

BODY ECOLOGY DIET BY DONNA GATES%0A

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[About Donna Gates - The Body Ecology Diet, The Healthy ...](#)

Body Ecology is a revolutionary system of healing in response to the major deficiencies in medicine and the commonplace approach to treating symptoms while ignoring root causes. The Body Ecology Diet was the first of its kind—sugar-free, gluten-free, and probiotic rich and has been adopted by doctors and health practitioners alike. [The Body Ecology Diet, The Healthy Diet and Nutritional ...](#)

Body Ecology Diet all natural supplements and body cleansing products detoxify, improve and restore health. Health products, cleanses, probiotic and [Donna Gates, The Body Ecology Diet - Startseite | Facebook](#)

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[The Body Ecology Diet, by Donna Gates SEVEN PRINCIPLES of eating and healing First thing in the morning, Principle #1: Expansion-Contraction](#) [Body Ecology Diet Food List | LIVESTRONG.COM](#) As with nuts and seeds, grains should be soaked prior to eating on this diet. Oils and Sweeteners. Stevia is the only approved sweetener on the Body Ecology Diet, and Donna Gates has even co-authored a stevia cookbook. All fats and oils used on the diet must be unrefined and should be organic if possible.

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About the Body Ecology Diet

Donna Gates has fused ancient wisdom with modern science to develop the most powerful eating program on the planet today. The Body Ecology Diet is a complete system of living that consciously brings the love of eating into your home. It's not about weight loss it's about health gain.

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Donna Gates, The Body Ecology Diet. Los Angeles, California. 65,338 likes 160 talking about this. Created by Donna Gates, The Body Ecology Diet is a

The Body Ecology Diet by Donna Gates

The Body Ecology Diet reveals how to restore and maintain the "inner ecology" your body needs to function properly, and eliminate or control the

Donna Gates and The Body Ecology Diet - The Chalkboard

The Chalkboard Mag shares an interview with Donna Gates of Body Ecology Diet. Learn more about what body ecology really means.

The Body Ecology Guide to Growing Younger eBook von Donna ...

Lesen Sie The Body Ecology Guide to Growing Younger von Donna Gates Expanding on the principles in the landmark bestseller The Body Ecology Diet.

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The Body Ecology Diet: Tens of thousands of people have already benefited from the Body Ecology way of life. Donna Gates shows you, step-by-step,