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Body Ecology is not just a diet ... it is a way of life, a holistic lifestyle with a clear path to good physical and mental health. Our system of healing and health helps restore and maintain the inner ecology your body needs to function properly, eliminating or controlling the symptoms that deprive you of the pleasure of living. Learn the 7 principles of the Body Ecology Diet to address all the health challenges you may encounter. Donna Gates, The Body Ecology Diet If you experience discomfort, fatigue or other symptoms that won't go away no matter what you do or how many doctors you see, chances are you're one of those millions unknowingly suffering from a systemic fungal/yeast infection, the hidden intruder. The result of an imbalance that starts in your internal ecosystem, this can be an important factor in headache, joint and muscle pain, depression, cancer, food allergies, digestive problems, autism and other immune-related disorders. The Body Ecology Diet reveals how to restore and maintain the inner ecology your body must function properly, eliminating or controlling the symptoms that deprive you of the pleasure of living. Tens of thousands of people have already benefited from Body Ecology lifestyle-Donna Gates shows you, step by step, how to eat yourself to better health and well-being . . . delicious, simple and cheap! In this book you will learn to: · use seven basic universal principles as a tool to gain mastery over all health challenges you may encounter; · focus on your inner ecology to create ideal digestive balance; · conquer cravings with strategies to satisfy snacking and to eat away from home; and · plan meals with dozens of delicious recipes, a variety of menus and detailed shopping lists. Being gluten-free, and having suffered from many digestive problems, I've tried several detox and gluten-free diets out there. One in particular that I really benefited from was called The Body Ecology Diet. After doing this diet for 3 months, I did not catch a cold for almost a year, my lactose intolerance disappeared, some of the white spots on my skin caused by Vitiligo began to regain color, my daughters dry cough cleaned up, my son had no signs of asthma for a long time, and both children my warts completely disappeared. I know... strange he, but it was a nice side effect. I don't follow the diet strictly anymore, but I follow several of the principals in my habitual eating habits. At times I will do it for a few weeks just to restart my immune system. So you might be wondering, what does this wonderful diet mean???? I summarized under 7 Principles of the Body Ecology Diet and that can be a good candidate for this type of detox and rebuild diet. Body Ecology Diet is a way to eat whose purpose is to restore the intestine, stomach, adrenal gland, thyroid gland, purify the blood and Most importantly, restore the good bacteria in the intestine. The intestine is 80% of the immune system, so it really is the first place to start with restoring des health. I will do my best to map out the basic points of the diet. Body Ecology Diet is based on 7 principles. #1-The Principle of Expansion and Contraction: Foods such as animal protein and salt are contractions and make our body feel tight or closed, too much will cause constipation. Foods such as sweet raw juices, expanding and too much will make one feel open and crave more sweets. An example of neutral food is raw vegetables, salads, green vegetables and soaked almonds and body ecology approved (properly soaked) gluten-free grains: quinoa, millet, amaranth and millet. These neutral foods provide balance to the body. #2-The principle of acid and alkaline- Too much acidity in the body leads to yeast, viruses, cancers, parasites, allergies and other horrors. Alkaline foods do not feed yeast or parasites and rebuild the immune system. Some alkaline foods are sea vegetables, most country vegetables, millet, quinoa, amaranth, seeds (except sesame), lemons, limes, blackcurrants, unsweetened cranberries, raw apple cider vinegar, cultivated vegetables, kefir, soaked and sprouted almonds, good quality sea salt, organic herbs and mineral water. #3-The Principle of Uniqueness: Everyone's body is different and it changes over time, so listen to how it feels on the diet. Reflect on what works and what isn't. Several candidates can do this diet: raw foodists, vegans, vegetarians or omnivores. This diet can be accommodated to suit the individual needs. Some people need to have berries and Granny Smith Apples on Stage 1, and that's fine, but it's best to be eaten with a fermented food like cultivated vegetables or kefir. It is always a wise choice to get extra support on a diet because we have unique dietary needs and an experienced trainer can tailor any diet to the specific needs. #4 The principle of cleansing- Cleansing the large intestine is a must! You have to get the old waste out to allow new nutrients to be absorbed into the body. In order for pro-biotics to stick well on the colon wall and for nutrients to be absorbed into the body, one needs clean colon walls! Don't skip this step! Cleanse the large intestine when starting with the diet, whether they are herbs (short-term), linte, colon hydrotherapy or enemas. #5 The principle of food combining–When one has a weak digestion, eating the wrong combined food causes fermentation that produces alcohol and sugar. This will in turn feed yeast and make toxins. Food must be combined correctly to heal the digestive system. Eat fruits alone on an empty stomach, eat protein with non-starchy vegetables and/or country vegetables, and eat cereals or starchy non-starchy vegetables, salads or sea vegetables. Protein fats such as milk yeast or soaked almonds can be combined with acidic fruits such as berries and lemons/limes and non-starchy vegetables. #6 The principle of 80/20– Eat to the stomach feels 80% full, so there is room for digestion. 80% of your plate should be land and/or sea vegetables and the rest either a grain/starch OR protein. #7 The principle of step-by-step– Understanding that the body takes time to heal will help restore the immune system. Just how it took small steps for the body to get sick, it will take small steps for the body to recover. Be patient and give the diet the time it needs to heal the body. It is recommended to go through stage 1 of the diet for 3 months and then slowly increase other foods in the diet. In the first few months, the only gluten-free grains are allowed buckwheat, quinoa, millet and amaranth. Good quality eggs, poultry, fish, meat and game are allowed. No high glycemic vegetables such as sweet potatoes or beets are allowed, and no medium or high glycemic fruit is allowed. Winter squash is good. Berries (optional), Granny Smith apples (optional), limes and lemons are fine. Milk buds, butter and ghee are the only dairy allowed when the mucous membrane lining of the intestine is healed. Currant juice, unsweetened cranberries and pomegranate juice are allowed. Also soaked almonds, pumpkin seeds, sunflower seeds, flaxseeds and chia seeds are allowed. The allowed sweeteners to use are Stevia and Lakanto because they do not feed candida, bacteria or viruses. The core program of The Body Ecology Diet is cultivated vegetables, coconut kefir pudding and coconut kefir water. This is part of every day's diet for help with healing the immune system. This is the magic behind the curtain, they eat toxins, give vitamins, restore the immune system and remove heavy metals from the body! They colonize the intestine with goodness! If you or your family suffer from constipation, allergies, asthma, eczema, candidiasis, chronic cold or other auto immune disorder, consider starting with cultivated vegetables and making kefir. It is always best to get support from an experienced health coach, registered nutritionist or your holistic doctor to guide you through a change of diet. I have supported several customers through The Body Ecology Diet and taught them how to make homemade fermented foods. You can read my client testimonials and contact me for my availability on health coaching. I take a limited number of customers each month. The Body Ecology Diet Approved Food List Stage 1: Animal Protein: (organic, free range, grass-fed, wild and sustainable are the best choices) Grains: (soak all grains 8-24 hours to remove phytic acid) Fruits: (choose organic when available) fermented young Thai Meat Nuts && Seeds (choose organic at any time available) Starchy vegetables (choose organic when available) winter squash : acorn, butternut, kabocha, spaghetti Black-eyed peas (if you can digest them) Lima beans (if you can digest them) Green vegetables Ocean Vegetables Non-Starchy vegetables Sprouts (except mung beans) Oils Unrefined organic coconut oil (cooking) Cold-pressed organic Olive oil cod (supplement) Dairy Homemade Kefir (if tolerated) Butter (cooking low heat) Herbs Sweeteners Take Candida Quiz to see if you have candida overgrowth and whether this diet is for you. To read

more about The Body Ecology Diet click [HERE](#). For more delicious healthy gluten-free/Paleo-ish meals, please subscribe below. You will get my free Paleo Breakfast E-Book as my gift to you and new recipes straight to your inbox! Check out these Body Ecology Approved Recipes: How to Make Coconut Kefir Fermented Dill Pickles Coconut Kefir Smoothie Certified Holistic Health Coach What Leading Experts Say About The Body Ecology Diet: No One Has Ever Put Together Everything We Need to Know About Restoring and Improving Immunity - until now. I make it a must to read to all my patients with candidiasis, immune disorders and food allergies. - Keith W. Sehnert, M.D., author of Selfcare/Wellcare, Stress/Unstress, and co-author of Beyond Antibiotics The Body Ecology Diet is easy to understand and chock full of practical information. I recommend it! - William G. Crook, M.D., author of Yeast Connection and Chronic Fatigue Syndrome Over 200,000 copies of The Body Ecology Diet have been sold... mostly as a result of friends telling friends about it, not advertising. Why? It works! If you experience pain, discomfort, fatigue or other symptoms that won't go away no matter what you do or how many doctors you see, chances are you're one of the 80 million Americans unknowingly suffering from candidiasis, the hidden intruder. The result of an imbalance in the growth of a yeast naturally present in the body, candidiasis can be an important factor in: Food allergies Sensitivity to tobacco and odor Digestive problems Other immune-related disorders Headache Depression Cancer AIDS Skin rash Low sex drive Joint and muscle pain Menstrual irregularities The Body Ecology Diet brings us into the era of whole-body therapy. I don't think the writers left out anything. Lendon H. Smith, M.D., author of Feed Your Kids Right, Feed Yourself Right, and co-author of Beyond Antibiotics The Body Ecology Diet takes the mystery out of the often confusing theme of eating for optimal health. Donna Gates's book combines recent scientific thought with proven traditional healing concepts and common sense ... - Michael A. Schmidt, M.D., author of Tired of Being Tired, Managing The Patient With Chronic Fatigue, and co-author of Beyond Comments from satisfied customers customers Body Ecology Diet: ... The Body Ecology Diet (BED) is how I finally recovered from bulimia and binge eating - after 4 years on the way to recovery (and trying just about anything longer than that). I am a great advocate for experimenting with things at the level of mind, body and spirit in recovery from addiction and eating disorders. THE BED supports this because it respects the body's ability to heal itself - step by step. That's the key, it's a process of taking action, no matter how small, against your health. ... Talking to Donna was like someone finally understood what my intuition told me. ... Donna is a visionary in treating the body as a system - connected inextricably with the mind. --From TranscendBulimia.com For me, the courage to recover was not easy. Physically and emotionally I was very defeated, but I began to feel better within a few days of starting the diet. I can honestly say that I didn't know it was possible to feel as good as I do, and it gets easier every day. I know it sounds dramatic, but I tell people it's saved my life. My family and I are very grateful. - N.V. Marietta, GA I truly believe that the BED system of healing is a diet that can become a way of life, not just a short-term program. - K.M. The BED system of healing has revolutionized my life. Your book helped diagnose my condition, and with the help of my doctor I am now 4 months to restore body, mind and spirit. This madness that has been going on for years is finally under control, and I am regaining my precious health. How can I thank you enough for writing the diet bible in this century. - N.N. Shelburne, VT I am 69 and have used probiotic foods for many years and I am in very good health. I never get flu shots or any other kind either. Diet is the best medicine. - Sharon Redding, CA My son was diagnosed with autism over two years ago. His body had many faulty bacteria, and it struggled to break down proteins sufficiently - no more. Kefir breaks the protein down for him and gives him the bacteria and enzymes he needs to get nutrients from his food. His ability to think and talk has improved remarkably. He was prone to panic attacks and had a compulsive obsessive disorder - this has also been greatly improved. I'm so grateful you made this possible. - Natasha, Sydney, NSW The BED diet has saved my life! At the age of 51, I now have a clean and clear internal ecosystem. The diet has been exciting and difficult at the same time. But the results are the prize. I feel and look 35, as Donna promised. I tell everyone about the book, and of course you're going to be the best testimonial by the way you look to others. I always thought that we are what we eat, but never to the extent of the principles of the BED diet, thank you Donna. - Jill, Waukesha, WI I wanted write and thank you for my knowledge that has saved my life. In March 2001, I went to a holistic thinking doctor who was the first to tell me I had an intestinal problem. Klebsiella pneumonia with zero good bacteria. In April, she started doing what she said, and it really didn't help. I went through her regiment for two months. At the end of May I started the Body Ecology Diet principles. When the end of July came I was Cured of about 90% of all my lifelong problems. This lasted for a 2 month period. The reason is that my wife had to have surgery that stopped cooking and eating right. Then massive stress arose with many other life changes. I knew I had to get back to it. I let it decay for almost 3 years before I went back to it. What a waste of 3 years. I feel much better now. Not quite where I need to be because of just starting again and I have not fully implemented the total program. One thing I learned is that life is precious. Just because we've been useful in living this way for our whole lives or a good deal of it doesn't mean we have to do it anymore. Blessings to everyone on the health road. Thank you Donna and The Body Ecology Team. It was great to see you at the conference in October. - Ken, Las Vegas, NV The Body Ecology Diet shows you how to restore and maintain the important inner ecology your body needs to function properly and to eliminate or control the symptoms that deprive you of the pleasure of living. The Body Ecology Diet makes it easy for you to: Plan meals with dozens of delicious recipes, menus and detailed shopping lists! Learn simple principles of proper eating and food that combine to balance your internal ecology. Use effective cleaning methods to restore the harmony of the system. Develop strategies to control your urge to snack and to eat away from home. Home.

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