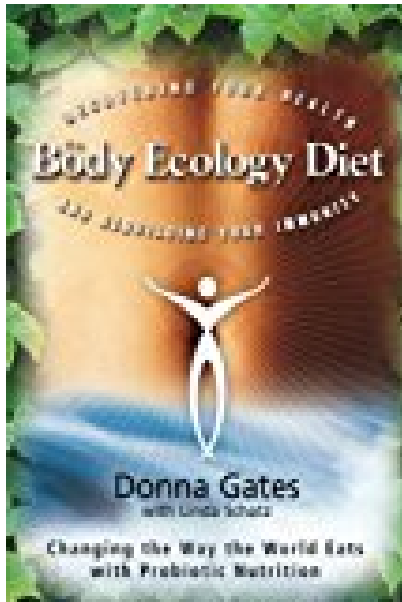


The Body Ecology Diet Recovering Your Health and Rebuilding Your Immunity



BOOK DETAILS

- Author : Donna Gates
- Pages : 384 Pages
- Publisher : Hay House
- Language : English
- ISBN : 1401935435

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BOOK SYNOPSIS

"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!"--Publishers website.

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