The Body Ecology Diet is a delicious, gluten-free, sugar-free, and initially casein-free diet with a unique focus on probiotic-rich foods that help create and maintain a healthy inner ecosystem.

However, Body Ecology is more than a "diet." We also focus on 7 Universal Principles that relate to nutrition. The Principle of Uniqueness confirms that one-size-fits-all diets don't work and the Science of Nutritional Genomics validates our gut-sane, gut-smart diet.

The body's inner ecosystem is made up of trillions of bacteria, yeasts, and viruses, and all commercial cultures that naturally reside inside the digestive tract of each and every living being including fish, birds, insects, and humans. We now know that this inner ecosystem influences everything from our weight and need to inflammation and allergies. It is the key to a strong immune system, and helps you age slowly and well. In fact, the latest research confirms what Body Ecology has taught for decades: bacteria in our inner ecosystem and a healthy dietary intake is essential if you want to have a longer, healthier, happier life.

The Body Ecology Diet is also the perfect diet to help conquer candida. When you eat the delicious foods on The BE Diet you are choosing foods that naturally fight candida overgrowth.

Phase 1 of the Body Ecology Diet
Phase 1 lasts for 3 or 4 months, or until all symptoms of candida overgrowth have disappeared. On Phase 1 of the diet, you will remove:
- All fats except lemon, lime, black currants and cranberry.
- Carbs in dairy foods, including dairy milk.
- Gluten and all grains.
- The Body Ecology grain-free seeds: millet, amaranth, quinoa, and buckwheat are allowed in stage 1.

The following foods should be eaten with caution:
- All nuts and seeds in raw form or soaked and sprouted. They are also difficult to digest and should be soaked (1-2 hours) before eating to remove the phytic acid. They are also high in copper and will cause an angioneurotic edema if too many are eaten, creating extreme tissue.
- All beans and legumes, which are protein-rich and are naturally difficult to digest.
- All sweet starchy vegetables such as beets, potatoes, sweet potatoes, and yams. When eaten these can cause 2-3 grams into a salt.

Phase 2 of the Body Ecology Diet
Phase 2 begins when all symptoms of candida overgrowth have disappeared, and a robust, diverse inner ecosystem has been established. On Phase 2 of the diet, you can reintroduce:
- Small amounts of raw-sugar fruits, including berries and some fruits like grapes and blueberries.
- Milk, kefir. Kefir has been cultured with beneficial bacteria and yeast that digest the milk/sugar. These microbes help create a healthy inner ecosystem, however some people never do well on dairy and should avoid it.
- Almonds that have been properly soaked and sprouted.
- Beets and other vegetables that have been properly roasted overnight.
- Sweet, starchy vegetables like beets, potatoes, sweet potatoes, and yams. Remember to introduce one new food at a time, watching for signs of intolerance or reactions. Nuts and seeds are high in saturated fat, which can be reintroduced in small quantities, and only small portions eaten, flat at. People with candida react strongly to foods high in oxalates.

The Principle of Food Combining
- Eat fruit alone and on an empty stomach.
- Post-discount with non-starchy vegetables and fruit vegetables.
- Grass-like seeds combined with a meal of 80%-vegetables including sushi, nuts, and extra vegetables.

WHERE TO BEGIN

The body's needs fluctuate over a 24-hour period. Similar to the varying activity of day and night, the operation and contraction of the body is regulated by your circadian rhythm. We have designed a program that optimizes energy levels, helps repair digestion, and maintains your inner ecosystem.

MORNING
The body becomes activated during the morning, making it the perfect time to enjoy a warm and healthy breakfast. Begin your day, and kick start your day by drinking at least two glasses of water with mineral, flowing and lightly to your digestive system to start:
- Healthy options include a green smoothie, a "probiotic juice" and a green protein shake made with Vitality SuperGreen or Super Green Shots®. One shot of a crestone herb, (Garcinia, Lippia, Moringa, or Aloe vera), one ounce of Body Ecology's Digestive Care Mucus.

AFTERNOON
During the afternoon, the body is expansive and needs robust foods to fuel activity. Energy peaks around 3-4 p.m. is the best time to eat animal protein foods.
- Animal protein in raw and cooked non-dairy vegetables and ocean vegetables.
- Vegans can eat high protein-grain-free seeds as a substitute for animal protein.
- 1-2 cups of whole-grain vegetables, such as Yoga’s Green Chickpea Stew®.
- One pouch of Body Ecology’s Digestive Care Mucus.
- The Protein - Try one way to detoxification, support, energy, health. Ask your body to support you.

EVENING
As you prepare to sleep, it is important to consume foods that are calming and soothing. Start with the science to the sleepy rumble in your tummy.
- Choose to eat greens and seeds instead of animal protein.
- Fruit in non-starchy vegetables and ocean vegetables.
- 1-2 cups of whole-grain vegetables, such as Yoga’s Green Chickpea Stew®.
- One pouch of Body Ecology’s Digestive Care Mucus.

WHAT TO EXPECT

The Body Ecology Diet changes candida's overgrowth and regulates your digestive health. Many people feel much better at first. However, as the yeast die off, they can feel fatigue and symptoms of often. This is temporary. The body must get rid of the excess waste and toxins caused by these pathogens as months and years are highly recommended to accelerate detoxification. Even if you don't feel better, it is to take every week or some form of gentle activity like yoga or meditation to keep your body moving.

Support your body during the detoxification process by eating plenty of cleansing, herb-rich foods, including cultured cruciferous vegetables and coconut water.

SNACK IDEAS
- Body Ecology Smoothie: 1 scoop Vitality SuperGreen® mixed with 8 ounces of coconut water and 2 drops of Stimulon Liquid Concentrate®.
- Roll up some cultured veggies inside a slice of turkey or roast beef.
- Slice an avocado in half and fill the center with cultured veggies, then top with olive oil, lemon juice, and sour cream.
- Pea Protein: For an afternoon pop me a bag of manufactured protein snacks, or body ecology.com and download the QuickSnack Guide or purchase The Body Ecology Book.

WHAT TO MIND

NON-STARCHY VEGETABLES
Grass-like seeds are combined with a meal of 80%-vegetables including sushi, nuts, and extra vegetables.

WHAT TO DO

OCEAN VEGETABLES
- Root Vegetables
- Ocean Vegetables
- Protein Fat
- Starchy Vegetables
- Grains/Like Seeds
- Animal Protein
- Fats/Oils
- Fruit

ACID-FORMING

ALKALINE-FORMING

ACHE FORMING

ACID FORMING

NEUTRAL/PH

body ecology diet blueprint

body ecology diet plate

LIVER/Digestive health

80%

50%

vegetables

20%

animal protein

60-65%

of body weight in ounces

WATER

FATS & OILS

SNACK IDEAS

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body ecology diet the way to be

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