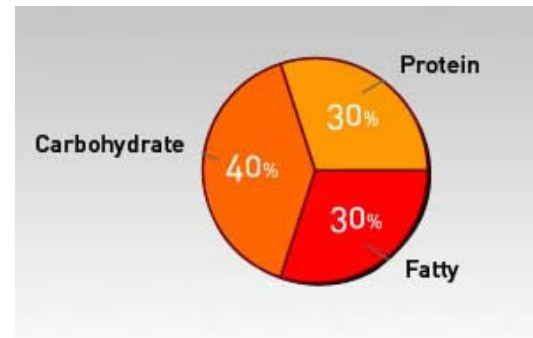


The Zone Diet

The Zone Diet was developed by Dr. Barry Sears, who has published a number of popular books.

The basic formula is to eat three full meals and one small meal or snack. Each meal should consist of:

- **40% of calories come from Carbohydrates – preferably vegetables.**
- **30 of calories from Fats – good fats.**
- **30% of calories from Protein.**
- **PLUS adequate amounts of omega 3 fatty acids (cod liver oil, fish oil, etc.)**



The goal is correcting insulin and blood glucose dysregulation – the spectrum of conditions ranging from hypoglycemia all the way to full diabetes. It is also effective for weight loss.

Use what we call the **hand-eye method**. Divide your plate into thirds. On one-third, place a protein source, such as chicken, fish, egg, cheese, or clean beef. The portion should be the size and depth of the palm of your hand. Fill the other two thirds with vegetables and fruits with an emphasis on low glycemic, fresh, local if possible, organic if possible vegetables. Add some good quality fat such as butter, coconut oil or olive oil, avocado or nuts.

You should **eat three meals and two snacks every day**. For meals use a dinner plate, for snacks use a dessert plate.

Use this little ditty to help you understand which foods are protein and which are carbohydrates: “Carbohydrates grow in the ground, and protein moves around.” Note: soy does not move around. If you are vegetarian let’s talk about adapting this program for you.

Make sure to eat breakfast within one hour of waking. Don’t ever let more than four to five hours go by before eating lunch. Have a snack either mid-morning or mid-afternoon. The timing of this snack depends on the length of time between either breakfast and lunch or lunch and dinner.

“The wonderful thing about the Zone dietary program is that you will never be hungry because your blood sugar is stable. If the brain isn’t hungry, then you won’t feel hungry.”

This eating plan will gradually heal insulin resistance. It has been shown more effective than the American Diabetes Association diet for managing blood sugar in diabetics. The more blood sugar handling problems you have, the more strictly you need to stay on this diet.

Diet is one part of the triangle of healing: Diet, Exercise and Stress Management. They all work together to help heal hormonal imbalances.

Avoid:

- All refined carbohydrates such as white flour and sugar or anything made with them. This includes most bagels, white bread, etc. It also includes russet potatoes, the kind that are used in French fries and potato chips.
- Soy – a big topic, see mercola.com for more information. Fermented soy products such as tempeh, miso and naturally fermented soy sauce, (tamari) are OK.
- Trans fats – in almost all commercial foods containing fats such as potato chips, cookies, pretzels, most crackers, many margarines. All commercial refined oils such as corn, soy, canola
- Rancid fats: most fried foods, most junk foods.
- Too much fruit. Some is good but too much can increase blood sugar especially if you have significant blood sugar handling problems.

The goal of this diet is to stabilize blood sugar levels which will reduce overall inflammation and reduce the stress on all your vital organs, especially your brain. You should feel good and have plenty of energy. It has been shown to improve the performance of competitive athletes and to be effective for diabetics. Most people normalize weight.



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