



## Set the example: Success can be contagious (one spouse's story)

By Sue Knorr

A Zone-friendly  
kitchen can go a  
long way to help  
even a reluctant  
Zoner...

Life is good. You've recently started the Zone diet, or maybe you've been enjoying the Zone lifestyle for a little while, and you're feeling all the benefits. You have endless energy, you've lost 10 pounds and those nagging aches and pains are a thing of the past. Your whole family is as thrilled with the Zone as you are, and you all ride off happily into the sunset.

Oh, but wait a minute. That last part. It doesn't usually happen quite like that. Your partner's reaction might range anywhere from cautious optimism to outright rejection of the whole idea. It's very likely your husband or wife is only interested enough to deplete your stash of Zone bars and brownies two days after every auto-ship arrives, and the kids, well, I'll talk about them in a future story.

It's only natural to want your spouse, partner or significant other to join you in embracing your new lifestyle. Most of us are aware that we can't make another person change, especially when it comes to what they eat. You can lead a horse to water, as they say, but for real change to take place, that horse has to want to drink. Still, it's inevitable that the thought crosses your mind. You find yourself wondering how to get the other person into the Zone, how to get them to want to lose those extra pounds or improve their health. Even though acting on those thoughts would be an exercise in futility, make no mistake, change has already begun. All things related to food in your relationships will never be the same again. At the least, the people in your life are noticing your changes whether or not they make mention of it. The best approach is to continue taking charge of the things you have control over, namely yourself.

When I started the Zone diet, my husband and the rest of the family basically did too, more or less by default. I was the one who did the cooking, and I was not about to begin making two different meals for dinner every night. At first my husband was not what you'd call on board with our new way of eating. He wasn't against the idea, but he wasn't paying much attention to it either. He had a long-standing reputation for his hearty appetite. When there were leftovers at parties and family gatherings, you'd hear, "Where's Frank?" and "Give it to Frank. He'll eat it." But this reputation didn't come without a downside. He

had put on quite a few extra pounds over the years, even though his over-6-foot frame did a lot to hide his ever-increasing size. From the start he liked the large Zone meals, no complaints, but as soon as we'd finish dinner, he'd be looking around for something else to eat. I viewed this as the glass being half full, a step in the right direction. At least he wasn't opposed to the changes in our meals. Fortunately, I had already switched to stocking only healthy foods in the house. A Zone-friendly kitchen can go a long way to help even a reluctant Zoner, but that is still little consolation when a person isn't aware of how much food they need and how much they are actually eating. I continued to put Zone meals on the table, and he continued not to pay much attention to anything I was saying about it. I bought him two Zone books on tape, and he listened to them, a small turning point. With every piece of new knowledge, you grow a bit. In reality I was proving the fact that you cannot change another person. The only Zone-balanced meals he ate continued to be the ones I served at dinner.

My husband's choice to begin the Zone diet came many years later. I experienced a health crisis, and he found himself preparing Zone balanced meals for me as I recovered. The turning point came when he decided to support me in my recovery by joining me in the Zone. He learned how much he should be eating (more food than he thought) and how to balance his meals and snacks, even being sure to eat that important protein chaser when he felt like having a beer. He went on to become a success story in his own right. Over the following year he dropped 67 pounds, getting down to his ideal weight, also his former high school wrestling weight, as he takes pride in telling. Several years later at the age of 58 he followed in our two daughters' footsteps by running and completing his first marathon. And he continues to eat in the Zone to this day.

When people ask me "How do I get my boyfriend (husband, wife, etc.) to do the Zone?" my advice is not to try. Lead by setting a good example. You never know what might happen. Success can be very contagious. Your accomplishments can inspire others.

DR SEARS ZONE@SPORTS CORNER

## World Champions 2011: Streetball

The fourth World Street Basketball Cup was held recently in Moscow. The event included 18 teams competing over three days, all trying to dethrone the reigning champions, Ukraine. The 2011 World Champions are from Slovenia. Their success was achieved through their talent, training, dedication and the principles of the Zone Diet.™

Streetball or street basketball is a variation of the sport of basketball. Historically called a pick-up game, it has now evolved into a separate sport. It is typically played on outdoor courts and features significantly less formal structure. As such, its format is more conducive to allowing players to showcase their individual skills

Slovenian Team Captain Ales Kunc, 38, has been practicing the Zone Diet™ for many years and is a huge fan and supporter of Dr. Sears. He plays conventional professional basketball and for the last two years has taken up professional streetball in the summer. He has passed the Zone Certification exam and attributes his success and longevity in both his basketball and streetball careers to the Zone 1-2-3™ anti-inflammatory food, OmegaRx® and polyphenols.

The team started playing together in 2010. When training for the season starts, they remove all bad fats and gaseous drinks from their diet, increase their fruits and vegetables and stay on track with their fish oil and polyphenols. The team lost an average of 5 kilos of fat and according to Ales, "became faster, moved easier and jumped higher. Their recovery time improved, which was critical for the second day of the tournament

"They were just as fresh as they were at the beginning of the tournament." Kunc said.  
Kudos to Slovenia!



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

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## Italy is Zone hot spot

By Dr. Barry Sears

People often ask me what the most popular country for the Zone Diet is. The answer is easy. It's Italy. There the Zone is a dietary phenomenon.

How can this possibly be true in the land of pasta? The answer is that Italy is also the land of fruits and vegetables and olive oil. For Italians, the Zone Diet simply represents an evolution of the Mediterranean diet. Both diets stress the importance of colorful carbohydrates (fruits and vegetables), eating adequate low-fat protein like fish or chicken, and always adding olive oil to every meal. The only real difference is that the Zone Diet removes much of the white carbohydrates (bread, pasta, rice, and potatoes) from the diet and replaces them with fruits and vegetables. That's not hard to do in Italy. That seemingly small difference has dramatic hormonal and anti-inflammatory consequences. The Zone Diet is simply taking a good diet (the Mediterranean diet) and making it into a superior anti-inflammatory diet (the Zone Diet).

So it is no surprise that my last trip to Italy was delightful. Starting off in Bologna (the food capital of Italy), I had meetings (with usually more than 300 people) with physicians and pharmacists who showed up at 9 p.m. to learn more about the Zone.

The same was true in Genoa, Bari,

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# Getting back to ‘normal’

By Dave Schreck

Have the long days of summer taken their toll on your healthy routines? Clothes fitting tighter? Consumed too many chips, sodas, pizzas, potato salad and fast food? Why wait for your New Year’s resolutions? Now is the time to make the changes to enhance your health. Here are a few ways to get back to “normal.”

1) ZONE YOUR KITCHEN—get back on track by removing all the “unfavorables” and replacing them with foods that help you achieve better health. See smart grocery additions at [www.zonediet.com](http://www.zonediet.com). Click on

“Plans” and restock your cupboards and fridge. The first step in building Zone favorable meals is choosing lean proteins. Consider these items that do not require refrigeration: Chicken of the Sea - “Salad Toppers” light tuna in a pouch, pink salmon pouch, sardines in Louisiana hot sauce, Lowery’s Peppered Beef Jerky, Kipperd Herring Fillets, Ocean Prince Fish Steaks with Green Chilies, Jerky’s (beef, salmon, ostrich, venison, turkey), canned tuna, salmon, white meat chicken and whey-based protein powder. Now there’s no excuse about not having proteins available. Fresh proteins include eggs, egg substitute, cottage cheese, low-fat chicken sausages, cooked chicken strips, rotisserie chicken, sliced lean deli meats, and imitation soy products.

2) BAKE A CAKE – not really, but back when you did, you had to be organized. To get back into the Zone, or get there for the first time, you need a recipe. Successful chefs know this: It’s called “mise in place,” everything in its place. The first thing you determine is your protein choice and then add the colorful non-starchy carbs and a dash of olive oil. It’s that easy. But... “I need the staff of life... grains!” If you want to be successful, consider the new Zone foods.

3) THROW PASTA ON THE WALL. If it sticks, it’s done. This won’t work for

Dr. Sears’ pasta (it has less starch and more protein than any other pasta). Here are a few tips for making these suggestions stick. Start small. Focus on just one Zone meal a day and notice how you feel. You’ll be motivated to consume more meals that are in the Zone. Be realistic. You’re not going to lose 15 pounds the first week, but you’ll be on the right track. Ask for support. Call a Zone coach, who will keep you motivated and accountable. Change is what happens when the pain of staying the same is too great. When we can’t “take it any-

more,” is the moment we are ready to change. Remember, making changes takes time and effort; there will be ups and downs. Be easy on yourself as you guide yourself back to “normal.”

4) WATCH YOUR TV. As Anthony Robbins, self-help author and motivational speaker, says, watch your Transformational Vocabulary. The words you use will have an effect on the emotions associated with any lifestyle change. Did you know that your consistent internal communication becomes your reality? Most of us don’t realize how our vocabulary affects our life. Imagine how your life will change when you become aware of how your language limits your success and enhances your future. Example: “I’m so depressed. I’ve tried so many times before and failed” could be rephrased to, “I’m excited. The Zone makes sense. It’s simple and easy. This could be the answer to improving my health. My history does not have to be my future.” Take a deep breath. Relax. This is the first step to improve your life!

## Non-Starchy Vegetables

(8 servings per day)

### COOKED VEGETABLES (steamed and drained)

Artichoke 1/2 medium  
Asparagus 1/2 cup/ 6 spears  
Broccoli 1/2 cup  
Brussels Sprouts 1/2 cup  
Cabbage 1 1/2 cup shredded  
Cauliflower 1 cup pieces  
Celery 1 cup diced  
Collard Greens 1/2 cup boiled  
Eggplant 1 cup cubed  
Green Beans 1/2 cup  
Kale 2/3 cup chopped  
Mushrooms 2/3 cup pieces  
Okra 8 pods (3” long), 1/2 cup  
Onion 1/4 cup chopped  
Red/Green Peppers 2/3 cup  
Snow Peas 1/3 cup edible peas,  
Spinach 1/2 cup  
Swiss chard 3/4 cup  
Tomato 1/3 cup diced  
Zucchini 1 cup sliced

### RAW VEGETABLES

Broccoli 1 cup chopped  
Cabbage 1 1/3 cup raw  
Cauliflower 1 cup pieces  
Celery 4 medium stalks  
Cucumber 1/2 medium  
Red/Green Peppers 1 medium  
Mushrooms 2/3 cup pieces  
Onion 1/3 cup chopped  
Radishes 1 cup sliced  
Tomato 1 medium,  
Snow Peas 1 cup whole  
Zucchini 1 1/2 cups sliced

### LEAFY GREENS RAW

Arugula 4 cups  
Endive 3 cups  
Lettuce 3 cups  
Radicchio 2 3/4 cups  
Spinach 3 1/2 cups  
Watercress 6 cups

### LEGUMES

(1 serving per day)

Black Beans, canned 1/4 cup  
Chickpeas < 1/4 cup  
Hummus 2 Tablespoons  
Kidney beans, canned 1/4 cup  
Lentils, boiled drained 1/4 cup

# Getting in fighting shape with martial arts

By Lisa Zeigel

“Combative sports” or “” (MA) are very trendy now but have been around for a few millennia. One of the earliest known pieces of evidence is a depiction of wrestling as a sport painted on the wall of a tomb in Beni Hasan, Egypt, circa 2,000 BC. Of course, wrestling, highly prized by the ancient Greeks who included it in the first Olympics, continues to be popular to this day, along with boxing. “Pankration” is another age-old combination of wrestling, boxing and kickboxing originating in Greece that remains current today and closely resembles the now wildly popular Mixed Martial Arts, or “MMA” techniques.

Other cultures of the world developed their own takes on basic armed and unarmed battle techniques with the form of Karate emerging after a ban on weapons instituted in 15th-century Japan. Boxing techniques were perfected in Great Britain in the 19th century, and more recently, Jujitsu was developed in Brazil (via Japan), Taekwondo in Korea, Muay Thai in Thailand, and many more. Now MA is so prevalent that you can find literally hundreds of different forms of Boxing, Karate, Jujitsu, Judo, and various combinations/configurations of all in gyms, studios, military training centers, schools, universities, etc. etc.

No matter the form of these sports/arts, they all have certain similarities. For one thing, although each follows its own philosophy/rules/techniques, they all require a baseline of strength, endurance, and flexibility to be able to perform them effectively. Also, learning techniques and skills and practicing these requires mental concentration, focus on breathing and proprioception, not to mention discipline, all of which can be considered “mind/body” forms of exercise.

I remember being awed by a visit to my high school by none other than Chuck Norris, famed martial artist-movie star who performed a karate demonstration in the gym. It was definitely inspirational, but I never thought I would be trying it until I found myself enrolling in a Shotokan Karate class to fulfill a P.E. requirement in college. It was definitely tough, but I found myself enjoying it immensely and put in quite a bit of practice on my own to master the “Katas” - - a choreographed routine of kicks, punches, and blocks. My crowning achievement was chopping a block of wood in half with my bare hand. If that isn’t an empowering feeling, I don’t know what is! Although I have not practiced it since then, I have participated in boxing, kickboxing, and sparring in a ring (scary)! and found all to be extremely challenging yet invigorating forms of exercise.

Most martial arts classes start with a thorough warm-up involving calisthenic-type exercises (jumping jacks, push-ups, jogging, etc.), and as flexibility is considered a key component, stretching. Boxing classes can involve punching a heavy bag (in which case boxing gloves and hand wraps are needed for protection), or you can just



utilize “shadow boxing” (punching the air) techniques, which requires no equipment. Sparring with a partner is another popular type of class, or students work one-on-one with an instructor using padded mitts or in a boxing ring. In the ring, gloves are needed as well as protective headgear and mouthpiece, and shin guards if kicking is involved. In all forms, basic techniques must be learned and mastered before getting into the workout portion. There is much involved, including learning how to stand, how to protect yourself from your opponent, how to punch, kick, duck. Once you learn these, you can perform practice drills in a class or with an opponent, and the combinations are endless. You will find yourself sweating and out of breath in no time. Most classes will combine intervals of punch or punch/kick combinations with calisthenics (more jumping jacks, push-ups, etc.). This constitutes a full-body workout with strength and cardiovascular components along with balance, agility and flexibility, so by the end of class (if you make it all the way through, I know I couldn’t at first), you will feel it!

The beauty of martial arts is that anyone can do them; you don’t have to be a fighter, or even have a fighting mentality, as most techniques are practiced with an eye toward respecting your opponent, and as a means of self-defense, not aggression. Children can start as young as 3 years old, and there is no age limit for adults! In fact, a popular form of MA enjoyed by older adults, Tai Chi, is known to be very beneficial in helping seniors become more independent as it enhances their strength and balance and sharpens their minds - - you may see groups practicing outdoors in your local parks, and it is used in assisted living facilities.

MA workouts can be performed at any of the above-mentioned establishments, but it can also be done at home using DVDs or from online downloads and streams. No matter where you choose to go, if you’re looking for a way to get active, learn some useful skills, and get in great shape, pick a style and feel the empowerment!

# Quick Greek Recipes

## Keep you in the Zone

*Greek recipes usually include a healthy dose of feta cheese. Here are two recipes, one classic and the other of the ZoneFast variety, that bring a taste of the Mediterranean home.*

## Greek Turkey Salad

CLASSIC

4-block meal

### Ingredients:

1 1/2 medium cucumbers, chopped  
6 black olives  
1/2 cup celery, chopped  
1/4 cup red onions chopped  
3/4 cup chick peas  
3 ounces grilled turkey breast  
Light balsamic vinaigrette dressing (2/3 teaspoon olive oil and vinegar to taste)  
1 ounce feta cheese

### Instructions:

Combine all veggies, toss with dressing and add turkey and feta.

## Greek Orzo Salad

ZONEFAST

### Ingredients:

1 package Zone Orzo  
½ cup artichoke hearts  
½ small tomato, seeded and chopped  
½ cucumber, seeded and chopped  
1 tablespoon crumbled feta cheese  
6 small black olives  
2 teaspoons fresh parsley  
½ teaspoon lemon juice  
1/8 teaspoon dried oregano  
1/8 teaspoon lemon pepper

### Instructions:

Bring a large pot of lightly salted water to a boil. Add orzo and cook for 8 to 10 minutes or until al dente (firm); drain.

In large bowl combine pasta, artichoke hearts, tomato, cucumber, feta cheese, olives, parsley, lemon juice, oregano, and lemon pepper. Toss and chill for 1 hour in refrigerator.

