

THE BODY ECOLOGY DIET



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Body Ecology is not just a diet it's a way of life, a holistic lifestyle with a clear path to good physical and mental health. Our system of healing and health helps 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.

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About the Body Ecology Diet

The Body Ecology Diet is the most comprehensive and effective nutritional therapy available today! The Body Ecology Diet makes it easy for you to: Plan meals with dozens of delectable recipes, menus, and detailed shopping lists! Learn simple principles of proper eating and food combining to rebalance your internal ecology.

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The Body Ecology Diet Recovering Your Health and

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

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What is the Body Ecology Diet nurturemygut com

The Body Ecology Diet is a way of eating whose purpose is to restore the gut, stomach, adrenals, thyroid, cleanse the blood, and most importantly, restore the good bacteria in the gut. The gut is 80% of the immune system so it is really the first place to start in restoring ones health.

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The Body Ecology Diet book does exactly that. I have never read about dieting in such a scientific and medically appropriate way. This is truly one of the only ways to eat if you are having medical problems and need to balance your system to feel bet A ground breaking book on eating appropriately.

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The Body Ecology Diet theblendergirl com

The Body Ecology Diet or B.E.D diet is an anti-candida diet that restores gut health and the inner ecosystems of the body by replenishing friendly bacteria in the digestive tract, building alkaline blood, and strengthening the immune system.

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THE BODY ECOLOGY DIET Way to Go Nutrition

The Body Ecology Diet teaches you how to balance the foods you eat. Some foods are naturally balanced. Refer to the chart with the arrow identifying foods in the two extremes as well as the balanced foods in the grey portion of the arrow which are the main foods to enjoy when following the diet.

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The Body Ecology Diet with the BE101 Home Study Course

The Body Ecology Diet is an approach to nutrition and lifestyle that unlocks your body's full potential and optimal health, so that you can engage life with a lean, strong and healthy body thriving with sustained energy, strong immunity and youthful appearance.

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