



BEDROK

& AUTISM

BODY ECOLOGY DIET RECOVERING OUR KIDS

Millions of children around the world have suddenly become autistic. When something happens to our children, our hearts open and we take notice. While researchers search for the genetic cause of autism, Body Ecology believes that these children would have been considered “normal” if they had not become “victims” of our times. In fact, we believe these children are spiritually advanced souls that are playing a key role in awakening us to our future destiny. If we do not make radical changes in the way we care for the human physical body and for our planet, the human race is heading for extinction.

A Quick Start Guide to Body Ecology Diet Recovering Our Kids. Please realize that this is not a diet for just one member of the family. If mom and dad are eating this way, their children will naturally follow. Then, your entire family will become healthier and happier. **ENJOY!**

● PLEASE VISIT OUR WEB SITE AT www.bodyecologydiet.com to learn more about Body Ecology Diet’s research on autism, chat about autism/ADD, and browse for a wide range of information and products to recover your inner ecology. To locate a Certified Body Ecologist near you, click on the Certified Body Ecologists link or email Andrea Alvanos at autism@bodyecologydiet.com.

● YOU MAY CALL US AT 866-4BE-DIET

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FREQUENTLY ASKED BEDROK QUESTIONS:

Q. What are cleansing reactions?

A. Sometime during the initial two to four week period, your child may have an exceptionally large and foul-smelling bowel movement (some describe it as smelling like mothballs). This is a normal and desired cleansing response of the body. After this, your child may improve quite a bit in behavior, communication, formed bowel movements, etc. **DO EXPECT CLEANSINGS**, especially in the early stages of this program. A child, more so than an adult, has the vital energy to push toxins out of his body. Your child may regain even greater health than before s/he regressed into autism as a consequence of the toxins coming out of the cells and organs of your child. Welcome these cleansings, knowing that each one is making him/her stronger and healthier. Cleansings are often accompanied by fever. Your child may not eat and may feel very uncomfortable. He may want to sleep more than usual. You can even expect a temporary worsening of autistic symptoms. Give him/her lots of extra care and love during these times. Cleansings usually last only a few days.

Q. How important is sleep?

A. Ensure that your child is getting adequate sleep because it is during deep sleep that most healing occurs. Household and bedtime routines may need to be changed significantly in an effort to try to achieve this. Dim the lights in the house after dinner. Do not watch TV. Weak adrenals can cause your child to become hyperactive when s/he is really quite exhausted. A weak adrenal syndrome can elevate cortisol levels at bedtime and your child cannot calm down enough to feel sleepy. You can start to break and reverse this cycle by offering:

● **Raw Colostrum.** Colostrum may have a sedative-like effect and

may help your child fall into a deep, healing sleep. At bedtime, offer 1/2 cup diluted with 1/2 cup YCK. If necessary, flavor it with stevia and vanilla, or vanilla and orange flavoring. The YCK in combination with raw colostrum aids its digestion. (Introducing the beneficial bacteria found in the young coconut kefir into the intestines at bedtime is especially recommended. Microflora tend to colonize more quickly when a person is lying still for the night.) Colostrum contains casein, but should be well tolerated once the mucosal lining of the gut is healthy, and a vital inner ecosystem has had time to become well established. Bowel movements will have become well formed. In those children who are drinking at least a pint of young coconut kefir a day, this gut healing can occur in as short a time as eight weeks.

● **Bedtime Tea.** A small, warm cup of Bedtime Tea by the Yogi Tea Company may also prove useful. Add a few drops of stevia to sweeten if necessary.



Q. Will my child be able to have dairy foods again?

A. Dairy foods containing casein are not allowed in the early stages of the BED—not until the gut lining is healed, the mucus barrier has formed, and healthy bacteria and yeast have colonized the intestinal tract. When the gut is open, porous, or inflamed (wounded), the casein protein (found in milk products and is very concentrated in cheese) crosses the mucosal barrier and enters the bloodstream. This protein is seen as a foreign invader and is attacked by the immune system. Allergy to casein is common unless the inner ecosystem is well established. Fermented milk (kefir) is much easier to digest than unfermented milk, so on the BED, we use only fermented milk. Kefir is preferred over yogurt because only kefir contains the friendly yeast that are present in a healthy inner ecosystem. Beneficial yeast control the overgrowth of pathogenic yeast and they also “eat up” galactose, a milk sugar that Dr. Peter D’Adamo has found to be a problem for those with blood type A. Milk kefir (a cooling, easily digested protein) can also be an excellent addition to your antiviral program, (see above) but only after the gut lining has healed and there is an abundance of dairy-loving bacteria present to help digest this delicious beverage.

Q. How can we best transition onto the BEDROK Program?

A. With children, we understand the need to transition onto the BEDROK protocol step by step, picking up one useful “tool” at a time. Continue to move in the direction of the strict version of the Body Ecology Diet, which is necessary to conquer the fungal infection and firmly establish a healthy inner ecosystem.

Do you have questions of your own about BEDROK? E-mail autism@bodyecologydiet.com

the BODY ECOLOGY DIET

BEDROK

GETTING STARTED WITH

» » » GUIDE

Getting Started with... **BEDROK**

BODY ECOLOGY DIET RECOVERING OUR KIDS

● GOALS OF THE BEDROK PROGRAM:

1. To nourish the cells and tissues of the body with high quality, easily-digested foods that contain superior nutrition.
2. To bring ALL infections under control. (We see autism as a gut/brain infection.)
3. To open the detoxification pathways allowing the body to continually cleanse out toxins that have accumulated since conception.
4. To create a strong, vital inner ecosystem in the intestines that will ensure the digestion and absorption of foods so that nutrient deficiencies that accompany autism are corrected. This vibrant inner ecosystem will also ensure a healthy intestinal lining, provide relief from food allergies, and ensure a strong immune system that will protect the child from further infections. Because neurotransmitters are manufactured in the intestines, a healthy inner ecosystem leads to happier, more stable emotions and a sense of well being.

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BEGIN BY REMOVING: ALL foods containing: sugars in any form, gluten, casein & processed foods

BEGIN BY INTRODUCING:

• **Young Coconut Kefir™ (YCK).** Start YCK immediately. Most children love this fermented juice. You may use stevia and the sour, unsweetened fruit juices (black currant, cranberry, lemon, lime, pomegranate, pineapple) for flavor. If your child does not like this drink at first, introduce it into his/her diet by adding it to a diluted favorite juice drink. Gradually eliminate the juices and just offer the YCK. ideally YCK should be taken frequently throughout the day, gradually increasing the amount each day; your child may drink as much of this as s/he wants. Try to have at least 1/4 to 1/2 cup in the morning upon rising, with meals, and at bedtime. Many children love it plain and eventually enjoy drinking it without added juice or stevia.

• **Young Coconut Meat.** Fermented and young coconut can be introduced immediately to provide a raw, easily-digested, vege-

tarian protein. It also contains valuable lauric (antimicrobial) and caprylic (antifungal) fatty acids. It is great for breakfast and snacks, and combines well with acid fruits. It is delicious sweetened with stevia.

• **Raw Butter.** After being on YCK for 3-4 days, digestion of fats will have improved. Raw butter helps heal the mucosal lining and helps the microflora adhere to the intestinal mucosa so the inner ecosystem can colonize. Encourage your child to eat as much as s/he wants as long as stools indicate healthy digestion. If necessary, introduce slowly while the liver, gall bladder and inner ecosystem become stronger, then increase.

• **Nariwa Water.** 1-2 bottles a day is ideal because it helps with hydration and detoxification.

• **Vegetables.** Ideally 75-80% of each meal, veggies should be from the land and from the ocean (raw, cooked, and especially cultured.) Dark green veggies like kale, collards, broccoli are especially valuable. Starchy veggies (red-skinned potatoes, acorn and butternut

squash) are fine and are delicious topped with raw butter.

• **Cultured Vegetables (CV).** CV should be introduced as early as possible. (We understand that there is a learning curve to making and eating these wonderful foods, but the more fermented foods your child eats, the healthier s/he will become and the sooner you will see results.) CVs are especially beneficial with meals containing animal protein. Your child, ideally, should have CVs or YCK (or both) with every meal. CVs may be puréed for very young children who do not chew well. For children not used to the tart and sour taste, you can easily flavor the veggies with any of the BED oils (olive oil, pumpkinseed oil (rich in zinc), raw cream, homemade mayonnaise), Celtic sea salt, and stevia to soften the tart taste.

Note: Fermented foods (YCK and CVs) are the real “stars” of the BEDROK program. Make them a part of every meal.

• **Vitality SuperGreen.** Vitality SuperGreen is an alkalizing, nu-

trient-rich drink designed to heal the intestines and restore and maintain a healthy inner ecosystem. It has a positive, nourishing effect on the brain, central nervous system, enteric nervous system (“gut brain”) and liver. Have one or more servings a day.

• **Undenatured Whey Protein.** After being on YCK for about 10 to 14 days, add one scoop of undenatured whey protein to the Vitality SuperGreen drink. At this time we recommend ImmuneProRX (one serving a day in a morning drink). Whey protein does not contain casein. (Milk has two proteins: 80% casein and 20% whey protein.) Whey protein increases glutathione levels in the liver, which helps with detoxification. It is also great for muscle development. Used along with the raw butter, you will be pleased with the nice muscular body your child soon develops. All blood types seem to do well on this whey protein.

• **Animal Proteins that are Hormone and Antibiotic-Free.** These proteins should ideally make up 20-25% of each meal. Easier to digest animal proteins include: fish, chicken (cooked slowly at low temperature), softly scrambled eggs (also at low temperature). Knowing your child’s blood type can be helpful since As tend to have low stomach acid and thus have more difficulty digesting protein. If your child can swallow capsules, HCL with pepsin helps with digestion of animal protein.

• **The four BED grains.** Quinoa, millet, amaranth and buckwheat are

gluten-free. They are seed-like and high in vegetable proteins. Soak in pure water for 12-24 hours before cooking to inactivate enzyme inhibitors and improve assimilation of nutrients in the grains.

• **Oils and Fats.** On the Body Ecology Diet, we use a variety of organic, unrefined, virgin oils. With this variety of fats and oils you obtain an excellent array of valuable fatty acids. Each oil brings certain “gifts” to the body. With a well established inner ecosystem, fats and oils are digested properly and become extremely valuable nutrients.

BED Oils include

1. Coconut oil and MacNut oil (from Australia), both good for sautéing
2. Raw butter, raw cream, X-factor butter
3. Extra-virgin olive oil and MacNut oil, both provide mono-unsaturated fats and antioxidants
4. Pumpkinseed oil, an excellent source of zinc
5. Cod liver oil and flaxseed oil, both provide Omega 3 fatty acids
6. Oil blends such as flax seed oil with evening primrose (for example, “Essential Woman” by Barleaus, good for both sexes).

• **Raw Cream.** Introduce cream after the stools are well formed and the inner ecosystem has had time to become well-established. This could be as early as eight weeks. Start with a small amount and gradually increase. By slowly increasing the amount, the microflora are able to “educate themselves” on how to digest this new, heavier but very valuable fat. You can also culture raw cream into sour cream, or whip it with white stevia powder to create a delicious whipped cream. Add a splash to egg yolks, salad dressings, beverages and to Vitality SuperGreen). One-half cup of raw cream can be whisked together with egg yolk, stevia and vanilla flavoring for a tasty treat. Pour this

into an ice cube or popsicle mold for a special treat in hot weather.

Note: Blood types O and B seem to require more fats than blood types A and AB.

Note: Raw butter and raw cream nourish the brain and contribute to healthy bones and teeth. Our goal is to duplicate the raw fat in a healthy mother’s breast milk with these two raw fats. Over 50% of breast milk is fat. This type of fat is essential for a well-nourished brain and for the assimilation of minerals so that your child has healthy bones and teeth. It is never too late to nourish and regenerate the brain, bones and teeth.

• **Fruit.** If your child must eat fruit, berries, grapefruit, kiwi, green apples and pineapples are preferred over sweeter fruits. (Especially avoid bananas, raisins, and dried fruits.) Always include at least 4 oz of YCK (loaded with lots of minerals and microflora) with any fruit eaten. It helps negate the negative effect of the sugars found in all fruits. Even these natural sugars feed a systemic fungal/yeast infection and cause the blood to remain too acidic.

• **Beans & Legumes.** Eat according to blood type. Always soak, cook for long periods of time with kombu, water, and sea salt, and combine only with non-starchy vegetables.

Bloodtype AB

YES: navy, pinto, green lentil. **NO:** aduki, black, garbanzo, kidney.

Bloodtype B

YES: kidney, navy, lima. **NO:** lentils, aduki, black, pinto, black-eye pea.

Bloodtype A

YES: aduki, black, pinto, black-eye pea. **NO:** lima, garbanzo, kidney, navy.

Bloodtype O

YES: aduki, pinto, black-eye pea. **NO:** kidney, lentil, navy.

▶ **ANTI-VIRAL PROGRAM** (4-10 days)

In children with autism spectrum disorder, there is an underlying viral as well as a fungal infection. Both must be treated. The BED was originally developed to treat fungal infections and is the most effective program available today for conquering this serious infection. It takes several months of strict adherence to the program to bring a systemic fungal infection under control.

Research indicates that viruses easily change from dormancy to a chronic or acute infection very easily when the blood becomes too acidic and when the immune system is weak. An active viral infection can be brought under control more quickly than a fungal infection, but one must adhere to this strict BED antiviral program for at least four, but preferably ten days. The viral condition must at some point be addressed in children with autism. Autistic symptoms typically worsen when the virus is active, and this acute state is an especially good time to do the anti-viral program.

The following foods are omitted from the diet:

- All sugars in any form.
- Grains (even the BED grains).
- Animal protein.
- Nuts and seeds.
- All fruits, because of their natural sugars, including acid fruits (lemon, lime, cranberry, pineapple, black currant, kiwi).

The following are the only allowed foods & beverages:

- Young coconut kefir, (YCK). Drink as much as possible.
- Raw vegetables.
- Cultured vegetables (cooling, alkaline and nutrient dense).
- Cooked vegetables (especially dark leafy green & sea veggies).
- Vitality SuperGreen drink with undenatured whey protein.
- Nariwa water.
- Apple cider vinegar (about 1 tsp) in 8 oz water. If the vinegar flavor is too sour, add stevia and some fresh lemon or lime juice.
- Raw butter. Include only after your child has been drinking YCK for at least four days.
- Veggie broths and soups, including miso soup with kombu stock and wakame (two ocean vegetables).

After ten days gradually restore BED grains and then animal protein into the diet.

