
clavicle More on Sears Zone

Posted by Mike Tennent - 2010/02/20 20:17

The following was posted on rec/sport.triathlon by Ruth Kazez. I thought it was germane to some of the discussions here. *****8 Begin Posting from Ruth Kazez There has been much on RST about Sears' The Zone, so I thought I would pass along this information gleaned from the: New York Times. Wednesday, March 20. Eating Well by Marian Burros Article title: When diet-book authors push products with their programs. Burros describes five authors of books whose authors profit from businesses owned by themselves, whose products are recommended in their books. They include Sears, ph.d (biochemistry) and his brother whose business is the Spartacus International Quick Start Plan. The plan states that for two weeks a regular breakfast should be replaced by the Biozone Bar, another half bar eaten later, and another half in the evening. The brochure about the diet is sent to you when you call the 800 number in Sears' book. The advice continues: don't think of the Biozone Bar as simply a meal replacement; think of it as a diagnostic tool that provides you with immediate feedback as to whether or not you've entered the Zone and enables you to use your stored body fat..... When interviewed, Sears seemed uncomfortable about his association with the marketing company which sells Envion products that Sears developed and for which he receives royalties; he said the information was included to save postage. He also profits from the face cream he developed. He says he doesn't like to have his products mentioned in the book because it takes away from the clarity of my message. This is why he only mentions the bars in passing and sends you the brochure when you call the number he gives in his book, The Zone. Nestle, chair of the department of nutrition and food studies at New York University, feels these books present an ethical dilemma. The Food and Drug administration as well as many health professionals are concerned about unsubstantiated claims made by all the authors described in the article. Ruth Kazez End Post ***** Discussion? Mike Tennent WebRunner Running Page

=====

clavicle More on Sears Zone

Posted by rnsalt - 2010/02/20 20:17

About a 1.5 weeks ago, I caught a little air while on my mtn bike. One foot came out of its pedal, I went a little sideways, and, well... I just read in Mountain Bike (April) that I can start riding again in as little as 4-6 weeks. I'm wondering how soon I can start running again. Has anyone out there had a broken clavicle? How soon were you able to run? What did your doctor tell you? Did you follow her advice, or did you get back into it earlier than advised? Thanks in advance for taking the time to respond. This is my first broken bone ever (I'm 33), and having a hard time dealing with the inactivity. Paul Stewart I broke my clavicle last summer doing the same thing. I was on a mountain bike in the White Mountains, New Hampshire, went over the handlebars and landed squarely on my left shoulder. Luckily the clavicle didn't break in two. I had a green tree break. I was back to running in three weeks wearing the figure eight brace. It took eight weeks to totally heal. Good luck Mike Adams

=====