



Universal Health™



Body Ecology Diet or BED

A world-renowned system of healing which establishes and nourishes the growth of beneficial microorganisms in the digestive tract.

Health is not just the absence of symptoms. We have been brought up to believe that if we are symptom free we are healthy. This is not correct. The first symptom of heart attack in many cases is death. Obviously this supposedly healthy person was not healthy. Similarly cancer may take up to 30 years to develop indicating that the person with cancer has not been healthy, and yet they were most likely symptom free for this period. Symptoms, or the absence of symptoms, cannot be used as a guide to whether you are healthy or sick. The aim of BED is to balance digestion, food utilization, and the hormonal system, all of which are strongly interrelated. An imbalance in one area must affect all other areas.

How Does it Work?

Proper digestion is one of the key elements to feeling good, maintaining a youthful look and preventing disease. The negative side of improper digestion includes a build up of toxins that cause disease. It is important to note, that even though your eating habits may be healthy, the nutrients and minerals will not be properly absorbed in your body without proper digestion.

The Treatment

At your first visit your practitioner will ask you questions about your current eating habits, and will then give you advise on how to improve your dietary habits to achieve health by properly structured steps. In the process you will learn what are the best foods to eat, how best to prepare them, and what precisely are the correct sources of and the health-giving properties of the 4 main food groups, these being Fibre, Flora, Fluids, and Fats. High fiber diets protect the colon, nourish the intestinal flora and reduce the incidence of colon disorders, including cancer. Flora exists as bacteria in a healthy, productive state when fermentation in the body follows a normal pattern. Fluids are important to help your body cleanse and detoxify, keep you hydrated, and aid in digestion. BED recommends the use of fats that are mostly raw and from plant sources such as unrefined coconut, extra virgin olive, pine nut, flaxseed, pumpkin seed, evening primrose, borage and black currant seed oils. You will be encouraged to choose organic and fresh foods whenever possible and to eat dark green leafy vegetables and ocean vegetables on a regular basis.

The Benefits

By following BED's step-by-step cleansing process and diet you will eliminate the impurities and toxins that have built up in your system over the years. You will achieve correct Digestion to increase colonies of friendly bacteria in your intestines. You will create energy to cleanse, heal and rebuild by strengthening your adrenals and thyroid, and as a result you will conquer any infections. By combining age-old principles with the latest findings in the holistic health field, the BED has helped countless people to restore their internal harmony, regain their vitality, and feel younger and stronger.

Do You Suffer From?

Immune disorders, candida-related imbalances, general lack of well-being, thyroid deficiency, allergies, accelerated aging, Acid-Reflux, Irritable Bowl Syndrome (IBS), itchy skin, digestive disorders, leg cramps, chronic fatigue, cancer, Acid Reflux, Crohn's, autism, swollen glands, sore throats, a tender abdomen, depression, bloating, constipation, "jock itch", athlete's foot, skin rashes

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Results You Can Expect

Patients following BED routinely report quick recovery from ailments common to all ages and will experience restored vitality, and improved immunity by using BED's low-cost natural remedies and following its natural foods recommendations. In the long term babies whose mothers eat healthy foods during pregnancy and while the child is very young will prefer the taste of whole, natural foods as they get older. Children who have been eating junk food and are threatened by obesity, attention deficit disorder, eating disorders, and hormonal imbalances and will benefit greatly by being directed away from foods polluted by chemicals, hormones and preservatives. Wonderful-tasting foods are your best medicine and are the secret to staying young and looking great!

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