



Donna Gates

The Biggest Weight Loss Mistake:
Why Conquering Candida is Essential

THE COMPLETE
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Shelley: Hello, Donna.

Donna: Shelley, thank you so much for that nice introduction.

Shelley: You're welcome. I'm very grateful for being able to speak with you today.

Donna: Thank you. I'm really grateful too because the topic, I don't talk about much weight loss. Yet, I have a lot of good information I can contribute to the topic. It's just so easy to lose weight on the diet, but I don't really bother to talk about it.

Shelley: The information you provide is golden and it's going to help people so much. With that said, Donna, my first question for you is: The Body Ecology diet was created to heal the body, not weight loss specifically. Yet, your clients have amazing weight loss stories where they not only lose the weight, but keep it off. Why do you think that is and while so many other diets cause yo-yo dieting?

Donna: One of the things that we're doing is able to talk about weight loss because it's something that I don't talk about very much; it's so easy to lost weight. It's just a natural side effect that everybody on the diet really also may end up at an ideal weight, and maintaining that weight is very easy.

Even at 56, somebody said to me the other night, we were out at a play. We were walking up these steps, she's behind me and she said, "Were you always this slender?" I said, "Yes, actually."

Usually as people get older, I see it all the time in 50-60 year olds, there's kind of puffiness. Overall, women lose their waist lines and they're not as slender as they were, say when they were 35 or 30. My body is always very slender and it stays that way without me even thinking about it twice.

What I'm about to share is the reason. That's a really a great question, how to keep it off and why people ... Again, like you said, people go on diets, they think they're on the diet, they do it for a little while and then they go back to their own ...

We have a tendency to go back to what we were raised on. It's a default diet for us, I guess but you don't, with Body Ecology for a bunch of reasons. First of all, what we're really doing is we're truly creating a foundation for wellness.



What we're teaching, what we're recommending people eat is the foundation to be super healthy. If you want to have a baby, a healthy baby, you've got to know this. If you want to age slowly and very well, so that you aren't suffering. You might see a difference in each decade in the mirror, but you don't have any of the symptoms that usually go along with aging. That's very doable for us too.

To me, the weight loss, as I said, it's a piece of cake. We're creating that foundation that makes weightloss a perfect weight very easy for you. The foundation is this ... Body Ecology is based on seven principles and maybe I can have a chance to touch on a few of them as we talk along.

One of the things besides following this principles, where there are certain foods that we recommend you not eat, and lots of foods that we recommend that you do eat, including fermented foods. I've been doing this for ... Body Ecology has been out for close to 20 years.

Back in the days, when I started writing the book and teaching, there was nobody at all focusing on the gut, about the inner ecosystem in the gut. The inner ecosystem is this wonderful amazing world of beneficial bacteria that lives down inside of us. They're really, really critical for wellness.

In order to get this inner ecosystem living inside of you, you've got to eat fermented foods. That's been a part of Body Ecology for a very long time, teaching people about the importance of these fermented foods.

Here's what happens when you eat fermented foods. One of the reasons people eat sugar for example is because the sugar makes you feel better. A lot of people have this sort of low-grade depression going on. They may not even wake up and say, "Oh, I feel depressed," but they are.

They are turning these need down in their gut. Most of it is. About 95 percent of it is. The other five percent of that's needed in the brain. When you're low in serotonin, you are going to feel depressed.

What we do, people are tempted to do then, is to eat something sweet because temporarily it raises their spirits and they're not depressed. Particularly chocolate does this, but only temporary because soon enough it's going to go down, "Let's go back to the depression state again." With the good bacteria living in your gut and with a healthy gut, you're going to produce large, nice healthy levels of serotonin. You won't feel that depression that cause you to crave sugars, so that's a big deal right there.



The fermented foods actually control the craving. I've often wondered how they are doing that. Even though there's a huge amount of research on probiotics supplements, there is no research on fermented foods. They're really ancient. I don't know, drug companies weren't making money on them. I don't see anybody doing a lot of research on them.

Anyway, they do control cravings. I've been thinking why. I figured it's the serotonin factor that healthy amount, healthy gut, healthy level of serotonin. Also, the microbiota, they control sugars. Let's say we eat something that don't have some natural sugar in it, they're going to eat that up as it goes into our digestive tract. They're going to eat it because they love a little bit of natural sugar in fruits and vegetable; that's really important. We're becoming satisfied. They're grabbing altogether nutrients. They're breaking down this into amino acids there, grabbing the minerals and holding onto them, getting them out into the blood, they're breaking fats down.

The cell, the endpoints of all that nutrition, the cell say "Mmm. I'm getting what I need, I'm satisfied." We don't go around craving things. I think we're eating a lot, but the cells aren't very satisfied. Having a healthy gut, eating fermented foods are going to allow the cells to receive the nutrition that they need and then they're fine.

Shelley: Yes, that's one of the things I've noticed even just walking through a grocery store, seeing the carts filled with food and just, "Are they getting the nutrients they want?" From the expression on their face, are they happy? This is part of the inner ... That's my next question.

At the root of the Body Ecology is a term you quote, the inner ecosystem. What is the inner ecosystem and how does it become damaged?

Donna: It's something that we are supposed to get inside of our gut when we're born. As we're slipping into the world, the mother actually inoculates her baby with beneficial bacteria that get down into the digestive tract.

That's why women when they're pregnant, they really want to be sure they eat plenty of fermented foods, so they have it in their birth canal. As the baby passes through, then that goes all over the baby and then down in the digestive tract.

The digestive tract is really the outside of the body just turned inward. It's like our skin. It's a tube that goes through our body, then very shortly the bacteria covers the digestive tract. The sugar that's in the breast milk, feeds the bacteria and helps them grow; that really becomes the baby's immune system. It's really critical to have that inner ecosystem in place, so the baby has a healthy immune system.



It takes months, several months to develop that. Even up to a year, the immune system is still developing. This is why the inner ecosystem is here. Of course, we begin to eat right away. At first, we're just eating our mother's milk and digesting that. Believe or not, some babies from the very beginning, can't even digest their mother's milk.

I've had doctors tell me, some people tell me that their doctor told them that they were even allergic; the baby was allergic to the mother's milk. Honestly, to me, that's impossible.

Shelley: Wow ...

Donna: What that meant was the baby wasn't digesting well, so the bacteria is really, really important from the very, very beginning to help us digest even milk, and then we start eating food. We have to be able to digest that. They're there, and they're also making B vitamins and Vitamin K.

They're keeping the environment clean. They're keeping the gut clean. A clean gut means that all the cells in the body are clean too. All the organs in the body are healthy and clean.

It's a very, very important phenomenon that's taking place at birth that we have never known about, we just ignored it. Now, it's a hot topic. Lately, I've seen several magazines like Discover now have big cover stories on it. They're even using the term inner ecosystem, which is actually something that ... I created the term years ago because I needed to describe this inner world inside of our gut, and no one was talking about it yet.

Of course, how we get this in our world, in our gut now or how we maintain it is we eat these fermented foods. Man has always had fermented foods. Everywhere in the planet where man has lived and is living, there's something fermented in the diet.

I even heard it said that fermented foods were the foods of Noah's Ark.

Shelley: Wow.

Donna: There was a flooding of the Earth and that would have allowed people to survive that time period when it would have been difficult to find food. The damaging, how does it become damaged?

Unfortunately, first of all, out of ignorance, we haven't known it was there and then a high sugar diet that we are eating today. The little teeny bit of sugar that you'll find in the healthy fruits and vegetables feed the bacteria, but too much sugar kills them.



Antibiotics are now in our world and they absolutely immediately destroy all the good bacteria in the gut. When they invented those, we weren't aware at all that ... When Pasteur talked about pasteurization, we didn't realize that was destroying the good guys. We were just told about killing the bad ones.

If you have stress, believe it or not, stress. One day of an extremely stressful period starts to destroy the bacteria in your gut. All those things are real common in our diet. We have stress, sugar and antibiotic use, but also infections.

If you get a viral infection in your gut or if you have yeast infection in the gut, which is what happens when you destroy the good bacteria from let's say, taking an antibiotic. The bad ones are left to take over and yeast is left to take over. They grow out of control and now, you've got them creating a lot of inflammation.

The yeast have tentacles, and they burrow into the walls of the lining and make these infection sites, and so that cause a great deal of inflammation in the gut. Many people have inflamed guts and don't even know it. That's why they're reacting to healthy foods. One of the first signs of an inflamed gut is that you're reacting to the foods you're eating.

Shelley: Wow. I remember reading in your book about if you take care of the inner ecosystem, these food sensitivities will tend to go away. I, at the time, I mentioned to you I was working at a place where part of the diagnostics was these expensive food allergy and food sensitivity tests.

I remember when I read that thinking, "Let's just build the inner ecosystem here and see what happens to these food sensitivities because I trusted what you were saying. I knew what my own body have experienced with your principles.

Wow, lo and behold, I started to see amazing results with clients. I can see how this inner ecosystem and how once you start to nurture that, repair it, work with it and basically, become conscious.

Let's talk about how does an impaired inner ecosystem and candida lead us to hold on to weight and toxicity, so we know how did this happen and where do we go from here.

A lot of really savvy healthcare professionals, anybody that's good at what they're doing, knows that first and foremost if it's the gut. No matter what the person has when they come to you, you've got to make sure the gut is healthy because it's like our root system, like we aren't plants.



We aren't rooted, we aren't stuck in the ground. Our mission is different. We get to work around, create, and do things and develop civilization. Fortunately, we weren't stuck in the ground in one spot. We have in the middle of our body, we carry around our nutrients basically. We eat and that's our soil.

Now, that soil has to be healthy because it literally nourishes the whole body. Every system in the body is affected by what's happening in the gut. When there's a problem in the gut and you don't have a healthy inner ecosystem, you've got inflammation in the gut. When you have an infection like candidiasis, which a lot of people have a problem with candidiasis just in the gut ... You can have it in other areas, you can have it in ear canals that can be a damp area and the yeast can grow there.

Yeast can lead to fungus. Candida, yeast and fungus are all interchangeable terms. Anywhere at the birth, in the vagina, on the skin, diaper rash, dandruff, jock itch, toe nail fungus; all those things. Candida can grow in a lot of places, but it can also grow into the [hub inaudible 00:14:31]. It can be in the body, and that's called systemic yeast infection.

If we're talking about just the gut then it's causing a lot of inflammation, it's allowing foods that are ... Now, that the inflammation is there, and the gut is porous, things that are supposed to be staying in the gut and not coming inside of our body. They're able to go through that gut lining now then we have this auto immune reaction.

Our immune system says, "Oh, my gosh. What is this stuff? This stuff is to be here." Like casing for example, the protein in dairy; and many, many people react to it then, so a healthy gut lining is absolutely essential. It's really interesting because the gut lining, it's so amazing. It's one-cell thick, just one-cell thick.

We are literally one cell. There's one cell between a sewer for many people because their gut is so unhealthy, and the inside of their body. No wonder we're always talking about the toxins in the environment; heavy metals, toxins in the air, water and everything. To me, the worst toxins are the ones that we're always producing inside of our body.

Once the candida, the yeast get into the body itself and they do. They travel from the gut through that porous lining, they get into the body. They can go anywhere very quickly and take over an infected body. The weaker the immune system is, the more they get ...

For example, a person who has a cancer and they go for chemotherapy or radiation. They can just have complete overgrowth of yeast throughout their entire body and they will die from the yeast, not from the cancer. It's an infection that can spread.



Having a strong immune system is really critical to keeping it from spreading and so what you need to put in for that, fermented foods are really critical for having a strong, healthy immune system, and healthy gut ... healthy immune system.

Getting back to the candida, once it gets into the body and the connection to weight, they're constantly producing toxins, the yeast are. They've identified over 79 different toxins so far. One of the things that they produce is their own estrogen. They produce estrogen and if you are already estrogen dominant, you're going to be feeding the yeast. They love estrogen, it helps them grow.

Shelley: Wow, this is very interesting because I haven't heard this before about estrogen.

Donna: No, this is what I was sharing from the cutting edge. I guarantee you doctors don't know [inaudible 00:17:07] there. It's available, when they could go find it out, you can find it out through research. Another really, really important thing to know is that there's constantly secreting ... one of the toxins is called acetaldehyde.

Acetaldehyde is like ... Many people feel that's the most dangerous toxin in the body. One of the things that acetaldehyde does is that it prevents T4 from converting to T3. T4 is hormone that's made ... they are actually this highway to create C4, then it goes into the liver and it's converted to T3.

If you don't have a healthy liver, you're going to have a problem converting T4 to T3. But if you have acetaldehyde in your body, poisoning the liver that's not ... The acetaldehyde actually prevents conversion of T4 to T3 ... Now, why do we need T3? Because every single cell in the body needs T3 for energy, even the adrenals. They need it too for energy, and so many people today do not have energy.

This infection is ... the acetaldehyde is draining a lot of their energy. They are really keeping the thyroid and the adrenals from producing energy. They're little organs, but they have a big, big job. They're like the work horses in the body for producing energy for us.

Now, another thing that they produce, another toxin is called oxalates. Now, oxalates ... if anybody knows what oxalates are, they probably connect them to food, because spinach, chocolate, nuts and seeds are very, very high in oxalates.

Many people react to oxalates, react to those foods. Maybe they don't know why, but high oxalate foodss are damaging to the body. In some people that have a genetic tendency to form kidney stones or cause [inaudible 00:19:05] in their body, they are the ones that might learn about oxalates and they might try to avoid high oxalates foods.



Unfortunately, we now know that the yeasts are producing oxalates even if you are avoiding these high oxalate foods. The yeasts are producing oxalates. They're like a factory that produces ... it brings out these oxalates. The oxalates are that little sheds, tiny, little microscopic, sort of glass. They go everywhere in the body. They can get into your brain, into your lungs, everywhere and cause this calcification, the stones-like formation.

Getting yeast infection under control is a must to bring the ... so you aren't producing oxalates and oxalates here are not producing acetaldehyde. The acetaldehyde auto ... does some other bad things in the body too.

Probably, the worst thing is the fact that it interferes with the brain chemicals, called the neurotransmitters – serotonin, dopamine and GABA. We have more anxiety, we are very depressed. Some people are mildly depressed, some people are very depressed.

Dopamine is a brain chemical, a neurotransmitter that when we don't have enough of it, life is just flat. You wake up and you think, "Oh, here we go again. Another day." Even when the day is full of all kinds of neat things, you just don't seem to be able to enjoy them.

Yes, yeast will actually make you feel very flat about life. You can't get to that level of being really, really full of joy. The yeast secretes a toxin called gliotoxin and that toxin sheds apart the DNA inside of our white blood cells. The white blood cells are critical for our ... they are very critical part of our immune system.

In order to get rid of the candida that's growing in your body, you have to have a strong immune system to overcome it. The yeasts are producing these gliotoxins that destroy the immune system. They have another toxin that they produce too, called [inaudible 00:21:13] that destroys the immune system, so it's a formidable enemy.

How you bring it under control is you stop feeding him. Nothing lives if you starve it out, for the diet, the clinical diet way. It is so effective. You're starving out the yeast, and you're not feeding them, but also you build the immune system.

Again, because of the kind of foods we recommend, that fermented foods and so on, a strong, strong immune system comes about. Then that weaken them and you build a strong immune system and you begin to get this infection under control.

Shelley: You're talking about in the diet, we're starving out the yeast because that way we can bring down these toxins that are obviously, not only affecting the immune, helping to create kidney stones and calcification in the body, which can lead to degenerative diseases, depression. Brain chemicals are being affected by all of this. Starving the yeast is one of them.



Donna: The estrogen, the excess estrogen.

Shelley: The excess estrogen, yes.

Donna: We know that many women are estrogen-dominant today. We link it to the estrogens in the environment, but nobody's linking it to the fact that the yeast are in there making estrogen because it feeds them. When a woman becomes pregnant, her estrogen level goes up, her progesterone levels really climb and her glucose goes up, so the baby has a healthy brain. All those things together make her yeast infection very acute. Even if it was low-grade and she maybe wasn't too aware whether she even had a systemic yeast infection, now it's going to become quite acute. Or if it's a vaginal infection too, she'll have more problems through her pregnancy.

The problem is that when it's in the blood stream, systemically in the body of the mother, and she's now creating a baby in her blood ... She's creating a baby from her blood basically and she's even creating the amniotic fluid that he's drinking for the first five months from her blood. These are going to have ... the baby's blood from the amniotic fluid; they're going to have yeast in them.

Some babies are born constipated. They have gut dysbiosis, but the yeast that the baby is drinking in the amniotic fluid that can paralyze the gut wall, that can cause inflammation in the gut.

We're actually seeing more babies today being born with gut problems, inflamed, impaired guts. Since most people don't even know about the importance of establishing this inner ecosystem that really supports it. They have diarrhea and/or constipation. They are the ones that are reacting to foods, their mom's milk, and so on.

It's really, really important to ... right away. If a woman's going to have a baby it's really important to understand the importance of eating right during the pregnancy, that our diet is perfect and very nourishing, but also not feeding the yeast and then the fermented food.

Then her babies are born. Once the baby's born, what we recommend is putting tiny, little spoonfuls of the juice of the cultured vegetable, fermented vegetables that we make or juice of coconut kefir in their mouth. You can mix in some bifidus bacteria, which is really important bifidus [inaudible 00:24:37].

Actually that's really important too and give that to the baby. Get some bacteria down in the gut, so he starts to not react to the sugar that's in the milk and then eat it.



As soon as they grow up, keep them on the diet. These kids are so healthy. We have a lot of children; fortunately today that's eating this way. They are the happiest little kids because they feel good. A healthy gut is a happy person.

Shelley: I know when I see ... What you're talking about is the cycle when it comes ... the mother and her pregnancy, how her inner ecosystem is, and then the child and how that inner ecosystem starts to develop as they grow up.

Our statistics, we understand with the Holistic Weight Loss Summit, nine million children in the US alone are considered obese. Where is this rooting? We're wanting to get to the bottom of this and provide the solutions. Here we can see the cycle ...

Donna: Yes, very, very important solution is when you start your child on eating ... first, obviously, just the juice of the fermented food, they can't chew yet. Raise them on a diet that's switching probiotic food, then they have no desire for sugar. You can send them off to a birthday party and everybody's eating the cake. They'll take one bite, it'll seem disgustingly sweet. They just won't have a desire for it.

We have a ... it's the President's way [Inaudible 00:26:03] has chosen this as her key topic. [Inaudible 00:26:05], she has. I wish I could talk to her, and sit down and say, "Hey, a really good place to start is to put fermented foods into the kid's diet, teach the moms how to make them and make sure they're available in the schools."

They taste sour like pickles and kids actually really like them. As you get them into the sour taste, they don't like the sweet taste. First and foremost, take away their desire that if you're really going to get kids off the sugar, you've got to take the desire away.

Shelley: Thank you, that's so important. You also cover an area about food-combining that's so important to heal digestion. Please share why food-combining is so important and if you can keep going on what kinds of foods that'll help repair?

Donna: We pretty much have a culture where we eat what we want to eat. The waitress comes to the table and as soon as she said, "What do you want?" We pick something from the menu that looks very good.

We haven't been really ever trained to tune into our body and say, "Hmm. Right now, I need ... I'm a little sick, I can tell. I need some minerals. I'm going to have some [inaudible 00:27:23] vegetables," which you can't get those in the restaurant.

Anyway, and I need some protein right now. I'd love to see parents ... First of all, I'd like to see everybody start to train themselves to tune into their body and say, "Okay, what do I need ..." Because we don't that, we've been raised in these very complex meals.



We grow up with cereal and milk with sugar in it. We have a sandwich with bread and tuna fish. Anyway, these complex meals – bacon and eggs, orange juice and toast, and so on; our digestive tract was never ever designed to be able to digest food like that. It doesn't digest it.

We end up with a lot of gas, a lot of bloating, a lot of food that isn't digested properly and that travels through our digestive tract causing all kinds of problems, causing us to gain weight and be bloated-looking.

Many people have said to me over the years, "I was doing a lot of these things already that you're teaching, but wow, that food-combining principle really made a difference? All the gas and bloating that I had went away."

When we eat, we really need to choose the food in our mouth. We're so busy today that some people chew, chew, chew and swallow. The reason we have teeth in our mouth is to take the food and chew it up really well. We have taste buds in our mouth, so that while we're chewing it we're supposed to really get this wonderful enjoyment of the food.

Dogs, they don't taste at all. They only smell. Here, we can do both; smell and taste. We should chew, chew, chew; keep the food in the mouth as long as you can, reduce it really to a liquid, then send it down into the stomach. That would help if we're not going to do food-combining to at least chew it.

If you just simply put your proteins like fish, chicken, eggs, whatever you're having with vegetables; don't have it with rice or bread, or pasta or anything like that, you're going to lose a lot of weight.

I've always been amused by these weight loss programs that don't teach that. It's expecting them to teach that, and I'll go through with their meals which

they're sending out to people. They are still poorly combined meals. Gosh, if you want to lose a lot of weight really fast, just follow the food combining roles. Put your proteins with vegetables. If you're going to have rice for example, have it with vegetables. Don't put the protein and the starches together.

The other important food-combining is if you're going to have fruit, eat it alone. Make sure your stomach's completely empty, because fruit digest really quickly; like in some fruits in ten minutes, and some fruits in 20 minutes, but then it leaves the stomach. If you've just had fruit and you've also just had a sandwich, let's say, then it's stuck in there with the sandwich, the rest of the sandwich. It wants to get out of the stomach, but it can't.



There's going to be a lot of fermentation, and gas, and bloating and all of that starts to occur. That's one major ... and it's really, really important too. I would put that up there at the top of the list for people that want to lose weight quickly. I would say food-combining is going to give you great results, even if you're not as ...

We have a diet that was developed to [Inaudible 00:30:49] candidiasis in people that are quite fixed on that two conditions. Let's say somebody says, "I'm not there, I'm not going to do everything she tells us to do. I'm going to do a few of the things."

One of the things I would highly recommend is do food-combining and you'll love ... Even if you're going to still eat pasta, let's say you'll eat rice, at least eat it with vegetables. Then you eat your protein with vegetables and already you'll begin to lose weight.

Shelley: Yes, in your book you have a chart that's pretty simplistic. You start to see ... and then when you look at your plate, you start to see what's going on with your food-combining. We had some dots to keep it .

Donna: On the website, we have a really simple chart that shows you how easy it is that your body ... can't you eat this, this is what you eat, a [inaudible 00:31:36] plate. In the book, they can copy that page that's got the food-combining chart on it and put it on their refrigerator with a piece of tape. For a week or so, just keep looking at it. You have to check in with it in the beginning and say, "Wait, does this go with this?"

It needs to be real second nature. I've been doing it for at least 20 years, maybe 25 years, but I think it's one of the reasons that I don't look my age or feel my age, or ask my age is the food-combining. I think it's also very, very anti-aging to do proper food-combining.

Shelley: I noticed that, especially the fruit because a lot of our traditions will tend to bring in a dessert with fruit as a weight loss concept. Then they're experiencing this gas and bloating, and then it becomes a turn off to the diet or to eating healthy. It's important to know ...

Donna: When I'm out in a restaurant with people and they're eating that way, and I order a dessert with a real fruit or whatever it is, I'm thinking, "How can they do that and still be comfortable? We're not supposed to feel our digestive tract. We're not supposed to eat until all this gurgling, and gas and bloating at all," and I know they're going to.

People will say, "Gee, you're able to eat a lot of food." You can eat more quantity if you want when you properly food combine. I'm actually so busy all the time that sometimes, I will skip a meal, and when I sit down to have the meal and I'll eat more of it.



I always food-combine. I want to be able to get up from the table, I also take digestive enzymes. I want to be able to leave and not even remember my digestive tract anymore. It's no longer bothering me. For some people, they're pretty miserable after they eat.

Shelley: That's true. You just mentioned digestive enzymes. That's part of a healthy digestive tract, is being able to digest. Yet, the foods and when you're repairing, could you teach us a little more about improving digestion; the stomach, the small intestines and how digestive enzymes work? What's the difference between these two organs? How do you improve ...?

Donna: If someone doesn't have any money, they're really, really tight; they can always go to the store and buy some cabbage, a pretty cheap vegetable and ferment that. It ferments very easy. We recommend putting a starter package ... a package of starter in there to make it more potent, but you do not have to do that. Healthy bacteria are already in that cabbage and it will ferment.

If the person has a really limited budget, the thing I would have them spend their money on most of all is next, is enzymes. A few other things that I'll add to the list, but enzymes to me is a must because you've got to digest your food.

In the stomach, there's usually where the first problem starts, people eat and they don't have enough stomach acid. Now, stomach acid is so critical because it triggers all the rest of the enzymes to work. It triggers the pepsin to go to work in the stomach and start breaking down protein.

Only the protein that you've eaten is partially digested in the stomach. Everything moves to the small intestine. The rest of the protein ... the protein is finished digesting, the last of the digestion of the protein happens in the small intestine.

Anything else you've eaten, any fats, oils and vegetables; anything you've eaten are digested in the small intestine. The enzymes in the stomach acid, the hydrochloric acid triggers those enzymes to wake up like, "Hey, foods coming along."

Many, many, many people are deficient in stomach acid because some people from the beginning of, particularly blood type A, have a tendency to be low in stomach acid. Anyway, but in other blood types like O, they tend to lose stomach acid as they get older.

Also, other things cause the food no longer makes stomach acid including: chronic stress when we're just always under stress, which so many people are; the junk food diet; taking antibiotics; smoking, and even exposure to second-hand smoke; heavy consumption of greens, being a vegetarian; having extremely offline diet.



For some people, they're drinking a lot of alkaline water. All that suppresses stomach acids, believe it or not. Just aging alone; as we age, we produce less stomach acids.

What happens is, is that stomach acid ... you can tell that you're low in stomach acid if you have little ridges on your nails. If you look at your nails and they tend to be pale, if your fingernails are soft, and if they have these longitudinal lines. In other words, they run from the basis here when your nails grow out to the tips, people feel these lines, long lines, that's deficiency in stomach acids.

As they eat, they're not going to digest their food well at all, any of their food well at all. I highly recommend that people take hydrochloric acid and pepsin as a digestive enzyme. Of course, that's great. Then if it gets to the small intestine, you want to take a different enzyme there. You want pancreatin to work in the small intestine. If you do that, you're going to see a huge improvement in how you feel, how you digest the food, energy and so on.

Also, over time, you start to really correct nutrient deficiencies in the cells. People today ... one of this popular medicines are these proton pump inhibitors. I won't mention any brand names. Those people that are taking those is suppressing their stomach acid. Those are the people that need to take the hydrochloric acid with pepsin and the pancreatin. They're taking the wrong thing in other words.

Shelley: If your stomach acids are low and you're taking HCl that'll help break down foods there, but then in the small intestine, you want another kind. You actually have the digestive enzymes designed for small intestine.

Donna: We do. I, actually designed their enzymes to be almost teaching, to offer people too that through the use of it, they'll understand, "Oh, this is what I need for my stomach. I need this for my small intestine."

We have another one. It's a full spectrum because we're very, very big in having ... This is a good weight loss tip too, eating your animal protein between 11 and 2, and having your last meal of the day be a vegetarian meal; big difference.

Shelley: Beautiful, thank you.

Donna: For that vegetarian meal, you can just do what we call our full spectrum there. The plant-based enzymes, they work really, really well to digest plants. Just a really important point that I wanted to share that we cover, talking about stomach acids; in our stomach that minerals are absorbed.



The very important minerals - calcium, zinc and iron, for example - if you don't have enough stomach acids, you will be deficient in those - minerals, and strictly calcium, zinc and iron. If you look up what they do and see how important they are, you're going to realize, "Wow, those are very important."

Again, that's one of the reasons why your fingernails peel and really look badly. Another sign of being deficient in hydrochloric acid is squinting in the sunlight, being really supersensitive to the sun, and night blindness for example.

We really, really need that stomach acids; it's so important. This is beyond true. I'm only telling people about the best [inaudible 00:39:32]. This is another absolutely important essential thing to do for somebody who want to lose weight and much, much more than that.

As I said, before at the beginning, weight loss is so easy to do. It's the other things that you want to also be sure ... all the other benefits you are getting too, besides just losing weight.

Shelley: Yes, it's so interconnected. Could you talk a little further about how the fermented foods are actually helping with weight loss? If someone would suggest you one fermented food, let's say, what would you start them out when they wanted to lose weight?

Donna: I would put the fermented food ... if that's all that people got out of the talk today, I would say, "Make some fermented cabbage or you can go online. There are tons of YouTube videos today showing you how to do that. You can permit the coconut water." We have some other liquids that are really, really good too. I brought them in all the way over from Australia actually. They're fantastic.

They are so easy, just a few ounces of those, a couple of times a day are easy to do. Yes, I would absolutely put that as my number one thing to do, is to add something fermented to the diet.

One of the things that our research now shows is that as somebody begins to put on weight, the bacteria in their gut begin to change, like they shift. The inner ecosystem is composed of a lot of different type of beneficial bacteria and [commensal inaudible 00:41:09] bacteria. We hear about the bifidus and acidophilus bacteria, they're really major, major players. There's lots of others to a hundreds, and hundreds, maybe even thousands of others, and we're always discovering new ones.

As the person starts to put on weight, there's shift that begins to create down in the gut towards the bad bacteria taking over. They even taken germ-free mice. In other words, they were born in such a way, they had no germs in them, in them and on them. They have different ways of infecting those germ-free mice with bacteria from the gut of somebody who's obese or overweight. Those germ-free mice became obese also.



They now know there's absolutely a connection between the bacteria in the gut. It may be the most important, and it's probably one of the reasons why weight loss is so easy to do on a Body Ecology Diet because we're controlling, we're creating ... we're not focusing on what method you use, but we're focusing on what [inaudible 00:42:20] which is to create a healthy gut.

Again, the other thing that we're focusing on is the food-combining. It's not that the diet is a sugar-free, gluten-free diet; there are plenty of others food you're allowed to eat. We encourage people to start eating Stevia or we have another sugar substitute that comes from Japan that's called Lakanto that we recommend.

There's many of them are on the market today, but when I started years ago, there was nothing except [inaudible 00:42:54] aspartame. I really worked hard to get [through the end of their country inaudible 00:42:56] and ...

Shelley: Wow, thank you.

Donna: You could ... the right powder and you can ... [Inaudible 00:43:03] have tens of thousands of people really realizing, "Yes, this is safe," whatever our government says, it's very safe to use Stevia. Today, [inaudible 00:43:12], I had it fully approved as a sweetener. It's everywhere and it's really safe.

Getting off the sugar, but using a sort of a substitute like Stevia. If a person just literally squeezes lemon juice into water, sparkling water or mineral water and puts about 12 drops of Stevia in it. Some Stevias obviously tastes better than others, but if you put them in a glass of this lemonade drink and drink that, your body feels like it just had something really sweet, but isn't a candy bar. It isn't going to put weight on you.

You do want to satisfy that sweet taste. It's a natural, normal desire for humans to be drawn to sweet. It's the first thing that went into our mouth. Mother's milk was actually quite sweet. We have a strong emotional connection to that sweet taste.

Another thing that you can do is just finish up your meal, a little cup of tea and put your drops of Stevia in the tea. It could be a ginger tea or a little lemon tea. Fresh squeezed lemon juice with every meal helps with the protein meal that you've just eaten. You're getting that sweet taste that way and your body says, "Okay. I'm fine. I don't need that big old cookie."

Shelley: I think it's such a great tool for transition Stevia too because as you start to make better choices with your food, the Stevia helps you to work with that fasciation of that sweet, that you might be attracted to.



Originally, when I first started doing the kefir water, I remember finding it very sour and then add a bit of Stevia and it became sweeter. Over time, I felt a little more comfortable to drink the more sour-tasting water, but it took time.

Donna: It definitely would happen. It's interesting that you said that, Shelley, because with our children ... We have a whole program for children called, "Bedrok Body Ecology Diet, Recovering Our Kids." When we started it, our parents actually started it years ago. It's almost nine years, or maybe longer now for autism.

Thanks to them and their efforts, teaching what they learn and learn it every day. Hundreds of children have recovered, thousands of parents have actually gone through the program to learn about diet for the kids. Bedrok was just Bedrokcommunity.org to start them ... putting them on fermented foods, was critical for them.

They're not interested in ... they're just interested using in sweets like carbs. They eat all kinds of bread and so on. The parents think, "I don't know where to start." We just have them take some juice, especially the sour juices like pomegranate. I'll say, "Eew. It's very sour." If you get a pomegranate-cranberry range of fruits, there are very sour juices on the market that you can put a little bit in a glass and then put in the coconut kefir, or some of the coconut water and then stir that up with the Stevia and give it to them.

They love that at first. Thank, God. It really starts changing things, they're changing their brain, changing their gut. If you change the brain you will ... If you change the gut, you will change the brain. They're now losing their appetite for just bread for example. They start to eat all different foods their parents could never get them to eat before.

Interestingly enough, after the fourth or the fifth day, they don't even care about the juice anymore. A lot of them just go in and start guzzling it. Even a pair of twins years ago that ... two little boys, they were not identical, they were fraternal. One was really into the coconut kefir, and the other one didn't drink as much of that.

Their mother had tested all the time for heavy metals and so on. The little boy that had been drinking it all the time, his mercury level went way, way, way down compared to his little brother. We really learned that to the Bedrok program and to the kids, and to the feedback that we get from the parents - the importance of adding fermented foods to the diet. They'll have the [inaudible 00:47:13] of candidiasis [Inaudible 00:47:14] today.

You really want to know what we teach and start your children off right and give them that really healthy start to life.



Shelley: I just want to touch on that what you just said and it leads to my next question here. The child that was drinking the coconut kefir was lowering his mercury levels. Your Body Ecology Diet is designed; basically you are cleansing; and your liver is being cleansed and detoxed. How does one properly cleanse the liver and open up the elimination channels for detoxing and losing weight? There are so many misinformation out there about cleansing and detoxing. Could you please share?

Donna: A lot, a lot. I'm actually just now finishing up a whole book on detoxification to clarify ... to understand, really understand detoxification, how the body really works. Looking at the liver, how does the liver get rid of its toxins?

All you have to do is to copy nature. You have to do things the way nature's already doing things. The liver is designed to put its toxins in the bile then it hands the bile off to the gall bladder and says, "Here, hold on to this until we eat." Then we're finished to eat ... the gall bladder dumps the bile down into the beginning of the small intestine.

It's doing a couple of various things. Yes, it [inaudible 00:48:37] the toxins in the liver, but it also helps digest the fats, any fat in the meal and it's helping stimulate peristaltic movement so that food keeps on moving out of the small intestine into the colon and out of the body. It's really an important substance, bile.

If we don't get that ... If for some reason along the way, we're constipated and the bile doesn't mix with the stool and get out of the body then it all gets reabsorbed right back up in the liver again. It's really never really getting rid of its toxins.

Increasing bile flow so that ... some people don't make enough bile period. Increasing bile flow is a must and then being sure that things are moving out of the body that you're not constipated, that what you eat is leaving every day, have three or four meals backing up inside of you.

Now, we have a product for example called LivAmend and that's exactly how it works. It's four herbs that are real powerful at creating and increasing bile flow. The bile helps stimulate the peristaltic movement, give a better chance of eliminating, but if you don't follow that way, your liver isn't going to get rid of the toxins.

Now, poor signs of a poor liver ... it's such a huge organ that's good. It's good that God gave us a big, big, organ there that runs across the whole middle of our body. It works so hard and then of course, the time goes by because of the way we eat and the stress that we're under, sugar stress and so, on. The fact that our gut isn't clean; it's poisoning the liver all the time.



Our poor liver really works hard and doesn't function well. It contributes to aging too. Keeping you liver healthy and super, super clean; it's connected to your skin; it's connected to your vision and to your joints.

If you're having problems with your joints like if you're for example in the spring. Let's say it's common for people to start noticing that their knee might be popping or bothering them a little bit. That's a sign your liver is grumpy. Your eyes might have dots that's jumping around in front of them or you might get infection in your eye or something.

Skin, you can tell a lot about the health of a person's liver by looking at the purity of their skin too. You can tell if somebody's really, really toxic by just looking at their skin. That means the liver, they're not eliminating well and the liver is backing up; a yellow color to the skin, acne breaking out; the skin breaking out. The liver is a real important organ.

The case of the little boy, the one that was taking the coconut kefir, it's his healthy bacteria going into his gut, he was eliminating well. The liver was more efficiently processing the heavy metals. They actually end up in the stool, heavy metals end up in the gut. When we're detoxing the mercury, it ends up in the gut.

One of the many, many important jobs of the bacteria is scavengers for poison. We eat mercury in our fish. It ends up in our gut because our body's trying to get rid of it. Their job is to get rid of the mercury for us. They get rid of parasites, they're just essential for living in this time that we're going through.

I always thought it was interesting when I was told by some old timers that in Turkey always believed that fermented foods are the food of Noah's Ark. That was so interesting because in some ways, we're boarding Noah's Ark again, where the world's really messed up right now. Our water, our food, our children are endangered and all the other animals on the planet are too.

We need to have some tools to help us survive through this time - not a big old ark takes us - but these are tools. I think a good place to end is to ... Now, I've given a lot of information and you've done a fantastic job showing some raising and playing it altogether. Thank you.

Shelley: Thank you.

Donna: The three major things, the most important thing to remember is change the fats that you're eating. Only eat good fats; no more vegetable oil, no more canola oil and so on. Those fats are bleached, [deodorized inaudible 00:53:02] refined. It's got to leave the diet.



Careful with saturated fats. Now that we have the ability to test everybody's genes, most people do not have the genes for digesting or having it metabolizing. Not suggesting even though the metabolizing saturated fats. You have to be really careful. Very small percentage of people can handle that butter, and cream, oil or any amounts of it.

The other thing now ... One is fat. Two is the thing I would focus on is adding something fermented to your diet, really getting into fermented food, really embracing them. The third thing I'd say, is start avoiding sugar and start by adding Stevia or something, one of the good sweeteners that you're drawn to.

The most important of all of them is adding those fermented foods, because those microbes help you digest the fats and they take away your desire for sugar, so you're not craving it, and they eat sugar, the center of food like the foods on our diet. But that would be very low in sugar, it will be the berries, lemons, limes, grape fruit, the low sugar fruits and even in vegetables. There are actually sugars in carrots and onions, believe it or not.

There are some, like if you take sweet potatoes and just grate them and put them in a salad, they're not sweet. By the way, they're delicious in a salad, but if you bake them; now, you're concentrating ... all that sugar is concentrated.

Basically, it's very, very sweet and we wouldn't eat those any stage of Body Ecology while we're bringing the yeast under control.

Shelley: That's incredible. I want our listeners to understand where they can learn more about your work, your products, your services, your consulting. You just have so much to offer. In terms of weight loss, in terms of holistic health, there are so many levels to your work.

Donna: Mostly, our website is bodyecology.com. I was talking with Louise Hay, who was at my house. I'm sure many people know who she is. I won't go into that, but we were talking the other day about willpower. She said that really and truly, she thinks it's all about self-love. People who really care, really do ... the more you love yourself, the more you are going to take care of yourself. I thought that was really, really great advice.

I have taken care of myself very well at certain levels and at other levels not so well; I work too much. I don't get out and exercise as much as I should and would love to. R

really, I'm looking at that and thinking, "What part of me doesn't love myself enough to take the time off, to take a 30-minute walk once or twice a day or go to a yoga class?" She just told me that a couple of days ago, so I've been thinking about that a lot - watching myself and I'm asking myself that question.



Part of my problem is I've got all these things in the schedule. Absolutely, I've already started telling everybody, "I'm not doing that, I'm not doing that. I'm not doing this. In April, I'm lightening up and do the things I really love doing most."

That's one good thing about getting older, I will say, is you become more authentic and you do know yourself better, you do like yourself better. Time you get old, you feel better about yourself and you did when you're young. I hope a lot of people listening to this are young and they are interested in learning all these important tips about growing old very, very slowly; not aging, detoxifying and learning to love themselves.

I would say that's the most important thing I would like to have people remember, is that it's all about self-love. Love yourself and it will get a lot easier to take care of yourself. When you are looking for somebody to guide you, I hope you'll come to Body Ecology because we have great answers.

I'm very, very grateful myself and very odd by this work. I was a very sick person that I was just asking for answers. I like to teach and so, that the answers can be shared with others.

I'm really, really odd by what Body Ecology is able to provide; the information and knowledge we're able to give to the world right now. I really think that we need it and I don't take credit for it.

I feel like there's a wonderful guiding power behind this work, because I feel that we are loved very, very much by an unseen world and that world wants us to be healthy.

Shelley: Thank you so much, that's a beautiful closing here because this has been one of the most amazing interviews on our summit, Donna. I just thank you for sharing your important message with us. I know what you've shared will be a catalyst for so many people in their holistic health journey.

Donna: Thank you, Shelley. I hope people don't feel overwhelmed. One of our principles is the principle step-by-step. Just pick up a tool or two that sounds interesting and do that. Later on, come back and pick up another couple of tools.

It's really not hard to do if you do it that way. Tiny little increments; that's another principle of nature. The sun comes up in tiny little increments and goes down in tiny, little increments. That's our way too.

Shelley: That's so beautiful. Thank you, thank you so much and we just are so appreciative that you've joined us, so thank you.



Donna: Thank you, Shelley. I know this is a lot of work for you and I'm happy to do it. Again, if you keep doing this [crosstalk 00:59:27] ... Thank you very much for allowing me to have an opportunity to share.

Shelley: Wow. Thank you, Donna and have a beautiful day.

Donna: Thanks, Shelley.



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