

Zone diet notes

The Zone diet manages gene expression and hormonal balance to give you the longer and better life you can enjoy. This diet is mainly concerned with controlling your hormones. Hormonal balance affects all significant components of your wellness: body composition, energy utilization, blood chemistry, etc. The zone is a physiological state in your body where cellular inflammation is controlled, not too low that you can't fight off infection, but not too high where the body begins to attack itself. If you get out of the zone, you can gain weight and develop chronic disease at an earlier age and at a quicker rate. These are reasons you want to stay in the zone. An anti-inflammatory diet like the zone will get you to the Zone and keep you there for life. The zone diet can be improved by anti-inflammatory supplements, such as omega 3 fatty acids and polyphenols. The main ingredients used in the Zone Diet include, low fat protein, colorful carbohydrates rich in polyphenols, and fat that is low in both saturated fat and omega-6 fats. The less white bread you put on your plate, the less cellular inflammation you are going to make. Balance is crucial to get the appropriate hormonal responses at each meal. The zone diet is made so it is easy to follow. At each meal split your plate into three equal sections. On one third of the plate, place low fat protein (like chicken or fish). Next fill the other two thirds of the plate with colorful carbohydrates consisting of non-starchy vegetables and fruits. Finally, add a dash of fat low in saturated fat and omega 6 fat such as nuts, or guacamole. Many people have experienced successful results if followed perfectly. I personally think the Zone Diet would be one of the easiest ways to lose weight. It seems fairly easy to follow and contains a perfect amount of different foods we can have.