

The 100 Day Diet
Reset the Clock on Fat Cells
Reduce Your Hormonal and Insulin Levels

ENTER THE ZONE

A DIETARY ROAD MAP TO

LOSE 40+ POUNDS
IMPROVE YOUR SKIN
IMPROVE YOUR
LIFE
IMPROVE YOUR
HEALTH
IMPROVE YOUR
PRODUCTIVITY

BARRY SEARS, PH.D.
WITH BILL LARSEN

Enter The Zone Barry Sears

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