

Zone Cruising without gaining weight

By DAVE SCHRECK

A week before our yearly Zone Cruise in March I received this email.

"I am a fitness instructor onboard a cruise ship, and I meet people every cruise from all over the world, and all are overweight. My job is to keep the guests nice and healthy. The average cruiser gains between 7-14 lbs on a seven-day cruise. I have guests currently with us for 36 days!"

Our first night of the cruise, Jason, the ship's cruise director, said, "Well, here we are. You finally made it. We are here to serve you so get your money's worth. Eat as much as you want. There's always food available 24/7."

Looking at the people on the ship, it appeared that most of the guests had a bulging head start. Maybe their goal was to maintain and gain even more. Their breakfast plates looked like mini pyramids with pastries stack high. Their lunch and dinner plates at the buffet would equal what any Sumo wrestler's meal.

It's interesting to note that our Zone Cruisers learned the latest health information from Dr. Sears and did not gain weight. In fact, they lost between 3 to 5 pounds, enjoying five-star Zone cuisine for breakfast, lunch and dinner. How is that possible? They simply followed the basic Zone rules:

Replace grains and starches with non-starchy vegetables. This will reduce the levels of insulin that make a person fat and keeps them fat. Corn, rice, pasta, potatoes, bread and cereal are foods you want to replace with colorful veggies.

Always consume a small portion of lean protein (about the size of your palm) with lots of colorful, non-starchy vegetables.

Supplement with at least 2.5 grams (2,500mg) of EPA & DHA per day. These fatty acids will reduce cellular inflammation as well as help to burn fat faster when you exercise.

Radically reduce your intake of omega-6 fats. That's vegetable oils -- soybean, corn, sunflower and safflower found in all processed and prepared foods. These fats drive cellular inflammation, which is the underlying cause of obesity. Use olive oil and the other "best choice" oils listed in Dr. Sears' books and Web sites.

Go to sleep before the midnight buffet.

Here's a quick recap of Dr. Sears' onboard lectures.

Why Do We Gain Weight, Get Sick and Age Faster? The reason is increased cellular inflammation. Solution? Follow the Zone Diet and supplement with omega-3s and polyphenols. Cellular inflammation is explained at: HYPERLINK "<http://www.zonedit.com/blog/2012/01/hat-is-cellular-inflammation/>"

The Power of Omega 3 Fatty Acids and Polyphenols. If you are following the Zone, the need for additional supplements is minimized. However, you do need those that have powerful anti-inflammatory properties: omega-3s and polyphenols. One of the most promising polyphenols is the maqui berry.

The Future of Health Care. The day of reckoning is upon us as the obese baby boomers line up to collect their benefits. Unfortunately, those who are obese have more than twice the yearly costs in Medicare payments. If you think health care is expensive now, wait until it's free! What's the alternative? Ration medical services or print more money. Both will be disastrous. You'd better retake control of your life by following an anti-inflammatory diet like the Zone!

(Dave is giving us the highlights of Dr. Sears' last Zone Cruise in March 2012, which went to the Caribbean. Join us next year as we head to Bermuda.)



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Dining out anyone?

Tips and tricks to keep you in the Zone

By SUE KNORR

Dining out can be described as one of the great American pastimes. Who doesn't love getting together with friends and family to relax and catch up on things over a great meal? There's my monthly lunch with the girls I've been friends with since kindergarten, and then there are the weekend trips to visit family, that lobster shack at the beach, the corner tavern in the city and the new restaurant in town we've been dying to try.

On a recent trip to the Washington, D.C., area, I found myself in a Lebanese fast-food restaurant for lunch. Back in my early Zone days, I might have thrown in the towel on this one by grabbing my trusty Zone bar I keep stashed in my bag, but not anymore.

No problem. I just put Zone-At-A-Glance into action. It's the tried-and-true, easy way to build a Zone meal by choosing lean protein the size and thickness of your palm, filling up the rest of your plate with colorful vegetables and fruit and then adding a dash of some good fat, such as olive oil, avocados or almonds. I chose the grilled chicken skewer, some hummus and a very generous portion of a delicious cucumber and tomato salad dressed with olive oil, lemon and herbs.

When it comes to eating out, a change in mindset, specifically in how I approach reading a menu, has been the biggest factor in allowing me to feel liberated from the abundance of bread and pasta out there. This was not an abrupt change, but more of an evolution. The Zone has become so ingrained in me that I find myself scanning the pages for appetizers, salads and entrees, scarcely giving a look at the sandwich and pasta sections. I'm no longer immediately drawn to the most indulgent offerings. The protein choice is foremost in my mind. I typically pass quickly over the beef and pork selections in favor of poultry, seafood, and soy-based dishes. When I see pasta, rice or bread involved, I usually move on. A rare exception was last week when I enjoyed a grass-fed beef burger. To keep it Zone friendly, I left most of the bun on the plate.

To complete my meal, I look for various vegetable salads and casseroles. Vegetables have entered the spotlight. At most restaurants they are plentiful and are served in fun and tasty combinations. As long as they're not creamed or loaded with cheese sauces, they'll be a great choice.

To translate all of that into actual food on your plate, here are some of the meals I've enjoyed in the past few weeks at various types of restaurants.

At an American bistro I chose the rock shrimp salad dressed with homemade garlic aioli, cabbage and carrot slaw and a bowl of black bean and vegetable soup.



Outdoors last week at a tavern in New York City we dined on roasted wild Alaskan salmon served on a vegetable puree, mussels, an arugula salad, blackberries and a small glass of wine.

My favorite meal at a nearby American-style grill is the marinated Mediterranean salad composed of chopped lettuce, olives, feta, cucumber, red pepper and tomatoes, topped with bronzed shrimp, with a cup of vegetable soup on the side.

An exceptional vegetarian meal at café we frequent is the zucchini stuffed with a blend of reduced fat cheeses, accompanied by a bowl of minestrone.

When the gang is in the mood for sushi, no need to pass on it. I order the sashimi (fish without rice) and a couple of veggie salad sides.

And at that lobster shack I mentioned earlier, you'll spot me with a boiled lobster, easy on the drawn butter, a side of coleslaw and either some fresh blueberries in season or a small dish of ice cream. For more ideas visit Sherlock Zone at Zonedit.com.

Today's eateries are more on the edge, more daring and less rigid in their offerings. They're eager to please. Most are very open to requests to tailor meals to meet their diners' needs. If you can't find what you're looking for on the menu, don't be shy, just ask.

Enjoy!



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Research is Dr. Sears' biggest priority

By MARY PERRY

Whether you've read his books, attended his Webinars or know him personally, there is no question that Dr. Sears is a guru in the field of anti-inflammatory nutrition. If you ask a question, the answer is grounded in science, and just when you think you're one scientific step ahead, he'll know what you're talking about, has read the article in question or has a blog in the works.

What you may not know is that his passion for research extends beyond writing books and manuscripts. In 2003, Dr. Sears founded the Inflammation Research Foundation (IRF), a non-profit foundation dedicated and committed to providing resources and grants for both education and medical research projects. With contributions coming solely from Dr. Sears, the Inflammation Research Foundation funds short-term clinical research studies aimed at using new nutritional interventions to manage chronic diseases associated with inflammation. Since funding at the government level is highly limited, this is a resource that researchers can use to gather the preliminary data they need to get future funding at the government level. In addition, it affords researchers more latitude with the scope of the trials they choose to conduct.

Dr. Sears surrounds himself with researchers whose expertise has much to offer the field of anti-inflammatory nutrition, and here are the ones he has chosen to comprise his current Scientific Advisory Board for the Inflammation Research Foundation.

Carol Johnston, PhD

Carol Johnston, PhD, is professor of Nutrition at Arizona State University and director of the Nutrition Program. She received the Grace Goldsmith Award for significant achievements in the field of nutrition by a scientist under the age of 50 years sponsored by the American College of Nutrition in 2004 and the Mark Bleber Professional Award sponsored by the American College of Nutrition for academic accomplishments in 2008. Her research areas include vitamin C and dietary interventions in obesity and diabetes. She has published more than 75 scientific publications.

(Mary Perry is a registered dietitian and clinical researcher serving as clinical trials director for both Zone Labs and the Inflammation Research Foundation. Under the direction of Dr. Sears, Mary oversees various clinical trials, investigating the effects of anti-inflammatory diets. More importantly, Mary develops the lifestyle programs that enhance the adherence of individuals to anti-inflammatory diets. Prior to joining Zone Labs, Mary served as a research dietitian for Brigham and Women's Hospital in Boston. She completed her undergraduate and graduate degrees at the University of Connecticut.)

Don Layman, PhD

Don Layman, PhD, is professor emeritus of nutrition in the Department of Food Science and Human Nutrition at the University of Illinois. He is recognized as one of the leading researchers in the role of branched-chain amino acids in the treatment of obesity, type 2 diabetes, and enhancement of protein synthesis. He has published more than 80 scientific publications.

Robert McNamara, PhD

Robert McNamara, PhD, is an associate professor of psychiatry at the University of Cincinnati College of Medicine. His laboratory investigates the role of omega-3 fatty acid deficiency in the pathophysiology of recurrent neuropsychiatric disorders using animal models, postmortem brain tissue, and preclinical and clinical neuroimaging techniques. His lab is currently investigating the effects of omega-3 fatty acid supplementation on functional brain activation patterns and symptom severity in children and adolescents with recurrent affective disorders, including major depression and bipolar disorder. Dr. McNamara has published more than 70 scientific publications.

Camillo Ricordi, MD

Camillo Ricordi, MD, is one of the world's leaders in cell transplantation for the treatment of diabetes. He is the Stacy Joy Goodman Professor of Surgery, distinguished professor of Medicine, professor of Biomedical Engineering and Microbiology and Immunology and serves as scientific director and chief academic officer of the University of Miami Diabetes Research Institute. He has authored more than 600 scientific publications and has been awarded 11 patents.

(Mary Perry is a registered dietitian and clinical researcher serving as clinical trials director for both Zone Labs and the Inflammation Research Foundation. Under the direction of Dr. Sears, Mary oversees various clinical trials, investigating the effects of anti-inflammatory diets. More importantly, Mary develops the lifestyle programs that enhance the adherence of individuals to anti-inflammatory diets. Prior to joining Zone Labs, Mary served as a research dietitian for Brigham and Women's Hospital in Boston. She completed her undergraduate and graduate degrees at the University of Connecticut.)

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To speak with a Zone Professional, call 1-800-404-8171

JULY 2012

Dr. Sears
ZONE

Living

2013 Zone Cruise will head for Bermuda!



The 2013 Zone Cruise is going to Bermuda.

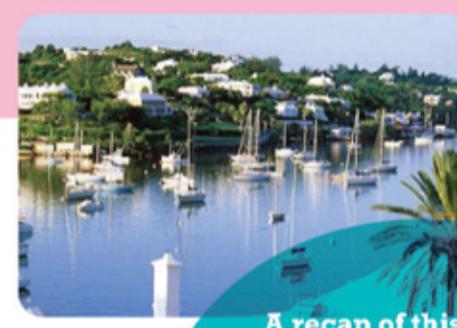
This year, Dr. Sears will focus on how changes in the American Diet are altering gene expression and how this powerful genetic effect is being amplified from one generation to the next. The good news is that the Zone Diet will alter these changes on permanent basis.

As always, the Zone Cruise is constructed so that everyone from the first-time Zoner to long-established Zone Cruise attendees will be given useful practical guidelines coupled with the breaking science that is the foundation of the Zone Diet.

The 2013 Zone Cruise will leave from Cape Liberty, Bayonne, NJ, to the paradise of Bermuda on June 2, 2013, and will return June 9. This year we will be sailing on the Celebrity Cruises' recently redesigned Celebrity Summit, one of the highest-rated ships in the cruise industry.

As usual gourmet Zone-balanced meals will be served for breakfast, lunch, and dinner each day of the cruise, plus Zoners will learn some of the newest breakthroughs in Zone dietary technology.

The 2013 Zone Cruise prices start at \$979.00 per person, double occupancy. Taxes, flights, transfers, and the Zone Seminar registration fee are additional. For more information on the next Zone Cruise, call Cruise Holidays at the Stateline at 401-223-4729 or 800-772-0847 and ask for the Zone Desk, or e-mail Joe@CruiseHolidaysUS.com.



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A recap of this year's Zone Cruise.
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Set S.M.A.R.T. goals that are:
Specific
Measurable
Action-oriented
Realistic
Time-specific

Also make a plan to exercise by scheduling it in with your daily activities and trouble-shoot ahead of time when you foresee obstacles that may come up.

If you weren't doing this before, try it! If you did and were not successful, try again! Try a different approach, or just give yourself another chance. You never know what will take.

As for getting back the level of fitness you had before you "took a break" from exercise, know that the first part of starting an exercise program consists of motor learning, and once you've learned to walk on a treadmill, perform a bicep curl using a dumbbell, or perform the movements in a Zumba class, you've pretty much "hardwired" this skill, so it will always be there. The rest depends on how long you've been off. Muscle strength and cardiovascular endurance diminish significantly after about two weeks. In any case, resist the urge to start right back where you left off.

The other concern that many have is that it is difficult to overcome is the lack of a feeling of self-confidence once failure has been experienced. The expectation after that is that failure will be the norm. This is a good time to review the reasons why you would like to exercise in the first place. According to Dr. Len Kravitz, PhD., associate professor of Exercise Science at the University of New Mexico, the following are important to improve your self-perception:

Gather:
Social Support
Reinforcement (from friends, family, colleagues, fitness professionals)
Positive feedback (either from others or from keeping exercise journals/records on your own)

Also important:
Develop a strong belief that exercise will improve you, specifically, your health and your mental and physical well-being.

Keep reading health journals and books and look toward healthy role models to reinforce this in your own mind!

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Remember to stretch and rest between exercise days! If you are returning to a group exercise class, talk to the instructor. Let him or her know you've been away for a bit. Try not to be embarrassed to do so. Any good instructor will be understanding and eager to help. Ask them to help you modify your workout so you can build back up. It's never too late to drop back into fitness!

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