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Sears Di t Wikipedia

Die Sears-Di t, auch Zone-Di t genannt, ist eine vom US-amerikanischen Biochemiker Barry Sears eingeführte Di t, die zur Gewichtsreduktion und zur Verbesserung der körperlichen Leistungsfähigkeit beitragen soll.

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Gluten Inflammation Master Class with Dr Barry Sears

Barry Sears, Ph.D (father of the Zone Diet) and metabolic expert talks to Gluten Free School host Jennifer Fugo about the how gluten directly impacts the level of bodily inflammation leading to

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Barry Sears Wikipedia

Barry Sears, Ph.D. (born June 6, 1947, Long Beach, California) is an American biochemist and best-selling author, best-known for creating and promoting the Zone diet, best known for its function in creating conditions in the human body that enable it to fight inflammation using its own associated mechanisms.

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