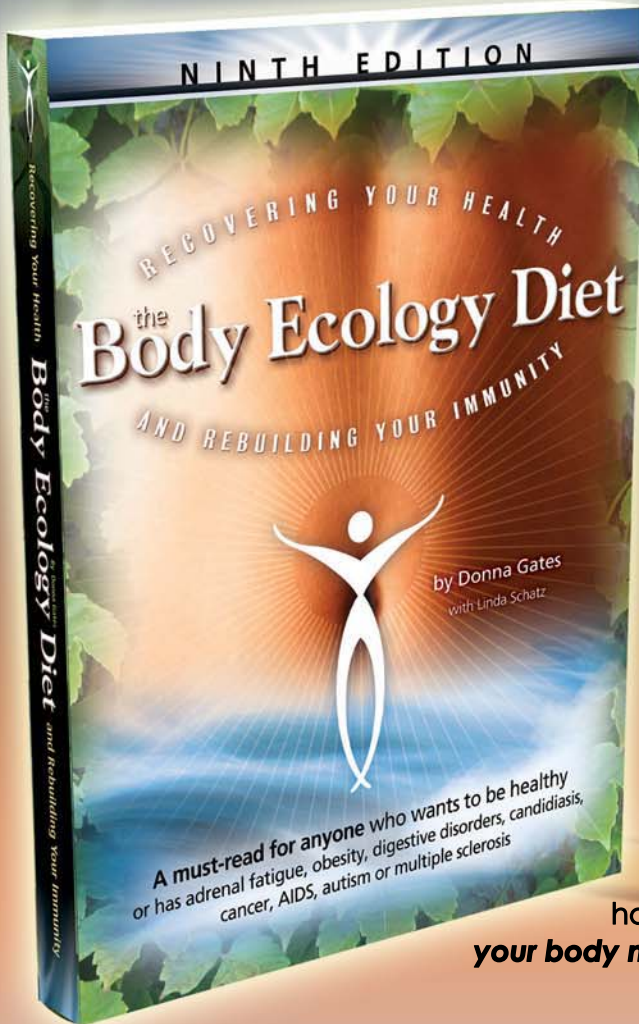


RECOVERING YOUR HEALTH  
**the Body Ecology Diet**<sup>TM</sup>  
 AND REBUILDING YOUR IMMUNITY



*Donna Gates,  
 Author of the  
 Body Ecology Diet*

**THE LEADER IN FERMENTED FOOD  
 AND NUTRITION**<sup>TM</sup>



If you experience pain, 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 tens of millions of Americans unknowingly suffering from systemic fungal infection. The result of an imbalance in the growth of a yeast naturally present in the body, this infection can be a key factor in:

- Food allergies
- Sensitivity to tobacco and odors
- Digestive problems
- Other immune-related disorders
- Headaches
- Depression
- Cancer
- AIDS
- Skin rashes
- Low sex drive
- Joint and muscle pain
- Menstrual irregularities
- Autism

The Body Ecology Diet is a detailed guide of how to **restore and maintain the important "inner ecology"** **your body needs** to function properly and to eliminate or control the symptoms that rob you of the joy of living.

The Body Ecology system of health explains **how to survive in the 21st century** by preparing traditional foods like **Kefir and Fermented Vegetables** that provide healthy intestinal microflora necessary for a strong immune system

**The Body Ecology Seven Principles and Seven Food Groups** have been utilized by tens of thousands of people and have helped reverse numerous conditions. Recommended by medical professionals and holistic healthcare practitioners and is considered the premier diet for **helping reverse autistic spectrum disorders**.



WWW.BODYECOLOGY.COM  
 1-800-511-2660





# Donna Gates

## BODY ECOLOGY

### *Recovering Your Health and Rebuilding Your Immunity*

Donna Graduated from the University of Georgia College of Family and consumer Science with a major in child development and a minor in Nutrition. She received a master's degree in Counseling from Loyola University. After graduation, she continued her study of nutrition and human behavior from the perspective of both traditional and alternative medicine. Discovering she had candidiasis and knowing that no method really existed that could conquer this serious, widespread condition, she took on the challenge of creating one. Gathering the most useful knowledge from Chinese medicine, Naturopathy, Natural Hygiene, Macrobiotics, and modern medical science, she created The Body Ecology Diet...a system of healing that has helped tens of thousands become well. Her book, The Body Ecology Diet, was published over 10 years ago and is headed for its 8th edition, with only word of mouth advertising, became a best seller. Over the years Donna has done research on many different health conditions and the use of herbs to supplement the body. Donna has continued to refine her concepts and her products and come to a deeper level of understanding as to why humanity is suffering from the physical, emotional, and spiritual conditions we are facing today. In her all her efforts to help everyone Donna has discovered the she has a special gift of helping children who suffer from Autism. Donna has developed a program called BEDROK (Body Ecology Diet Recovering Our Kids). In the Bedrok program Donna teaches mothers how to help recover their health and their children's health. Donna is visionary and her hope is to one day change the way the world eats.