WHAT TO EXPECT IN STAGE 1
When you begin Stage 1 of the Body Ecology Diet, there are many changes to your body that can occur. These may be unpleasant and worrisome but are normal!

Here are some things that you may experience and why they are happening.

I Don’t Feel Well:

You are most likely experiencing the die-off of bad bacteria, yeast and fungi, and for a short time, you may feel worse than before you began the diet.

Your symptoms are normal!

As these pathogenic organisms die, your body must eliminate them. “Die-off” reactions can show up in many ways. From your skin, your bowels, from mucus in your lungs, from unseen substances in your urine and even through the vagina toxins will be eliminated. It’s something to be grateful for but that’s not always easy to do. Feeling fatigued or even feeling that you are coming down with a cold or flu is common.

Those yeast that are no longer being fed begin to die off and toxins from all of those pathogens enter your blood stream. If the detoxification pathway is congested, you may experience symptoms such as a flu-like soreness, skin eruptions, dizziness, itching, emotional upheaval, sleep disorders, brain fog, or intensification of a pre-existing symptom.

To minimize this sometimes very miserable early stage of die off we recommend colon cleansing with a home enema or colonic. Stick with it, and you’ll soon have a cleaner body, fewer toxins and the energy that goes with it!

Cravings:

During the initial days of starting the Body Ecology sugar-free, gluten-free and casein-free diet, you may notice cravings for sugar. This is normal to experience as the yeast and microbes that have been living in your gut are wanting to be fed. They will send you signals that you need to eat those familiar foods in order to satisfy them. Read the “Sugar Cravings” and “Salt Cravings” documents on how to handle cravings so you can be ready if you do experience these effects.

Constipation:

What happens when we are constipated?

Constipation can slow down the healthy function of the liver which must empty into the colon. If the colon itself is congested, this hinders the liver and prompts
the body to place toxins into storage. These toxins have been found to accumulate in places like the liver, kidneys, heart and brain. Toxins can also be resorbed and—once again—circulated throughout the body. Over time, bulky waste matter can create pockets that become infected, which can lead to a painful case of diverticulitis.

When beginning a healthy way of eating, stored toxins will begin to be released. If detoxification pathways are not open and eliminating efficiently, many people may soon experience constipation. With the introduction of fermented foods, the microbiota go to work cleaning up their environment. If the fermented foods are introduced too quickly and the detoxification pathways are sluggish, some people may notice gas, bloating, and constipation. For these reasons, we typically recommend the use of home enemas or colonics when beginning a lifestyle change.

While herbal laxatives may seem like an attractive alternative, beware.

These herbs are powerful and frequently underestimated. Senna is used in Chinese medicine but only with extreme caution and care. This is because Chinese medical herbalists know that only certain constitutions can tolerate senna. And when used over the long-term, herbs like senna can deplete precious reserves of energy and fluid. Unfortunately, laxatives often prescribed to treat constipation can be addictive and may lose potency over time.

Other Possible Causes of Constipation:

- **Stress!** Negative emotions and high stress levels make the body contract and tighten, causing constipation.

- **Dehydration.** Most people overestimate the amount of water they drink, and dehydration hinders the elimination of waste.

- **Anti-depressants.** Serotonin influences peristaltic action (the wave-like muscle contractions) in your colon. Anti-depressants elevate your serotonin levels but one of the side effects is constipation. Too much serotonin and too little serotonin both cause constipation.

- **Travel.** Many people become constipated when they travel because of stress. Your gut is very sensitive to any stress, which causes it to shut down, tighten and contract. To eliminate well, your body needs to be in a relaxed mode.

- **Diets low in fiber.** The Standard American Diet is low in fiber from too few vegetables, ocean vegetables, fruits and grains. These fiber-rich foods act as a natural broom to “sweep out” your intestines.
• **Too many sugary, floury foods.** These kinds of foods ‘clog up’ your intestines and make it difficult for them to eliminate waste efficiently.

• **Lack of beneficial bacteria in the colon.** If you do not have enough good bacteria (microflora) in your intestines, it becomes a struggle for them to properly digest and eliminate your food. Keeping your intestines clean is one of the most important responsibilities of the many beneficial microflora inside you.

**How To Relieve Constipation:**

Constipation needs to be addressed in both the stomach and the colon.

1. **Rebuild your stomach acid.** A number of events—ranging from stress to overuse of antacid medication to neurological decline—can affect our ability to produce enough stomach acid.

   As we age, we naturally lose our digestive force. When the ability to break down food slows down or comes to a halt in the stomach or small intestine, this food ferments and leads to an overgrowth of bacteria in the small intestine.

   We can only properly digest (and eliminate) food when we have:

   • Plenty of stomach acid, or HCl
   • Plenty of digestive enzymes
   • A balanced inner ecosystem and healthy gut bacteria

   Often, people need to support digestive enzyme levels through supplementation. [Assist Dairy & Protein](#) contains HCL to boost stomach acid.

2. **Support your inner ecosystem.** The right gut bacteria not only help to resolve constipation but also help to remove toxins, including heavy metals like mercury. Introducing living probiotics is the best way to improve your inner ecosystem. Eating cultured vegetables and drinking InnergyBiotic can increase these living beneficial organisms.

3. **Eat Body Ecology grain-like seeds.** Cooked millet, quinoa, buckwheat and amaranth stimulate your colon, provide fiber and can ease constipation.

4. **Drink mineral water.** If you feel too energetic at night to sleep and stay up late yet feel exhausted in the morning, you may be experiencing
signs of dehydration. Yes, the inability to feel sleepy can come from not drinking enough water during the day. Solve the problem by drinking several glasses of mineral-rich water in those three to four hours between your dinner meal and bedtime. Drink two more glasses when you wake up. Keep track of your water intake during the day to make sure are well hydrated. Dehydration can be a sign of adrenal fatigue, however, and no amount of water will help until you heal your adrenals.

5. Get enough magnesium. Magnesium may top the list of all the many minerals we are deficient in today. Magnesium is the calming mineral. A lack of it will contribute to constipation. Try to increase intake of magnesium in foods or take a magnesium citrate supplement.

6. Avoid large amounts of salt, meat and poultry. These are contracting foods that are more difficult to digest. We recommend that only 20% of a meal be animal protein. The rest of your plate should contain high-fiber vegetables, ocean vegetables and cultured vegetables.

7. Eat lots of fresh vegetables. Lightly steamed, raw, baked... all veggies are an excellent source of fiber and several servings should be eaten at each meal. The fiber in these foods helps push the food you’ve eaten through your intestines. 80% of each meal should be vegetables.

Food is not the only way to cure constipation. Here are some lifestyle options to consider:

- **Self-Massage** in the abdominal area for 10-30 minutes per day, stimulates your peristaltic contractions and eases stress.

- **Acupuncture** balances you, helping you relax. It will also stimulate your colon.

- **Breathing deeply** helps your intestines (and the rest of your body) truly relax.

- **Regular, vigorous exercise** trains every muscle in your body including your colon and encourages regular elimination.

- **The Emotional Freedom Technique** can help you balance stress and overcome addictions to foods and habits that adversely impact your health.

- **Home Enemas**.
What Healthy Stool Should Look Like:

While each one of us has a distinct personal history that shapes our health and our dietary needs, we all need to get rid of waste. And we all need to do so on a regular basis. In spite of our unique differences, a healthy bowel movement has a few key features that can apply to almost everyone. As you make changes in your diet and in your lifestyle, you may notice changes in your stool.

You know that you are on the right track when a bowel movement:

- **Happens daily:** If you think that a regular and healthy bowel movement happens every 2-3 days, you are not alone. Many of us believe that it is normal to have a movement every other day. In reality, a healthy bowel movement happens every day. And for some of us, after every meal.

- **Has a clean wipe:** Stool should leave the body easily and cleanly. If you find that there is a wet or sticky residue, this may be an indication of intestinal parasites or gut inflammation.

- **Has little odor:** In Chinese medicine, odor is a sign of heat and toxicity in the body. Unless you are on a protocol to deeply cleanse the body, there should be little odor with elimination.

- **Is well-formed:** A well-formed stool is not too dry but still has a smooth shape. When stools are well-formed, this is a good indicator that transit time is on point!

I Have a Headache:

Some factors that can cause headaches and migraines:

- Stress
- Dehydration
- Poor sleeping patterns
- Poor eating patterns that can disturb your blood sugar and cause hormonal changes
- Medications
- Constipation
- Withdrawal from chemicals and sugar that were previously in the diet.
Solutions to relieve a headache include:

- Drink more water
- Getting a good night sleep
- Go for a walk
- Take magnesium for its calming effect on nerves
- Incorporate ocean vegetables to correct mineral deficiencies and regulate the thyroid
- Apply lavender and peppermint essential oils topically
- Take LivAmend and get a colonic to help support healthy liver and improve bowel elimination from the die off.

**Caffeine Withdrawals:**

Including easily digestible and organic foods that are high in tryptophan will support the natural production of serotonin will help to ease the symptoms of withdrawal.

Increase serotonin by increasing vitamin B6. B6-rich options: spinach, turnip greens, garlic, cauliflower, mustard greens, celery, fish (especially tuna, halibut, salmon, cod and snapper), poultry and lean beef, the BE grains and fermented foods to improve digestion

Consider taking adaptogens, specific herbs that help your body recover from stress, give you energy and help with withdrawal symptoms.

1. **Holy Basil** (or Tulsi) is a cherished herb of India that promotes stamina and energy. It is also known to promote clarity of thought and calmness. Stressful situations will still happen but you will find yourself not reacting to the stressor.

2. **Ashwaganda** is a powerful herbal supplement that energizes your body and minimizes the negative effects of stress.

**Fatigue:**

It’s common to experience symptoms of fatigue when starting a new diet. The body is working very hard to cleanse itself of toxins so be sure to get plenty of rest. Getting to bed by 10:00 and eliminating the blue lights from computers and televisions will help you feel sleepy earlier and welcome your new bed time. Eating a vegetarian grain meal for dinner, and planning a relaxing bedtime routine can also help bring on sleepiness and set the stage for a good night sleep.
If you find yourself in a slump in the middle of the day, try a glass of Vitality Super Green for a quick burst of energy without the negative consequences of a sugar-laden drink. As you begin to follow the BE lifestyle and create energy to conquer your infections, you will notice your energy level begins to climb. You will also be learning how to make better choices each day that will keep you creating that new energy!

**How your adrenals impact your energy:**

Your adrenals, two walnut-sized organs that sit on top of your kidneys, are the workhorses of your body. If you are exhausted, chances are, your adrenals – AND their partner the thyroid – need attention. What happens when the adrenals and thyroid have lost their life force or “spirit?” Your digestive system, the organs in your brain (e.g., hypothalamus and pituitary), your thyroid, liver, endocrine system, sexual organ system, heart and central nervous system suffer.

What you eat absolutely affects the health of your adrenals. The worst offenders create an acidic condition in your blood and rob your body of precious vitamins and minerals.

Body Ecology teaches that creating energy in a person’s body is essential in order to establish, regain or maintain health... and it’s your adrenals and your thyroid efficiently working together that really supply you with energy.

Certain nutrients, especially B-Vitamins, Vitamin C and minerals are essential for feeding your adrenals. Of these, perhaps most important are minerals (sodium, potassium, magnesium, zinc, copper, manganese, etc).

**Here are some common foods, drinks and lifestyle habits that contribute to adrenal fatigue AND what to choose instead:**

1. **Sugar... Instead** use stevia, an all-natural herbal sweetener that gives you a sweet taste without feeding candida, raising your blood sugar or robbing your body of minerals.

2. **Coffee... Instead** replace your morning cup of adrenaline boosting coffee with far superior options. Vitality SuperGreen - this gut-healing green drink is full of the nutrients that your adrenals and thyroid love. On top of that, it provides a natural source of alkalizing energy for your body. A shot glass of fermented spirulina will get your energy up and almost instantly. One ounce of black currant juice in 4 - 6 ounces of young coconut kefir is another classic Body Ecology adrenal tonic.

3. **Too much animal protein** (most people don’t have enough stomach acid to digest animal protein properly, creating an acidic condition in
their blood)... Instead follow the 80/20 rule and enjoy meals with 80% vegetables and 20% protein. Also use Body Ecology’s ASSIST for Protein and fermented foods and liquids for digestion of proteins. That means animal proteins and vegetable proteins.

4. **Processed foods** strip your body of minerals making your blood acidic and your adrenals weaken quickly. Over time you will look and feel older than your age. This is one of the most important anti-aging secrets to delay and even reverse old age. **Instead** change your diet step-by-step focus on Body Ecology’s 7 Universal Principles and immediately introduce at least one of our fermented foods and liquids into your diet. These are the new and true “fast foods” of today. They are quickly becoming the new “stars” in the natural foods industry. But no one knows fermented foods like we do here at Body Ecology. Why would we call them a fast food? It doesn't take much time to open a jar of cultured veggies or a bottle of CocoBiotic!

5. **Soda pop... Instead** try Body Ecology's probiotic liquids for their immune-boosting and adrenal nourishing properties. To make the new “soda pop”, once again we have a great solution. Pour a small amount of your favorite fermented liquid into a glass. Add sparkling mineral water and stevia to taste.

6. **Drugs** (this includes over the counter, recreational and prescription drugs)... **Instead** look for natural remedies and mood enhancers.

7. **Stress... Instead** get plenty of rest and heal negative emotions. Take time for self-care routines like meditation, yoga, deep breathing and getting plenty of sleep. Negative thoughts and emotions can sabotage your best efforts at relaxing. Try effective emotional clearing approaches like the Emotional Freedom Technique (EFT). Just like diet, thoughts and emotions become habits. EFT is a great way to easily change these thought habits and start healing your emotional health.

**Gas and Bloating:**

Unfortunately, it has become the norm to feel bloated, gassy, or crampy after each meal.

**Consider these potential causes of a bloated abdomen:**

1. **Improper Food Combining:** Stick with the Body Ecology Principle of 80/20 to eat 80% non-starchy vegetables and ocean vegetables and 20% protein, grain-like seeds, or starchy vegetables at each meal.
move food smoothly through the digestive tract. When you sit down to a plate of food, are you seeing large pieces of animal protein mixed with bread or French fries? The Principle of 80/20 ensures that food moves smoothly through the digestive tract and that there are enough enzymes to assist in breaking food down into its most fundamental pieces.

2. **Bacterial Overgrowth:** Good or bad bacterial overgrowth in the gut can be relieved by eliminating high-residue foods and adding **cultured vegetables** and **probiotic liquids** to your diet. Bacterial overgrowth is an infection or food poisoning can inflame the gut. Even after the infection has subsided, this can slow down the movement of food through the small intestine, allowing resident bacterial communities to quickly grow.

Is bacterial overgrowth in the small intestine a good thing—even when these are probiotics or “good” bacteria? The short answer is no. Whether bacteria are good, bad, or indifferent, no expanding community of bacteria in the small intestine is ever a good thing. The environment of the small intestine is especially active, and you want to see a lot of movement. Movement means no putrefying food, no gas, no cramping, and no bloating. For this reason, a healthy small intestine is relatively clear of bacteria.

Bacterial overgrowth in the small intestine, otherwise known as SIBO, is generally treated with small doses of antibiotics. This can be effective. Also, eliminate “high-residue” foods that contain sugars that are hard to digest, such as legumes (beans), grains, nuts, and fibrous vegetables.

3. **Low Stomach Acid:** Heartburn is often caused by too little stomach acid. **Body Ecology Assist Dairy & Protein** contains HCl to naturally increase stomach acid, as well as enzymes to break down troublesome dairy proteins. Heartburn is often a case of too little stomach acid, rather than too much.

Conventional treatment for heartburn, which includes antacid medication and over-the-counter antacids, makes this problem worse—not better. If you have a history of heartburn, chances are that your digestion still isn't optimal—especially if you have used antacids to combat this heartburn. As it turns out, the stomach needs to be at a low pH—or extremely acidic—in order to break down protein and ward off any troublesome bugs.
When stomach acid is not acidic enough, food moves through the stomach partially digested. This means that there is a good chance that it will putrefy in the intestines, feed bacteria, and contribute to bloating (not to mention inflammation).

4. **Stress:** Eliminating stress before a meal can reignite your digestive fire to promote proper digestion. Stress, especially around mealtime, can shut down your digestive fire. All things that you need to properly digest a meal—like enzymes and stomach acid—come to a grinding halt. Instead, the body places its attention on fight or flight. Stress hormones dominate. If you really want to get rid of belly bloat, avoid eating while driving, turn off the television, and save serious family discussions for after dinner.

5. **Enzyme Deficiency:** Enzymes break down large food particles into small molecules that naturally pass through a healthy intestinal wall. These are molecules that the body can easily use. When there are not enough enzymes or when these enzymes remain inactivated (this happens when gastric juices aren’t acidic enough), your digestion suffers. Large food particles give bacterial communities a chance to grow beyond what your inner ecology can handle. This means lots of gas, bloating, and maybe some sharp pain or cramping.

Specific enzymes, called brush border enzymes, keep the small intestine clear and clean. These enzymes promote motility. When they aren’t around, everything slows down, and—you guessed it—stagnant food means more gas and more bloating. If you think you don’t have enough enzymes to digest your meal, you can supplement with Body Ecology’s Assist Full Spectrum Enzymes, specifically crafted to contain everything you need—including brush border enzymes—to completely digest a meal and beat belly bloat.

**Solutions for Gas and Bloating:**

- **Cleanse your colon:** We highly recommend seeing a Certified Colon Therapist when you first begin The Body Ecology Diet because our recommended foods will be softening the toxic material in your intestines and you want this material eliminated quickly. This way you will have fewer signs of cleansing and will have more energy to heal. Enemas are also valuable for eliminating gas and bloating. (See www.I-ACT.org to find a colon therapist in your area.)

- **Use peppermint oil:** Use peppermint oil for a natural remedy for those times when you still have gas and bloating. Maybe it’s travel,
stress or a new food. Whatever causes it, if you have peppermint oil on hand, you can rub a few drops mixed into a carrier oil (any unrefined oil, like almond oil or even warm coconut oil) over your belly for relief. Peppermint oil naturally soothes your abdomen and is an anti-spasmodic, so it’s good for cramping associated with IBS.

- **Check fiber intake:** Slowly introduce more fiber. If you suddenly begin to eat large amounts of fiber from vegetables and grains, your body may respond with gas. Remember the principle of step-by-step and introduce your fiber slowly. If you currently get 10 to 15 grams of fiber per day, try to increase your daily intake by 2 or 3 grams and see how you feel. If you have no digestive distress, go ahead and add another 2 or 3 grams of fiber to your diet. Before you know it, you’ll be getting a full 20 to 40 grams per day with minimal gas and bloating!

- **Minimize carbonated beverages:** Steer clear of carbonated sodas. If you still like a sparkling beverage, then try one of our delicious, naturally sparkling fermented drinks. A small juice-glass of our InnergyBiotic is the healthiest and best-tasting probiotic liquid yet. InnergyBiotic has a delicious citrus flavor and provides easy to digest, gluten-free vegetarian protein. It’s the ideal solution for an energy boost any time of day and satisfies the need for a carbonated drink. While InnergyBiotic doesn’t need it, you could add a few drops of Stevia to make it sweeter. Small amounts of InnergyBiotic 2-3 times a day will help cut sugar cravings and gas. Soon, you’ll wonder why you ever drank conventional sodas!

**Struggling to Stick to the Diet:**

Having a support system as you begin your lifestyle change can be very beneficial. If family, friends or co-workers are not on board it can make some people feel frustrated and left out when chips and dessert are being passed around. Planning ahead can have a big impact on the successful implementation of your new foods. While you can always come to the Facebook group for support, consider some of these ideas to get you comfortable and confident with your new lifestyle.

1. **Be prepared.** Any time you start a new practice, the key to success is planning ahead. After a while, it becomes an easy part of your routine. On long or short trips alone, with friends or family, carry a few basic necessities in a travel pouch that fits inside your bag wherever you go. This way you are ready for a healthy meal out anytime, anywhere.
2. **Recognize the mainstream for what it is.** Once you've made a commitment to be healthy, you can't help but notice the unhealthy choices that make up our so-called “modern world” where our main focus is on convenience. We've moved far away from the traditional whole foods of yesteryear where foods were prepared with both love and respect for their ability to create energy and life.

Instead of getting frustrated, we invite you to **accept what is** while quietly going about changing things for the better inside yourself. Often, this brings a sense of peace, allowing you to stay true to your commitment with an open heart and mind. The world can be changed by each of us doing this... one person at a time.

You may notice, that little by little, more restaurants are already offering healthier meal choices on their menus. In fact, chefs are often in tune to a patron's desires. If you see that the restaurant uses extra virgin olive oil in their salad dressings, thank the chef and let him know you'll be telling all your friends about his restaurant.

3. **Know your options.** One of the keys for surviving a night out on the town is to find a few favorite places with at least one healthy meal on the menu. Some restaurants are starting to offer more than just one or two healthy meal options. Do a little research and find out which restaurants offer organic vegetables, organic pasture-fed beef and poultry and wild fish. Most of all, find the ones that use real oils, like extra virgin olive oil and fats like butter and ghee.

4. **Enjoy sweet tastes.** The current practice of putting sugar into your stomach after eating any kind of an animal protein such as fish or chicken will cause immediate bloating in your stomach. Most restaurants offer desserts laced with sugar, flour and other ingredients sure to feed pathogenic yeast (candida). Yet, many of us want the sweet taste in our meal. I have learned over the years that sometimes, all we need to satisfy a sweet tooth is a cup of tea with stevia. If you must eat sugar, have it alone on an empty stomach and follow it with a probiotic food or liquid rich in microflora that will help consume that sugar.

5. **Change your perspective.** We've all heard that life is more enjoyable with a “glass is half full” perspective and the same is true for eating out. If you read the menu and feel deprived, you may end up sabotaging your good intentions. However, if you focus on enjoying your evening with your friends instead of the food you may find that you have a better time than ever when eating out.
If you find it challenging to change your perspective about your eating habits and when you go out to eat you throw all caution to the wind, you would likely benefit from overcoming the emotional issues you face. The Emotional Freedom Technique (EFT) is a great way to clear limiting thought patterns, addictions and negative thinking. We highly recommend you learn more about EFT and consider trying it if you haven’t already.

**Possible Need to Decrease Medications:**

Dietary factors and chemicals you ingest can lead to long-term changes that determine which microbes inhabit your gastrointestinal tract. As you begin to make positive changes in your diet, you may notice that your body is functioning better too. This may mean you no longer need certain medications that you have been taking. When your gut is in a state of health the entire body responds. Always check with your physician before making changes to your regimen but be aware that you may need to have your medications adjusted.

**I Have So Many Questions:**

It’s common to have many questions when beginning a new way of eating. You are learning a lot throughout these modules and just as the principle of step by step says, it can take time to learn all of the new information. We created the private Facebook group for you to get your questions answered and connect with a community that is learning along with you. Chances are many people will have similar questions to yours. So, bring your questions over and join us on the Facebook group. We look forward to seeing you there!