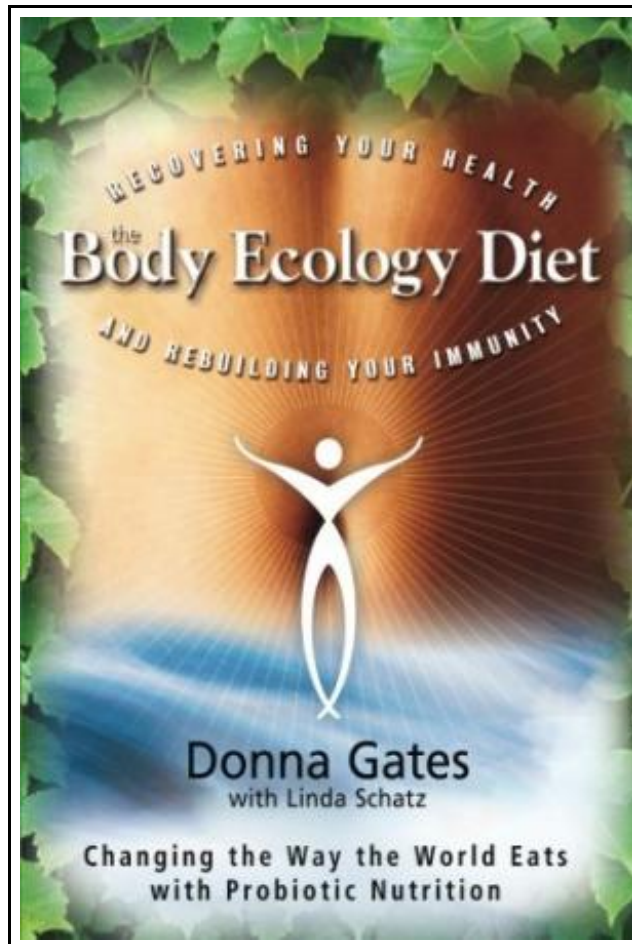


The Body Ecology Diet Recovering Your Health and Rebuilding Your Immunity



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Reviews

*Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.
(Prof. Antone Olson II)*

THE BODY ECOLOGY DIET RECOVERING YOUR HEALTH AND REBUILDING YOUR IMMUNITY



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Hay House. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.0in. x 6.0in. x 1.1in.If youre experiencing discomfort, fatigue, or other symptoms that wont go away no matter what you do or how many doctors you see, chances are youre one of the millions unknowingly suffering from a systemic fungalyeast 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. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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