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## **Principles of The Zone Diet**

**By Edna Hemingway**

### **Principles of The Zone Diet by Edna Hemingway**

There are several fundamental principles of the Zone Diet, according to Dr. Sears.

Zone

Diet Nutrition

and learn more about the Zone Diet Plan

## **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

Iulia Pascanu writes for

<http://www.enterthezonediet.com>

where you can find more information about

the Zone Diet.

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The Miraculous Claims of the Zone Diet  
Get Out of Your Comfort Zone in the Job Search  
Is Zone Diet a Fad?  
"Getting Out Of The Comfort Zone!"  
The Zone Diet Explained

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