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Dr Barry Sears Anti Inflammation Guru Author of The Zone

Dr. Barry Sears Ask Dr. Sears a Question Each inquiry is responded to personally by Dr. Sears or a member of his staff. A former research scientist at the Boston University School of Medicine and the Massachusetts Institute of Technology, Dr. Sears has dedicated his research efforts over the past 30 years to the study of lipids.

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Dr. Barry Sears, Author of the #1 New York Times best seller, The Zone, which started the field of pro-resolution nutrition in 1995.

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Enter the Zone A Dietary Road Map by Barry Sears

Dr. Barry Sears is recognized as one of the world's leading medical researchers on the hormonal effects of food. He is the author of the number one New York Times bestseller The Zone as well as Mastering the Zone , Zone-Perfect Meals in Minutes , Zone Food Blocks , A Week in the Zone , The Age-Free Zone , The Top 100 Zone Foods , The Soy Zone , The Omega Rx Zone , Zone Meals in Seconds , and What to Eat in the Zone .

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What is The Zone Reduce Inflammation With The Zone

The Zone is defined as the physiological state in the body where hormones that control inflammation are maintained in balance. The Zone can help reduce inflammation, control blood glucose, and more.

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Inside Dr Barry Sears' Zone Diet Triathlete

Even though Olympic gold medalist swimmers and one of the best triathletes in the world adopted the diet he recommends in the early 1990s, Dr. Barry Sears was cast in the mainstream as a radical and a charlatan in the nutrition world.

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Barry Sears Wikipedia

Barry Sears, Ph.D. (born June 6, 1947, Long Beach, California) is an American biochemist and best-selling author, best-known for creating and promoting the Zone diet, best known for its function in creating conditions in the human body that enable it to fight inflammation using its own associated mechanisms.

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Dr Barry Sears YouTube

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