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Omega Rx Zone: The Miracle of the New High-Dose Fish Oil (Paperback)

By Barry Sears

HarperCollins Publishers Inc, United States, 2005. Paperback. Condition: New. New edition. Language: English . Brand New Book. The Next Generation of the Zone! Dr. Barry Sears is one of the world's most trusted voices on health, diet, and nutrition. Over the past decade, millions of people worldwide have followed his prescriptions for healthy living through his bestselling books. He introduced the world to the Zone, a state of improved hormonal control that has helped a generation of people lose excess body fat, reverse the aging process, and fight heart disease and diabetes. In *The Omega Rx Zone*, Dr. Sears reveals a revolutionary new technological advance that helps treat chronic disease, improves athletic performance, and more. Never before available to the public, pharmaceutical-grade fish oil has the potential to make you a more emotionally stable, healthier person by allowing your brain to work at peak efficiency and controlling the hormonal responses that ultimately govern your body and mind. Drawing upon his own research as well as recently published studies, Dr. Sears shares new understanding of heart disease, cancer, depression, Alzheimer's, attention deficit disorder, chronic pain, Type 2 diabetes, infertility, and multiple sclerosis. Used in conjunction with the Zone program, these findings...



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