

The body ecology diet Blueprint

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 this.

The body's inner ecosystem is made up of beneficial bacteria, friendly yeast, and even commensal viruses that naturally live inside the digestive tract of each and every living being including fish, birds, insects and humans. We now know that the inner ecosystem influences everything from our waistline and mood 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: a balanced inner ecosystem and a healthy digestive tract are essential if you want to live 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 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 fruit except lemon, lime, black currants, and cranberry.
- Casein—found in dairy foods, including dairy kefir.
- Gluten and all grains. The 4 Body Ecology grain-like seeds: millet, amaranth, quinoa, and buckwheat are allowed in stage 1.

The following foods should be eaten with caution:

- All nuts and seeds are high in oxalates except pumpkin seeds. They are also difficult to digest and should be soaked (8 -12 hours) before eating to remove the phytic acid. They are also high in copper and will cause a zinc/copper imbalance if too many are eaten, creating extreme fatigue.
- All beans and legumes, which are a protein starch and are naturally difficult to digest.
- All sweet starchy vegetables such as beets, parsnips, sweet potatoes, and yams. When eaten raw they are fine. (E.g. grated into a salad.)

Phase 2 of the Body Ecology Diet

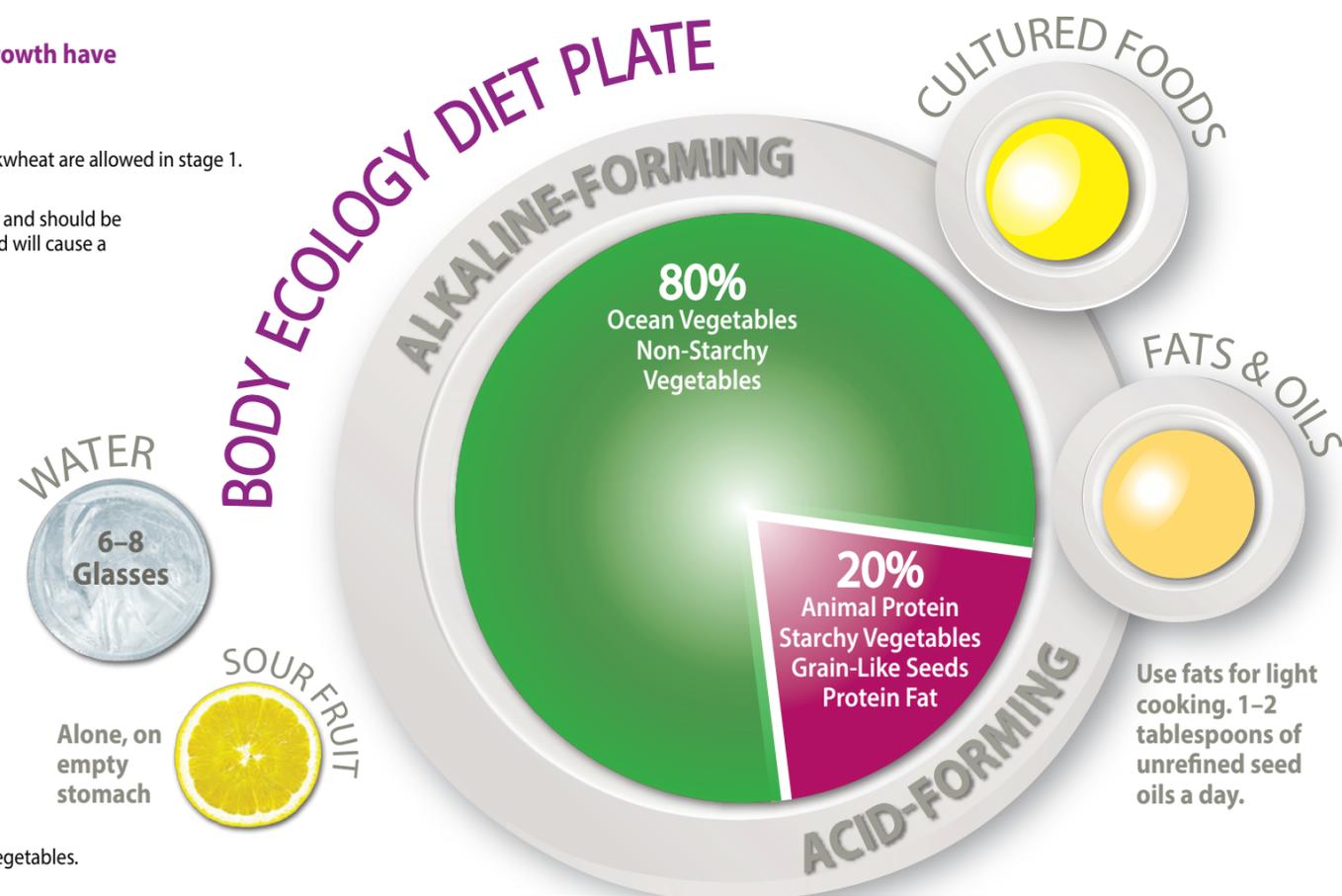
Phase 2 begins when all symptoms of candida overgrowth have disappeared, and a robust, diverse inner ecosystem has been established. On Phase 2 of the diet, you can reintroduce:

- Small amounts of low-sugar fruits, including berries and sour fruits like grapefruit and kiwi.
- Milk kefir. Kefir has been cultured with beneficial bacteria and yeast that digest the lactose (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.
- Beans and legumes that have been soaked overnight.
- Sweet, starchy vegetables like beets, parsnips, sweet potatoes, and yams.

Remember to introduce one new food at a time, watching for signs of intolerance or reaction. Nuts and seeds are high in oxalates so should be reintroduced with caution and only small portions eaten, if at all. People with candidiasis react strongly to foods high in oxalates.

The Principle of Food Combining

- Eat fruit alone and on an empty stomach.
- Always eat protein with non-starchy vegetables and ocean vegetables.
- Always eat grain-like seeds and starchy vegetables with non-starchy vegetables and ocean vegetables.



WHERE TO BEGIN

The body's needs fluctuate over a 24-hour period.

Similar to the bustling activity of daytime hours and the quiet of night, the expansion and contraction of the body is regulated by your circadian rhythm. We have designed a program that optimizes energy levels, helps repair digestion, and rebalances your inner ecosystem.

MORNING

The body becomes dehydrated during the night, making it very contracted and too acidic. Begin hydrating and alkalizing as soon as you wake by drinking at least two glasses of water with minerals (e.g. Ancient Earth Minerals™). Also, eat lightly and give your digestive system time to wake up.

- Healthy options include a green smoothie, a "probiotic juice" and a green protein shake made with Vitality SuperGreen™ or Super Spirulina Plus™ and one of our probiotic beverages (CocoBiotic, InnergyBiotic, Dong Quai), or young coconut kefir.
- One pouch of Body Ecology's Digestive Care Multi™.



AFTERNOON

During the day, the body is expansive and needs robust foods to fuel activity. Energy peaks around 11 am - 2 pm. This is the best time to eat animal protein foods.

- Animal protein with raw and cooked non-starchy vegetables and ocean vegetables. Vegans can eat high protein grain-like seeds instead of animal protein.
- ½ - 1 cup of cultured vegetables made with Veggie Culture Starter™.
- One pouch of Body Ecology's Digestive Care Multi™.



EVENING

As you prepare to sleep, it is important to consume foods that are calming and help you make serotonin, the precursor to the sleepy hormone melatonin.

- Choose to eat grain-like seeds instead of animal protein. Pair with non-starchy vegetables and ocean vegetables.
- ½ - 1 cup of cultured vegetables made with Veggie Culture Starter™.
- One pouch of Body Ecology's Digestive Care Multi™.



Disclaimer: The information provided in this blueprint is not purposed to replace professional medical diagnosis, treatment or even advice. You should always consult a qualified healthcare professional with questions about any medical condition. Any results presented here do not constitute a warranty, guarantee, or prediction regarding the outcome of an individual for any particular issue. Body Ecology Inc. accepts no responsibility or liability whatsoever for the use or misuse of the information or products suggested here.

WHAT TO EAT

NON-STARCHY VEGETABLES			OCEAN VEGETABLES	PROTEIN FAT	STARCHY VEGETABLES	GRAIN-LIKE SEEDS	ANIMAL PROTEIN	FATS/OILS	FRUIT
Vegetables	Cruciferous Vegetables	Root Vegetables							
Cucumber	Broccoli	Carrots	Dulse	Pumpkin Seeds	Red Skin Potato	Millet	Fish and Shellfish	Unrefined, Organic Seed Oils	Lemon
Green Beans	Brussels Sprouts	Daikon	Hijiki	Sunflower Seeds	Acorn Squash	Quinoa	Poultry	Unrefined, Organic Coconut Oil	Lime
Lettuces	Cabbage	Garlic	Kelp	Flax Seeds	Butternut and Winter Squash	Amaranth	Beef	Raw, Organic Butter and Ghee from Grass-Fed Cows	Cranberry
Okra	Cauliflower	Leek	Kombu	Coconut	Artichoke	Buckwheat	Eggs		Black Currants
Parsley	Kohlrabi	Onion		Avocado	Jerusalem Artichoke				
Red Bell Pepper	Mustard Greens	Radish			English Peas				
Spinach		Scallions							
Zucchini and Summer Squash									

ALKALINE-FORMING ACID-FORMING NEUTRAL

WHAT TO EXPECT

The Body Ecology Diet starves candida/yeast overgrowth and rebalances your digestive health. Many people feel much better at first. However, as the yeast die off they can feel fatigued and symptoms often reappear. This is temporary. The body must get rid of the excess waste and toxins caused by these pathogens so enemas and colonics are highly recommended to accelerate detoxification. Even if you don't feel like it take a long walk or do some form of gentle activity like yoga or rebounding. Keep your body moving.

Support your body during the detoxification process by eating plenty of cleansing fermented foods, including cultured cruciferous veggies and coconut water kefir.

Our emotional attachment to certain foods, especially sugar and gluten, make it difficult to give them up at first. Be gentle with yourself and remember your commitment to your own health. Each day is new and you set your own unique pace.

SNACK IDEAS

- Body Ecology Smoothie: 1 scoop Vitality SuperGreen™ mixed with 8 ounces of coconut water kefir and a few drops of Stevia 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 dulse flakes.



For more information and recipe ideas, go to www.bodyecology.com and download the Quick Start Guide or purchase "The Body Ecology Diet" book.

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The Way to BE
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