



SEED MILK STUDY GUIDE

Goal – Decrease inflammation through your diet

Top 4 diseases in America:

1. Heart Disease
2. Cancer
3. Diabetes
4. Alzheimer's Disease

Sugar Consumption for the average American:

1900 – 5 pounds per year

2017 – 158 pounds per year

Acid Base Body Balance

Acidic (No Oxygen) VS Alkaline (Oxygen)

More oxygen = 's feeling better

Less oxygen = 's feeling worse

What thrives in an ACIDIC environment?

- Cancer Cells
- Viruses
- Bacteria

Eating & drinking natural, healthy and whole foods will reduce your inflammation and restore the body to its natural state of balance.

Eating junk and sugar filled foods will cause inflammation, decrease oxygen in your cells, and can lead to diseases such as the ones listed above.



SEED MILK

Ingredients:

- 3 Tablespoons Raw Organic Flax Seeds
- 3 Tablespoons Raw Organic Hulled Hemp Seeds
- 12-14 ounces water

Tools:

- Blender
- Strainer
- Sprouting jar/cup

Instructions:

1. Add 3 tablespoons flax seed to sprouting jar/cup filled with 12-14 ounces of water
2. Refrigerate jar overnight (soaking seeds will cause them to sprout! This is when it is the healthiest for you)
3. Pour the soaked flax seeds and water in to blender
4. Add 3 tablespoons of hemp seeds (dry) to the blender with the soaked flax seed and water
5. Blend for 5 seconds. Wait for 3 seconds. Do this **THREE** times (we blend and wait because we don't want the mixture to get warm)
6. Strain seed milk mixture. Save the liquid and discard the leftover hulls
7. Drink seed milk within 10 minutes

DO NOT ADD ANYTHING EXTRA TO THE SEED MILK!



JUCING STUDY GUIDE

Goal – To give you more energy and oxygen

1. Purchase a good juicer! (Dr. Banks loves the Breville that he got from Bed Bath & Beyond. If you have a 20% off coupon bring it with you!)
2. Buy Organic vegetables
3. Wash all vegetables with an organic fruit & vegetable cleaner before juicing
4. 4-6 Oz of juice per person is the desired drink amount, more than that could cause diarrhea. Start with a smaller amount and work your way up.
5. Drink the juice immediately (within 5-10 minutes) after juicing. That is when it has the most oxygen in it and you will get the most benefit from it!
6. DO NOT ADD ANYTHING ELSE TO THE JUICE

Vegetables Dr. Banks recommends juicing with are listed below:

- Organic Red Bell Pepper
- Organic Broccoli Spears
- Organic Red or Green Kale
- Organic Dandelion Root

REMEMBER – BABY STEPS!



(PICTURED HERE IS the Juice Fountain® Plus)