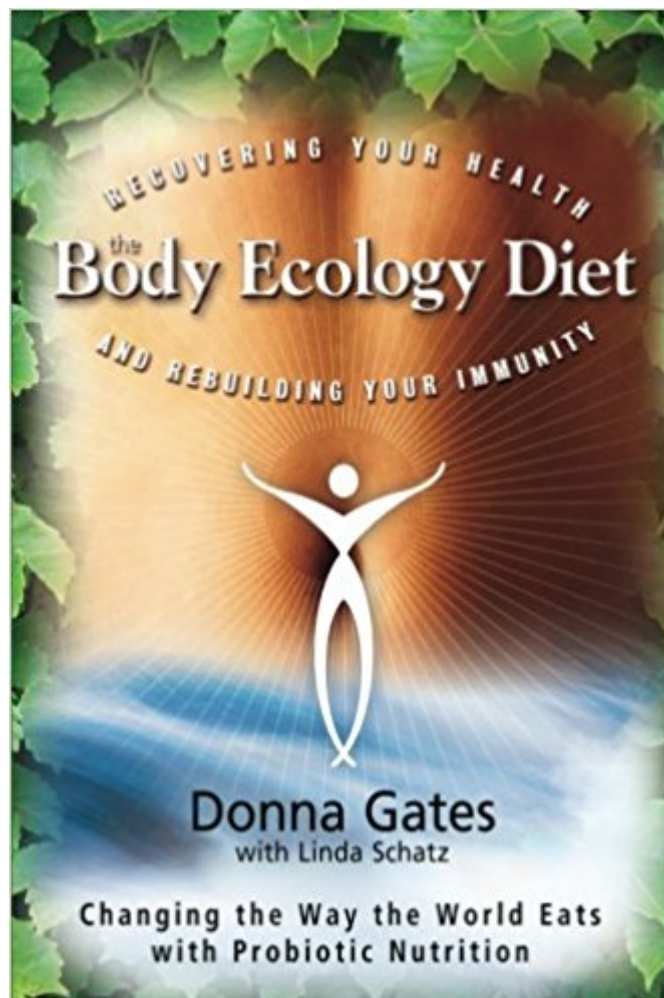




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# The Body Ecology Diet: Recovering Your Health And Rebuilding Your Immunity



## Synopsis

~~~~~ If you're experiencing 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 millions unknowingly suffering from a systemic fungal/yeast infection, the hidden invader. • The result of an imbalance starting in your internal ecosystem, this can be a key factor in headaches, 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 needs to function properly, and eliminate or control the symptoms that rob you of the joy of living. Tens of thousands of people have already benefited from the Body Ecology way of life "Donna Gates shows you, step-by-step, how to eat your way to better health and well-being . . . deliciously, easily, and inexpensively!~~~~~ In this book, you will learn how to: use seven basic universal principles as tools to gain mastery over every health challenge you may encounter; focus on your inner ecology to create ideal digestive balance; conquer cravings with strategies for satisfying snacking and for dining away from home; and plan meals with dozens of delectable recipes, an array of menus, and detailed shopping lists.

## Book Information

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## Customer Reviews

A few years ago I attended a week long workshop with Donna Gates. It was an eye opening experience as she shared simple but powerful principles for attaining and maintaining a super healthy body. One of the most important things in the workshop was that Donna fed us breakfast and lunch. We were able to taste and experience how delicious the fermented foods were.

Everyone enjoyed her way of cooking and delighted to take her recipes and probiotic nutrition home with them. I have been a follower ever since and at 84 am enjoying vibrant health.- Louise L. Hay, the New York Times best-selling author of *You Can Heal Your Life*. Body Ecology emphasizes the importance of what we put into our bodies and teaches a way of eating that makes me feel like I am in control of my health and in tune with my body's intuitive needs. Cultured vegetables and coconut kefir have become essentials, not only in my home, but whenever I travel.- Jessica Biel, Actress. Donna Gates has opened my mind up to new and amazing alternatives and possibilities to healing. Never did I know and fully understand the power food has in regards to healing the body. Not only is the book educational for a better life but the food is DELICIOUS! Who knew healthy food could be so good?!- Tia Mowry, Actress. Donna Gates has fused ancient wisdom with modern science to develop the most powerful eating program on the planet today. The Body Ecology Diet is a complete system of living that consciously brings the love of eating into your home. It's not about weight loss...it's about health gain.- Dr. Darren Weissman, author of *Awakening to the Secret Code of Your Mind*. I have seen Donna Gates and her Body Ecology program greatly improve health in all age ranges, from children with autism to healthy aging in senior citizens when they stick with the program for a few months. Her plant-based organic food diet, with an emphasis on fermented foods, is ideal for building a healthy intestinal tract, which is the foundation for optimum health and well-being.- Leonard Smith, M.D., renowned gastrointestinal, vascular and general surgeon, and expert in the field of nutrition and natural supplementation. While internet technology provides us with a myriad of information, a seeker often gets lost, confused, and overwhelmed. Such is the case faced by many of my patients who are in a quest to find answers to their physical and mental ailments. Donna Gates's 'Body Ecology Diet' is not only a succinct compilation of effective health information, equivalent to reading dozens of related books, it also provides a well versed program ushering the reader on a path to greater wellness. Donna's insights will shine a ray of light to many who are at lost.- Dr. Taisuke Jo DC, DIBAK. The Body Ecology Diet is easy to understand and chock full of practical information. I recommend it!- William G. Crook M.D., author of *The Yeast Connection* and *Chronic Fatigue Syndrome*. The Body Ecology Diet brings us into the era of whole-body therapy. I don't think the authors left anything out.- Lendon H. Smith M.D., Author of *Feed Your Kids Right*, *Feed Yourself Right*, and co-author of *Beyond Antibiotics*.

Donna Gates, a nutritional consultant, author, and lecturer, has helped thousands of people overcome candidiasis and other immune-system disorders. Drawing on the best of modern medical science, ancient Chinese medicine, and naturopathy's combined with years of firsthand experience

counseling clientsâ "she created Body Ecology, her own system of health and healing. Donna regularly appears on radio shows and conducts workshops to educate the public on medicinal foods.

I found out about this book through a raw blog. A guy described his battle with candidiasis. I didn't realize that guys could get it and I never realized that candidiasis manifested itself in a spectrum of ways that I suffered from. I purchased this book and spend about 2 weeks reading, studying, and highlighting the book. I started the diet last Monday and I have to admit that the book has become my bible just because it's been a huge change for me that I continually have to refer back to the book. I photocopied a couple pages of the book to carry around with me and use as a reference when I'm out and I have to figure out what I can eat. I used to be on the raw food diet, ate organic and healthy and I was still experiencing a low immune system, breaking out, and a chronic yeast infection that I've had for over 5 years. I've tried treating the yeast infection with antibiotics, a watered down hydrogen peroxide douche, and boric acid suppositories. None of the treatments stuck. My yeast infection returned with in a day or two of stopping the treatment. If I ever had more than one day a week of an early work day, I came down with a sore throat. I'm so ecstatic to report that this diet has cured me of my yeast infection. I can't believe it. It was difficult for me to return to cooked foods because I loved the principles of the raw food diet, but being cured of the yeast infection has made me a believer. Obviously my body wasn't receiving the nourishment it needed to heal itself. I gave this 4 stars only because the book is a constant advertisement for her products. I realize that a person needs to make a living, but I felt like it was a little overkill. If you do a Google search you can find other ways to make cultured vegetables without using her starter kit. I use 1 liter of water to 2 TB sea salt and pour it over a mixture of chopped veggies and let it sit on my counter for 7 days. So far, it's worked great. I also purchased water kefir granules 2 years ago from an online shop that only sells that and they are still healthy and creating wonderful drinks. I will eventually use them to make cultured coconut water. I went through some crazy sugar withdrawals during this first week. I felt like I was a drug addict. That has been the most difficult part of this adjustment. Teas with flavored stevias (specifically vanilla cream) and my recipe for homemade healthy kettle corn has helped me greatly.

This book was truly fascinating to read. I found this book after my own personal struggles with all the symptoms these authors talked about. I believe it is full of sound evidence along with some opinion (which isn't a bad thing I think). I just wish it would have been a little more clear on how one

gets started.

She is my new hero! Cultured veggies y'all. Takes the sugar cravings AWAY!

This book is very informative and I'm guessing it's really helped a lot of people with health issues, especially related to gut health. I just found that it was very complicated as far as being something I could realistically make the changes for. It's definitely an overwhelming amount of changes. I did get some really good info from it though, and I think some people could really benefit from it.

I love how this book breaks down how we should and shouldn't eat. Also gives a touch on things that are not necessarily BED related but will help you with the process of having the diet benefit you the best.

After developing rheumatoid arthritis I was desperate to find a plausible alternative to debilitating drugs which destroyed my digestive system. B.E.D. has been my bible, recommended by another person who went down a similar path to me and is a glowing picture of health. I am practically off drugs, and base the B. E. D. on other common sense research. Now I shudder when I realize the suffering due to ignorance regarding the health of the human being, and the beautiful, poor planet earth we have as our home. Everyone should read and understand B. E. D. !!!!

Great information about keeping your inside body healthy especially for thyroid issues

I have found this book to be a great health benefit. The fermenting of vegetables added to the diet really does stop cravings for sweets. A great healthy way to eat with positive benefits including weight loss, and better digestion.

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