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June 22nd 2022: Extend Your Health Span - Live In The Zone

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The Zone is the concept developed by Dr. Barry Sears to understand the relationship between diet-induced inflammation and chronic disease to slow the rate of aging. Dr. Sears has used his more than 40 years of research experience to understand the role of nutrition in controlling hormonal and epigenetic responses. Learn with Dr. Sears all about the Zone, diets, food, anti-inflammatory supplements, and more.

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Featured Guest



Dr. Barry Sears

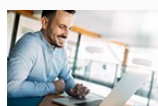
Dr. Barry Sears is a leading authority on the dietary control of inflammation and its resolution. He is the author of more than 50 scientific publications. He holds 14 U.S. Patents in the areas of intravenous cancer drug delivery systems and the dietary regulation of hormonal responses for the treatment of cardiovascular disease. He has also written 19 books on dietary modulation of hormonal responses, including the #1 New York Times best-seller, The Zone. His books have sold more than six million copies in the U.S., and they have been translated into 23 different languages. Dr. Sears continues his ongoing research as the president of the non-profit Inflammation Research Foundation in Peab

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