

The Wellness Podcast: "The Zone Today"

Dr. Barry Sears and host Mary Perry discuss the evolution of the Zone Diet and how it still remains influential and scientifically respected 30 years later.

Subjects discussed:

**00:14 Zone Diet inspiration**

The Zone diet was developed and patented to reduce insulin resistance. So the aspects of developing the Zone diet came from the question how does diet affect our metabolism.

**01:02 Injectable weight loss drugs vs the Zone Diet**

Injectable weight loss drugs. How do they work? They work by basically injecting hormones into your body that go to the brain. You hope they go to the brain. They tell it to stop eating. So what a remarkable aspect of biotechnology, right? Well, it turns out that evolution was way ahead of them by about 200 million years. That's why protein is a number one component for the Zone diet. If hunger control is a key component. We need protein because protein interacts with receptors in the gut that sends signals to the brain to stop eating.

**01:54 How much protein should you be eating to stop hunger**

The amount of protein you need to stop hunger is about 30 grams. What's 30 grams of protein? About the amount of protein you can put on the palm of your hand.

It's not very much. But any less than 30 grams of protein will not be sufficient to send satiety hormones signals from the gut to the brain to say stop eating. Well, why now eat a 72 ounce porterhouse steak at every meal. Because if you have excess protein at a meal, you now turn on other factors in metabolism that basically increase satiety by increasing insulin resistance.

**03:10 Bad side effects of injectable weight loss drugs**

40% of the weight loss in these weight loss injectable drugs is due to a loss of lean body mass. Well, that doesn't sound very healthy. You're right!

**03:45 Right amounts of carbs and fats**

Maybe about 40 grams. So what's the best way to get carbohydrates that don't exceed 40 grams at a meal? Your grandmother told you you eat your vegetables, your non-starchy vegetables. It's very hard to over-consume vegetables, but vegetables are also rich in fiber. Why is that important? Because the fiber will get down to the lower part of our intestine, the colon, where it's now metabolized by the microbes to release short chain fatty acids. They amplify the satiety signals from the protein. The fiber-filled, non-starchy vegetables will generate an amplifying factor that maintains the satiety for a long period of time. How long? About 5 hours.

What about fat? You add a dash. What's a dash? A small amount of heart healthy, monounsaturated fat. That could be a tablespoon of extra virgin olive oil. It could be 14 almonds. It could be two tablespoons of guacamole. All great choices.

**05:56 How long should you follow the Zone?**

For a lifetime. There are only three calorie restriction programs that I know that you can follow for a lifetime. One is gastric bypass surgery. It's a little brutal, but it works. Two, get injections of Wegovy the rest of your life because the data is quite clear. The day you stop taking Wegovy, the weight comes right back.

Third, is to follow the Zone diet. The choice is yours.

06:43 30g of protein vs the Block method

The amount of protein you need to maintain your lean body mass depends on one, your weight, your percent body fat, your physical activity. That's a different number. Now, for Olympic athletes and you're active. I'm active, but neither one of us is an Olympic athlete, they'll need more than probably 30 grams of protein at a meal.

10:00 Our knowledge of metabolism 30 years ago and today

We evolved because science evolves. Our knowledge of metabolism is much greater today than it was 30 years ago. But the nuances are vastly greater. Science says yes, that our diet to reprogram our metabolism can be far stronger than any drug.

It doesn't say drugs are bad, but if we're using a drug and not reprogramming your metabolism at the same time, you're playing the game with one hand and one leg tied behind your back. That's true of basically treating a disease state. It's also true of going through life and you're working too hard. Basically work with your metabolism, don't work against it.