



Body Ecology's

QuickStart

guide

5

INTRODUCTORY STEPS TO
RECOVERING HEALTH AND
REBUILDING IMMUNITY.



BODY ECOLOGY'S™


QuickStart to better health



- *Totally confused by all the contradictory information out there about health?*
 - *Following a program without seeing results?*
 - *Want to lose weight, look years younger and radically change your health?*
- If so, here's the key to life-changing success...*



THE BODY ECOLOGY DIET



Hundreds of thousands of people worldwide have found *The Body Ecology Diet* after struggling with candida, chronic fatigue, depression, weight problems, early aging, ADHD, autism, hormone imbalance and auto-immune disorders.

After 20 years of studying Eastern healing systems and Western fad diets, Donna Gates, nutritionist, world renowned teacher and lecturer, discovered the key to health and longevity...a flourishing inner ecosystem living inside your intestines. Based on a deep understanding of how the digestive tract truly affects how you look, feel and even think, the Body Ecology Diet offers a gluten-free, sugar-free, probiotic-rich way to eat that will change your taste buds and your life forever.

Getting that new life you want is as easy as starting with the following **FIVE STEPS...**

FOR MORE INFORMATION,
PLEASE VISIT

www.BodyEcology.com

1

DECREASE PROCESSED FOODS

PROBLEM

Does your food come in a wrapper? From the drive-thru? Is it in a shape other than how it grew out of the ground? The problem is most people are unaware of what they are putting into their bodies. Most people, once taught to properly read a label, are disgusted by the toxicity of the many ingredients they ingest on a daily basis. Furthermore, most of us are eating bars and processed foods with so many ingredients and fillers, that our system isn't able to decipher the nutrients it needs from the junk that clogs arteries, leeches minerals from our bones, stores fat and throws off every organ system. Processed foods encourage the growth of bad bacteria, weaken digestion and increase acidity, toxicity and bloating. You're choosing the fast track to a costly, painful and early old age when you eat these foods each day.

SOLUTION

IDENTIFY THE FOOD on your plate before you put it into your mouth! If it's in a shape that nature didn't intend—bread, cracker, chip, bar, cookie etc. – it's also not intended to make you healthy.

READ LABELS! Pay attention to how many of the ingredients you can identify. Realize that when it comes to processed foods and fast food, your health and longevity is NOT the priority of the people selling it to you.

WALK THE PERIMETER OF YOUR GROCERY STORE. Usually the middle aisles are full of the packaged and processed foods that are made to stay on the shelves for years. Explore the produce section. If you're looking for the healthiest things to ingest, this is where they're hiding. The most nutritious choices are usually the uncommon ones. Studies around the world show that people who live the longest shop daily for the freshest, most natural ingredients possible. So get familiar with the fresh produce and learn being healthy doesn't need to break the bank.

TRY THIS

BODY ECOLOGY'S VITALITY SUPERGREEN™. Just two scoops of this vitamin-mineral-probiotic rich, whole food, greens powder is packed with antioxidants, essential fatty acids and minerals in just one drink! After repeated daily use, you'll help correct the causes that contribute to weight gain: a sluggish thyroid, weak adrenals and infections in the body. Take Vitality SuperGreen to help boost your energy, heal your digestion and alkalize your blood.



GREENS: Kale, Swiss chard, mustard greens, collard greens, dandelion greens are a great source of chlorophyll and minerals and cleansing to the blood and good for any meal.

GRAIN-LIKE SEEDS: Quinoa, millet, amaranth, buckwheat are a great source of protein and calming to the nerves. Try for breakfast or dinner.

OCEAN OR SEA VEGETABLES: Kombu, arame, wakami, nori and hiziki are a great source of minerals and fantastic for the skin and hormones.

2

DECREASE SUGARS NOW

PROBLEM

Americans consume 20% of their daily calories in sugar and carbohydrates. Excessive sugar intake taxes the endocrine system and feeds bad bacteria and yeast in the body, leading to fast weight gain, weak adrenals and early aging. Sugar destroys healthy DNA and increases cellular toxicity, the foundation of serious diseases like diabetes, Alzheimer's, and cancer. **Sugars increase acidity and rob nutrients the body needs to stay alkaline and healthy.**

SCARY STATISTIC. In 2050, 1 in 3 people will be diabetic. Studies show Type 2 Diabetes can be treated and even prevented with proper diet.

SOLUTION

READ LABELS. If it says high fructose corn syrup, say "No way!" After long-term use, high fructose corn syrup immediately spikes your blood sugar causing irreparable damage to your pancreas.

DON'T BE MISLED. Many of the foods you eat on a daily basis will have sugar as an ingredient or break down and spike your blood sugar levels. Limit them all. Organic sugar and cane juice are just as bad for the body. Watch your intake of bread, anything with white flour, pasta, white rice, potatoes (except red skin), baked goods, salad dressings and fruit juices.

FAKE IS NOT BETTER. Sugar substitutes have been banned in many countries. In fact, artificial, low-calorie sweeteners found in diet foods and beverages, even those flavored waters or in those little packets at a restaurant, have been shown in studies to cause tumors. They also cause the body to crave more carbohydrates, in case you wonder why you can't lose weight drinking diet beverages.

TRY THIS

STEVIA. An all-natural, zero-calorie sugar substitute from a South American plant, stevia is safe for diabetics and assists in regulating blood sugar. It is soon to be used in diet sodas, instead of artificial sweeteners.

WITH BODY ECOLOGY'S STEVIA LIQUID CONCENTRATE, only a few drops will sweeten your tea, lemonade or any of our probiotic liquids. Stevia is a safe dietary supplement for people with diabetes, hypoglycemia and candidiasis. Just two to four drops of liquid stevia equals one teaspoon of sugar.



3

HYDRATE

PROBLEM

One of the most common causes of illness in the body is dehydration. Try this test (unless health issues prevent): Sit on the floor with your legs straight in front of you. Stretch forward toward your toes and see how far you can reach. Mark that spot. Now, take a small sip of water. Hold it in your mouth and try again. Can you reach farther? If you can, then your body was not sufficiently hydrated!

SOLUTION

NOT OUT OF THE TAP. The water running through the faucet is full of chemicals. Chlorine and fluoride kill the healthy bacteria in the gut. Studies show that many municipal water supplies **may be contaminated with trace amounts of fecal matter and pharmaceuticals.**

DON'T WAIT TILL YOU GET THIRSTY. Drink immediately upon rising in the morning to replenish your dehydrated intestines. How much should you drink in a day? That'll depend on how well your gut absorbs it. Rule of thumb, drink between 6-8, 8-ounce glasses of water a day, and half of that before noon. Have a container by you at all times. Sip throughout the day. **DON'T** drink too much with meals, however, because it weakens digestion.

STOP DEHYDRATING YOURSELF. Coffee, tea, alcohol, soda and salty foods are very drying to your internal organs and your skin.

TRY THIS

SPRING WATER, FILTERED WATER & MINERAL WATER. Install a filter on your kitchen faucet and cook with that water too. Try herbal teas like chamomile and peppermint or immune-boosting teas like gynostemma and astragalus. Not all waters and filtered waters are equal. Visit our website at www.BodyEcology.com for updates on the best water purifiers available.



LEARN MORE AT www.BodyEcology.com

4

EAT LESS, MORE OFTEN

PROBLEM

For most people, eating 2-3 big meals a day is routine. This tendency leaves us eating too much food in one sitting, without enough nutrition to sustain our energy throughout the day. **Big meals aren't digested properly and the food just ferments in the gut.** Fermentation feeds yeast and bad bacteria that then steal the nutrients from your food like unwanted house guests. This also leads the gut to store pounds of excess weight, which is why most people gain the majority of weight in their midsection.

Eating smaller amounts of food at more frequent intervals is the healthiest way to eat. This will help regulate blood sugar, energy, mood and brain function. It will also help prevent the slump many people feel in the early afternoon as their blood sugar crashes from a big lunch.

SOLUTION

KNOW THE SIZE OF YOUR STOMACH. The axiom that your stomach is the size of your fist is close to the truth. Make a fist, open it until your forefinger and thumb connect and form a circle. Your stomach is about this size, but about twice as long.

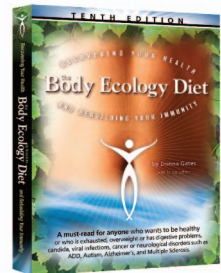
DON'T GIVE INTO WEIGHT WORRIES. Some wonder, "If I'm eating so often won't I gain weight?" Actually just the opposite. Ingesting smaller amounts of food more regularly increases the metabolism and burns fat.

COMBINE YOUR FOOD THE RIGHT WAY. A good rule of thumb is to combine your food properly. **20% of your meal should be a grain-like seed or animal protein. Fill the remaining 80% of your plate with non-starchy, leafy green veggies or sea vegetables.**

TRY THIS

EAT SMALL MEALS EVERY 3-4 HOURS WHILE AWAKE.

BODY ECOLOGY OFFERS A WIDE VARIETY OF DELICIOUS RECIPES for meals throughout the day. See recipes in the *Body Ecology Diet* book starting on page 201 or visit our website at www.BodyEcology.com/recipes.



READY TO TRANSFORM YOUR LIFE?

Get your Body Ecology Starter Kit now:

www.BodyEcology.com and click on "Online Store"

5

REPLENISH YOUR ECO-SYSTEM

PROBLEM

Just as the Earth has ecosystems that keep it in balance, your body has an inner ecosystem that keeps you healthy and strong. Your inner ecosystem is made up of healthy microflora, which live in your intestines. Beneficial microflora actually make the vitamins you need, boost your immunity and aid your digestion. They help balance your hormones and keep your body cleaner, younger and well nourished. In short, microflora do a lot of heavy lifting; they help conquer pathogenic bacteria, yeast and viruses that lead to disease.

The Body Ecology probiotic-rich way of eating encourages the growth of healthy microflora in your own intestines when you consume fermented foods and drinks packed with probiotics. This army of “good guys” will clean house, promote healthy digestion, curb sugar cravings, fight infections and alkalize your blood.

SOLUTION

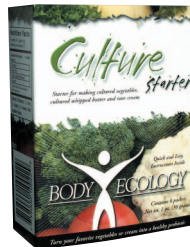
IS YOGURT ENOUGH? When some people think of probiotics, they tend to think of yogurt or even better, kefir as the two most well known sources. Most commercial brands have very weak probiotic cultures and limited strains. While yogurt and kefir can be wonderful choices for some, not everyone has enough dairy-loving bacteria in their gut to tolerate dairy foods...yet.

YOU MEAN ACIDOPHILUS, RIGHT? While acidophilus is one of the most common types of bacteria in the gut, there are hundreds of different kinds and they all have different jobs to fulfill. Always focus on probiotic blends as nature intended.

TRY THIS

INTRODUCE CULTURED FOODS AND PROBIOTIC LIQUIDS INTO YOUR DIET. Drink 2 oz. of a probiotic beverage or add a small side dish of cultured veggies to each meal. That’s all you need. A little goes a long way to rebuilding your inner ecosystem.

MAKE KEFIR AND CULTURED VEGGIES YOURSELF. Body Ecology offers ways to make your own cultured, enzyme-rich foods filled with friendly micro-organisms that help balance your inner ecosystem. Inexpensive and easy to make at home, Body Ecology’s Kefir Starter and Culture Starter will help you make kefir, young coconut kefir and cultured veggies that supply a complete source of protein, essential minerals and valuable B vitamins. Learn more at www.kefir.net.



The background features a stylized white human figure with arms raised, set against a light green and yellow gradient. To the left, there are three overlapping circles in orange, light green, and purple. The text 'about Donna Gates' is positioned in the upper left, with 'Donna Gates' in a large, dark green font.

about Donna Gates

BEST-SELLING AUTHOR OF THE
GROUND-BREAKING *THE BODY ECOLOGY DIET*.

Donna Gates has helped hundreds of thousands of people overcome immune system disorders and other health issues and achieve peak health. Donna is also known as the teacher to the teachers and her insights continue to guide many of today's most renowned natural health physicians and other experts.

She is also credited with leading some of the most important innovations in natural health, including being at the forefront of probiotics and fermented foods and with bringing stevia, young coconut kefir and other products into the United States.

Donna's free newsletter, available at BodyEcology.com, is one of the most read and respected natural health publications in the world. *The Body Ecology Diet*, is in its tenth printing, has sold over 200,000 copies. Donna first wrote the book after years of research to find a cure for her own candida-related health problems.

Frustrated with conventional medicine, she embarked on a long course of study into many different healing concepts and incorporated the most beneficial components of each into her own system of health and healing.

Much more than a "diet," Body Ecology offers a constantly expanding body of knowledge that focuses on the benefits of establishing and maintaining an inner ecosystem, the foundation for health that is essential to wellness.

Her eagerly anticipated book, *Body Ecology's Guide to Growing Younger with Anti-Aging Secrets for Every Generation*, is designed to revolutionize the way we think about aging.

Continue learning by signing up for a teleseminar, [subscribing to the FREE online newsletter](#), or becoming part of the online community via Facebook and Twitter.

www.BodyEcology.com



WHERE TO BEGIN

A DAY IN THE LIFE OF THE BODY ECOLOGY PROGRAM

A very important aspect of digestion is eating the right foods at the right times. In this chapter you'll find some simple guidelines for how to get started on the **Body Ecology Diet** and the **Baby Boomer Diet**, and the kinds of foods that work best at different periods of the day.

MORNING

When we wake up in the morning our bodies are dehydrated, contracted, and naturally acidic. We also need energy to start our day. Using the **PRINCIPLE OF BALANCE** to guide us it will be best to drink liquids that hydrate us while giving us energy, relax us a little and also help us become more alkaline. Our bodies are still waking up and need time to get into full gear, so nutritionally-dense, easy-to-digest, liquid-y foods and drinks are a must.

WHAT WOULD THE PERFECT BEGINNING TO OUR DAY LOOK LIKE? First, drink several glasses of water. Nothing hydrates like water, and water with minerals added to help alkalize is best.

Then, drink a “probiotic juice” that acts as an adrenal tonic and also provides the “sweet taste” you need when you are too contracted. Choose a sour juice like cranberry, pomegranate, açai, noni, mangosteen, or black currant and put this into a probiotic liquid like young coconut kefir or InnergyBiotic™. Add stevia to sweeten.

A cup of an energizing green tea sweetened with stevia and a grapefruit sprinkled with sugar-free Lakanto is comforting on a cold winter day. Kiwi or a handful of berries provides more energy and antioxidants as you begin your day.

Stir Body Ecology's Vitality SuperGreen™ into some young coconut kefir and add some chia seeds. Let this thicken for several minutes, and you have a great drink that will nurture your intestines.

I always find time to mix 1/2 tsp. or more of our Potent Proteins™ (fermented protein powder) into InnergyBiotic. In minutes my energy increases even more.

You can whip up a nutritious anti-aging “Green, Morning Smoothie” with water, 2 stalks of celery, 2 leaves of romaine lettuce, a small zucchini, a small cucumber, some soaked chia seeds, a handful of mint, a large squirt of Barlean's 3-6-9 Swirl Essential Oil and a few drops of stevia. It's an amazing, yet alkalizing, high fiber drink too.

If your body likes casein, (the main protein in dairy foods), pour some homemade milk kefir over a bowl of your favorite berries. Milk kefir is a European favorite in the hot summer months because it is cooling. This cooling quality is great for inflammation (internal heat) all year round and is another reason why it is an anti-aging food. Or take the berries and your freshly-made milk kefir, and add stevia to create a delicious berry smoothie. Milk kefir, a splash of roasted pump-

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kinseed oil, some vanilla flavoring, and Lakanto and/or stevia is another tasty smoothie combination.

This “lite” yet extremely nourishing start to your day is a perfect example of practicing calorie restriction with optimal nutrition. These are all good options that hydrate, give you energy to start your day, are filling, and are all properly combined. An acidic meal is inappropriate, so bacon, eggs, toast, oatmeal, and cereal with milk (a food-combining nightmare) are not on the *Baby Boomer Diet*.

While all the suggestions above are easy to digest, you may want to take digestive enzymes if you feel you need them. For example, even though fermenting helps with digestion of casein in the milk kefir, the casein may still be difficult to digest for those with weak digestion. If you have this problem try taking a digestive enzyme with HCL and pepsin for digestion of casein in your stomach and a second enzyme with pancreatin that breaks it down when it reaches your small intestine.

MID-DAY

The best time of the day to eat heavier proteins (like animal proteins and nut and seed pâtés) is between 11:00 a.m. and 2:00 p.m. Your liver is ready to accept proteins at this time, and you are more active and need the extra concentrated energy. Many of us would benefit from eating two smaller protein meals. For example, around 11:00 a.m., eggs, cultured vegetables, and a small leafy green salad makes an energizing brunch. Eggs are great for your thyroid and your brain and help create energy. At 1:00 p.m. have a tasty protein and veggie lunch served with a small champagne glass of Cocobiotic™.

AFTERNOON

If you need or want to gain weight, have an energizing, alkaline snack like Vitality SuperGreen mixed into young coconut kefir around 3:00 or 4:00 p.m. This will give you a mid-afternoon boost of energy to get you through that period when you feel a bit sleepy or unfocused. Satisfying those afternoon cravings with something healthy will give you more motivation to prepare an evening meal that is balanced and unrushed.



FINAL MEAL

Your last meal of the day should be vegetarian. Your digestive tract starts to slow down around sunset, so difficult-to-digest, complex meals are not wise. Eat early and eat a light vegetarian meal. You’ve had a busy day, and it won’t be long before you will want to prepare for a great rejuvenating night of deep sleep. You’ll sleep better and awaken refreshed if your last meal is 80% vegetables (from the land and ocean), cultured vegetables and a gluten-free, grain-like seed such as quinoa, millet, buckwheat, or amaranth.