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The body ecology diet pdf free

This shopping list is for those on the initial 3-6 month Body Ecology Diet (B.E.D.). This stage of purification is a natural approach to solving the problem of yeast, bacteria or virus hypertrophy (i.e. These are your food people. If you want to go to stage 2, here's a shopping list for the second stage. B.E.D. was created by Donna Gates to give the guts a chance to rest 'n repair. Stage 1 in particular is known to quickly trigger the body's ability to self-treat the mechanism it is designed to. The foods below are nutrient-rich, easy to digest, probiotic rich, and gluten/sugar/yeast free. Give your guts a break by practicing food © here's a quiz to see if yeast hypertrophy is a problem for you. Most of the foods on this list can be found at your local health food store or made at home. A source of organic food to avoid pesticides, herbicides, synthetic hormones, and antibiotic residues like none of them will contribute to healing. You can print this list by scrolling down until you see the print button. \* Limit or avoid food labeled (\*) if you have diarrhea, abdominal pain, or bloating. After 6 weeks or so, you may be able to gradually weave these foods back as long as you progress and feel better. Take your time with the process; Security. The stronger your health problem, the longer your body can last to heal. B.E.D. Grocery List (Stage 1) Animal Protein Choose free range, grass-fed, antibiotic and hormone-free. Beef and Veal Cold Water Fish (salmon, sardines, smelt, shade, anchovies) ~ fish to eat, fish to avoid egg yolks (omega 3-rich) Fish eggs (Roe) Lamb Organs (kidneys, Heart, Liver) Pheasant, Pigeon and Quail Poultry Rabbit Tuna (opt for balanced caught tuna light from the Atlantic or tested by 3rd party, avoid Albacore/white tuna) Wild Game (bison, moose, game) Baking Products Dairy Drinks Choose products made from raw, grass fed, and organic cow or goat or camel or sheep's milk. Fats Choose organic, unrefined, cold-pressed virgin oils in the raw state, because the oils are very sensitive to heat damage. Source from a trusted company because many oils are mixed with cheap oils (i.e. corn, rapeseed). Extra virgin usually means that the oil has been processed at low temperatures, without chemicals. Unfiltered is the best. Note on olive oil: store in a dark, cool place (not refrigerated) and use within 6 months of opening. Avocado Barlean's Essential Man/Woman Coconut Milk (Fresh, Farmed)

Coconut Oil Fermented Cod Oil With Flax Seed Hazel Nut Oil Hemp Oil Macadamia Nut Oil Olive Oil (i.e. Jovial or Olives, Rinsed \* Pumpkin Seed Oil (Raw or Baked) Red Palm Oil Siberian Pine Nut Oil Sunflower Oil Fermented Food Fruit Organic, local, ripe fruit and food combine. Acai Apple, Sour Green BlackCurrant Cranberries (Fresh or Frozen) Lemons/ Limes Noni Juice Pomegranates Pomegranates Choose soak, germinate and cook body ecology way. Amaranth Gryka Jaskanin Jasutka Inflatable Millet Grain Sorghum SorghumNaLe\* (mini pops) Quinoa Quinoa Flakes \* Teff Ocean Vegetables Agar Flakes Dulse Kombu Arame Hijiki Kelp Nori Sea Palm Wakame Plant Protein Choose raw and unpasteurized and soak seeds and nuts. If you want to store them for a long time, then dehydrate them! Almonds Seeds Chia Seeds Lima Beans, Baby Pumpkin Seeds Sunflower Seeds Salt, Spices & Spices Herbs & Spices (especially anti-gynecology: cinnamon, coriander, garlic, ginger, Turmeric) Celtic Sea Salt, Original Himalayan Pink Salt or REAL Salt Eden Raw Wine\* Garden Herbs Herbamore Mustard and Horseradish (apple cider vinegar) Sea Seasonings (dulse/nori/kelp with garlic or ginger) Shiso Condiment Tekka Umeboshi Umeboshi Vinegar Umeboshi Vegetables Choose organic and naturally grown vegetables from small farms with good soil management techniques. Enjoy raw, frozen or cooked vegetables free of genetically modified organisms. Consume most vegetables in the raw state in summer (only if tolerated) and culture or cook vegetables in winter. Non-Starchy Vegetables Arugula Asparagus Bamboo Shoots Beet Greens Bok Choy Broccoli Brussels Sprouts Burdock Root\* Cabbage Carrots Cauliflower Celery & Celery Root Chives Collard Greens Cucumbers Daikon Dandelion Greens Endive Escarole Fennel Garlic Ginger Green Beans Jicama Kale Kohlrabi Lamb's Quarters Leeks Lettuces Mushrooms (shiitake,maitake-dried only) Mustard Greens Okra Onion Parsley Radishes (ed & daikon) Red Bell Peppers Scallions Shallots Spaghetti Squash Spinach Sprouts (except mung bean) Swiss Chard Turnips Watercress Yellow Squash Zucchini Starchy Vegetables Artichokes, French (fresh/canned without citric acid) English Peas Jerusalem Artichokes Red-Skinned Potatoes (if not sensitive to nightshades) Sweet Corn (mild starch when cooked and non-starch when raw) Water Chestnuts Winter Squash (butternut, delicate, acorn, kabocha) Supplements ~ commonly recommended on B.E.D. Thank you for your help this morning! I feel fearful reading this shopping list of © Man Food on the Body Ecology Diet Proper Food Combining Chart B.E.D. Support from Tara References Brown, S. & Trivieri, L. (2006). Guide to acid food. Garden City Park, NY: Square One Publishers. Gates, D. (2011). Baby Boomer Diet. Carlsbad, California: Hay House, Inc. Gates, D. (2006). Diet ecology of the body. Decatur, Georgia: B.E.D. Publications McBride, N.M D (2010). Gut & Psychology syndrome. United Kingdom: Medinform Publishing. Note: This blog post may contain affiliate links, please read here. Let all the bellies be happy! Disclaimer: This content is for informational purposes only; primarily of an educational nature; and should not be regarded as a substitute for advice which the patient, the reader, may require cause, now or in the future. Consult your doctor about any health problems(s) and keep him fully informed about the opinions, ideas, and dietary advice offered on this site that you find useful. A similar Body Ecology Diet (BED) shows you how to restore and maintain an important internal ecology your body needs to function properly and eliminate or control symptoms that rob you of the joy of life. With a confusing array of supplements, healthy food and fashion on the market today, Body Ecology offers a back-to-basics approach to restoring health and vitality. The simple needs we provide are adapted to one fundamental law of nature: the fact that our digestive systems are closely related to our immune, endocrine, circulatory and central nervous systems. Deeply affecting all these interconnected systems is an amazing world of beneficial bacteria: microscopic good guys who need to be present in the gut for you to be healthy. Our products are specially designed to help you nurture, nourish, purify and repair this abundant internal ecosystem (hence the name Body Ecology). Heath and Wellness Articles Adrenal Fatigue – Adrenal fatigue can be a real reason for exhaustion, weight gain and lack of willpower. Learn more about chronic stress, symptoms of adrenal fatigue and how to recover. Autoimmune disease – If you suffer from chronic symptoms that you can't get to the heart of, consider functional medicine. A functional medicine doctor will look at the body as a whole to get to the roots of symptoms caused by chronic diseases, including autoimmune diseases. Casein Sensitivity – After eating dairy, do you experience symptoms such as itchy skin, teary eyes, runny nose or stomach? Find out that you are sensitive to casein. Risk of diabetes – Bacteria in the digestive system can play an important role in the development of diabetes! Stop serious health problems before they start nurturing the gastrointestinal mucosa from live, healthy bacteria to bring balance to the immune system. Food allergies – One in twelve children in the US has a food allergy that is closely related to the permeable intestinal barrier. Learn how to get to the bottom of chronic food allergies and restore a weakened immune system back to health! Gluten Sensitivity – Sensitive to Gluten? The truth is that even the smallest amount of gluten in the diet can provoke inflammation and autoimmune reactions for up to six months! Hormonal imbalance – Traditional Chinese medicine tells us that hormone fluctuations can be the result of an imbalance of Yin and Yang in the body. In order to promote healthy reproduction and balanced hormone levels, it is important that digestion to bring the body back into harmony. Leaky Gut – Did you know that bacteria bacteria can your body detect when you feel stress? That's right! Chronic stress can lead to more serious problems, throwing the internal ecology of the digestive system out of balance. Probiotics – Aging Gracefully With Probiotics? While these healthy microflora are at work to increase immunity inside, you can reap the benefits of looking best outwards. Sugar Addiction – Sugar can feed candida, cause binge, contribute to skin aging, rob your energy and many other ills. You can have sweets without the dangers of sugar. Here's how! Weight Loss – Do you think natural weight loss is difficult? Donna Gates reveals what lies behind weight loss and how to free yourself from hunger and processed foods for good! The ecology system of body health and healing is one whose many aspects can take years to master, but these basic principles can be easily understood and followed. They consist of three simple dietary transitions that can have a profound impact on how you feel: Adding cultured foods to your diet Changing the quality of the fats and oils you consume drastically reducing your intake of carbohydrates and sugars The products and instructions that we provide to your dietetic ecology body (or BEDers, for short) are designed to make these three goals easy to achieve. Thousands today do not know why they feel so tired all the time, or are overweight. And while we do not promote BED only as a weight loss diet, it plays an important role in the fight against obesity, which is a major contributor to ill health. Six out of ten Americans are overweight (including nine million children), and we have epidemics of autism (over a million children), depression (more than three million teens) and hormonal imbalances (in men and women of all ages) are escalating at an alarming rate. More than 200,000 copies of the Body Ecology Diet have been sold... mainly as a result of friends telling friends about it, not advertising. Why? It works!! The body ecology diet is the most comprehensive and effective nutritional therapy available today! Body Ecology Diet makes it easy: Plan your meals with dozens of delicious recipes, menus and detailed shopping lists! Learn the simple principles of proper eating and combining food to balance your inner ecology. Use effective cleaning methods to restore the harmony of the system. Develop strategies to control the desire to snack and to eat away from home. Home.

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