

## Overcome the Effects of Jet Lag



By Kristin Sears

What do scorching temperatures, no school and a slower workload all have in common? They're all great reasons to book a much-needed vacation. But while the prospect of travel sounds alluring, the jet lag associated with it is not. You can, however, minimize the effects of jet lag so you can maximize your time away from home.



### Jet Lag Explained

Jet Lag is caused by the disruption of melatonin (a hormone responsible for our sleep-wake cycle) when you cross time zones. It includes a disruption of biological rhythms, which then leads to disruption of other hormones that work on a circadian rhythm (aka your body clock). These hormones regulate sleep, digestion, concentration, bowel habits and more.

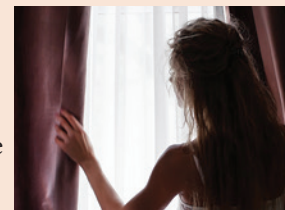
*Translation:* Jet lag turns you into a blob of room temperature “Jello”. Expect one or two days for your mind and body to feel normal again.



### Minimizing Jet Lag Starts at Home

#### **Fake the time zone of your destination.**

While still at home, you can transition yourself into your impending time zone. Go to bed an hour earlier each day a few days ahead of your flight (depending on the time difference). This is easier when you avoid stimulation and bright light a few hours before going to bed. Bring some artificial light into your room to help with waking up. By the time you leave home, your body should be more in sync with the time zone of your destination.



This tip is especially crucial when traveling with your little ones. I used to think traveling with children was only hard because of the plane ride—HA! Now I know that the plane is a cakewalk compared to those sleepless nights abroad. And guess what? When your little ones don't sleep, YOU don't sleep.

**Make sure to hydrate.** One thing we aren't consuming enough when traveling is water. Couple this with an increase in high-sodium foods and a low-humidity environment in flight, it's easy to become dehydrated. An empty water bottle can go through security, so fill up once you're in the terminal or grab a few bottles right before you board. That's one less thing to rebound from when you land.



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## Make Good Choices After Take-Off

**Ease off the caffeinated beverages.** This may sound like a no-brainer, but when you're wiped by the flight yet it's barely morning where you've landed, common sense goes out the window as you order cappuccinos throughout the day to offset your drowsiness. Remember, caffeine makes it difficult to fall asleep and compromises your sleep quality.

*A good rule of thumb:* Avoid pick-me-ups at least six hours prior to bedtime.

**Enter "The Zone".** Following the Zone Diet, especially during the flight, can minimize hormonal changes. It's very easy to over-consume carbs with airline meals, snacks and even alcohol during the flight resulting in unstable blood sugar levels.



**Avoid alcohol.** Bummer, right? But alcohol can make for a frustrating sleep cycle. It knocks you out, only to wake you up a few hours later with a case of dehydration and caffeinated insomnia.

**Adapt the sun exposure.** Exposure to natural sunlight can help restore circadian rhythms (your body clock), since it's one of the main factors that influence the body's biological cycles. For travel to the west, enjoy the late afternoon sunlight. If you're traveling to the east, bask in the morning sunlight.

**Take your Omega-3s.** A daily regimen of high-dose fish oil can help melatonin restore its natural rhythm whereas a deficiency of omega-3 fatty acids disturbs melatonin<sup>1</sup>.



Reference: 1. Lavalie et al. J Nutr 2008 Sep;138(9):1719-24

**For kids, push the sleep time.**

Don't let them know there is a time change. If it is your normal at-home nap or bedtime in your new destination's time zone, lay them down. To make the transition easier, follow all the sleepy-time rituals you would at home—bottle beforehand, white noise, book.



Bring ready-made or make shift blackout blinds for travel to create the illusion that it's nighttime and therefore bedtime.

If you follow these guidelines, I guarantee you won't need a vacation from your next vacation.

## You Know You Have Jet Lag When...

- > **You're fatigued** throughout the day.
- > **You feel general discomfort** such as nausea, headache and muscle soreness.
- > **Your sleep is disrupted** from the imbalance in the secretion of melatonin.
- > **You're having difficulty concentrating** or performing normal activities.
- > **You're experiencing moodiness**, irritability and nervousness.
- > **You have gastrointestinal issues** (i.e. digestion, constipation or diarrhea)



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Zone-friendly  
Dishes at**

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recipes](http://zonediet.com/recipes)**

## Baked BBQ Salmon & Brussels Orzo

The roasted Brussels sprouts with smoked paprika make this pasta dish satisfying and delicious. Serves 1.

### Ingredients:

- ¼ cup Zone PastaRx Orzo
- ½ lb Brussels Sprouts (quartered)
- Pam Olive Oil Cooking Spray
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- ½ tsp Smoked Paprika
- 1 tsp Olive Oil
- 1½ oz Salmon
- Chives (snipped, to taste)
- Salt and Pepper (to taste)

### Instructions:

1. Prepare Zone PastaRx Orzo according to package directions.
2. Preheat oven to 450°F.
3. Meanwhile, on a large rimmed baking sheet, spray and toss Brussels sprouts with Pam cooking spray, sprinkle with salt and pepper and roast for 25 minutes.
4. Mix together garlic powder, onion powder, smoked paprika and olive oil to make a sauce.
5. Arrange salmon skin side down on baking sheet and brush with the olive oil sauce.
6. Roast salmon with Brussels sprouts for 5 minutes or until sprouts are tender and salmon is cooked through, stirring sprouts halfway through.
7. Mix Brussels sprouts with orzo, place Salmon on top and sprinkle with chives.



**388** calories  
per serving

# PastaRx Is Your Best Fat Loss Weapon

By Dr. Barry Sears

As “beach season” approaches, the number one concern of most people becomes looking good in a swimsuit. They start any number of “get thin quick” weight loss programs that are destined to fail. This is because they don’t realize there is a big difference between weight loss and fat loss.

## Weight Loss Is Not the Same as Fat Loss

You can lose retained water weight by eating very few carbohydrates or lose muscle mass by eating very little protein. However, the loss of either retained water or existing muscle will have no health benefits. It is only by losing excess stored fat that you will achieve any health benefits. Furthermore, fat loss can only be achieved by eating fewer calories than the body needs. This means you are constantly hungry and fatigued on most diets.

Usually 25% of the lost weight comes from muscle loss. Muscle mass is needed to convert incoming calories to energy (ATP). With less muscle mass after weight loss, if you increase your intake of calories, less of them are converted to energy and more of them are stored as fat. Also you tend to go back to your old dietary habits of eating more carbs which increases insulin levels and decreases blood sugar. The outcome? You’re hungry and tired.

## Achieve Fat Loss the Easy Way

At the 4th annual Sorbini conference in May, I presented new research revealing that replacing the protein in the diet with my Zone PastaRx may give you the Holy Grail of weight loss: *Loss of excess body fat while building muscle at the same time.* This is because Zone PastaRx is constructed like a drug; it’s a patented formation of a protein-cage surrounding a small core of carbohydrate.



## Using This Cutting-Edge Technology, PastaRx:

- **Reduces insulin resistance** by changing the absorption location of both the protein and carbohydrate. Insulin resistance prevents the loss of stored fat.
- **Builds muscle mass** without exercising. Muscle mass is needed to burn released fat and other incoming calories.
- **Changes the yo-yo dynamics** of the traditional cycle of weight loss induced by calorie restriction. You lose and keep off body fat versus losing then regaining weight.

To accomplish that better-in-a-swimsuit look, replace the protein in two of your Zone meals per day with PastaRx. With more than a hundred tested PastaRx meals on [zonediet.com/recipes](http://zonediet.com/recipes), you can get into swimsuit shape and stay there throughout the year. Of course, you also become healthier as it is only the loss of excess body fat that brings the health benefits of weight loss.



## Fusilli with Basil, Tomatoes, and Feta

These fresh ingredients blend perfectly to create an exceptional dish whether it is served hot or cold. Serves 1.

### Ingredients:

- ½ cup Zone PastaRx Fusilli
- 1 large Tomato (chopped)
- 3 Tbsp Fresh Basil Leaves (chopped)
- 2½ Tbsp Low-Fat Feta (crumbled)
- 1 small Garlic Clove (minced)
- 1 tsp Dr. Sears’ Zone Extra Virgin Olive Oil
- Salt and Pepper (to taste)

### Instructions:

1. Prepare Zone PastaRx Fusilli according to package directions.
2. Meanwhile, rinse, core and chop tomato.
3. In a serving bowl, mix tomato, basil, half the feta, garlic and olive oil.
4. Add hot cooked pasta and mix well.
5. Add salt and pepper to taste.
6. Sprinkle with remaining feta.



**302** calories  
per serving

# Have Fun with Summer Fitness

By Lisa Zeigel

So you want to have fun this summer and don't want to spend your free time exercising? Newsflash: there are many activities you can participate in to help you stay fit while enjoying the summer!

## Find a Fitness Trail or Parcourse

Looking for a free, engaging outdoor workout? Type "fitness trail" or "parcourse" and your hometown into your web browser to find a park that has one of these. Chances are there will be one near you. These are cleverly designed courses that combine walking and running with strength-building equipment located along the route. Most parks have a course map located at the starting point so you can see what all of the different stations are.

If you are a beginner, start by picking 3 to 5 stations. Graphics and instructions should help you determine stations within your fitness level. Toe touches, knee raises or modified push-ups with elevated bars are good for a fitness trail novice. Try doing the course 2 to 3 times per week and build-up your endurance by adding more stations. You may start out walking, but as you get more fit, challenge yourself to complete the course faster by jogging or running between stations.



## Toss a Frisbee for a Fun Workout

Whether for fun or competition, playing regular or "Ultimate" Frisbee can be a vigorous workout disguised as a fun summer game. The running, jumping and unpredictable movements are great for total-body fitness. To avoid injuries, it's always a good idea to do a 10-minute active warm-up routine before participating. Start out with athletic movements such as squats as well as forward, back and side lunges. Add arm drivers by reaching with both arms, extending them in different directions with each lunge.

## Turn Workouts into Games with Fitness Apps

"Gamification" is when you take a necessary, sometimes unappealing task and make it more interesting by adding points, competition or a reward system. Although frequently used for kids, adults can certainly benefit from having more fun while exercising too.

For example, there are running apps that come complete with narrative games. If you crave more adventure along your route, you can battle virtual zombies and become a virtual superhero while running it. You are given tasks to complete along the way such as sprinting to outrun a zombie or villain. Your own music playlists can be incorporated and data such as heart rate and intensity can be reviewed afterward with results incorporated into the storyline.



If stories don't motivate you, try sharing exercise goals with others. Many apps encourage users to form groups and engage in friendly competition. For instance, two groups can race by running, biking or swimming to an imagined destination or accumulate a specified number of miles, steps or other fitness goals. You can invest in a tracking device or simply participate using your phone's GPS. You get a sense of reward and accomplishment, thus reinforcing your good exercising habits.



Whether the overall reward is fun, points or camaraderie; you have a better chance of sticking with activities when you look forward to doing them. Summer is the perfect time to incorporate fun into your fitness routine.



A bowl full of whole berries with the tops still on is my favorite way to serve and enjoy fresh strawberries. Here are some other yummy ideas:

**Zone Parfait** Layer sliced berries with Zone Cereal, Greek yogurt and slivered almonds for a fresh and satisfying parfait.

**Salsa** Add chopped berries into your favorite salsa. It's an unexpected delicious addition to a summer barbecue.

**Flavored Ice** Freeze berries into ice cubes. Use to add color and flavor to a tall glass of water.

**Fruit Cooler** Crush a couple of berries and fresh mint leaves in the bottom of a glass and fill with chilled sparkling water.

**Fancy Salad** Make a simple salad of steamed asparagus topped with sliced strawberries, low-fat or fat-free feta, slivered almonds, olive oil and a drizzle of lemon juice.

**Smoothie** Blend strawberries, Zone Protein Powder and Olive Oil for a tasty and filling smoothie. Add ice to obtain desired consistency.

**Relax & Enjoy!**



# Enjoy the Ultimate Zone Indulgence—Strawberries

By Sue Knorr

As a child in Connecticut, a trip to the beach in the early days of summer always included a stop at a roadside strawberry stand. These quaint little reminders of the past still pop up throughout the countryside during June when strawberries are in season.

Whether from a local berry farm or a roadside patio table laden with boxes of ripe, bright red just-picked berries, the taste of a strawberry at its peak ripeness, picked only hours earlier is beyond compare—sweet, not sugary and loaded with delectable flavor. My mom would be sure to buy an extra box of these mouth-watering treats for my brothers and me to enjoy on the trip home, and we'd devour them in no time. Little did we know that those irresistible sun-kissed berries were also a powerhouse of nutrition.



## Pick-Your-Own

Berry picking is a deliciously fun outing for people of all ages. Larger farms grow many varieties so you'll be sure to find one that pleases your palate. Follow these tips to make the most of your strawberry field trips:

- **Call ahead.** Picking times can vary from day to day. If you're bringing the little ones, find out if the farm allows younger children into the berry picking fields.
- **Go early.** For the best choice of berries, plan to go as soon as they open.
- **Come prepared.** Bring a hat and some water. It's hot and sunny in the middle of a strawberry field. And since eating is half the fun of strawberry picking, dress the kids appropriately. They'll be covered with strawberry juice from head to toe by the time you're done.
- **Choose wisely.** Look for plump, vibrant red berries with few white or green areas and clean looking caps and leaves.



## Your Cheat Sheet

### Ripening

Strawberries do not ripen after they are picked. With berries from the local strawberry farm and those you pick up at the grocery store, take care to choose bright red, fully-matured berries.

### Storing

Keep fresh picked berries out of the sun, even on the trip home. Strawberries are very perishable. Store in a cool place.

### Preparation

Use the ripest berries first. Rinse berries just before use and remove the stems after washing. If you don't have a fancy strawberry-coring tool, use a ½ teaspoon measuring spoon. One quick scoop into the top of the berry will pop out the core, cap, leaves and stem.

### Freezing

Gently wash the berries and drain well on a paper towel. Freeze on a cookie sheet in a single layer. After the berries are frozen, transfer to airtight containers to store.

# Men! Manage Your Health with ① Solution

By Dave Schreck

Although men's health should be a focus all year long, June is highlighted as Men's Health Month. Make your health a priority to reduce the risk of chronic disease and save money on healthcare—a win-win for you and your family.

## Inflammation: The Cause of Chronic Diseases

Chronic conditions take years, even decades to manifest. They lie undetected because of cellular inflammation. Unlike classical inflammation which causes pain, cellular inflammation is silent and below your threshold of pain. It lingers for years, attaching to your brain, your heart, your pancreas and other organs. Many of the leading causes of death among men may be preventable.

## Here Are the Top Health Issues Men Face:



### Alzheimer's Disease

Alzheimer's is believed to be associated with the development of amyloid plaques in the brain, similar in many ways to the plaques that clog the artery walls that leads to heart attacks. People who have a genetic susceptibility to heart attacks also have a far greater risk of developing Alzheimer's. Reducing inflammation is good for the heart and brain, and therefore, a wise choice to minimize your risk of Alzheimer's.

### Heart Disease

You've probably been told that high levels of cholesterol cause heart disease. Wrong! Dr. Sears has stated the war on cholesterol is misguided; it should actually be the war on inflammation as it is the real cause of chronic diseases.

### Liver Disease

Also known as non-alcoholic fatty liver disease, (NAFLD), liver disease affects 90% of obese type 2 diabetics. In about 10 years, it's estimated that 50% of all Americans will have NAFLD. Adipose tissue can safely store excess fat, the liver cannot. The buildup of fatty deposits in the liver is the first sign that inflammation is spreading to other organs. The cause of chronic insulin resistance is directly related to diet-induced inflammation.

### Cancer

Research has demonstrated that tumors need both elevated blood sugars and insulin for growth. Controlling your insulin levels is a major step you can take to reduce your risk of cancer. How do you know if you have high levels of insulin? Take our Insulin Resistance Quiz at [zonediet.com/insulin-resistance-quiz](https://zonediet.com/insulin-resistance-quiz).

### Obesity & Diabetes (Diabetes)

Diabetes is rapidly approaching epidemic levels. More than 1 in 3 adults in the U.S. have pre-diabetes, a precursor to type 2 diabetes. If you have either of these conditions or both (they're usually related) you need insulin control and calorie conservation.

### SOLUTION

### Take Control of Inflammation with Zone Nutrition

- **Follow an anti-inflammatory diet** like the Zone Diet for a lifetime. It's based on strong science to reduce diet-induced inflammation, your best weapon against chronic diseases.
- **Get adequate levels of omega-3s** with high-dose fish oil like OmegaRx 2. Your blood will tell you if you're getting enough. Learn your AA/EPA ratio with our Cellular Inflammation Test.
- **Get adequate levels of polyphenols** by consuming colorful, non-starchy vegetables and supplementing with MaquiRx daily.

## Zone Nutrition Equals Longer Healthspan

All chronic diseases are primarily the result of poor lifestyle choices that promote dietary-induced cellular inflammation and insulin resistance. Your future health, or healthspan, lies in controlling cellular inflammation. This is effectively accomplished by consistently following the Zone nutrition program. Are you ready to change your diet to improve your future health?