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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Is Zone Diet a Fad?

By Iulia Pascanu

Is Zone Diet a Fad?

by: **Iulia Pascanu**

Health Castle offers "Ten signs of a fad diet":

1. It promises massive weight loss (1 – 2 lbs per week)

DrSears.com

. FAD.

2. It does not suggest you that you consult with a registered dietician or nutritionist

3. It encourages you to eliminate certain food groups (e.g. "low carb diets", "low fat diets")

4. It offers rigid menus

5. It neglects active living or lifestyle changes

6. It harshly limitates the daily calorie intake

DrSears.com

to check this (I am a 100 pound woman by the way) and my daily

7. It contradicts what most trusted health professionals say

8. It depends on special products, supplements and treatments

9. It makes miraculous claims

prevent "certain" cancers "restore energy", says Dr. Sears in his book, Enter the Zone, "especially if
The Zone is a FAD diet in this respect.

10. It relies on testimonials and success stories rather than scientific proof

Iulia Pascanu writes for

<http://www.enterthezonediet.com>

where you can find more information about
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The Miraculous Claims of the Zone Diet

By Iulia Pascanu

"Why is the Zone diet so controversial?"

"Beats me!"

Extract from an interview with Dr. Barry Sears, by Harper&Collins Publishers

Five cover promises

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