

# The Zone Diet

...one of the most efficient weight loss programs used by Hollywood celebrities

## What is the Zone diet?

The is not a diet, but a lifelong hormonal control program. It is the balance of hormonal responses that occurs every time you put food into your mouth. To describe it better we ca say that it is protein-adequate, carbohydrate-moderate, and low-fat, but rich in fruits and vegetables.

You will benefit from the Zone diet by:

- permanent weight loss
- increased energy levels
- increased strength and stamina
- greater mental focus
- decreased risk of diabetes
- decreased risk of stroke
- decreased risk of heart diseases
- aging process turned back
- altered menopause consequences



## Fat is NOT your enemy!

When you are in the Zone you have it think hormonally, so you have to know that you have to eat fat to burn fat. The small amount of fat added to your meal or snack acts as a control rod to slow down the entry of carbohydrates into the bloodstream, and the same reducing insulin secretion.

The total fat consumed in the Zone meals is similar to that consumed in a typical vegetarian diet. The best is monounsaturated fat because it is hormonally neutral fat, and has no effect on insulin levels. Some very good source of monounsaturated fat are : pistachios, almonds, olives, avocado or simply olive oil.

## Protein are very crucial for keep you healthy....

You have to eat adequate amounts of low-fat protein to be able to control insulin levels. Protein stimulates hormone glucagon, which can depresses insulin secretion, so it can be that is an excellent tool to control insulin level. Besides, the body needs protein to repair and maintain muscles, immune system, produce enzymes and for many more very important functions in the body.

## THE FRENCH KNOW HOW TO EAT

The French are known for eating lots of fat, drinking lots of wine, smoking, and they have the lowest rates of heart disease in Europe. Somebody even said that if an alien landed in Paris during lunch time they would take the city over without any resistance because French would be enjoying their food and nothing could disturb them.

Living in Paris for three years I can say that is very true, The French eat quite a lot, but their meals are moderate in calories, contain protein and fat, and huge amount of vegetables, mostly green salad with tomatoes, cucumbers, onions and they make their salad dressing from olive oil, mustard, lemon juice or vinegar. In Paris there are still many markets where you can buy fresh fish, meat, fruit and vegetables, and of course cheese.

The people in France are also very picky about food, they would like to know the source of their vegetables or meat, since they like to buy domestic products. We can say the French population eats in the Zone because their diet fits the Zone diet description.

## Have you heard of favourable and unfavourable carbohydrates?

It's very important that you know the difference before you order your first meal from any "Zone" company. When you order your meals you not only get the ratio 40:30:30

( carbohydrates to protein to fat), but at the same time you get sufficient amounts of minerals and vitamins.

It's crucial that you get your carbohydrates from the best source possible, and that source is low-density vegetables. Usually the higher the carbohydrate density, ( i. e. grains and starches) the fewer vitamins and minerals per calories of carbohydrates. The lower-density carbohydrates ( most vegetables) will contain much higher levels of vitamins and minerals. Therefore, to maximize mineral and vitamin intake ensure that most of your carbohydrates come from vegetables, consume moderate amounts of fruit and minimize the amount of grains and starches you eat.

Some favourable carbohydrates which we should primarily use are: broccoli, cabbage, green and red peppers, lettuce, Brussels sprouts and cucumbers.

Unfavourable carbohydrates are: carrots, corn, beans, beets, potatoes, and all grains and breads.

Some rapid inducers of insulin are: puffed rice, corn flakes, instant rice or potato, white bread, rolled oats, , as well as carrots, corn, bananas, raisins, papaya and mango.

By keeping insulin levels in zone, you are allowing your body to access stored fat more effectively.

The balance is important not only to maintain desirable body weight, decrease the risk of heart disease, stroke and diabetes, but also to alter the consequences of menopause, revitalize mental function, restore strength and reverse the aging process.

The anti-aging zone lifestyle requires calorie restriction. But it is calorie restriction that includes adequate essential fat, protein and moderate amounts of low-density ( favourable) carbohydrates. One of the key factors for an anti-aging calorie restriction diet is the adequate amounts of essential fatty acids- omega-3 and omega-6.

## Did you know that meditation is key for longevity?

To begin, meditate for 15 minutes a day, and as you become more skilled then try to use meditation to achieve the spiritual benefits. Kundalini yoga classes teach you to breathe properly so you get a sufficient amount of oxydion, and also teach you how to mediate effectively to relax and de-stress.

So far the only proven way to reverse aging is by calorie restriction. The "magic pill" to get anti-aging results is in your kitchen.

You have to remember that in the Zone food is viewed as a powerful drug and must be treated as a drug! The food you eat has very powerful biological effects in your hormones. HORMONAL BALANCE IS THE KEY TO THE OPTIMAL HEALTH.

The Zone will give you tools to lose weight, feel great and take control of your life.

