



# The Soy Zone

*Barry Sears PhD*

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## **The Soy Zone** Barry Sears PhD

Enter The Soy Zone...the healthiest diet in the worldSoy is the fastest-growing food product in America today, and for good reason. A nutritional superstar, it has no cholesterol or saturated fat but plenty of protein, vitamins, and fiber and offers an amazing rainbow of health benefits for vegetarians and non-vegetarians alike.In this groundbreaking new book, Dr. Barry Sears reveals his healthiest Zone diet yet and along the way provides stunning new scientific findings on the disease-fighting and anti-aging benefits of soy. Based on the simple idea that food is your best medicine, *The Soy Zone* shows you how to maintain peak mental alertness, increase your energy, and reduce the likelihood of chronic disease -- all while losing excess body fat -- by eating delicious soy-based Zone meals.In this eye-opening new book, Dr. Sears drops bombshell after bombshell, including:Why soy is a wonder foodWhy the right soy-based diet can prevent heart disease, cancer, diabetes, depression, osteoporosis, and chronic fatigueThe serious problems with the traditional grain-based vegetarian dietThe soy diet secrets of Okinawans, the longest-lived people in the worldWhy a pasta/bread/rice-based diet makes you fatWhy high-protein fad diets will wreck your metabolism and cause weight gainWhy the USDA food pyramid is unhealthyWhy Omega-3 fatty acids must be essential supplements to your dietAs America is finding out, soy is the most complete and versatile protein source in existence. Now Dr. Sears brings the life-enhancing benefits of the Zone to a mouthwatering collection of delicious soy-based Zone meals, featuring:Appetizing new recipes from top chefs, such as Baked Golden Tofu Dumplings, Red Bean Chili, Tempeh Paprikas, Tofu-Eggplant Gumbo, Hong Kong Burger, and Soy Zone-Friendly Vegetarian Pad ThaiSoy Zone-perfect breakfasts, lunches, appetizers, dinners, and snacksThe ultimate healthful food plan, with quick and easy fat-burning alternatives to dangerous highcarb dietsAn exercise and longevity plan for men and womenHelpful recommendations for Soy Zoning your kitchenA scientifically proven plan for achieving perfect hormonal balance while losing weightSo Enter The Soy Zone Today -- it may be your greatest investment for a healthy future.

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