



The Anti-Inflammation Zone CD: Reversing the Silent Epidemic That's Destroying Our Health

Barry Sears

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No one is immune from silent inflammation -- a condition that occurs when the body's natural immune system goes awry -- the underlying factor behind the development of these dreaded diseases and more:

- Heart Disease • Cancer • Dementia • Arthritis • Diabetes

Dr. Barry Sears reveals how to combat silent inflammation in order to reduce your risk of each disease and condition -- and how to reverse it if you have it already. His amazing new research shows that following the Zone dietary plan, including supplements of ultra-refined fish oil concentrates, is the best way to achieve the hormonal control you need to stop silent inflammation and ensure the future of your health.

Reverse silent inflammation in only 30 days -- and reap the following benefits:

- Better health • Greater longevity • Improved physical performance• Reduction of the symptoms of chronic diseases • Improved emotional control • Greater mental acuity

Fighting silent inflammation is the number one most important thing you can do for your current health and your future wellness.

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From Reader Review The Anti-Inflammation Zone CD: Reversing the Silent Epidemic That's Destroying Our Health for online ebook

Michelle says

I am a big believer in the Zone, although I don't do it like I should, I understand the concept. This book makes absolute sense to me and just seems to follow Barry Sear's research. It is just the next logical step. I am a member of the Zone website, and while I believe the Zone line of thought about keeping your eating habits balanced, why this is important, and how to do it, I think he is really trying to make a lot of money on his products. Don't get me wrong, they are probably good products, I'm just not into that side of things although I have and would like to purchase more of his omega 3 and omega five oil pills. They are just pricey.

Anonymous says

It's not laid out in an easy to read format. I skipped through a lot of it.

And, since it's 9 years old, some of it seems outdated. There have been new, healthier lifestyle options since then.

It probably was useful when it came out in 2005.

Hanna says

The idea is good! I am reading it because I got struck with an autoimmune disease and want to be in control of my immune system.

In true American style it starts by telling the reader what an excellent book it, is, how famous the author is and how successful the method is. You can safely skip all this, since the method and the research speaks for itself. The book is very repetitive and somewhat dumbed down, but it sure makes certain you get the message! And I did.... This makes sense and I will follow it.

Azita Rassi says

The concepts are great, the delivery just good. A lot of repetitions like most American non-fiction books written for the layman. Also, I didn't care much for the performance in the audiobook. However, I very much agree with the content and learned from this book.

Rebecca says

I am not going to do this on either. The things you shouldn't eat include: breakfast cereal, flour, crackers, pasta, bread, bagels, muffins, cookies, fake, granola bars, rice, potatoes, grains, sugar, butter, vegetable oil, egg yolks or canned fruits and veggies. The diet goes on and on about eating fish and taking 4 to 12 fish oil pills a day. I hate fish. The thought or smell of fish makes me nauseous and always have. I don't even take the pills because the thought of burping up fish taste makes me want to throw up. So basically you can't eat anything processed if you want to get rid of inflammation in the body. What's left?

Nadine says

I think that the Zone diet in general brings valid points, but is hard to keep up with 100% of the time. Everything in moderation is a better approach for long term maintenance. I felt like the author uses scare tactics and I don't like that approach. I can summarize the book for you by saying take fish oil, follow the Zone diet, exercise and reduce your stress. These are all pretty duh and nothing mind altering. He emphasizes fish oil over and over again. I can't stand the taste of most fish and the thought of taking an oil that may either make me smell like it or taste it repulses me. Anyone have success with it?

Bottom Line: I already summed it up for you! No need to read.

Maddi says

2.75

Key points

- increase your omega 3's by taking a high dose, high quality fish oil tablet
- control your insulin by monitoring the Glycemic Index of your food
- do moderate exercise
- control your stress
- eat carbs, fat and protein all in moderation
- watch out for contamination in fish and fish oil (high levels of Mercury)

Short read, easy to understand ????? ?????

Kathlyn Tache says

A must read for anyone suffering from inflammatory based diseases

If you have been diagnosed with any form of arthritis or diabetes, this book could be so very helpful to you! I have had a number of patients, who have followed Dr. Sears' recommendations in this book, make remarkable progress in controlling their diseases!

Sylvia says

I read this on Audiobook. I like listening to audiobooks, especially when read by the author. I like reading books on general wellness and I thought this book would give me insight on this.

Luckily, I use my public library because this book would have not been worth the purchase. This author names a "serious" condition we all probably have called "silent inflammation". After this big reveal, every other sentence in this book had the words, "silent inflammation" which of course, you will not have if you follow his anti-inflammation zone recipe. He also used words often such as insidious when describing illnesses. He was really trying to ingrain into your brain this terror tactic which I found appalling.

The health information and help he gave was no help at all. The information was the basic watch what you eat, exercise and de-stress. The ONLY thing he said different was to take high doses of Omega-3 supplements. The four major diseases he said he was helping us steer away from were the basic ones too, Heart disease, cancer, diabetes and Alzheimer's disease.

This book is a blatant, self-advertisement to read more of his books or products.

Patricia A Messineo says

Unfortunately, I wasn't that impressed with this one.

Seayla says

ret'd to library because it was due and don't imagine I'll get back out to finish.

LWDC says

The book was what I read... Seemed to be identifying silent inflammation something that GPs do not measure look for or talk about... Perhaps this book didn't get to the right places.. AA:EPA ratio please on the NHS...

Hepburn says

A few weeks ago I learned about "the Zone diet," which was coined by Dr. Barry Sears. According to the Zone diet, it is eicosanoids that promote wellness, not losing weight. Eicosanoids are

hormones within a zone. Dr. Barry claims that most diseases are caused by inflammation. Eicosanoids control inflammation, so the key to wellness is to keep moderate amount of eicosanoids in your body. Dr. Barry also emphasizes that the most dangerous symptom is "silent inflammation" because basically you can't notice the symptom directly but you are not well. In order to prevent silent inflammation, it is necessary both to balance three hormones (Pro-inflammatory eicosanoids, Insulin, Cortisol) and to take high-dose fish oil.

To be honest, I am still not clear how to take fish oil in my daily life, but will take Anti-Inflammation foods such as extra-virgin olive oil, sesame oil, turmeric, and ginger.

Caralee says

Great book! Eric and I have been on this diet for a month or so now and it works so well. I feel a lot more satisfied (and not bloated) and have a lot more energy, plus I am finally down to my pre pregnant weight (I never thought that would happen!!). Eric has also lost weight with just the food part, he hasn't had time to work out the last couple of months. I am excited to see what happens after boards when he does.

Lmcelebre says

I hated this book, but gave it two stars because the information is good. Dr. Sears really needed to write this book for the layperson; there were entire chapters that were so full of hard to understand medical jargon I thought I would have to stop reading, but anyone who knows me knows that would never happen. And if I see the word eicosanoid one more time, I think I'll scream. Too technical, but good information if you can wade through the scientific terminology bog.
