

# New year, new millennium, and another new diet

**By Dr. Barry Sears**

*Last Updated Aug 2007*

New year, new millennium, and another new diet By Dr. Barry Sears It's time for those yearly resolutions that seem so obvious, yet often fail miserably. Perhaps the most familiar resolution is to lose weight. One of the reasons that this resolution invariably fails is that you first must define it, and then outline a realistic path to achieve it. It's not about losing weight; it's about losing excess body fat. More specifically, it is about losing visceral fat. Since visceral fat is located in the abdominal region, your only goal is to lose inches on your waist more than pounds on your scale. That's the goal. Now how? Obviously, you have to simultaneously consume fewer calories than you expend and reduce excess insulin. It's hard to take in fewer calories if you are constantly hungry. Therefore, maintenance of stable blood sugar levels is critical for your success. If your brain isn't hungry, then neither are you. If you are taking in fewer calories, then you also make less insulin that will reduce visceral fat levels. Another important piece of the insulin reduction puzzle is to increase your consumption of fish oil. Fish oil contains the long-chain Omega-3 fatty acid, EPA, which helps reduce the production of a hormone called tumor necrosis factor or TNF. TNF has been implicated as a cause of insulin resistance. That is why I now focus on a new diet for the new millennium. I call it the Sears Diet that combines the protein-to-carbohydrate balance of the Zone Diet with the intake of high-dose fish oil to reduce TNF formation. Of course, there may be an additional benefit of following the Sears Diet; it will improve brain function. Who wouldn't like an unfair advantage in the coming year?

<http://drsears.com/tabId/399/itemId/10384/New-year-new-millennium-and-another-new-diet.aspx>

<http://zonediet.com/>