insulin resistance.

The most important of these tests is the first one. It is also important to eat foods with a low glycemic load. Spices are especially healthy along with most vegetables, some fruits especially berries, red wine, tea and coffee. The best supplement to take is extract of maqui berry which can be purchased through his website, www.zonediet.com. The book contains a number of recipes and the polyphenol values for various foods as well as other sources of information. Sears provides a lot of scientific evidence to support his claims. He has devoted his career to studying the effect of dietary inflammation on health. At the same time he leaves out other factors that contribute to good health such as exercise, stress management, social support and so forth. I recommend this book, but at the same time people should be cautious about following it. I do not think most people could live permanently on such a diet. You have to give up all grains and starches, deserts and other enjoyable foods.

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