

[PDF] The Omega Rx Zone: The Miracle Of The New High-Dose Fish Oil

Barry Sears - pdf download free book



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Description:

From Followers of Sears' zone diet probably have a hard enough time balancing their carbohydrate consumption with their protein and fats. Now, if they opt for Sears' latest scheme, the "next generation of the Zone," they're going to have to start gulping fish oil, which contains the all-important omega-3 fatty acids. And not just any fish oil. "High-dose pharmaceutical-grade fish oil" only, and don't think it's easy to get one's hands on this stuff. Only two companies manufacture it; all

the others stick to low-grade fish oil. Sears predicts more companies (His own? Just asking.) will get into the high-end fish-oil business once they realize that it can prevent or reverse heart disease, diabetes, neurological disorders, and cancer. Is any of this true? Who knows? In 352 pages, Sears quotes from studies on Eskimos and hypothesizes that modern man separated himself from the apes when he started eating fish, but in the end, readers will need to judge for themselves. (Sears does mention--but discounts--a few potential side effects, including bleeding and increased incidence of strokes.) Bottom line: More than you ever wanted to know about omega-3 fatty acids. *Ilene Cooper*
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About the Author

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*. His books have sold more than five million copies and have been translated into twenty-two languages in forty countries. He continues his research on the inflammatory process as the president of the nonprofit Inflammation Research Foundation in Marblehead, Massachusetts. The father of two grown daughters, he lives in Swampscott, Massachusetts, with his wife, Lynn.

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