



The Zone: A Revolutionary Life Plan to Put Your Body in Total Balance for Permanent Weight Loss

Barry Sears , Bill Lawren (Collaborator)

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For years experts have been telling Americans what to eat and what not to eat. Fat, they told us, was the enemy. Then it was salt, then sugar, then cholesterol... and on it goes.

Americans listened and they lost -- but not their excess fat. What they lost was their health and waistlines. Americans are the fattest people on earth... and why? Mainly because of the food they eat.

In this scientific and revolutionary book, based on Nobel Prize-winning research, medical visionary and former Massachusetts Institute of Technology researcher Dr. Barry Sears makes peak physical and mental performance, as well as permanent fat loss, simple for you to understand *and* achieve.

With lists of good and bad carbohydrates, easy-to-follow food blocks and delicious recipes, *The Zone* provides all you need to begin your journey toward permanent fat loss, great health and all-round peak performance. In balance, your body will not only burn fat, but you'll fight heart disease, diabetes, PMS, chronic fatigue, depression and cancer, as well as alleviate the painful symptoms of diseases such as multiple sclerosis and HIV.

This *Zone* state of exceptional health is well-known to champion athletes. Your own journey toward it can begin with your next meal. You will no longer think of food as merely an item of pleasure or a means to appease hunger. Food is your medicine and your ticket to that state of ultimate body balance, strength and great health: the Zone.

The Zone: A Revolutionary Life Plan to Put Your Body in Total Balance for Permanent Weight Loss Details

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From Reader Review The Zone: A Revolutionary Life Plan to Put Your Body in Total Balance for Permanent Weight Loss for online ebook

Jan-Daan says

I'll eat this

We should all be eating in this manner; Dr. Sears elaborates on the benefits of following a "Zone-favourable" diet and how consuming the correct amount and proportion of macronutrients can do anything from reducing blood pressure to extending your life on earth - even cause you to lose weight!

Morgan says

Good info

I bought the Kindle version. There are some pretty glaring typos, but the content is spot on. It can get repetitive after some time, so most of the points can be gleaned pretty early on. It's nice that he addresses specific ailments that can be helped by following his diet and more importantly why it helps those specific issues.

Mauricio Noel says

Best choice I have ever made

Right now I'm putting g my best effort into changing the way I eat and the way I look at good. I'm a CrossFit Coach and this is gold to my clients.
