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**Subject:** The Konformist Enters the Zone

THE FOLLOWING COMES FROM EarthSave, the environmental organization started by JOHN ROBBINS, author of "Diet For a New America". It is in regards to the Zone diet, a recently popular program designed by Barry Sears. I don't have any final personal opinion on this subject, as I've only started scratching the surface of it, but it's a good intro, at least to something that I hope to cover much more about in this e-mail magazine: health and nutrition, a subject which, perhaps more than any other, has been subverted for profit by money and lies to the detriment of us all. If anyone has any responses in favor of the Zone, please email me at [Robalini@aol.com](mailto:Robalini@aol.com). EarthSave's email address is [EarthSave@aol.com](mailto:EarthSave@aol.com). ENTER THE ZONE A Giant Leap Backwards by Charles R. Attwood, M.D., F.A.A.P. Anne, an old friend of mine, walked up to Barry Sears at the Tom Landry Sports Medicine and Research Center in Dallas. She complained that the program outlined in his book, Enter The Zone "more lean meat, egg whites, poultry and fish, while limiting many grains, vegetables, and fruits" just didn't work for her. She didn't feel good, and her performance level (swimming) had declined. Anne was now back on her vegetables, fruits, and whole grains. "Stay with what works best," he said, "but you know, Anne, it's not the fat and protein that's so important. It's the effect of carbohydrates upon hormones and insulin levels." Though this was contrary to everything I had told her about nutrition, the book's message was loud and clear: "All those trendy high-carbohydrate diets," he had written, "may be increasing your risk of developing heart disease." Excessive complex carbohydrates, according to Sears, also causes obesity by increasing insulin output and fat storage. This is the process, he insists, that creates bad eicosanoids leading to heart disease and cancer. "To complete a 'Zone-favorable' meal," he advises, "always add fat, the building blocks for eicosanoids." While it's true that eicosanoids are hormones involved in many metabolic processes, the relation of "bad" eicosanoids to obesity and disease is at best a scientifically unproven gimmick. Unfortunately, however, it has captured the unquestioning reader's imagination. Every few years since the early 1950's, someone has based a book on carbohydrate bashing. First, there were the Dr. Stillman's Diet and Dr. Atkins' Diet followed by The Scarsdale Diet, and finally, Enter The Zone. Now there are others: Michael and Mary Dan Eases's Protein Power and Rachael and Richard Heller's Health For Life. And once again Dr. Atkins New Diet Revolution is back on the bestseller lists. According to Bonnie Liebman, at the Center For Science in the Public Interest, it's nothing new. "Miracle diets come and go like hemlines, hair-dos, and celebrity romances." Furthermore, they don't work; and all of them have the potential of raising low density lipoprotein (LDL) levels. A vegetarian diet, according to Sears, is as far as you can get from The Zone. He ignores the fact that individuals who eat vegetarian diets have far less heart disease and cancer, and tend to

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