

INSIDE:

Could Exercise be Bad for Your Long-term Wellness?

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Zone-approved Recipes



Secrets to Surviving the Summer BBQ

By Sue Knorr

It's June and you have three birthday parties, two graduation cookouts and a beach picnic. OMG—How are you going to stay on the Zone with all these food-laden gatherings coming up? You don't dare think about July until you sit down and make a healthy eating plan for your summer.

Instead of abandoning the Zone until fall, use these tips and tricks to make it easy to enjoy the parties and stay on track with your plan:

Decide to be Healthy Before the Party Starts

Appetizers can be the beginning of either a healthy meal or the complete undoing of your Zone efforts. Choose wisely. Protein-rich foods such as small cheese cubes and shrimp are an excellent place to start.

Compliment them with fresh cut veggies dipped in hummus or guacamole. Add a few almonds, macadamia nuts or peanuts, but pass on the trail mix and highly salted and sweetened nuts. By starting your meal with a bit of protein, you will be less likely to over-eat later. You may even find that eating these foods and some salad (a staple at summer parties) will be quite enough so you can relax and not be tempted once dessert is served. Now, that's a win!

Staying Hydrated Can Make you Less Likely to Overeat

Enjoy still or sparkling water, and if you like, splurge with a small glass of a light sangria. Fruit juices, regular and diet sodas, and artificially

sweetened drinks are better left in the cooler. You may think you are choosing a healthy alternative if you drink so-called diet drinks, but in reality, they spike your insulin levels because your brain can't tell the difference between real and artificial sugar. This causes you to overeat later because the extra insulin removes too much glucose from your blood and your brain signals you to eat more to get the energy it needs. (see *Still Drinking Diet Soda? Stop*) If you feel you really must indulge in a beer or glass of wine, don't forget to always have a protein "chaser" by making sure to eat a protein-rich snack to offset the high carbohydrates and sugar the alcohol contains.

Make the Most of Your Grilled Meat Choices

Look for chicken breasts, lean cuts of beef, or grass-fed beef, pork, shrimp, scallops and fish. Although wild caught fish has more omega-3s than farm-raised fish, you should still be aware that it may contain some heavy metals and other ocean contaminants. For this reason, your best bet is to go with the poultry or a lean grass-fed meat which is higher in omega-3s than conventional beef. Avoid fattier selections such as chicken thighs, hot dogs, kielbasa and sausage, as well as anything slathered with a lot of sauce because these will throw you out of the Zone. Take advantage of grilled fresh veggies. Romaine lettuce that's been drizzled with olive oil and charred on the grill is especially good and easy to grill.

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Pile Your Plate High with Vegetable Sides

Select the most colorful and freshest vegetables on the table. The more of them you eat the more satisfied you'll feel, and you'll be giving your body a serving of beneficial polyphenols. If you aren't eating at least two pounds of vegetables every day (and not many people do) you can take Zone MaquiRx™. Raw or lightly steamed vegetables are preferable to heavy casseroles swimming in cream sauce and oil. Choose olive oil and vinegar or bottled low fat, low sugar dressings for garden salads. Avoid most fat-free dressings. Manufacturers often add extra sugar to make up for flavor lost when fat is taken out of these dressings.

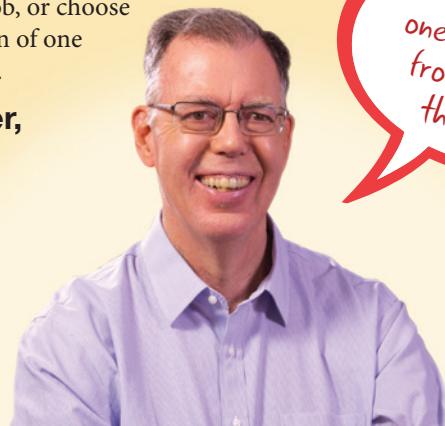
Search out the Berries on the Dessert Table

Choose moderate amounts of blueberries, strawberries, blackberries and raspberries, the best fruits for the Zone because of their lower sugar content. Think of the chips, popcorn, candy and baked goodies as festive table decorations. They'll work against your best efforts and send you home with a huge carbohydrate hangover. The same goes for melons and tropical fruits because they are very high in sugar.

Plan B to the Rescue

Use this classic Zone trick for eating healthy when there's simply no good choice to be made. Have a burger and discard one half of the bun. Top it with your favorite condiments. Load the rest of your plate with a garden salad. Pass on the potato and macaroni salads, baked beans and buttered corn on the cob, or choose a small portion of one of those items.

**Remember,
no one's
perfect!**



You're only
one meal away
from being in
the Zone.



Bring a Zone-friendly Dish to Your Next Party

These Zone recipes will keep you satisfied, taste delicious and will impress your friends!



Jalapeño Poppers

Mild and creamy orzo pasta filling with Parmesan cheese cools down the spicy kick of jalapeño peppers.

Ingredients:

- | | |
|---|------------------------------------|
| 1/4 Cup Zone PastaRx® Orzo | 1/2 Tsp Dried Basil |
| 3/4 Cup Low-fat Ricotta Cheese | 9 Jalapeño Peppers |
| 1/3 Cup Reduced-fat Shredded Cheddar Cheese | (halved lengthwise, seeds removed) |
| 2 Scallions (chopped) | 1 Tbsp Parmesan (grated) |
| 1/4 Cup Roasted Red Peppers (minced) | 3/8 Cup Salsa |

Instructions:

1. Prepare Zone PastaRx Orzo according to package directions. Let cool, then chop orzo.
2. Preheat oven to 375°F.
3. Stir together ricotta, cheddar, scallion, roasted red peppers, basil and orzo.
4. Stuff jalapeño halves with orzo cheese mix.
5. Top with Parmesan.
6. Bake 20 minutes or until peppers are tender.
7. Top with salsa.

Zucchini Salad

Perfectly refreshing salad for a summer barbecue or picnic. Pair with a protein to make a full Zone meal.

Ingredients:

- | | |
|--|--------------------------------|
| 2 Tbsp Dr. Sears' Extra Virgin Olive Oil | 2 Zucchini (chopped) |
| 1 Lime (juiced) | 1/2 Cup Grape Tomatoes |
| 3 Tbsp Vinegar | 3/4 Cup Red Cabbage (chopped) |
| 1 1/2 Tsp Agave Syrup | 1/4 Cup Basil Leaves (chopped) |
| 1 Tsp Salt & Pepper (to taste) | 1/4 Cup Corn |
| | 1 Cup Broccoli (chopped) |



Instructions:

1. Whisk together olive oil, lime juice, vinegar, agave syrup, and salt and pepper to make dressing.
2. Toss dressing with vegetables.

Could Exercise Be Bad for Your Long-term Wellness?

By Jennifer Barrows

Exercise is good for your body and can boost your mood, but did you know that if you don't take care of yourself before, during and after your workouts, that you could actually accelerate your rate of aging?

Do you go to the gym every day for an hour or more? Maybe you prefer a triathlon or a mountain climb. How's your performance? How do you feel two days later? If you find that your performance over time is stuck or declining, and you feel it takes longer to recover, you may be dealing with silent inflammation caused by improper nutritional support.

If Elite Athletes Can Improve Their Game, Why Can't You?

Years ago, I knew a female body-builder. I admired her because of how careful I thought she was with her nutrition and training. We would go to a restaurant and she would pull the waitperson aside to ask for specially made meals. She avoided bread, flour, grains, butter, most fats and sugars and would ask for a plain broiled or grilled chicken breast with a dry salad. She always ate just half of the meal.

She would eat this way for months and train for hours each day. By competition day, she was a wreck. She looked great, but she was exhausted, moody, weak and couldn't think straight.

After each competition, she would eat with reckless abandon and within a couple of weeks would feel better. After a few years, she was exhausted by the constant yo-yo of dieting and over-training. She gave up the competition circuit. There was a reason her training wrecked her, and although she is an extreme example, the same things may be happening in your body if you don't supplement your exercise properly.

What Happens When You Exercise?

Exercising triggers a process in your muscles that causes oxidative stress. For optimal performance, your muscles require adenosine triphosphate (ATP), which is produced by the mitochondria. It's a great internal combustion system that keeps your body going, but there is a price: **free radicals**.

Free radicals are an unstable waste product because they are missing an electron. They are wellness thieves because they float around and steal electrons from healthy cells causing "aging" of the cell. If enough cells are affected by free radicals, chronic damage occurs and can lead to silent inflammation. Eventually, chronic inflammation leads to disease.



How to Take Care of Your Body After (and Before) a Tough Workout

What you put in your mouth can reverse the silent inflammation caused by free radicals:

- **Proper Diet.** Eating several small meals works for some people, and eating three main meals with a couple of snacks works for others. These meals have to be constructed carefully. The Zone is the most balanced diet for athletes. Olympians and professional athletes follow the Zone and have great success.
- **Antioxidants.** Performance and recovery work best when the body creates certain enzymes. Taking antioxidant supplements can help this process. The most effective antioxidant is from a plant polyphenol called delphinidins. They work by stimulating the body to create an enzyme called superoxide dismutase (SOD) and another called glutathione peroxidase (GPX). These enzymes fight free radicals floating around in your body after a workout, and help you heal from inflammation. Delphinidins can be found in blueberries and red wine. It would be difficult to get what you need from those sources unless you drink 12 glasses of red wine and eat a few pounds of blueberries every day. Zone's MaquiRx™ contains high concentrations of delphinidins from Maqui berries that grow in Chile, and makes it easy to get what you need to trigger resolution of exercise-induced inflammation.
- **Chocolate.** Cocoa polyphenols can also help reduce inflammation. You would have to eat a lot of chocolate to have the same effect as taking a MaquiRx supplement, but you could make a great recovery drink with some milk, cocoa, some blueberries and a MaquiRx capsule. Throw everything into a blender, but open the MaquiRx capsule first and pour the powder in. For an extra protein boost you can use Zone Protein Powder. If you drink this within 30 minutes of your training session, it will deliver antioxidants and protein to your muscles.

Proper training and recovery, with a balanced Zone diet and supplementation with Zone's MaquiRx, can help you reach your wellness goals for the rest of your life.



Your Sunscreen May Actually Be Dangerous

By Dr. Barry Sears

While people are using more sunscreens than ever and avoiding the sun, skin cancer rates, especially melanoma, keep growing each year. As summer approaches and you hunt down your leftover sunscreen from last year, you may think it is still safe to use this season. Think again.

Sunscreens are made of reactive chemicals that don't last forever. Chemical ingredients like oxybenzone, avobenzone and octylmethocinnamate are the primary ingredients in sunscreens. Besides being reactive chemicals that expire, they are also endocrine disruptors if they get into the blood. In fact, oxybenzone is found in the blood of 96% of Americans. It's amazing to me that people who are so concerned by herbicides and pesticides are quite willing to slather endocrine disruptors on their skin every summer. Endocrine disruptors work against the body's systems such as the thyroid and adrenals, leading to a host of negative symptoms and health problems.

MYTH:

You Must Always Wear Sunscreen

Aren't we told that without sunscreen we will all die from skin cancer? Unfortunately for the sunscreen companies, the data doesn't support this great advertising line. Two recent studies from Sweden indicate that those who had the lowest sun exposure had higher mortality rates than those with higher levels of sun exposure. Even with the looming danger of melanoma, the deadliest form of skin cancer, your best protection is not sunscreens, but old-fashioned sun protection like hats, long-sleeved shirts and staying in the shade.

Science busts the sunscreen myth. First, sunscreens block the formation of Vitamin D and there is an association of low levels of Vitamin D to mortality. Second, sunlight enhances mood through the release of endorphins, treating skin diseases, for example helping to heal psoriasis, treating seasonal affective disorder (SAD) and orchestrating melatonin levels for better sleep.

Sunscreens can cause dangerous radiation from the sun to be absorbed into the skin. This can cause damage to the stem cells in the dermis making it difficult to regenerate skin cells. Also, the chemicals in sunscreens are inflammatory and create photosensitivity in the skin. The higher the SPF number of a sunscreen, the more photosensitivity it creates. In fact, the SPF number is only relative to blocking UVB

radiation, which is effectively stopped by the epidermis (the layer of dead skin cells that protect the living skin cells in the dermis).

TRUTH:

You Can Protect the Skin Naturally

Natural defenses in the living dermis are always more effective than sunscreens in protecting the skin. The two primary dietary defenses are omega-3 fatty acids and polyphenols. The omega-3 fatty acids (especially in high concentrations in the blood) generate hormones known as resolvins that stop the inflammation caused by excessive sun exposure. The polyphenols activate gene transcription factors that cause the production of antioxidative enzymes that clean up any free radicals induced by excessive sun exposure. Of course, if you don't have adequate levels of omega-3 fatty acids and polyphenols in the blood vessels circulating through the dermis, your skin literally becomes toast.

I am not advocating that you go out for a day in the sun without any protection. That could result in a severe sunburn and could lead to skin cancer in later years. Be smart about your sun exposure, and if you are spending an entire day outside, make sure you find some shade, bring an umbrella, have loose clothing that covers your arms and legs and a hat that will protect your head and face.

Make the Sun Your Ally Instead of Your Enemy

First, try to get 20 minutes of sun exposure every day. Ideally, swimming outdoors is a great way to get the maximum amount of skin exposure to the sun. Sunbathing is another, but once your skin begins to turn a slight pink, it's time to get out of the sun. If you can't get out of the sun, then wear a long-sleeved shirt and large-brimmed hat to protect your skin for the rest of the day. Also make sure you never go to the pool or the beach without a large umbrella to sit under. Finally make sure you are consuming a lot of omega-3 fatty acids and polyphenols to provide the intrinsic sun protectors we are designed to use.



OmegaRx Fish Oil

Helped Me and My Baby

By Kristin Sears

Many new moms find their expectations of motherhood turned upside-down, pretty much from the moment their babies enter the world. For me, it was my expectation of breastfeeding. I spent my entire pregnancy (and many years before that) taking fish oil, and my plan was to give my baby fish oil through my breast milk.

When nursing turned out to be as easy as climbing Mount Everest in an evening gown and 4-inch stilettos, I turned to pumping. With all the knowledge on the benefits of fish oil I'd learned growing up, I was not about to have my son Lukas be deprived of this liquid gold. I soon learned that it requires a lot of energy to produce milk.

Making the Right Dietary Changes to Feed my Baby

First, I had to drink enough water to end the drought in California and add an extra five grams of protein, carbohydrates and fat to every meal. I'd compare it to what people would eat if training for a marathon. Then I had to find the right dose of fish oil to nourish both Lukas and myself. I started with 5 grams of fish oil a day (2.5 for Lukas, 2.5 for me), then switched to 7.5 grams when I needed to combat some postpartum baby blues (more on that below).

There are so many benefits to giving my baby fish oil that it is absolutely worth all the effort of pumping to make sure he gets them all.

Benefits of Fish Oil for Baby are as Good as for Adults

Protects skin: High-dose omega-3 fatty acids improve blood flow to the dermis and inhibit the enzymes that cause the breakdown of collagen and elastic structures in the dermis.

My son is now 6 months old which is the youngest recommended age for using sunscreen.

And with summertime approaching, it made me wonder: if the chemicals in sunscreen were unsafe for 5 month-old babies, what makes these same chemicals

safe at 6 months old? Is there a better way to protect our little ones from the sun?

There was a 2013 study in *The American Journal of Clinical Nutrition* that showed, "A continuous low level of chemo-prevention from taking omega-3 could reduce the risk of skin cancer over an individual's lifetime." But I'll leave further details on that to an expert (see *Your Sunscreen May Actually Be Dangerous*). And since I'm extremely sensitive to sunlight, I'll take some extra fish oil before outings to protect me when my SPF 1,000,000 falls short.

Improves brain function: Omega-3 fatty acids aid the growth of brain cells and are critical for nerve function and control of inflammation in the brain.

Fish oil provides much needed "brain food" for babies. Their brains are at their most rapid periods of growth in the last trimester of pregnancy and the first two years after birth. According to a study in *Pediatric Research*, EPA and DHA from fish oil resulted in high scores in hand-eye coordination tests.

Improves vision: Omega-3 fatty acids are highly concentrated in the retina and are critical to reduce inflammation in the retina.

I came across a study in the *Journal of Nutrition* stating that, "The impact of DHA on visual development in 6-month-old infants found that retinal and visual cortex maturation was greatly improved in infants

receiving DHA-enriched egg yolk versus control infants who were deficient in DHA." And that was just DHA from supplementing egg yolks! Imagine if it

were done with EPA in addition to DHA and without the toxic arachidonic acid from the yolks.



Boosts mood: Omega-3 fatty acids increase serotonin levels; useful for treating depression.

When Lukas meets new people, the most common comment I get is, "Your baby is so happy." One mom even jokingly asked me if I was putting Lithium in my breast milk.

The Benefits of Increased Fish Oil are Good for Mom too

Many other moms know first-hand how easy it is to get the baby blues—due to anything from hormones being out of whack to sleep deprivation. For me, it was adding the sadness and stress associated with losing someone close to me when my mom, and former Zone Living editor, Lynn Sears, passed away eight weeks postpartum.

There was a 2014 study in *Behavioral Brain Research* that suggests that "fish oil, rich in omega-3, exerts a beneficial effect on postpartum depression and decreases the biomarkers related to depression." Without making unsubstantiated claims, I will say that I have noticed that increasing my fish oil on the advice of my dad and my doctor has really helped to keep my blues in check.

You put sweaters on your babies if they're cold. Why not give them something that protects them while helping them thrive? It could be wishful thinking, but already in 6 months, I've seen Lukas hit developmental milestones faster than his baby peers and stay healthy, all with a mild temperament. Here's hoping Lukas continues to reap the benefits of fish oil and continues his lightning-speed development.

*Protects skin, improves
brain function, vision
and mood in babies.*

Still Drinking Diet Soda?

STOP



By Lisa Zeigel

Besides quenching thirst, most people drink for refreshment and satisfaction. The recommended amount of water for the average person is between 8 and 10 cups per day. That sounds like a lot of boring, plain water, and you may be looking for alternatives to spice up your hydration efforts. An alternative to high-calorie colas or juices are artificially sweetened sodas—after all, they provide that sweet taste you crave and you don't have to worry about all that sugar, right? Unfortunately, these are not healthy choices.

As an exercise physiologist, I once had a client who was eating better and working out regularly. But the weight was not coming off. Not only that, but she complained about feeling lethargic and suffering from constant headaches. While reviewing her food intake, she confided that she was consuming up to 10 diet sodas per day! So, what was diet soda doing to her body?

This is What Happens in Your Body When You Consume Diet Drinks

When you drink a so-called diet drink, your body produces toxic by-products as it tries to digest the artificial sweetener. Your pancreas doesn't recognize that the artificial sweetener is not actual sugar containing glucose and begins to secrete insulin. With no real calories coming in, your blood sugar drops and you get hungrier because your brain signals you to eat more to replace the glucose it needs to survive. Thus, a vicious cycle begins and you end up consuming more calories in the long run.

Your brain needs a certain amount of glucose to function and survive, but too much becomes toxic. When you continue the diet soda cycle in the long term, you can develop insulin resistance which means that the extra insulin in your blood is no longer effective. When you eat, the insulin no longer sweeps excess glucose from your blood and your body has to figure out other ways to get rid of it. That is when your body stores extra glucose in fat cells and you start to put on weight. Keep the cycle up even

longer, and you start to suffer from symptoms of diabetes. Artificially sweetened drinks can not only thwart your attempts at losing weight but can make you sick!

So, Is Regular Soda a Better Choice?

You may think that if the artificial sweetener in diet soda is so bad that you should stick to regular soda, and especially the ones that advertise “real” sugar as being a healthy benefit over high-fructose corn syrup. But regular soda, even ones containing buzz-word ingredients such as “natural” or “real” sugar are poor choices. Sugar may be more natural, but let's take a look at what it does to your brain. Sugar triggers the same areas of the brain that heroin and other opiates do, leading you to not only want sugar, but *need* it. As you consume more and more sugar to satisfy your craving, you trigger the same insulin secretion that drinking diet soda does. It creates the same cycle of insulin release, resistance and glucose storage in the fat cells.

Drink Natural, Thirst-quenching Liquids. With proper hydration from water, your body will adjust and you will begin to crave fresh ingredients. Your body will thank you.



4 Ways to Jazz Up Your Cup

Get hydrated by starting with water and creating a refreshing, low-calorie and nutritious beverage this summer.

1

Add Zone SeaHealth Plus® to water. With a combination of nutrients from sea vegetables, super fruits and more, a one-ounce serving contains only 10 calories.

2

Add frozen melon chunks to water like ice cubes. It's naturally sweet, plus it contains antioxidants and anti-cancer lycopene. And it aids in muscle recovery.

3

Keep a pitcher of filtered water in your fridge and make your own “spa water” with lemon, orange, cucumber slices—use your creativity and try different fruits or herbs like mint or rosemary.

4

Add unsweetened juice to sparkling water and make your own low-calorie, healthy “soda.”