

## **Brother Bankh's Detailed Self-Care Regimen**

Prior to embarking on a health mission, it is important to know your target. What do you want to achieve? The most obvious is losing weight. However, health is based on philosophy combined with the right information. Understanding certain concepts is going to be key. For example, Alkaline vs. Acidic. Every person, food, & living thing has a PH level (balance). The scale is as follows 0-7 is Acidic & 8-14 is Alkaline. The more Alkaline your PH level is, the healthier you are. I have provided you with a list of Vegetables and foods that are alkaline. It is believed that if your body is Alkaline, no "Dis-Ease" can live in your body. They say you no longer become a host for parasites.

First, carry with you a 24 to 32 OZ bottle of Water. (you should add chlorophyll to all of your water, which can be found at Whole Foods in liquid form). It's recommended that you try to consume at least 2 bottles of water every day. You can get a 5gallon jug and refill it for 29 to 49 cent a gallon. Super cheap! Also, I urge you to stay away from soy as much as possible. Instead of soymilk, you should consume nut milk (i.e. almond milk, hemp milk, hazelnut milk, or flaxseed milk). All food should be prepped at the house. Your energy into your food is most important along this journey. You are taking on the responsibility of healing yourself by watching your consumption on all levels.

In conjunction with this regimen, you're encouraged to workout 4 Days a week for at least 20/30 minutes. Cardio, Cardio, Cardio!!! 3 days Cardio, 1 day Strength Training. It's important that you sweat. (Note: One of the days can be spent at the sauna).

## **Daily Practice of Health**

### **Wake Up**

- Start with an 8 oz. glass of room temp. Water with a half of Squeezed lime.
- Have a piece of fruit and/or a fruit salad
- Take 10 Deep Breaths
- Say affirmations
- Sight your goals

### **Break-Fast (6am-9pm)**

- RAW sprouted granola with fruit and nut milk
- Green tea (can be sweetened with agave. Add Nut milk to taste)
- Green Smoothie- Green smoothies are always a good choice
- Fruit Salad- Check Recipe

### **Lunch (10am-2pm) Note: This should be your biggest meal of the day**

- Salad

- Veggie Sandwich
- Quinoa Bowl
- Smoothie (see below for four different recipes) You can interchange the fruit to taste. Note all the smoothies will have some greens in it. It will alter the taste a little but for the most your smoothie will taste like fruit with the daily dose of greens.
- Portabella Mushroom and Pasta
- Raw wrap seaweed or collard green filled with raw pate, shredded carrot, beet, zucchini, avocado, cucumber, sprouts and whatever veggies from the list

### **Snack Throughout the Day(All Day)**

- Dry Fruit (Just Remember, when you eat dried fruit and/or nuts you must consume more water because the dry food takes water out of your body. Drink as much water as possible.)
- All kinds of Fruit (Checklist for the highest Alkaline Foods)
- Nuts All Raw: Meaning not cooked (Cashews, Almonds, Pumpkin Seeds, Walnuts, Sunflower Seeds)
- Seaweed (Less Sodium the better)
- Coconut Milk Yogurt
- Raw Cake/Pie (When you are craving something sweet. Or you can have a handful of Dates)
- Carrots/Celery Sticks

### **Dinner Time (3pm-7pm)**

You can eat the same things as Lunch. Just smaller portions! Finishing the day with a 8oz Glass of Water.

### **Night Night(9pm-5am) No Eating**

\*Remember this is the time period where your body goes through a natural cleansing process. From 9pm to 5am your body is going through every organ and cleaning house. This is why it is important that you stop eating before 9pm. Your body needs all its energy to process and cleanse. Also, now would be the time to reflect on your overall goals, possibly write in your journal, or say your affirmations.

## **Recipes:**

**Smoothies Options:** Any variation of these fruits and greens will do. Remember \*\*\*Only Organic\*\*\* **You can always replace one of your meals in a Day with a Smoothie!!!**

- Prehistoric Passion: \*1/2 Cup Purple Kale Leaves, \*1 Banana, \*1/2 Cup of Frozen berries (Blue, Black, or Strawberry), \*1 Young Coconut (We will crack it and drain the water. Once drained, pour all the water in the smoothie), \*1/4 Cup of Frozen Mangos, \*2 tbsp Chlorophyll, \*3 oz of Milk (Almond, hemp, etc.), \*\*Hint of Agave if you like!

- Tropical Thunder: ½ Cup Mango, ¼ Papaya, 1 banana, ¼ Cup Pineapple, \*1 Young Coconut Water, \*2 tbsp Chlorophyll, \*3 oz of Hemp milk, ¼ Cup of chia Seeds
- Green Machine- \*1 Banana, \*1 apple, \*½ Avocado, \*1 Mango, \*1/4 Cup Pineapple, \*1/4 Cup Kale Leaves, \*¼ Cup of Spinach or baby greens mix, \*1 Young Coconut Water, \*2 tbsp Chlorophyll, \*3 oz of Milk (Almond, hemp, etc.), ¼ Cup of hemp Seeds
- Blue Night- ¼ Cup Blueberry, \*1/4 Cup Blackberry, \*1/4 Cup Acai, \*1 Banana, \*1 Young Coconut (Or you can use distilled water if you don't have any coco water. You can also use a splash of juice...just make sure it's not pasteurized!), \*3 oz of Milk: Almond, hemp, etc.

## **Salad**

- Romaine, butter leaf, arugula or spring mix topped with sliced or grated veggies, soaked seeds or nuts, sprouts and avocado. (You can add tomatoes, red/green onions, cayenne, garlic, etc. Choose whatever vegetables you like from the list provided and have fun opening up those taste buds)
- Dressing- It is always best to make your own salad dressing. Here are some options. First start with the oil you will be using like Hemp, Olive, Flax (Which are the Best for Salads) Then add a few tbsp. of Braggs \*Organic apple cider vinegar, add whatever spices you like, followed with a pinch of sea salt. Delicious! If you want to substitute the apple cider vinegar, just add fresh squeezed juice like lemon, lime, and/or orange. Mix it all up and add it to your beautiful salad.

## **Quinoa Bowl**

- Cooked quinoa with massaged kale topped with any dressing of choice. Add 1 1/2 Cup of water to 1 Cup of quinoa. Cook quinoa just like you would cook rice. Add whatever spices you like. Wash and cut the kale (Remove the stem if possible). Place chopped kale into a bowl. Drizzle oil on the kale and squeeze a quarter of lemon on it as well. Add a pinch of sea salt and message all together. Place massaged kale in a smaller bowl and add the quinoa on top. You can add whatever you like on a typical salad to top it off. Add dressing of choice and you are ready to go!

## **Curry Soaked Couscous with Kale**

- Put 1 Cup of couscous in a bowl and/or a container. 3 Tbsp of Curry\*\*Add whatever spices you like\*\*, Add a pinch of cayenne and sea salt. Now add 1 ¼ Cup of water. 1/4/Cup of Green Onion Mix and let it soak for 10 to 15 min.

## **Fruit Salad**

- Apple, banana, blueberry mixed with agave, dried coconut and a pinch of cinnamon and nutmeg.

- ½ Cup Papaya, 1 Sliced Banana, 1 Cup Mango, Agave with a squeeze of lime juice

## **Stuffed Avocado**

- Take a Large Avocado and slice it into half. Add 3 tbsp of vegan cashew cheese. 2 tbsp of spouts, Add 2 tbsp of sun dried tomato pate, squeeze a slice of lime

## **Vegetables**

Asparagus, Broccoli, Chilli, Pepper, Zucchini, Dandelion, Snow peas, Green Beans, String Beans, Runner Beans, Spinach, Kale, Wakame, Kelp, Collards, Chives, Endive, Chard, Cabbage, Sweet Potato, Coriander, Basil, Brussels Sprouts, Cauliflower, Carrot, Beetroot, Eggplant, Garlic, Onion, Parsley, Celery, Cucumber, Watercress, Lettuce, Peas, Broad Beans, New Potato, Pumpkin, Radish, Artichokes, Bamboo Shoots, Beets, Cabbages, Carrots, Celery, Cauliflower, Chard, Chicory, Corn, Cucumber, Dill, Dulse, Eggplant, escarole, garlic, horseradish, Jerusalem artichokes, Leeks, lettuce, Mushrooms, Okra, Parsnips, Peas, Bell peppers, Romaine lettuce, Rutabagas, Sauerkraut, Squash, Turnips, Watercress, and Yams.

## **Fruit**

Avocado, Tomato, Lemon, Grapefruit, Fresh Coconut, Apples/cider, Apricots, Bananas, Berries, Cantaloupe, Carob, Cherries, Currants, Dates, Figs, Grapes, Grapefruit, Guavas, Kumquats, Lemons, Limes, Loquats, Mangos, Nectarines, Olives, oranges, Papayas, Passion Fruit, Peaches, Pears, Persimmons, Pineapple, Pomegranates, All Melons, Raisins, Tamarind, Tangerines, and Tomatoes

## **Grasses**

Wheatgrass, Barley Grass, Kamut Grass, Dog Grass, Shave Grass, Oat Grass

## **Sprouts**

Kamut Sprouts, Mung Bean Sprouts, Quinoa Sprouts, Radish Sprouts, Spelt Sprouts, Alfalfa Sprouts, Amaranth Sprouts, Broccoli Sprouts, Fenugreek Sprouts

## **Grains & Beans**

Amaranth, Buckwheat, Brown Rice, Chia, Kamut, Millet, Quinoa, Spelt, Lentils  
Lima Beans, Mung Beans, Navy Beans, Pinto Beans Red Beans

## **Nuts & Seeds**

Almonds, Coconut, Flax Seeds, Pumpkin Seeds, Sesame Seeds, Sunflower Seeds, Walnuts,

Cashew, Hemp Seeds,

## **Oils (unrefined only)**

Avocado Oil, Coconut Oil, Flax Oil, Olive Oil, Hemp Oil, Sesame Oil

## **Breads**

Sprouted Bread, Sprouted Wraps....Gluten/ Yeast Free

## **Other**

Water, Almond Milk, Herbal Tea

## **Highlights:**

- \*Use all ORGANIC ingredients as much as possible
- \*Drink lots of water throughout the day
- \*Fresh or bottled coconut water
- \*Hydrate and snack as often as needed
- \*Keep daily RAW journal - record what you eat, feelings, goals!
- \*Exercise (4 Days@20-30 min)- Walk, Yoga, Swim, Bike, & Sauna
- \*Google- Raw food recipes for advice.

**Here are some websites I thought might be helpful, along with a Youtube reference for raw recipes.**

1. <http://www.youtube.com/user/RawRadiantHealth>
2. <http://www.youtube.com/watch?v=6Pgump00tFY&list=UUttjrp4Gj95DM4SQGpeDtvQ&index=17>
3. <http://rense.com/1.mpicons/acidalka.htm>
4. <http://www.herbwisdom.com/herb-spirulina.html>
5. <http://chiaseedsorganic.org/chia-seeds-benefits-10-ways-to-eat-chia-seeds/>
6. <http://www.energiseforlife.com/acid-alkaline-food-chart-1.1.pdf>