

DR SEARS THE ZONE

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Dr. Sears is the science site of pro-resolution nutrition. Dr. Sears.com will help you stay updated on the changing scientific landscape in pro The Zone, in 1995.

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Dr. Barry Sears interviews with Fox, NBC, and dozens of other news sources and health experts seeking advice. Watch the Zone Diet creator on video.

[The Zone Diet | Dietary Program To Reduce Inflammation](#)

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Dr. Barry Sears shares his cutting edge scientific expertise regarding evidence based wellness and anti-inflammatory nutrition.

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