

BARRY SEARS ZONE



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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

Find out the how you can incorporate an Anti-Inflammatory Diet in your life and learn the science to help you succeed from Dr. Barry Sears, leading nutrition

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Zone diet Wikipedia

The Zone diet is a fad diet emphasizing low-carbohydrate consumption. It was created by Barry Sears, a biochemist. The ideas behind the diet are not supported by scientific evidence.

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