**Donna Gates, M.Ed., ABAAHP**, is the international best-selling author of The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity and The Body Ecology Guide to Growing Younger: Anti-Aging Wisdom for Every Generation. For the last 25 years, she has been on a mission to change the way the world eats. Her first book, The Body Ecology Diet, introduced the world to a sugar-free, gluten-free, casein-free, and probiotic-rich diet and a way of life that is now followed by tens of thousands of people around the world. The Diet grew to popularity initially by word of mouth and all these years later, still stands the test of time.   
  
In 1994, Donna introduced a powdered blend of stevia rebaudioside to the US and it has since become the safest and most popular natural sweeter in the world. She pioneered and championed foods like young coconut kefir and coconut oil, and coined the phrase “inner ecosystem” to describe the still undiscovered network of microbes in our gut, now called the “Microbiome.” She also began teaching about the long-forgotten health benefits of fermented foods to provide the diversity needed in a healthy gut.   
  
Over the past 25 years, Donna has become one of the most respected authorities in the field of digestive health, diet, and nutrition. In 2013, she completed an Advanced Fellowship with the American Academy of Anti-Aging Medicine. Donna’s extensive research and dedication to learning help her stay ahead of what’s coming in the field of health and nutrition. Her latest passion is nutritional genomics. She will soon launch a training program for practitioners that confirms that Body Ecology is a Gut Smart/Gene Smart way of life.