

Benefits of Booze— Debunked



By Kristin Sears

Spring is here! The weather is getting (slightly) warmer and the days are becoming longer. For some, the prospect of knocking back a cold one or a glass of wine to celebrate the end of hibernation sounds tasty. For others, the red wine has been continually flowing to comfort in these cold months. And right when you think it's time to make a clean break from alcohol, some article circulates claiming it can help your heart, burn fat or even boost memory. Now, what I'm about to say is not meant to ruin your day, but...

Alcohol health claims are incredibly misleading.

So why are medical journals and media outlets pushing to normalize alcohol consumption? In these studies, scientists are actually finding some benefits. But those benefits aren't coming from the alcohol. Rather, they come from the presence of polyphenols in the alcohol. Polyphenols are what gives fruits and vegetables their color. Consumption of adequate levels of polyphenols helps support digestive health, reduce inflammation, slow the aging process and increase athletic performance.



Source of Polyphenols



The Real Story on Booze

How the polyphenols are delivered when consuming wine and beer comes from the fact that the alcohol helps extract polyphenols from the grapes or the hops. However, alcohol is also a toxin that puts stress on your body. We should be rethinking the message that moderate alcohol consumption is good. Here's a refresher on the disadvantages of consuming alcohol.

Alcohol Damages the Body

The principal type of alcohol found in alcoholic beverages, ethanol, is a reactive chemical that can cause damage to DNA, proteins and lipids. It makes the gut more leaky, thereby increasing the entry of bacterial fragments that cause metabolic endotoxemia, leading to obesity, metabolic syndrome and diabetes. When metabolized in the liver, alcohol causes inflammation that leads to scar tissue formation resulting in cirrhosis. Also, pure alcohol gets converted to a toxic chemical known as acetaldehyde. When not properly metabolized, the buildup of acetaldehyde can cause damage to the heart muscle as well as other organs, like the liver.



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Alcohol Is Freaking Addictive!

The truth is alcohol activates the dopamine reward system. The more endorphins released, the happier you feel and the more likely you are to crave alcohol. When cravings meet physical dependence, binge drinking or alcohol abuse turns into alcohol addiction. 14% of Americans (32M) have alcohol abuse problems.¹ Let's not make it 15%.

Alcohol Disturbs the REM Sleep Patterns

Although alcohol initially acts as a sedative, it can lead to overall decreased sleep. The more you drink before going to bed, the greater the toxic effects as it metabolizes. And as the alcohol starts to wear off, your body can come out of deep sleep and back into REM sleep, which is much easier to wake from. So if you think someone dosed you with caffeine while you were sleeping, they didn't. It's the booze.

Get Your Polyphenols Elsewhere

Your best health decision is to consume a lot of polyphenol-rich carbohydrates and forget the alcohol. But polyphenols are found in low concentrations in colorful fruits and vegetables. It's like that Total cereal commercial from the 80's. The amount of favorable carbohydrates you'd need to consume to receive benefits of polyphenols is 7 to 13 servings a day!

Purified extracts are the best way to obtain the highest levels of polyphenols on a daily basis. MaquiRx is the best source as it contains the most water-soluble polyphenols known. It's an extract from the Maqui berry that is incredibly rich in a special class of polyphenols, delphinidins. This unique polyphenol has anti-inflammatory and anti-aging properties, controls metabolism, increases chemical energy production and slows down the aging process.

*Put down the glass
or bottle and pick
up the polyphenols.*

*Your body will
thank you!*



Reference: 1. Grant et al. JAMA Psychiatry. 2015;72(8):757-766.

Mocktails You'll Love

**ZONE-
APPROVED**

Refreshing and delicious, make a drink kids and adults can appreciate. Enjoy!

Peach Bellini Mocktail

Serves 2



Ingredients:

- ¼ cup Peach Nectar (chilled)
- ¾ cup Peach or Orange Seltzer (chilled)
- ¼ cup Berries (blueberries, raspberries, sliced strawberries)

Instructions:

1. Pour peach nectar evenly between two glasses over ice.
2. Top with seltzer and fresh berries.

Zone Margarita Mocktail

Serves 1



Ingredients:

- 2 Tbsp Fresh Squeezed Lime Juice
- 1 cup Orange Seltzer (chilled)
- Stevia (to taste)
- Lime Wedge

Instructions:

1. In a margarita glass, combine lime juice, seltzer and Stevia.
2. Add ice and garnish with a lime wedge. (Salt rim is optional.)

What if You Still Want the "Sauce"?



If you still prefer a drink, follow these guidelines:

• Treat Alcohol as a Carbohydrate

Balance alcohol with protein to help stabilize blood sugar levels. Pair a glass of wine and piece of cheese, or add a couple of chicken wings to that beer order.

• Avoid Drinker's Remorse

To avoid feeling out of sorts the next morning, take an aspirin to help reduce the inflammation caused by the metabolism of the alcohol, get a glass of water, then go to bed.

Find Fitness in the Workplace

By Lisa Zeigel

The National Academy of Sports Medicine states that two primary reasons people do not exercise are lack of time and not having access to facilities. There is a better understanding now by business owners and management that healthier employees enjoy better morale, productivity, and that they can save money on healthcare. In light of the fact that employees spend so many hours in the workplace, many employers are taking on the task of encouraging their staff to practice healthier habits. When companies offer health improvement programs, employees benefit from better health and well-being as well as camaraderie by participating with co-workers.

Wellness Starts in the Workplace

Sadly, some employers are hesitant to invest in such wellness programs. And in workplaces where programs are offered, not all employees participate. Global Employee Health and Fitness Month (GEHFM), celebrated throughout May, was created to help employers and employees strategize on how and what to do to get started. It's a good time for employers to incentivize workers to participate in existing health programs or for workers to start their own programs and solicit help from their employers.

Make Participation Easy

Lack of time and convenience are typically seen as deterrents to practicing healthy behaviors. Getting people motivated is another factor; some individuals are just not likely to participate on their own. They may feel more comfortable if they have the support of their colleagues. A way to address both issues could include offering a program as simple as walking during the workday. Participants would not have to travel and could walk with colleagues who have the same work and health goals.

Wellness Programs Benefit the Company Too

As in any wellness program, there are multiple physical and mental health benefits. As reported in a 2016 Harvard study, employees



suffer from on-the-job stress to the extent that it negatively affects their lives—in and out of the workplace. Yearly costs to businesses for absenteeism (that can be related to stress) run in the billions, yet half of all workers do not have workplace wellness programs. Exercise and other healthy habits help to manage stress levels, keeping employees well and driving down healthcare costs for employees and the company.

Employee satisfaction also plays a big role in the success of a company. When wellness programs are offered, employees report feeling that their company cares about them and their well-being. The bottom line is that happy employees are more productive. It becomes more than a job; it becomes a partnership.

Get a Program Started in Your Workplace

The easiest, most cost-effective activities are walking and stretching programs. For GEHFM, giving participants t-shirts, water bottles or digital fitness trackers can add health incentives. Holding health fairs, providing healthy snack samples and activity contests can be fun ways to attract participants. However, as Dr. Sears points out, “Unless upper management is doing the same program, you are off to a wrong start.” Setting an example for and demonstrating solidarity with employees should be a primary goal of supervisors, department heads and even CEOs.

Working healthier can mean living healthier for all. So get to work!



Get Inspired

Many companies have had success with employee wellness programs. Here are some proven ways to jumpstart your own program and have fun:

1	2	3	4
INFORM	CHALLENGE	RALLY	REWARD
Hold a wellness expo. Activities can range from drop-in talks and demonstrations given by local speakers about health and nutrition to interactive activities such as stretch breaks, chair exercises, screenings and scheduled group walks.	Set goals for employees to strive for. Challenge them to walk and track a certain number of steps each week over a given timeframe. Finding a way for participants to submit and see each other's progress will create accountability and a friendly competition among them.	Make wellness a group activity. For example, May is “Bike to Work” month. Co-workers can team up and combine biking miles to compete with other groups. All groups reaching a certain goal can be entered in a raffle for prizes. This can also be done with walking, crunches or planks.	Let's face it: incentives are fun. Sure, better health is reward enough. But, the more fun and social the activities are, and the better the incentives and reward, the more participation your program will get. All the better when the rewards are health related!



A Clear Fear of Aging: Loss of Sight

By Dr. Barry Sears

Americans are aging. So what is their greatest concern? Surprisingly, it is not loss of memory, cancer, heart disease, amputation, loss of speech or hearing. According to a study from Johns Hopkins,¹ it is the loss of vision. The reason being that losing sight has the greatest negative impact on daily lives leading to loss of independence.

However, more than half of the respondents didn't know anything about macular degeneration, which is the leading cause of blindness after age 50.

Types of Macular Degeneration

There are two types of macular degeneration: wet and dry. Only 10% of the population has wet macular degeneration. At least the *wet* form of macular degeneration can sometimes be controlled (but not improved) by monthly injections of a monoclonal antibody into the eye at a cost of around \$4,000 per injection. However, 90% of macular degeneration falls into the *dry* category for which there is no known drug treatment. This means once you get dry macular degeneration, you will eventually go blind—unless you take action.

How to Treat Dry Macular Degeneration

Although there is no known drug to treat dry macular degeneration, there is a nutritional intervention that has been shown to dramatically improve the condition and restore much of the loss of vision. This intervention is high-dose fish oil.^{2,3} Within six months of taking 5–8 grams of EPA and DHA per day, vision is dramatically enhanced as the ratio of AA/EPA is reduced to less than 2. Since the average AA/EPA ratio in Americans is 18, you can assume that macular degeneration is nowhere under control in the United States. But ophthalmologists say fish oil doesn't work. Of course it doesn't—unless you're taking a *therapeutic* dose of fish oil. This was recently pointed out by one of the leading ophthalmology researchers in the world.⁴

Lowering the AA/EPA ratio has such a profound impact in dry macular degeneration because it is an inflammatory disease. Once you reduce inflammation in the eye (specifically in the retina), the problem begins to resolve.

So, if you are aging and concerned by potential loss of vision, you can start your own vision recovery program today. Just make sure the fish oil is incredibly pure. OmegaRx 2 is the only product that meets that criteria, as its standards for toxins such as PCBs are 10 times more rigid than a prescription fish oil product, and 18 times more rigid than a typical fish oil in a health food store or a supermarket.

How Much Fish Oil Do You Need?

Take enough OmegaRx 2 so that your AA/EPA ratio, measured by the Cellular Inflammation Test, is reduced to about 2. Of course, the day you stop taking OmegaRx 2, inflammation in the retina will begin to rise again. So, what are the long-term side effects of taking OmegaRx 2 for a lifetime? You will be happier and smarter. I only wish more drugs would have side effects like those.

*Macular degeneration
MAY BE IMPROVED by
therapeutic levels of fish oil.*



Reference: 1. Scott A et al. "Public attitudes about eye and vision health." JAMA Ophthalmol 134: 1111-1118 (2016) 2. Georgiou T et al. "Pilot study for treating dry age-related macular degeneration with high-dose omega-3 fatty acids. PharmaNutrition 2:8-11 (2014) 3. Georgiou T and Prokopiou E. "The new era of omega-3 fatty acid supplementation: therapeutic effects of dry age-related macular degeneration." J Stem Cell 10: 205-215 (2015) 4. Souied EH et al. "Omega-3 fatty acids and age-related macular degeneration." Ophthalmic Res. 55:62-69 (2015).

The Zone Is More Than Just Losing Weight

By Dave Schreck

When we say goodbye to winter, we sometimes bid farewell to our weight loss resolutions. We've left the health club, reverted to our old eating habits and have given up.

Here are four benefits of being in the Zone, beyond losing weight, to reinvigorate your efforts all year long:



Slow the Aging Process and Combat Chronic Disease

By controlling blood sugars and insulin levels in a zone that's not too high and not too low, you can help slow down the aging process and reduce the risk of disease. Elevated levels of insulin accelerate aging and increase inflammation, a major risk factor of chronic conditions such as heart disease, type 2 diabetes, Alzheimer's, arthritis, osteoporosis and cancer.



Eliminate Hunger and Fatigue Throughout the Day

Fatigue and hunger are caused by low blood sugar, which makes you cranky and irritable between meals. High carbohydrate diets put you on a hormonal roller coaster. We've all been there—2 to 3 hours after consuming that large plate of nachos or triple macchiato, you're ready for more carbs. So if you want a taste of what real hunger control is, try our PastaRx. Typical grain-based foods are very carbohydrate dense and quickly raise blood sugars and insulin levels; they are referred to as high glycemic foods. After years of research, Dr. Sears has created a patented protein-rich food product designed to stabilize blood sugars and curb hunger for hours. This "super-protein" helps reduce insulin resistance, the cause of weight gain.



Obtain More Focus and Energy

When you balance protein and carbohydrates at every meal you stabilize blood sugar. This enables optimal mental focus and control of insulin levels to access stored body fat for energy. You should never consume less than 25 grams of protein at a meal, that's about the size of a deck of playing cards, but no more than 40 grams; that includes breakfast. This constant balancing of protein to carbohydrates, by following the Zone Diet, will reduce hunger without fatigue. You'll be able to engage with your family and friends instead of needing a snooze after lunch.



Minimize the Risk of Diabetes

If you are overweight, there's a good chance you have insulin resistance and may be pre-diabetic. If you do have diabetes, you have two options:

1. **Go on medication**—You could rely on your physician who will most likely give you a prescription that will lead to more prescriptions. Aside from being expensive, these drugs could result in health risks and serious side effects.
2. **Change your diet**—If you're not willing to jeopardize your health with serious side effects, try a simple diet that's been proven to control blood sugars and insulin levels and helps reduce the need for drugs. To minimize your risk of type 2 diabetes, follow the Zone Diet which has been clinically validated to reduce insulin resistance. In fact the world's leading diabetic research center in the world, Harvard Medical School's Joslin Diabetes Center, recommends a diet based on the Zone's principles.

With a little practice and desire on your part, being in the Zone can quickly become second nature and the benefits immediate. In less than a month, you will create a personalized foundation for wellness to enjoy a lifetime of immeasurable Zone benefits starting with your very next meal. The best is yet to come!

Put Some Spring into Your Snacks

By Sue Knorr

The start of a new season is a great time to freshen up your diet by adding some new snacks. This trio of healthy nibbles has everything you need to stay in the groove and feel great between meals. Each recipe includes brightly colored fruits and/or vegetables that provide just the right amount of Zone balance, plus a healthy dose of polyphenols. Enjoy!



Find 100's of Zone-friendly Dishes at zonediet.com/recipes.



Cottage Cheese with Tomato & Guac

When I first started the Zone Diet over 20 years ago, I was not a vegetable lover. The list of veggies I'd eat was small, as were my portion sizes. Fortunately, my vegetable repertoire has grown immensely since those days. This substantial snack quickly became one of my favorites. The richness of the guacamole combined with the fresh tomatoes is sure to make it one of your favorites too. Serves 1.



Ingredients:

- 3 Tbsp Low-Fat Cottage Cheese
- 2 Tomatoes (cut in wedges)
- 1 Tbsp Guacamole
- Salt and Pepper (to taste)

108 calories
per serving

Instructions:

1. Place cottage cheese in the center of a salad-sized plate.
2. Arrange tomato wedges around cottage cheese.
3. Top cottage cheese with guacamole.

Smoked Salmon on Rye

This yummy bite will have you saying goodbye to your cravings for a bagel and lox. Back in the day, one of my favorite meals was a bagel with smoked salmon. Substituting a rye Wasa cracker is a close second in my book. Since most of the carbs come from grain, save it for special occasions or to indulge once in a while. Tip: Look for wild caught smoked salmon. Serves 1.



Ingredients:

- 1 Wasa, Light Rye Cracker
- 1 Tbsp Low-Fat Cream Cheese
- 1 oz Smoked Salmon
- 2 slices Tomato
- Salt and Pepper (to taste)

100 calories
per serving

Instructions:

1. Spread cream cheese on a Wasa cracker.
2. Place salmon on top of cream cheese.
3. Top with tomato slices.
4. Sprinkle tomatoes with salt and pepper.

Blackberry and Shrimp Salad

A recipe card I picked up in the produce aisle a few years back inspired this refreshing salad. Keep your eye out; you never know where the next recipe idea is going to turn up. I substitute the lettuce in the original recipe with spinach and change up a few other ingredients to make it Zone-friendly. Containing both fruits and vegetables, it's the perfect addition to your springtime menu. Tip: Add some Zone PastaRx on the side to make a meal. Serves 1.

Ingredients:

- ½ tsp Dr. Sears' Extra Virgin Olive Oil
- 2 tsp Lemon Juice
- 2 drops Agave Nectar
- ½ cup Baby Spinach
- ½ cup Yellow Bell Pepper (chopped)
- ½ cup Blackberries
- 2 medium Shrimp (cooked, chilled, chopped)
- Salt and Pepper (to taste)

Instructions:

1. With a fork, whisk together olive oil, lemon juice and agave nectar to make the dressing.
2. Toss spinach and bell peppers with the dressing and transfer to a salad plate.
3. Top with blackberries and shrimp.



108 calories
per serving