

^ ^ ^ ^ 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.

Organic polymer chemistry, 500 Knives: Celebrating Traditional & Innovative Designs (500 Series), Rubber Stamping Artist Trading Cards, King Henry IV, Part 1 (Arden Shakespeare: Third Series) (Pt. 1), Letters from Theodore Roosevelt to Anna Roosevelt Cowles 1870 to 1918,

What leading experts are saying about the Body Ecology Diet: No one has ever put together all that we need to know about recovering and enhancing immunity. Our Body Ecology Diet will help you restore your internal harmony, regain all that we need to know about recovering and enhancing immunity - until now. Diet takes the mystery out of the often confusing topic of eating for optimum health.

The Paperback of the The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity by Donna Gates at Barnes & Noble.

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