

THE BODY ECOLOGY DIET

Expansion/Contraction Principle:

The chief principle built into the Body Ecology Diet (B.E.D.) is the expansion/contraction principle. Contracting energy is stored energy while expanding energy is released energy. Contracting energy is closed and tight while expanding energy is open, relaxed and active. By eating foods which are balanced with this principle, we are aiming to obtain the ideal energy state where we feel calmly centered and truly strong. Illness is either extreme constrictive when we feel closed and tightened or extreme expansive where we feel kinetic, nervous, uncomfortably intense energy.

Candida itself is a rapidly growing, expanding fungus that thrives in the impure, dark, moist, contracted areas of our body. To heal this condition, we must stop the growth of this aggressive fungus by withholding the food it needs and simultaneously change the imbalanced, weakened state of the immune system to a positive, energetic one. This is why we must choose our foods according to the expansion/contraction principle.

Foods with salt inside them such as animal foods and cheese produce a contracting effect. When we eat them, we feel more uptight or closed and a diet high in these foods causes constipation. Foods such as sugar cause expansion to take place as the blood stream quickly absorbs sugar and produces energy. All foods with sugar in them such as fruit, most dairy products, sweetened pastries, candy, alcohol are expanding foods.

The Body Ecology Diet teaches you how to balance the foods you eat. Some foods are naturally balanced. Refer to the chart with the arrow identifying foods in the two extremes as well as the balanced foods in the grey portion of the arrow which are the main foods to enjoy when following the diet.

When dealing with candidiasis, an expanding, rapidly growing fungus, it is appropriate to eat those foods that are slightly contracting at first. To strengthen the immune system, you need to eat more from the balanced center of the expansion/contraction continuum. To begin the B.E.D., you would choose to eat more eggs which are slightly contracting and then balance them with vegetables from the grey zones of the arrow in the diagram. Then, as your health improves, you would eat more foods from the grey balanced zone. Only after you manage to control the candida, would you be able to introduce expanding foods like fruit back into your diet.

Eat at least three to four meals a day of foods which are mainly balanced between the categories of Expansive and Contractive even when you are not that hungry for the beneficial cleansing effect they offer when you begin the B.E.D.

80% Vegetable - 20% Animal Protein Ratio

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With the B.E.D., there is a heavy emphasis initially on meats, poultry, and fish because these foods do not feed the candida fungus. Also, the extra concentrated protein is contractive which will help balance the expansive nature of candida. A ratio of 20% of your meal should be animal protein and 80% should be vegetables (including sea vegetables). Be sure to buy meat and poultry that are free from antibiotics and hormones.

As far as your blood type diet recommendations for meat is concerned, you will gradually return to eating the usual portions of highly beneficial meat (beef for Type O and lamb for Type Bs) and the mainly vegetarian Type A will go back to a diet centered on raw and steamed vegetables, soya protein and fish, etc.

The good news as far as respecting the requirements of Dr. D'Adamo's blood type diet are concerned is that fish is the preferred animal protein food on the B.E.D. Everyone should aim to have fish at least three times a week. The best choices are salmon and sardines because of their high content of omega 3 oils which favours the circulatory system helping it to carry vital nutrients to all parts of the body and removes waste products.

Eggs in the Diet:

Eggs are a food which helps strengthen the thyroid which is often weak in people with candidiasis. There are certain rules to follow with eggs, however. Since they are a concentrated contracting food, it may be best to eat them midday when the body has plenty of time and energy to digest them. Eggs are contracting, so it's good to eat them with raw cultured vegetables which are expanding and also full of enzymes to help digest the protein. It is recommended that you fry your eggs leaving the yolk runny and that you eat just the yolk. Eggs yolks have lecithin in them which aids in fat assimilation. They raise the level of HDL which is the good cholesterol. Heart disease has not declined even though Americans have drastically cut their consumption in half. Eggs are acidic, so you should eat them with alkaline vegetables. Type As and Abs may find eggs too acid-forming and therefore want to eat them less frequently than Type Os and Bs.

Tips to improve digestion of proteins:

Drink warm water and lemon juice after the meal. Take digestive enzymes with hydrochloric acid and plant enzymes with protease. Throughout the meal, slowly drink a mixture of two tsp. raw, organic apple cider vinegar and six ounces water. Cayenne pepper stimulates the secretion of hydrochloric acid. You can sprinkle it on protein food or cook with it (caution: if you have inflammatory conditions like arthritis, you may not be able to use cayenne because it will add to your pain.)

Use sea salt to make meals a little more contracting initially since lack of meat in your diet eliminates contracting quality. Drink green drink formulas with their high protein micro-algae and kefir too. Eat a varied diet, don't skip meals and follow the 7 principles.

Avoid Eating Nuts:

Nuts are protein fats and acid-forming so they are not on the diet. They can be eaten after the inner-ecosystem is restored. *Only* raw soaked and sprouted almonds are good because they are alkaline and slightly expansive. To soak: cover with purified water in a glass or stainless steel container overnight for 12 hours. Drain and refrigerate. To sprout: Soak almonds in a sprouting jar for 8-12 hours then drain. Turn upside down in your dish drainer for 8 more hours then refrigerate the almonds in an airtight container. Sprouting more than one day produces a bitter taste.

You can eat almonds (protein source) with any foods once they are soaked and sprouted. Toss a handful into a leafy green salad with an oil and lemon/herb dressing. Chew them well. Seeds on the diet are flax, sunflower, pumpkin, and caraway. Flax seeds (with shell) help digestion when you boil them to make a flaxseed tea. Steep for 10 minutes or longer (even overnight). Because seeds are a concentrated food, eat them in small quantities. They can be sprouted like the almonds and thrown into a leafy green sale with an oil and lemon/herb dressing.

Four B.E.D. Grains:

The four grains that are low in gluten and high in protein and do not feed the yeast are: millet, quinoa, amaranth, and buckwheat. The first three are alkaline and the last one is slightly acidic so it is best to cook buckwheat with good quality sea salt (which is alkaline) to balance its acidity. With grains, it is important to not overeat because if they stay in your stomach for too long, grains will ferment and feed the yeast. Blue organic corn chips can be tolerated if your condition is not too severe or once you've become more balanced.

Vegetables are Perfect:

Vegetables are nature's perfect food. Non-starchy vegetables like asparagus, broccoli, cucumber, garlic, collards, zucchini, onions, green beans excellent for combining with animal proteins or starch vegetables and grains. Examples of starchy vegetables are acorn squash, red skin potatoes, sweet corn, water chestnuts, artichokes, jerusalem artichokes, lima beans and English peas. They can be eaten only with the four B.E.D. grains and the non-starchy vegetables.

Eat baked red skin potatoes topped with ghee, lecithin and herbs plus a green salad. You could also top them with B.E.D. gravy and serve with raw, unsalted cultured vegetables which some might refer to as a home-made healthy form of sauerkraut - *refer to the handout called Cultured Vegetables.*

Ocean or Sea Vegetables:

Sea vegetables are rich in minerals, strengthen the immune system, particularly the thyroid. These include agar, arame, dulse, hijiki, kelp, kombu, nori, sea palm and wakame. Agar is a mild-tasting gelatin used to thicken puddings - it also aids in elimination. It's best to cook sea vegetables with plenty of sweet vegetables to get a good balance between the sweet and salty tastes. Besides recipes in the B.E.D. book you can adjust macrobiotic cookbook recipes by eliminating the miso and tamari and replacing them with a little good quality sea salt - not too much since sea vegetables are naturally salty. You can also buy "sea seasonings" such as dulse with garlic or nori with ginger.

Vegetables to Avoid:

Egg plants and peppers as they are nightshades and they often irritate the nervous system. Eat in moderation if you are not highly sensitive or hyperactive or have inflammatory conditions and you are blood type O or B. Brown skin potatoes are too high in gluten and feed the yeast. Beets (unless cultured), parsnips, sweet potatoes, yams are too high in natural sugars. Mushrooms with the exception of shiitake are too expansive and they are a fungus. Avocado is a fruit high in fat so it should be avoided. Tomatoes are also a fruit, however if you are an O or B you may tolerate them occasionally when eaten in season with a green salad. Always too acidic for As and A/Bs, especially when cooked.

Indoor, tray-grown "wheat grass" is really a long sprout which is too be avoided because they are too sweet and expansive. Mung bean sprouts typically have mold on them and alfalfa sprouts are good (Type Os may exercise caution).

Dairy Products:

Dairy products are to be avoided because the lactose (milk sugar) in dairy foods feed the yeast. Unfermented dairy products are also mucous forming for A, A/B and Bs. After your symptoms disappear, you will be able to tolerate a small amount of cultured dairy foods (kefir and yogurt). Add acidophilus to your yogurt or kefir and you can combine them with raw and lightly steamed vegetables or cultured vegetables.

If you have a weak digestive system, you may not be able to digest raw foods so you should concentrate on eating raw cultured vegetables and lightly steamed vegetables. The more cooked your vegetables, the more contracting. This would be preferable for someone whose body is expanding or they are ill. Raw, cold foods can also irritate the spleen which is a key immune system organ. Pay attention to how you feel when you eat raw vegetables. It's best to concentrate on eating a salad every day using the B.E.D. diet dressing and include at least 1/2 cup of unsalted cultured vegetables with your meals each day. The raw apple cider vinegar in the B.E.D. dressing helps to pre-digest lettuce making it easier to assimilate. It also, along with the raw cultured vegetables, helps to encourage the growth of friendly bacteria in the colon. You will notice a vast improvement in your health in two to three months as a result of these. The 80/20 rule is adjusted depending upon your health status. If your digestive tract is weak, eat 80% cooked and 20% raw especially during the winter, and during the summer and as you become healthier, switch the other way to 80% raw.

Leafy green vegetables which grow above ground like turnip greens, kale, collards and beet greens are rich in chlorophyll and help cleanse the blood. They also provide excellent sources of calcium and iron and should be included in every meal. Root vegetables which grow underground (carrots, onions, daikon, turnips) are more contracting in nature and provide strength and winter warmth.

Limited Fruits:

At first, the only fruits allowed are lemons, limes and cranberries since they are not sweet enough to feed the yeast. Later on as your candida gets under control, you can start introducing sour, acidic fruits such as grapefruit and kiwi. Take caution: eating fruit too soon often brings back candida symptoms. It may take a year or longer for you to be able to eat fruits again. When you do -- summer is best time -- follow the food combining rule of eating fruit alone. Lemons and limes are the exception in that they can be squeezed into drinks or on fish or other animal protein. Lemon and lime may not combine well with grains and starchy vegetables.

Raw Vegetable Juices:

Raw vegetable juice is good; however, if you have a body ecology imbalance, you need to wait until you've been on the diet at least three months and have fulfilled some other conditions before you start juicing. First and foremost, wait until you have detoxified your colon and have implanted significant colonies of friendly bacteria into your digestive tract. Reintroduce juices slowly and watch for signs to verify that your body is ready.

It's best to drink your juice on an empty stomach and wait 30 minutes before eating anything else. This is especially the case if your juice blend has a base of carrot, beet and/or fennel which means there are natural sugars present which don't combine with other foods. Nevertheless, it's best to "chew" your juice by holding it in your mouth, allowing the digestive process to begin by mixing it with saliva.

Raw Fruit Juices:

Raw fruit juices would only include lemons, limes and cranberries and granny smith apples. These green, sour apples make a better base for the raw juiced vegetables than carrots! You can have these juices on an empty stomach at least one half hour before eating other foods. A glass of unsweetened cranberry juice diluted with water and sweetened with the herb stevia is excellent for strengthening the bladder and alleviating urinary infections.

General Juicing Tips:

Use less sweet vegetables and substitute them for green apples and lemon juice. Add a high concentration of celery, cucumber, or a combination of green vegetables that are not sweet. You can also dilute some of the sweetness in your juice by adding spring or filtered water, and/or lemon juice. Try to juice only when you will drink right away. If it sits around, even in the refrigerator, it becomes sugary. If you are juicing for several meals at one time, keep the green apple or carrot juice in a separate container from the other juices and mix them together just before drinking.

Green drinks such as parsley, kale and watercress are great for cleansing your blood and cells because they contain high concentrations of chlorophyll. Use wheat grass juice sparingly by adding small amounts to other juices as they are too expansive initially and may cause nausea or dizziness.

Add 1 tsp. to 1 tbsp. raw apple cider vinegar to your juice. Its sourness balances the sweetness of the juice. You can also add Dr. Bronner's balanced mineral seasoning or other sea seasonings with dulse or kelp to enhance the taste. Add friendly bacteria to the juice as they love the sugar.

Liver Cleansing Juice Recipe:

6 oz. spinach juice; 2 oz. parsley juice; 8 oz. lettuce juice; 10 oz. broccoli juice; 18 oz. cucumber juice; 20 oz. celery juice; ginger to taste. Juice separately 8 oz. granny smith apple juice. Mix together 8 oz. of green mixture with one ounce of green apple and the juice of half a lemon.

Recommended Herbs:

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Brand-name herbs which are recommended include: Frontier Herbs curry powder; Herbamare (blend of herbs and sea salt); Trocomare (sea salt, blend of herbs, and cayenne pepper); Dr. Bronner's balanced mineral seasoning (green label only) used in the B.E.D. salad dressing; sea seasonings with dulse, dulse with garlic, nori with ginger, kelp with cayenne.

Sea Salt:

It's highly recommended that you invest in a special salt grinder for your sea salt which doesn't have metallic parts. Sea salt is wonderful when you start the B.E.D. because it is alkalizing and contracting. What's most important is that you use the right amount. If you use too much, your body will become too contracted and you will start craving expanding foods such as sugar again. It's best to use a small amount of salt (just enough to heighten the natural flavours) in the final 10-15 minutes of cooking a soup or vegetables. When cooked for longer, salt chelates, blending with other foods, and does not cause such a "salty" reaction in our bodies. Women should cut way back on salt from ovulation until their menstrual period begins to allow the body to open up, relax and expand to release the uterine lining. When a woman becomes too contracted from too much sea salt, she will have extreme cravings for sweet foods. And the reverse is true that women should eat more contracting salt close to ovulation to help the tiny egg "pop out".

Non-Alcoholic Flavourings:

You can use non-alcoholic liquid flavourings in your B.E.D. dessert recipes. The companies St. John's Herb Garden Inc., Frontier Herbs, and The Spicery Shoppe sell natural extracts such as almond, vanilla, banana, pineapple and even coffee. Look for the ones with a glycerine-based flavouring. These fruit flavours can be safely used because they don't contain sugar.

Fermented Foods:

All fermented foods such as sauerkraut, miso, soy sauce, tamari, tempeh are to be avoided. You can have two types of (unheated) fermented foods: raw, unfiltered apple cider vinegar and raw, unsalted cultured vegetables made with a variety of vegetables such as cabbage, carrots, daikon, garlic, celery, kelp, beets and herbs.

The benefits of apple cider vinegar and cultured vegetables is that they allow the lactobacilli that fight yeast and other unhealthy flora to proliferate (grow). When you take probiotics, you are adding beneficial bacteria and having the added benefit of cultured foods to help them grow is the best way to re-colonize your inner ecological

world. Apple cider vinegar is an "antidote" when you've had too much salt or sugar. It is rich in potassium and alkaline-forming. Cultured vegetables are vegetables that have been cut or shredded and left in a sanitary environment for a few days at the right temperature. This lets the lactobacilli and enzymes that are naturally present on the vegetables proliferate and help overcome the yeast.

Unsalted, cultured vegetables also help control sugar cravings. We recommend that you have at least 1/2 cup of raw cultured vegetables every day as you begin the diet and then vary the amount according to your body's needs later on. Word of Caution: Some people are highly sensitive to the cleansing reaction and experience great discomfort. If this is what happens to you, hold off on eating these foods for a few weeks until you no longer have a flare-up of your usual symptoms.

Stevia:

The herb stevia is a small shrub found in China and South America which is up to 300 times sweeter than sugar and being a natural product, has medicinal properties. It can be used safely and therapeutically, even by diabetics as an herbal sweetener. It is also an antifungal, anti-inflammatory, and antibiotic agent. Stevia also helps to balance the pancreas to ensure healthy digestion and it can also help to correct blood sugar disorders like hypoglycemia. When you use stevia, it will inhibit those sugar cravings which could lure you off the B.E.D.

Herbal Teas:

The teas recommended for healing and antifungal properties are: echinacea (blood type As and A/Bs) and pau d'arco (also known as Taheebo). Others are burdock root and dandelion for cleansing the liver and blood. Avoid fruit teas and teas with citric acid. Ginger aid tea made by Traditional Medicinals is another.

Butter and Oils:

Use only high-quality organic, unrefined vegetable oils, butter and ghee. The unrefined oils include: safflower, sunflower, pumpkin seed and flax seed for use in salad dressings. For sauteing, use coconut oil, butter and ghee. Remember to buy your oils in light-proof bottles and buy only organic. Unrefined coconut oil is a beneficial fat made up of mostly lauric acid (found in mother's milk) which has an antiviral effect in the body. Coconut oil is excellent for the thyroid and does not raise cholesterol when consumed in a diet that contains essential fatty acids like flaxseed or hemp oil. Coconut oil is also a rich source of caprylic acid ... a potent anti-fungal.

If you have a cholesterol problem, eat plenty of the following: daikon (a large white Chinese radish); raw vegetables (especially carrots, red peppers, broccoli, cauliflower); lemons; garlic and ginger; fish oils (salmon, trout, tuna); the B.E.D. vegetable oils which include coconut, flaxseed, pumpkin seed, sunflower and safflower; lecithin; and probiotics (acidophilus). Be careful to not eat excessive amounts of the oils, butter and ghee you can have on the diet as they delay the secretion of gastric juices that digest protein flesh. When eating oils with leafy green salads, cultured vegetables, daikon, apple cider vinegar and lemon juice, the digestion of these fats will be enhanced.

Ocean Vegetables:

To ensure that you assimilate the precious minerals in your ocean vegetable dishes, be sure to eat protein-rich foods, B.E.D. grains are high in protein, and the ocean vegetables themselves contain more protein and amino acids (the building blocks of protein) than beans. Ocean vegetables combine well with grains, starches, and with protein flesh foods.

Dulse: can be eaten right from the package as a snack. Dulse is high in iron and it's considered a brain food. Donna Gates sautes thinly sliced onion, then adds dulse, a little water, and some sea salt, covers this with a lid and lets it simmer for 20 minutes for a delicious quick vegetable to top a leftover grain.

Nori: can be used to make a convenient "sandwich" when a sheet of nori is filled with a hot B.E.D. grain, and then rolled up. Nori is used in Japanese restaurants for making sushi. Try toasting it by passing it quickly over a burner until it changes colour from black to green, then crumble it or cut it into thin strips, and use these to garnish soups, grain dishes, or salads.

Kombu: can be soaked overnight in spring water to create a mineral-rich broth. Use this medicinal stock when making soups or for cooking your grains. If you dry strips of kombu at a lower temperature in your oven, they become crisp like bacon and make a great snack.

Wakame: adds a pretty green colour and a delicate flavour to soups and salads. Soak it until soft, cut off the tough spine, chop it and add to any soup or salad of your choice.

Hijiki: has a mild and slightly salty or "fishy" flavour thus it requires more rinsing, longer soaking and cooking time than the other ocean vegetables. Simmer for 45 minutes to an hour until really tender and it melts in your mouth. Cook with onions and carrots.