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

By Dr Barry Sears

Zinc Ink, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. 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...



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