



The Mediterranean Zone: Unleash the Power of the World's Healthiest Diet for Superior Weight Loss, Health, and Longevity

Dr Barry Sears

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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*

"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**

From the Hardcover edition.

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