

BODY ECOLOGY

GLUTEN FREE • SUGAR FREE • CASEIN FREE
PROBIOTIC RICH FOOD

Recovering Your Health.
Rebuilding Your Immunity.

- Body Ecology Diet
- Menu Plans
- Probiotic Food Supplements
- Enzyme Supplements
- Mineral Supplements
- Natural Zero Glycemic Sweeteners
- Certified Body Ecology Coach Trainings
- Anti-Yeast Protocol
- Anti-Viral Protocol
- Cleanse Protocol
- Autism Protocol

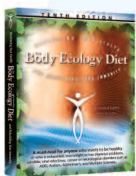
www.BodyEcology.com

BODY ECOLOGY SYSTEM OF HEALING

- CREATE ENERGY
- CORRECT DIGESTION
- CLEANSE TOXINS
- CONQUER INFECTION

“The first problem we have had to confront in restoring health to the people is the problem concerning poor digestion. The physical body is born with a certain amount of enzymes to maintain health and vitality. When these enzymes are depleted in the physical body the body becomes diseased and gradually expires... In this “civilization,” due to improper eating habits, we have knowingly or unknowingly reached a point where our bodies are severely depleted”

– Dr. John Ray Whitman



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.

Body Ecology offers a back-to-basics approach to restoring health and vitality. The digestive system is intimately linked to the immune, endocrine, circulatory and central nervous systems. Profoundly affecting all these interlocking systems is an amazing world of benevolent bacteria. The Body Ecology Diet and associated products are all specifically designed to help cultivate, nourish, cleanse, and repair this abundant inner ecosystem.

After 25 years of studying Eastern healing systems and Western fad diets, international best-selling author 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.



CANDIDA: A SERIOUS HEALTH RISK

Candida albicans, an opportunistic microorganism, is the fourth most common source of hospital-acquired infections. The latest research on Candida albicans has found that it easily invades the entire body by binding to human cells. When Candida albicans infiltrates weakened or damaged tissue, as occurs with leaky gut, it is able to move outside its native habitat and become a dangerous systemic infection.

LEARN MORE AT www.BodyEcology.com

BODY ECOLOGY DIET OVERVIEW

1

REMOVE OFFENDING FOODS AND STOP FEEDING SYSTEMIC INFECTION

Healing begins in the digestive tract. Removing foods that weaken the immune system and make you an easy “host” to infections is a vital first step. The goal is to starve the bad microorganisms that are creating inflammation and feeding the systemic infection.

FOODS TO AVOID

1. **SUGARS** such as refined sugar, organic sugar, sweet fruits, and juices made from fruits. But sour fruits such as fresh and frozen berries, and juices made from lemons, limes, pomegranate, noni, acai, mangosteen, seabuckthorn and cranberry juice concentrate are fine. Use stevia or Lakanto as a sweetener.
2. **GLUTEN**, found in wheat, spelt, kamut, rye, barley, and oats. (These also feed yeast.)
3. **CASEIN**, found in all dairy products including milk, cheese, milk kefir and yogurt. This includes raw, fermented, or pasteurized dairy products.
4. **GRAINS AND STARCHES THAT FEED YEAST**, such as rice, beans, dried peas, white potatoes, sweet potatoes, etc. Red-skinned potatoes are allowed, but best to include a fermented food or liquid at that meal to consume the sugar.
5. **PROCESSED FOODS**, boxed foods, prepared mixes, hydrogenated oils, etc.
6. **SOY**, because it suppresses the immune system unless properly fermented. (Soy needs a longer fermentation time with stronger cultures to break it down.) Soy is also estrogenic and you will want to remove foods that add more estrogen to your child's body.
7. **REFINED VEGETABLE OILS**, including canola, soybean oil, margarine, sunflower, safflower, and peanut oils. High-oleic sunflower oil is acceptable in smaller amounts.

2

INTRODUCE PROBIOTIC RICH FOODS

The best way to rebuild the microbial community in our intestines is through foods that are probiotic rich. The fermentation process increases nutrient bioavailability and results in living strains of beneficial bacterial and yeast, active enzymes, amino acids, antioxidants, minerals, and vitamins.

Body Ecology offers easy to drink probiotic liquids as well as starter cultures to make probiotic drinks and cultured vegetables at home.



3

INTRODUCE GOOD FATS

Switching to good raw, organic, unrefined oils and fats and eliminating hydrogenated oils and oils that are harmful will aid in the healing process.

4

INTRODUCE NUTRIENT DENSE SUPERFOODS & ENZYMES



Vitality SuperGreen™ and Super Spirulina Plus™ are alkalizing, nutrient-dense, green drinks designed to supply protein, minerals, vitamins, fatty acids, and beneficial bacteria to heal the gastrointestinal tract and restore a healthy inner ecosystem.

Body Ecology has several digestive enzymes to use including Assist Full Spectrum Enzymes, Assist Dairy & Protein Enzymes, and Assist SI (Small Intestine).



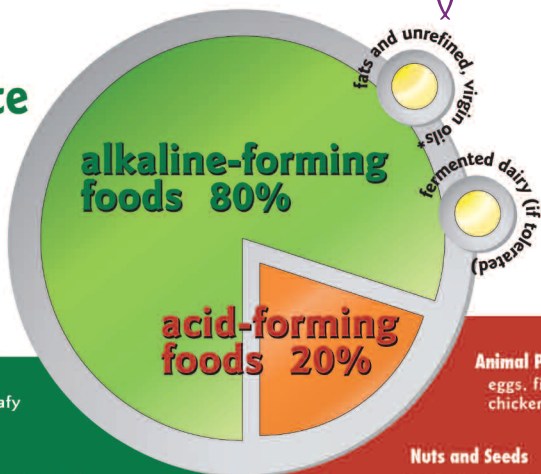
5

COMBINE FOODS PROPERLY TO PROMOTE ALKALINITY



BODY ECOLOGY
RECOVERING YOUR HEALTH, REBUILDING YOUR IMMUNITY

OurPlate



*Oils should not be heated besides coconut oil. Butter and ghee should be eaten in small amounts, more if one is pregnant and nursing. Amounts of fish oil and unrefined nut and seed oils eaten based on individual needs.

**Benton, kiwi, pomegranate, acai, etc.

Land Veggies

including dark leafy and cruciferous

Ocean Veggies

Body Ecology's Protein Powders

Vitality SuperGreen, Potent Proteins

Fermented Foods

cultured veggies, young coconut kefir, probiotic beverages

Low Sugar Fruits - eaten alone

Animal Proteins

eggs, fish, chicken, lamb, etc.

Nuts and Seeds

Buckwheat (a grain-like seed)

And Grain-Like Seeds

quinoa, millet, amaranth[†]

[†] Combine best with land and ocean veggies.



A DAY IN THE LIFE OF THE BODY ECOLOGY PROGRAM WHERE TO BEGIN

A very important aspect of digestion is eating the right foods at the right times. Here are 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 Super Spirulina Plus™ (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, two stalks of celery, two 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 pumpkinseed oil, some vanilla flavoring, and Lakanto and/or stevia is another tasty smoothie combination.

(continued on next page)



(continued)

MORNING

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 Body Ecology 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.

LEARN MORE AT www.BodyEcology.com