



# The Omega Rx Zone: The Miracle of the New High-Dose Fish Oil

By Barry Sears

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## The Omega Rx Zone: The Miracle of the New High-Dose Fish Oil By Barry Sears

Dr. Barry Sears revolutionized nutritional thinking with his blockbuster Zone books. His scientifically proven plan has helped millions lose weight, fight disease, and slow the signs of aging.

Now, for the first time, Dr. Sears reveals how consuming precise amounts of pharmaceutical-grade fish oils, in combination with the Zone dietary plan, offers you unprecedented health benefits.

- Conquer obesity and reverse the ravages of many weight-aggravated conditions, including heart disease and Type 2 diabetes
- Prevent and treat a host of debilitating diseases, including cancer, stroke, and multiple sclerosis
- Boost brain function and ward off myriad mood and mind disorders, from ADD to depression to Alzheimer's disease
- Overcome infertility and ease the symptoms of PMS and menopause -- naturally

*The Omega Rx Zone* offers a groundbreaking plan to help listeners fine-tune their health to reach an entirely new level of the Zone. With his winning blend of groundbreaking science, practical guidance and infectious enthusiasm, Dr. Barry Sears continues the evolution of the Zone to the epitome of total health and vitality for life.

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### Editorial Review

#### About the Author

Dr. Barry Sears is recognized as one of the world's leading medical researchers on the hormonal effects of food. He is the author of the number one *New York Times* bestseller *The Zone* as well as *Mastering the Zone*, *Zone-Perfect Meals in Minutes*, *Zone Food Blocks*, *A Week in the Zone*, *The Age-Free Zone*, *The Top 100 Zone Foods*, *The Soy Zone*, *The Omega Rx Zone*, *Zone Meals in Seconds*, and *What to Eat in the Zone*. His books have sold more than five million copies and have been translated into twenty-two languages in forty countries. He continues his research on the inflammatory process as the president of the nonprofit Inflammation Research Foundation in Marblehead, Massachusetts. The father of two grown daughters, he lives in Swampscott, Massachusetts, with his wife, Lynn.

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