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Zone Labs offers the best of the super fruits

By Dr. Barry Sears

Polyphenols are all the rage today, ranging from super fruits to chocolate to red wine. So what's the real science behind these polyphenols?

To begin with they are very complex molecules that give fruits and vegetables their color. But they do a lot more than bring color to the diet. They are the main defense system for vegetables and fruits. Since fruits and vegetables can't run from bacterial and viral invaders, they have to stay and fight with their own defenses. The most powerful of these are polyphenols. Because of their structural complexity, they were virtually ignored until 1995. Early studies found that they are powerful anti-oxidants. More detailed research indicated some polyphenols were also functioning as anti-inflammatory agents that could inhibit the master inflammatory switch (NF-kB) found in every cell. Now more detailed molecular biological experiments indicate that a select few polyphenols can activate the "enzyme of life" known as AMP kinase. This particular key enzyme controls most of the metabolic pathways in the body. When it is activated, you regain control of your metabolism, live longer, and perform better.

There are more than 4,000 known polyphenols. However, there is one class of polyphenols that does the best job in activating this AMP kinase. This unique class of polyphenols is known as delphinidins, primarily found in blueberries. The richest source comes from Patagonia blueberry or the maqui berry. This particular source of delphinidins only grows in the harsh arctic-like climate in Chile near the South Pole and contains 13 times more delphinidins than blueberries.

Zone Labs now has two such products. The first new product is Polyphenols Rx, with each capsule containing 20 mg of delphinidins. The other new product is Polyphenols XL, with each capsule containing 75 mg of delphinidins.

The Chilean government has taken a keen interest in developing the maqui berry as a natural resource similar to overseeing the copper and fishing industries as sources

... if you want more energy, better control of blood sugar, and less inflammation, take your delphinidins.

of national wealth. As a result, they have put a lot of research money into studying the properties of isolated delphinidins from the maqui berry. When purified, these delphinidins have great promise in not only enhancing athletic performance (we were giving them to the Miami Heat, added to players' daily breakfast shakes last year), but also helping to manage blood sugar levels. At a recent research scientific conference, I reported on some of these initial human results conducted in Chile with purified delphinidin extracts from the maqui berry. I am not easily impressed, but the data I reported on even impressed me since it was so effective at such a low concentration.

So if you want more energy, better control of blood sugar, and less inflammation, take your delphinidins. You can either go to Patagonia in Southern Chile and pick them yourself and then travel to Italy to purify the delphinidins from the raw berry, or just take a capsule a day of polyphenols containing delphinidins.

For more information, go to zonediet.com. Click on Products and then Polyphenols.

Better knowledge leads to better health

By Dave Schreck

You may need more information if...

- 1) You believe a bowl of cereal can lower your cholesterol significantly to reduce heart disease.
- 2) You think the new federal health-care program will take care of you.
- 3) You are spending more money on medications than food.
- 4) You think a diet is too difficult.

Here's the information you may find of interest.

- Did you know that 50 percent of individuals who have a heart attack have normal cholesterol? Protecting yourself against heart disease requires more than consuming a bowl of cereal to lower cholesterol levels. There is a growing body of literature that links inflammatory processes with an increased likelihood of heart disease. Inflammation causes unstable plaque to break off and block blood flow to the artery.

- Even with the new federal health-care program our health-care system is on life support. You are responsible for your health! If you think the government is going to take care of you, you may need a medication for gullibility and then one for depression and anxiety. Only you can take control of your future health by controlling the major cause of all chronic conditions, hyperinsulinemia (high levels of insulin). Reduce insulin levels with the Zone diet, and within one month you may become healthier.

- Unfortunately, most medications treat the symptoms, which may be a good thing in the short term. However, long term they're costly and have numerous side effects. What's your choice? Take action! Follow an anti-inflammatory diet and supplement with a high-quality omega 3. Both have demonstrated to improve health by lowering cellular inflammation.

- As soon as you change your attitude that you don't have to go on a diet, you're on your way to success. You need to adapt to a simple and easy lifestyle change. Is consuming lean proteins and colorful non-starchy vegetables that difficult? Plus, you don't have to be a Zone angel to be successful. I've been seen having a slice of pizza and a beer.

Participate in your health, become aware, strive to become self-reliant, do your own research and come to your own conclusions. Your body is a wonderful machine. When given the proper nutrition, it has the ability to return to health. Continuing with the same bad eating habits and taking medications blindly may lead to a future of chronic disease. Put your health in your hands, not some government agency or pharmaceutical company.

Enjoy!

Eight-Layer Mediterranean Dip

By Sue Knorr

Mediterranean. We've all heard this word associated with healthy eating. We've read about the many benefits of eating olives and extra virgin olive oil. Olive oil is the preferred fat to consume in Zone meals because it will not negatively impact your cardiovascular system. Mediterranean vegetables are an excellent way to get your good carbohydrates. Besides being very tasty, they come in a variety of colors. They're both pleasing to the eye and a great source of polyphenols. They've become a staple of my Zone diet.

This recipe was inspired by a dip at Whole Foods Market. I've changed most of the ingredients to make it Zone friendly and easy to put together with little effort. It makes a very satisfying meal or snack, and it's great for parties, too. It's been a big hit with all ages, and I've had many requests for it. This recipe makes one serving. For a crowd, it can be multiplied by 8 to fit an 8- or 9-inch square dish. To give a more festive appearance, the larger version can be layered in a clear glass serving bowl or a small trifle dish to show off each layer. Be sure to drain the wet ingredients well before assembling to prevent the dip from becoming watery. One last tip, if you're not usually a fan of fat-free cheese, you might consider giving it a try in this recipe. With the richness of the hummus and the olives, and the salty taste of feta, you won't even notice that the cheese is fat free.

Ingredients

1/8 cup hummus (roasted red pepper flavor is my favorite)
1/8 cup firmly packed baby spinach, roughly chopped
1/8 cup roasted red peppers, chopped or thinly sliced, drained
1 artichoke heart, (either marinated or not), roughly chopped, drained
1/8 cup plain low-fat or non-fat Greek-style yogurt (or any low-fat or non-fat yogurt)
3 pitted Kalamata olives, sliced (or 1 teaspoon extra virgin olive oil)
2 tsp thinly sliced green onions (or some snipped chives)
1 tbs crumbled low-fat or fat-free feta cheese
1 Zone Flat Bread torn into pieces (optional, toast or heat flat bread first)

Directions

Spread the hummus in a thin layer on a small dish or in the bottom of a dessert-sized bowl. Scatter spinach over the top and press down lightly. Arrange the peppers and artichokes hearts over the top. Drop small dollops of yogurt over the artichokes and then spread them out to make an even layer. Sprinkle with the olives (or olive oil), green onions and feta. Serve with the torn flatbread on the side.

Enjoy!

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Dr. Sears ZONE Living

Triathlon magazine does an about face on the Zone Diet

By Dr. Barry Sears

When I first developed the Zone Diet for cardiovascular and diabetic patients, I did my initial testing with world-class athletes, primarily swimmers at Stanford University and also elite triathletes. In both cases, the results were spectacular but totally against the grain of sport nutrition.



Andrea Zamboni (left) of Switzerland broke the world's record in his age class (40-44) even though he hadn't participated in any competition for the past four years.

"The Zone" rather than listening to all the dietary experts advising him what to eat. While it is nice that the Zone Diet is finally receiving some belated recognition, what is more fun is watching elite athletes following the Zone Diet continue to confound the experts.

It happened this year when the Garmin professional cycling team won the team title at the Tour de France.

It also happened again when Andrea Zamboni of Switzerland broke the world's record in his age class (40-44) even though he had not participated in any competition for the past four years. Andrea had just turned 40 and as a lark wanted to see if he could still compete. He not only qualified, but in addition to breaking the world record in his age group, he became the only 40-plus triathlete ever to complete the Ironman in less than nine hours. I would like to think that some of the dietary tips that I gave Andrea when I had dinner with him last winter in Vienna made a difference.

Do I expect triathletes to come knocking at my door asking for dietary advice following the publication of this article? Not really. After all there was not one swim coach in America who ever asked the Stanford coaches about the Zone Diet. However, I will probably have dinner with Andrea again in Europe this spring with some new dietary tips on the use delphinidins from the maqui berry to continue his unfair advantage over his competitors.

The results at Stanford were written up in Swimmer's World (the number-one magazine in the swimming world) with the provocative title of "Stanford's Secret Weapon". In this article, both the Stanford coaches stated the only thing that could explain their amazing success in winning seven gold medals at the 1992 Olympics was the incorporation of the Zone Diet by their top swimmers.

On the other hand, the number-one magazine in the triathlon world considered me to be a charlatan.

It is amazing how time heals all wounds. This month, Inside Triathlon (still the number-one magazine for triathletes) ran a story on how the Zone Diet may be the next secret weapon for triathletes. The writer of the story, T.J. Murphy, was the senior editor who had initially ignored the Zone Diet years earlier. Now he followed his own personal journey on the Zone Diet as well as outlined how many of the early greats in triathlon history followed essentially the Zone Diet without telling anyone because of the competitive advantage it gave them. In fact, the writer said he could have been a real contender in his competitive triathlon days earlier in life if he had only read



Cruise to a healthier future



Retake control of your life and have a wonderful time doing so.

Join Dr. Sears on the 2012 Zone Cruise to the tropical Southern Caribbean March 18-25 aboard the beautiful ms Westerdam.

"These lectures will give our cruiser an insight on how America has been part of an ongoing dietary experiment for the past 40 years that has dramatically altered the expression of our genes leading to obesity and diabetes," Dr. Sears said.

The underlying cause of these epidemics is not a lack of willpower but subtle dietary changes leading to increased inflammation that turns on the genes that make us fat and keep us fat.

"The implications for the future of the American health-care system and our future are dire; however, the ability to reverse these genetic changes can be started within 30 days," he said.

First-time Zoners will learn how easy it is to follow the anti-inflammatory Zone diet for a lifetime. All on-board five-star meals will be Zone balanced to make life simple while you are learning how to overcome the di-

Conquering the fear of fitness

By Lisa Ziegel

According to my experience as a fitness professional (and please know that this in no way can be compared to a formal research study), I have noticed that people who are challenged in sticking with an exercise program are sometimes an injury occurred during an exercise class, or you joined a boot camp class and were so sore afterward you couldn't function for a week. Or you simply lost the motivation to keep it up, which you viewed as a "failure," and went back to your sedentary habits. These incidents can lead to self-perpetuating thoughts of inadequacy. There are many other fears just based on inexperience, such as fear of over-exertion, fear of sweating, fear of looking "dumb", fear of not knowing what to do or how to do it, and many more. The bottom line is that despite all of these fears/bad feelings/low expectations, whether you exercise or not is still a choice, and as with

life-long fitness habit!

So past experiences play a large role in adhering to a regular physical activity program – not only from childhood but also as an adult. Perhaps an injury occurred during an exercise class, or you joined a boot camp class and were so sore afterward you couldn't function for a week. Or you simply lost the motivation to keep it up, which you viewed as a "failure," and went back to your sedentary habits. These incidents can lead to self-perpetuating thoughts of inadequacy. There are many other fears just based on inexperience, such as fear of over-exertion, fear of sweating, fear of looking "dumb", fear of not knowing what to do or how to do it, and many more. The bottom line is that despite all of these fears/bad feelings/low expectations, whether you exercise or not is still a choice, and as with

buying a new car, you want to make an informed decision before taking the plunge. Understanding what is holding you back, and then taking steps to learn how to counteract that can be the key to breaking through.

Making of list of your fears in any situation can alleviate a lot of anxiety. Take a piece of paper, divide it in half lengthwise, and list every reason you can think of that is preventing you from making exercise a habit on the left side. On the right side, write down every reason you can think of why you would want to exercise, or the benefits you could potentially gain from exercising. If that doesn't get you moving, or if the list on the left is longer than the one on the right, you may need to seek some help in countering the negative with a positive.

For instance, if you did have a bad experience with a bad P.E. teacher as a kid or were bullied by others in your P.E. classes, think of seeking help from a mentor or a friend or a colleague who is successful at

exercising and ask for reassurance. Or seek professional help. In my case, as an adult I took a women's weight-training class at a community college and bonded with the instructor, who was very motivating. After the class ended, she recommended a gym, which I joined, and found an instructor there who further encouraged me. The positive experience I had with these individuals cancelled out all the bad experiences I had in P.E. class, and I've been a happy exerciser ever since! Finding the right help can make all the difference, but you may have to go through a few before you find the right one.



"What is there not to like about exercise?"

Finally, listen to what you are saying to yourself. Are you telling yourself "I am lazy" or "I will fail"? One way to counter this is to imagine a friend or family member saying that to you. What would you tell them? You probably wouldn't agree with them... you would definitely say something positive to uplift them. You can do the same for yourself. Identify the things you say to yourself the most, counter with a positive statement and write these both on a Post-it note. E.g., for "I am lazy" write "I am motivated to make positive changes in my life" and stick them where you see them. You will see how the negative statements are not helping you, and how the positive can only help you move forward!

Wherever your reservations about exercising come from, consider that it is still an essential component of good health, but instead of avoiding it because of your fears, you can take steps to get over it and move forward. It will be a win-win situation!

