
the BODY ECOLOGY DIET

When something happens
to our children, our hearts
open and we take notice.
How is it that millions of
children around the world
have suddenly become
autistic? While researchers
look for the **genetic** cause of
autism, Body Ecology's
focus is on **diet** to prevent
and even reverse this
epidemic. Autistic children
are **catalysts**. They are
showing us that we must
make radical changes in the
way we care for both our
physical bodies and for our
planet. The world will be a
better place when we
understand the message
they bring.



AUTISM

B O D Y E C O L O G Y D I E T R E C O V E R I N G O U R K I D S

the BODY ECOLOGY DIET

the Body Ecology Diet (BED), developed by Donna Gates, has been in use for over 15 years to address immune-system issues, including viral and fungal infections, various auto-immune diseases, nutritional deficiencies and digestive disorders (IBS, ulcerative colitis and Crohn's disease). For the past several years, it has been used experimentally within the autism community with astonishing results. The first group of autistic children all showed very rapid and very remarkable improvement. Parents watched as behaviors and symptoms disappeared one by one.

The BED views autism as a combination of disorders—all correctable. A gut-brain infection in the early stages of the disorder distances the child from his surroundings. The goal of dietary intervention is to bring him back into our world and back to his true self.

Donna Gates has a passion for helping children. *BEDROK (Body Ecology Diet Recovering Our Kids)* is a program she is developing together with parents of children with autism. BEDROK has a strong spiritual component to it. Donna truly believes that the children coming into our world today are highly evolved beings and need to be treated as such. She explains, "Our planet is in such turmoil at the moment, and many children in this new generation carry priceless information and solutions to our most serious problems. But these highly evolved souls will come of age unable to fulfill their missions on earth unless we correct the conditions that threaten to hold them back."

Autism has multiple causes, including:

- Undetected infections (fungal and viral);
- Environmental toxins inherited from several previous generations;



Children with autism are spiritually advanced souls who come as teachers to millions of families and to the health care professionals who are treating them. They bring a vital message to all mankind.

AUTISM...

- Weak endocrine organs (adrenal and thyroid);
- Blocked detoxification pathways that prevent toxins from leaving their body;
- Congested livers, and
- Nutritional deficiencies coupled with vulnerable immune systems due to the lack of an “inner ecosystem.”

All these form a complex disorder that takes our children away from us and ultimately will prevent them from accomplishing their spiritual purpose. It is our responsibility to bring them back. The world needs this generation; we can't afford to lose them.

BEDROK Theory: Autism is a Gut/Brain Infection

At Body Ecology we believe that children with autism have a troubled, wounded gut coupled with an infection in the brain. We call this a “gut/brain infection.” As Donna explains, “The brain in our head that controls our central nervous system is intimately linked to the enteric nervous system or ‘second brain’ in our gut. If the brain in our intestines is suffering and infected, the brain in our head suffers too. Fungi (or yeast) and viruses have penetrated the blood brain barrier, infecting the brain. They have also infected the gut wall. We believe this explains the unusual behavior often seen in autistic children.

When the gut is wounded it is unable to perform its job as the first line of defense for the immune system (leading to various infections—especially candida). While permeable and infected it is unable to contain undigested nutrients inside the gut wall (leading to allergic reactions), and is unable to properly absorb nutrients to nourish the body (leading to nutritional deficiency, weakened inner organs and biochemical disturbances, especially in the brain).

So we start with healing the gut... We have a profound respect for Nature, so we try to copy Her as closely as possible.”

Most professionals treating autism are still unaware of our inner ecosystem. Though critical to our well-being, it is overlooked or under appreciated.



How Nature Prepares Us for Life in this World....

Perhaps you've not yet heard of an inner ecosystem, but it is one of the very first "gifts" bestowed upon us by Mother Nature.

The Inner Eco System (IES) is a complex civilization of microflora that must inhabit our intestines in order for us to thrive...or indeed survive in a world where potentially pathogenic viruses, bacteria, yeast and bacteriophages also coexist with us. Most professionals treating autism are still unaware of our inner ecosystem. Though critical to our well-being, it is overlooked or under appreciated.

During an ideal birth, Nature goes through a very methodical process of establishing an inner ecosystem exactly as it should be, with the correct balance of beneficial microflora in the intestines of each infant in the following manner:

- Shortly before birth, the cervix starts to dilate slightly, and the beneficial microflora in the mother's birth canal begin to invade the sterile environment of the womb.
- Once labor actively begins, the baby is further exposed for hours to large amounts of bacteria in the birth canal.
- All babies are born with an open, permeable or "leaky" gut for a very important reason. The mother's colostrum contains vital nutrients, antibodies, immunoglobulins, fats, proteins, vitamins, minerals and essential sugars. The *permeable* gut wall allows these vital nutrients to enter the baby's bloodstream, providing protection against

• ***Mothers unknowingly carry pathogenic bacteria or yeast in their birth canal when they are pregnant. The infection is often passed on to their babies. One research study showed that 85% of college-age women had a vaginal infection, and most were totally unaware of its presence.***

• ***Many of today's children inherit systemic (blood-borne) fungal/yeast infections, which adversely affect them from birth. Drug companies do not admit to the seriousness or frequency of these systemic fungal infections. Babies sometimes die from them.***



potential pathogens in the immediate environment. Both the colostrum and the breast milk contain essential sugars that feed the microflora and very importantly also create a layer of mucus on the gut walls. The microflora must have this layer of mucus to “nestle into” or they will not colonize.

- The gut wall closes and the unseen, under-appreciated process of establishing the inner ecosystem continues rapidly in the warm, moist environment of the newborn’s intestines.

This is how Nature “immunizes” or “inoculates” us. We wouldn’t feel the need to vaccinate our babies if we understood the purpose and the importance of the inner ecosystem.

Can An Infant Become Infected Before Birth?

- During pregnancy, a mucus plug blocks the opening of the cervix. Before labor this mucus plug is expelled so that the cervix can open, allowing the baby to pass through the birth canal. It has always been thought that this mucus plug prevented bacteria from entering the womb. Current research now reveals that pathogenic bacteria can and does penetrate the amniotic sac. The baby swallows the infected amniotic fluid and can become quite ill. This can also result in premature birth. Research now indicates that as many as 85% of young women of child bearing age have pathogenic yeast and/or bacteria in their birth canal.
- Millions of women knowingly or unknowingly have a systemic (in the blood) yeast infection. They can and often do pass this infection on to their unborn child. Viruses can also be “inherited” from the mother.

If a hearty inner ecosystem is established in a newborn baby’s gut over the first few months of life, these infections often can be overcome. However this is not the case today since few parents or even pediatricians are aware of these infections.

○ Approximately **85 percent** of our immune system is located in the gut, and the microflora are an integral part of keeping our gut healthy and our immune system strong. In fact, for research purposes scientists can create germ-free animals with no inner ecosystems. All are unusually susceptible to infections and must consume at least 30 percent more calories to maintain normal body weight or they become seriously undernourished.





*The day of birth
or shortly thereafter,
we begin to assault
the baby with
vaccinations,
weakening the
immature immune
system, and
assaulting the
immature organs
with toxins and
heavy metals.*



Creating an Inner Ecosystem in Your Own Body

When we are obedient to Nature and honor Her Way, an inner ecosystem is established for us at the very moment we are entering this world. *But it is our responsibility to maintain this vital inner world throughout our life.* Eating and drinking fermented foods and beverages each day builds robust inner ecosystems and hardy immune systems. Fermented foods contain essential microflora that sustain a healthy inner ecosystem throughout our life. All ancient cultures had fermented foods in their diets. If we knew and practiced this in our Western culture, we believe our children would not be susceptible to the chain of events that leads to autism.

What Microflora Do

Intestinal microflora are highly intelligent beings. When they inhabit our intestines, they communicate chemically with our enteric nervous system, or “second brain.” Through this communication, they are able to manipulate the environment in our intestines, serving us in many ways. Microflora assist our body’s immune defenses to fight off assaults from pathogenic microbes. They assist in the breakdown of foods that we must digest, and produce essential vitamins, including many B vitamins and vitamin K. They help us to extract minerals from our food, change the chemical nature of minerals to make them more bio-available to us and then help retain the minerals to build mineral-rich, alkaline blood. Microflora enjoy dining on the natural sugars in foods and use these sugars as a food source, helping them multiply rapidly. In fact, eating carbohydrates without the presence of these friendly microbes is harming us in many ways. People eating microflora-rich foods report that they soon stop craving sweets, desserts and other carbs, making it easier to avoid these unhealthy foods. Magical “alchemists,” beneficial microflora and yeast act upon

chemicals, pesticides and heavy metals in our foods, rendering them harmless. They can take byproducts of undigested amino acids and change them into useful substances. When uncountable numbers of healthy microflora create a garden-like world in your intestines, they keep their world clean and healthy. This then creates healthy blood, healthy organs, healthy cells...preventing aging and disease. Missing an important mineral like calcium? The microflora can act as catalysts and “biologically transmute” other minerals such as silica into calcium. Recent research also shows that they have the ability to signal the human body (through hormone-like chemicals) to do things like increase the number of blood vessels in a particular region of the gut. We at BED believe that research will soon reveal that the microflora are able to both send information throughout the entire body and also receive vital data via the connection between the two brains. This means that microflora would know exactly what our body needs at all times. We also feel that science has only scratched the surface in understanding the full range of activities of these amazing invisible organisms. **We wouldn't feel the need to vaccinate our babies if we understood the purpose or importance of the inner ecosystem.**

In the ancient martial arts our intestines are considered to be the “hara,” or power center of the human body. Spiritual masters teach about chakra centers, and this region is the “root” or base chakra. Disturbances in our hara create chaos throughout the entire body. Just as we humans are the creative life-force that inhabits our planet, Earth, the microflora are an intelligent life-force meant to inhabit and create life in the world inside us. When this inner world is in balance, it gives a whole new meaning to the biblical teaching, *“The Kingdom of God is Within You.”* Luke 17:20 (NIV).

Body Ecology offers hope, clarification and prevention for autism with a step-by-step approach.





BEDROK Theory: The Origin of Autism

As we have stated above, the potential for a child to become autistic often begins *before* birth. But autism has multiple causes; some inherited and some coming from environmental insults to the baby *after* birth.

- A child who has inherited a great number of toxins but who has the vital energy to eliminate these toxins will frequently “cleanse.” Children who have autism are not able to eliminate toxins easily. Their detoxification pathways are blocked. One of the reasons BEDROK works so well is **that our system of healing encourages cleansing** and many of the BED foods activate cleansing.
- The use of antibiotics and steroids after birth **hinders the development of the inner ecosystem**, and can even destroy it. Pharmaceutical companies that manufacture these drugs play a key role in that destruction, and physicians who prescribe them tend to be unaware of the existence of the inner ecosystem. **Lacking an understanding that the human body has this ability to purify itself of toxins**, parents today choose antibiotics **unnecessarily**. With each round of antibiotics the child’s immune system is further suppressed and the microflora needed to establish a healthy and functional gut are never allowed to develop. Without beneficial yeast and bacteria, the pathogenic **yeast/fungi** have free reign to take over the intestines. They secrete **dangerous toxins** and cause **inflammation, infection** and ‘holes’ in the mucosal lining of the intestines, **allowing partially digested foods through**. The undigested proteins and fats create allergies to foods that would normally be beneficial. Yeasts live off of nutrients in the blood, including minerals and proteins, and cause **severe nutrient deficiencies**. The fungi (nurtured by a high sugar diet) travel through the bloodstream, af-



BEDROK's initial goal is to recreate, as closely as possible, the original process that Nature uses to establish the baby's inner ecosystem and to conquer the systemic fungal infection.



fecting all organs including the brain. The toxins they produce are considered by many to be the most dangerous toxins in the body.

This is why BED views autism as a gut/brain infection.

- Vaccinations were meant for healthy individuals with strong, well-developed immune systems. No child with an infection is ever well enough to be vaccinated; yet on the day of birth or shortly thereafter, **we begin to assault the newborn baby with vaccinations**, naively expecting an undeveloped immune system to fight off one or more dangerous pathogens.
- Vaccinations and Rhogam shots sold in the United States still contain **heavy metals** even though parents with vaccine damaged children battle the drug companies trying to eliminate them. Sadly, both mercury and aluminum have violated the cells of billions of infants for generations. These heavy metals have been passed from both parents to their child. The infant then receives further doses of them in the form of vaccines. (These tainted vaccines are also being sold and used in unsuspecting, underdeveloped countries.)
- Human breast milk is the ideal food for a newborn. Yet, for mothers who are unable to breast feed, the baby is often given **formula with sugars that feed the intestinal fungus and that often contain soy, which suppresses the thyroid and inhibits absorption of calcium, magnesium, iron and zinc.**

Can Autism Be Prevented?

We believe it most certainly can! To *prevent* autism, a woman and her partner must *prepare* for their baby's birth. *Both parents* must *cleanse* out toxins even before conception and **nourish** their bodies with organic, nutrient-dense foods. **They must both build a healthy inner ecosystem in their own intestines, and the woman in her birth canal, by consuming fermented foods and beverages.** When healthy microflora colonize a woman's intestines

and birth canal, pathogens cannot live there. Her partner should take caution to also never pass pathogens to the mother of his child during times of intimacy. As we stated above, Body Ecologists do not believe that autism is exclusively an inherited disorder caused by a defective gene. Rather, parents give birth to a normal yet vulnerable child who is “at risk” for the disorder and then watch as their child regresses. A complex sequence of events, including an acidic blood condition, nutritional deficiencies, ineffective and undernourished endocrine organs (especially the adrenals and thyroid, which are needed to provide energy to heal), an accumulation of environmental toxins inherited from previous generations, systemic infections (yeast and viral) and a lack of an inner ecosystem are all factors occurring simultaneously. Yet, all of these problems are correctable... some quickly, others requiring more time. Remember we stated earlier that this gut-brain infection in the early stages of the disorder distances the child from his surroundings, and the goal of dietary intervention is to “bring him back to himself?” Well, with BEDROK our experience is that when the condition is caught early enough, a child comes back quickly. Then slowly but with certainty the child’s brain and body have to play “catch up” with those lost moments or years. But the body has a remarkable ability to heal and children have “seed power”...the energy to grow that seems to come from a Divine Unseen Force that created all life. Learning to trust in Nature again is a large part of the lesson in overcoming autism.

Part 2: The Solution

BEDROK’s initial goal is to recreate, as closely as possible, the original process that Nature uses to es-

“After losing my first child to autism, I feared my second child would endure the same hard path. Body Ecology not only brought my first child back to me, and equipped me with a wealth of knowledge to have a healthy and easy delivery the second time around. Eating cultured vegetables, raw and undenatured foods, and adopting Body Ecology principles, keeps me and my whole family healthy and happy.”

A BEDROK mom from our
Autistic Children’s Group





establish the baby's inner ecosystem and to conquer the systemic fungal infection. We start with a fermented beverage to quickly inoculate the child's gut with substantial amounts of beneficial yeast and bacteria. This is done using a wonderful food called Young Coconut Kefir. It is made by draining the juice of the young, green coconut and fermenting it with kefir starter for 36-48 hours. (The liquid from this young coconut should not be confused with coconut milk, which comes from a mature coconut and is nutritionally very different.) The fermentation process eats up the natural sugars in the juice, makes the minerals in the juice much more bio-available, and leaves a delicious, refreshing probiotic drink that is teeming with potent, protective microorganisms. The kefir starter, in addition to containing many beneficial bacteria, also has probiotic yeast, which are very effective at crowding out the detrimental yeast. The minerals naturally present in the coconut juice (potassium, sodium, calcium, magnesium) aid in the healing process by helping to alkalize the blood. Yeast, bacteria and viruses can't grow in our blood when it remains slightly alkaline. Infections start to be conquered and intestinal healing begins. And, very importantly, digestion of other foods happens as it should. For example, the raw, unrefined fats that are needed for the growth and maintenance of a healthy brain can now be assimilated. Enter the second "magic food" on the BEDROK protocol: raw butter. Butter is made almost entirely of milkfat, with vitamins A, D, E, CLA and X factor, and a short-chain fat called butyric acid—all very healing to the gut. It is important to find a source for raw, organic, grass-fed butter. The nutritional composition of the butter in the stores is just not comparable. Butter is a 99% casein-free food, meaning it does have a trace amount of casein in it. This may be a concern to some parents who



I am confident in guiding the people in my practice to the Body Ecology Diet. I see families with children on the autism spectrum, adolescents with ADD/ADHD and adults with acquired brain injury that are benefiting from the BED. Diet is key when we are trying to bring neurological order out of disorder. I am so proud to be part of this revived culture of true-value traditional food. I honor Donna for the work she has done.

Mary Bolles
Creator of the Sensory Learning Program



have been following a GFCF regimen, but we have found that when butter is introduced 4 to 7 days after starting the coconut kefir, that the trace amount of residual casein does not cause a problem. Right in line with their reverence for Nature, BED focuses on “real foods.” This means foods in their original form before man alters them. The BEDROK program consists of large amounts of vegetables and four high-protein, seed-like grains which are gluten-free and which do not feed the bad yeast, as well as high-quality meats, eggs, good fats, and mineral-rich Celtic sea salt and herbs for seasoning. The foods on the Body Ecology Diet and BEDROK present a new take on overlooked and long-forgotten foods (like fermented foods). You can even take an old idea and add a new spin to it. For example, you can cook traditional French fries in coconut oil and transform a notoriously “bad food,” into a healthy one. Instead of being boring or bland, meals are flavorful and creative.

BED’s principle of uniqueness is absolutely imperative in BEDROK. We celebrate the uniqueness of each child and know each child has different needs in order to heal. *What works for one child may not for the next, but establishing the inner ecosystem and healing the gut is a basic for everyone.*

The Diet uses food-combining principles to assist the digestive process, allowing the body to more easily and completely digest foods. The primary idea is to avoid combining starches (grains and starchy vegetables) with proteins (meats, chicken, fish, eggs, nuts, seeds, beans). We understand that we

“A probiotic supplement is not going to help you establish a healthy inner ecosystem in your child’s wounded gut,” Donna explains. “It takes potent fermented foods and beverages in large amounts and a systematic step-by-step process to do it. And again we look to Nature and focus on copying Her precisely.”



are working with children who may not initially be open to dietary changes, so we recommend **transitioning** onto The Diet...but do so as quickly as possible. Initially most fruits are discouraged because the sugars in fruit can feed the pathogens residing in the intestines. Lemon, limes, cranberry juice and black current juice are allowed, however, during the first stage. When first transitioning onto BEDROK, fruits that are sour (pineapple and green apple) may be offered, but fruits are always served with the young coconut kefir (or one of our other fermented beverages) to counteract the sugars. The grains recommended in the BED are all gluten-free: quinoa, amaranth, buckwheat and millet. These grains do not contain sugars that feed yeast, are high in protein and also help to alkalinize the body—another goal of the BED. By re-establishing the Inner Ecosystem, healing the wounded gut, and by feeding the body real, undenatured, medicinal and fermented foods, the body is then able to muster sufficient energy to begin the detoxification process. As detoxification pathways open, BEDROK honors the body's innate ability to eliminate toxins and welcomes frequent cleansings. Fermented foods (especially large amounts of young coconut kefir) are cleansing foods. They help the liver do its job of removing toxins from the body. Once healed, the gut allows essential nutrients through the mucosal lining to feed the brain, thyroid and adrenals. Well nourished, they, too, begin detoxifying and healing.

www.bodyecologydiet.com

Recovering Colin



By Colleen Murphy

By the fall of 2003, our beautiful vaccine-injured son, Colin, had made many gains through his home-based learning program. We felt that he was ready for a half day Montessori kindergarten.

Having never been to any school, to our delight Colin got off to a great start. Reportedly, he was the most attentive child during circle time! We were unprepared for what happened next. By the third week of school Colin succumbed to a host of previously un-encountered childhood diseases: roseola, croup, diarrhea, strange viral rashes, and the first ear infection of his life. His happy demeanor changed, and he became irritable and withdrawn. By December we had to pull him out of school.

Despite being at home, where his immune system would have a fighting chance to defeat these invaders, Colin's diarrhea persisted month after month. It worsened, until I finally agreed in May of 2004 to put Colin on a strong course of Vancomycin. Although Colin's bowel symptoms improved while on the antibiotic, they came back triple strength when we finished the drug.

Colin was in great distress, so I decided to attend the 2004 Autism One Conference, hoping to find some help for him. There I attended a talk on The Body Ecology Diet, and learned that Donna Gates was having a BEDROK retreat for those who wanted to learn the principles taught in the book, *The Body Ecology Diet*. While at the retreat, to our amazement, Colin soon began to eat the special food prepared for us. Although he didn't eat the cultured veggies, he quite willingly drank the Young Coconut Kefir, followed the food combining rules, and even ate some sea veggies.

Within 48 hours at the retreat, Colin was out of pain and the loud bowel sounds, gas and bloating were gone! That night I literally cried tears of joy because Colin made an actual stool! His recovery at the retreat was a miracle!

Going to the Body Ecology Diet retreat was the turning point in Colin's life. Because of this diet Colin is a very happy and energetic child, who enjoys gymnastics, karate, sledding and long nature walks. Although there have been a few bumps in the road with respect to his bowels, his symptoms pre-dating the Body Ecology Diet have never returned!

To read more about Colin's recovery, as well as other autism-related information, please visit www.bodyecologydiet.com and click on "Autism & ADD" link.

A Program with Compassion...

Knowing how critical support is to a family, Donna has begun to train and certify Body Ecologists to teach classes, and hold support group meetings to help parents of autistic children in their local areas. Our experience with children with autism so far has been that they come out of their mental "fog" within two to three weeks after introducing the young coconut kefir and the raw butter. There is often a noticeable dumping of toxins into the bowels, (often evidenced by stools that smell similar to mothballs), after which parents begin to see a weekly improvement in overall function. Believing that there is a "gift" in every difficult challenge, BEDROK parents often note how caring for an autistic child has made them stronger. The entire family benefits from this healthier way of life. For mothers, the BEDROK system of health and healing often helps them to deal with their own deep-seated fungal infections and the common complaints that follow, such as fibromyalgia, CFS and eczema. The details of the diet can be found in the book, *The Body Ecology Diet* by Donna Gates. Additional

information, including helpful products for implementing the diet, can be found at www.bodyecologydiet.com. You can also find information on yahoo groups where you can interact with mothers of children with autism who are implementing this diet. 🌱

Please visit us at www.bodyecologydiet.com to learn more about Body Ecology Diet research on autism, chat about autism/ADD, and browse for a wide range of information and products to recover your inner ecology. Or call 866-4BE-DIET.



ABOUT THE BODY ECOLOGY DIET

By Donna Gates

NATIONAL BEST SELLER!

Many healthcare professionals believe fungal/yeast infections and a weakened immune system are at the root of many serious health disorders. This book explains the underlying causes of these conditions, how to test for them, and offers a step-by-step approach to overcoming them.

The Body Ecology Diet teaches you:

- About a remarkable system of health and healing that is not really a diet, but a way of life with simple principles that guide you toward ideal health.
- About the 'missing piece' omitted in all other dietary programs that is absolutely essential to wellness.
- How to identify your unique dietary needs and sort through the bewildering array of conflicting research and dietary theories and create a healing program that is right for you and your loved ones.
- How to save thousands of dollars over a lifetime by purchasing only those foods and supplements that you really need instead of spending a 'small fortune' on useless recommendations.
- The dietary secrets that prevent weight gain and early aging. You'll look and feel your best.

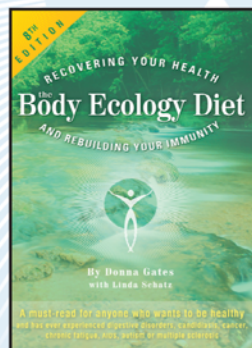
WHAT PROFESSIONALS HAVE TO SAY:

"The Body Ecology Diet is easy to understand and chock full of practical information. I recommend it!" —William G. Crook, MD, author of *The Yeast Connection and Chronic Fatigue Syndrome*

"No one has ever put together all we need to know about recovering and enhancing immunity—until now. I am making it a must reading for all my patients with candidiasis, immune disorders and food allergies." —Keith W. Sehnert, MD, author of *Selfcare-Wellcare, Dr. Sehnert's New Guide to Managing Your Stress*, and co-author of *Beyond Antibiotics*.

WHAT READERS HAVE TO SAY:

I would like to thank you for your wonderful book, "The Body Ecology Diet." I have been on the B.E.D. for about two and a half months now and have experienced a very significant reduction in the symptoms of my yeast overgrowth. I never would have imagined that my eating habits were the cause of the physical problems I was having (athlete's foot, itchy scalp, groin rash, intestinal gas, etc.). Your book made it easy to see that I wasn't allowing my body to heal/cleanse itself, and your program of health recovery was easy to understand and follow, once I determined to do it. —C.R., Fort Worth, Tex.



About Donna Gates

Donna Gates is an author, nutritional consultant and nationally recognized expert on candidiasis and related immune diseases. Her extensive research on these debilitating conditions spans the spectrum of traditional and alternative medical practices. A popular lecturer and the frequent subject of radio and television interviews, Ms. Gates holds an M.Ed in Counseling from Loyola University and a B.S. in Early Childhood Development from the University of Georgia.



**For more information about Body Ecology Diet and BEDROK,
Please call 866-4BE-DIET**

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BEDROK

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