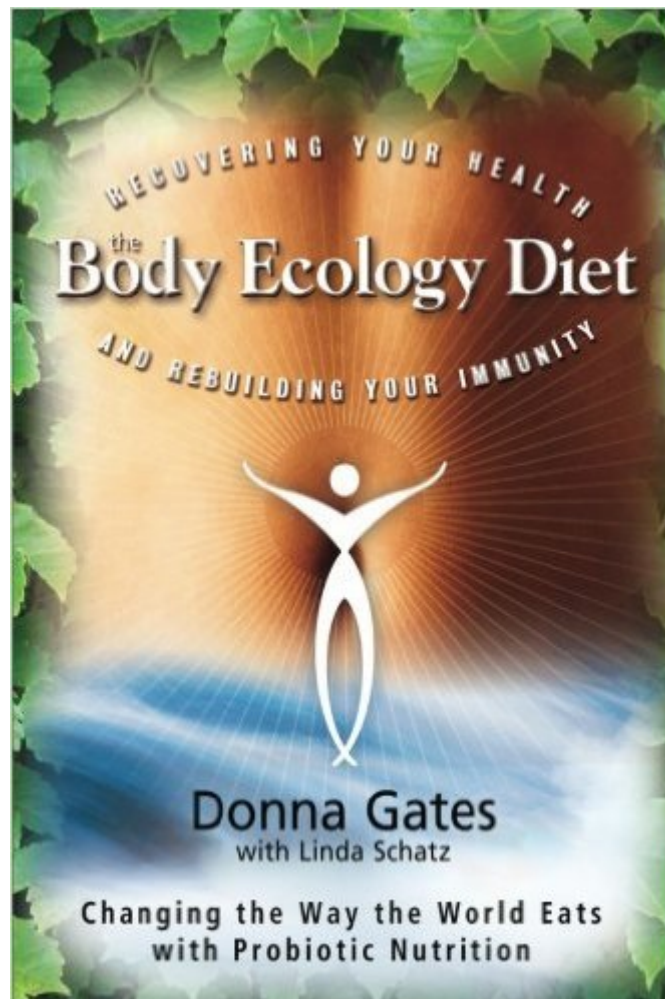


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The Body Ecology Diet: Recovering Your Health And Rebuilding Your Immunity



Synopsis

~~~~~ If you're experiencing discomfort, fatigue, or other symptoms that won't go away no matter what you do or how many doctors you see, chances are you're one of the millions unknowingly suffering from a systemic fungal/yeast infection, the hidden invader. • The result of an imbalance starting in your internal ecosystem, this can be a key factor in headaches, joint and muscle pain, depression, cancer, food allergies, digestive problems, autism, and other immune-related disorders. ~~~~~ The Body Ecology Diet reveals how to restore and maintain the inner ecology • your body needs to function properly, and eliminate or control the symptoms that rob you of the joy of living. Tens of thousands of people have already benefited from the Body Ecology way of life "Donna Gates shows you, step-by-step, how to eat your way to better health and well-being . . . deliciously, easily, and inexpensively!~~~~~ In this book, you will learn how to: use seven basic universal principles as tools to gain mastery over every health challenge you may encounter; focus on your inner ecology to create ideal digestive balance; conquer cravings with strategies for satisfying snacking and for dining away from home; and plan meals with dozens of delectable recipes, an array of menus, and detailed shopping lists.

## Book Information

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## Customer Reviews

I found out about this book through a raw blog. A guy described his battle with candidiasis. I didn't realize that guys could get it and I never realized that candidiasis manifested itself in a spectrum of ways that I suffered from. I purchased this book and spend about 2 weeks reading, studying, and highlighting the book. I started the diet last Monday and I have to admit that the book has become

my bible just because it's been a huge change for me that I continually have to refer back to the book. I photocopied a couple pages of the book to carry around with me and use as a reference when I'm out and I have to figure out what I can eat. I used to be on the raw food diet, ate organic and healthy and I was still experiencing a low immune system, breaking out, and a chronic yeast infection that I've had for over 5 years. I've tried treating the yeast infection with antibiotics, a watered down hydrogen peroxide douche, and boric acid suppositories. None of the treatments stuck. My yeast infection returned within a day or two of stopping the treatment. If I ever had more than one day a week of an early work day, I came down with a sore throat. I'm so ecstatic to report that this diet has cured me of my yeast infection. I can't believe it. It was difficult for me to return to cooked foods because I loved the principles of the raw food diet, but being cured of the yeast infection has made me a believer. Obviously my body wasn't receiving the nourishment it needed to heal itself. I gave this 4 stars only because the book is a constant advertisement for her products. I realize that a person needs to make a living, but I felt like it was a little overkill. If you do a Google search you can find other ways to make cultured vegetables without using her starter kit. I use 1 liter of water to 2 TB sea salt and pour it over a mixture of chopped veggies and let it sit on my counter for 7 days. So far, it's worked great. I also purchased water kefir granules 2 years ago from an online shop that only sells that and they are still healthy and creating wonderful drinks. I will eventually use them to make cultured coconut water. I went through some crazy sugar withdrawals during this first week. I felt like I was a drug addict. That has been the most difficult part of this adjustment. Teas with flavored stevias (specifically vanilla cream) and my recipe for homemade healthy kettle corn has helped me greatly.

I agree with what some of the other folks who did not give this book a 5-star rating had to say; HOWEVER, the principles at the heart of this book are priceless for us all. YES, the book is not very well thought out, its structure leaves much to be desired, the graphic of the eating plan is a disgrace, there are a lot of details that simply are not there and the author does leave you with a lot of questions ... BUT, the idea of the good bacteria vs. bad bacteria that lives in our gut is right on and I guarantee you can be free of a plethora of different symptoms should you choose to follow the few simple principles in this book. Now, as far as the author constantly pitching her products goes (and boy does she) you need to look past that; think of it as her just helping you along with a one-stop shopping site to get you started eating this way ... hey, a girl has to make a buck - let's not hold this against her. I started out ordering some of her products at the get-go because I was so excited about the diet that I wanted to start a.s.a.p. but later on you can shop around and find similar

products elsewhere if that makes you feel any better. Although, the products from her site are good quality and there isn't anything wrong with them, so really ... it's not that big a deal that she pitches them as much as she does. Originally I was drawn to this book because I had experienced various digestive issues for a really long time which had completely disrupted my life, but what I was really noticing was how many of my middle-age girlfriends were experiencing the very same issues - I'm 48 by the way. I just knew there had to be something causing this and I was beginning to suspect the pathetic agri-business that is responsible for feeding this industrialized nation but that's another book. I read the book and started slowly with some of Donna's suggestions, and as a result, my husband (who incidentally has no choice but to eat all these exotic new things I was so excited to fix for us) had finally found relief from the chronic constipation this man had endured for years! As for myself, all I can say, is that I finally feel like a normal human being again when it comes to my digestive tract. In fact, better than normal because the new normal seems to be irritable bowel syndrome, does it not? The list of symptoms I have helped people find relief from all thanks to the principals of this book is endless - so I suggest to you, if you are on the fence about reading this book because of some of the reviews here, just get the book and read it with an open mind. Then, most importantly, do not look for a structured eat-this-and-this-and-that kind of a schedule in this book - it's not that kind of a "diet" but more of the kind of diet where you learn the kinds of things that are just plain good for your health and what isn't. Yes, you will lose weight, but that is not what this diet is about, weight-loss is merely a side-effect from eating this way. What people do not realize is that so many other conditions we suffer from are originating in our unhealthy guts - fix that, and these other conditions can be cured as well. I've never been healthier and it shows, and it's all because of this book.

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