



VICTOR BOWMAN'S HEALING GUIDE

Alkaline Herbs & Cooking Recipes

TABLE OF CONTENTS

- 01 Breakfast
- 02 Alkaline Juice Recipes
- 03 Herbal Teas
- 04 Alkaline Soup Recipes
- 05 Why iron is important?
- 06 Rattlesnake powder
- 07 Dental Care
- 08 Quotes
- 09 My Story
- 10 Special thanks

BREAKFAST

A cup of hot water (Spring Water)
with key-lime

ALKALINE JUICES RECIPES

Cell Food Juice

Ingredients:

1/2 cups of tamarind

1/2 cup of key-lime juice

6-8 cups of spring water or coconut water

ALKALINE JUICES RECIPES

"Electric Juice"

Ingredients:

1 cup of gala apples

1/2 cup of nopal

a handful of dandelion greens

2 tablespoons of seamoss gel

2-3 cups of spring water or coconut water

ALKALINE JUICES RECIPES

"Liquid Chlorophyll"

Ingredients:

1 tablespoon of ortiga/nettle

1 cup of nopal

1 bunch of watercress

1/4 of seeded melon

1/4 cup of keylime

2-3 cups of spring water or coconut water

ALKALINE JUICES RECIPES

"Mango Boost"

Ingredients:

2-3 mangoes

1/4 cup of key-lime juice

1/2 tablespoon of fresh ginger

2 cups of spring water or coconut water

ALKALINE JUICES RECIPES

Papaya Juice with seeds

Ingredients:

1 papaya with seeds

2 cups of spring water or coconut water

1-2 cups of spring water or coconut water

ALKALINE JUICES RECIPES

Soursop Juice

Ingredients:

1/2 soursop/guanabana

1-2 tablespoon of seamoss gel

1-2 cups of spring water or coconut water

ALKALINE JUICES RECIPES

"Watermelon Hydration"

Ingredients:

1/2 watermelon

1/4 cup of key-limes

1 cup of spring water or coconut water

WEIGHT – LOSS JUICE

Cucumber

Spring Water

Key-lime

This juice will electrify your body and break down the accumulated mucus in your body as well as cleaning the walls of the stomach. It also helps with high blood pressure and assists with weight loss. This juice recipe may also help with skin problems, diabetes, and also fights cancer.

IMMUNITY— BOOST DRINK

Ingredients:

- 1 1/2 cayenne pepper
- 1 tablespoon of ginger powder
- 1 key lime
- 1/2 cup of water

mix everything together and drink twice a day.

Immunity Boost is good for reinforcing the system and helping deflate the body from inflammation, viruses, and bacteria. This will also help with blood circulation, weight loss, and improve digestion.

ANTI- CHOLESTEROL TEA

Flor De Manita
Red Cloves
Flor De Jamaica

This recipe will help you eliminate high cholesterol. It also helps with asthma, anemia, high blood pressure, and helps fight sexual diseases.

"KILL PARASITES" TEA

Parasites do significant damage to our system, especially in our intestines. And some of them are:

Abdominal pain

Bad breath

Diarrhea

etc,

Ingredients:

1 teaspoon of Papaya seeds

1 teaspoon of Black Walnut

2 cups of spring water

Boil all the ingredients together for 30 minutes, drink the tea twice a day. Only for 4 days. This tea will help kill bacteria and also help with skin problems.

HEAVY METAL DETOX

Most of our food and water here in America and in other parts of the world contains heavy metals that affect our bodies. Heavy metal can affect your kidneys, brain, and other organs which also results to making you feel weak.

How can you cleanse your body of heavy metals?

2 tablespoons of seaweed gel, a tablespoon of kelp seaweed, and 2 tablespoons of cilantro. You can mix these with your juice or smoothies. And you can also use Bromide Plus capsules and Bromide powder from Boling Balance website.

ALKALINE SOUP RECIPES

Tomato Soup

Ingredients:

4 cups of cherry tomatoes
4 cups of spring water
1/2 cup of red peppers
1/2 cup of yellow peppers
1 cup of red onion
1 tablespoon of oregano
1 tablespoon of basil
1/2 tablespoon of cayenne pepper
2 tablespoons of sea salt
2 tablespoons of onion powder

1. Add all ingredients and seasoning into a pot and mix well.
2. Bring to a boil then simmer on low for an hour while stirring occasionally

ALKALINE SOUP RECIPES

Tomato Soup (part 2)

3. Add to blender and blend until its smooth
4. Serve and enjoy

ALKALINE SOUP RECIPES

Squash and Chayote Soup

4 cups of spring water
2 cups of squash (chopped)
2 cups of chayote (chopped)
2 cups of tomatillo (chopped)

ALKALINE SOUP RECIPES

Alkaline Vegetable Soup

- 2 cups of mushroom (chopped)
- 2 cups of chayote (chopped)
- 2 cups of butternut squash
- 3 cups of roma tomatoes (chopped)
- 2 cups of burro banana (chopped)
- 1 cup of Mexican squash (chopped)
- 1 cup of yellow squash (chopped)
- 1 cup of red onions (chopped)
- 1 tablespoon of basil
- 1 tablespoon of oregano
- 1/2 tablespoon of cayenne
- 2 tablespoons of onion powder
- 2 tablespoons of sea salt
- 1/4 cup of cilantro (chopped)

ALKALINE SOUP RECIPES

Alkaline Vegetable Soup (Part 2)

1. Add all ingredients and seasoning into pot and mix well.
2. Bring to boil then simmer on low for an hour while stirring occasionally.
3. Serve and enjoy

HERBS & THEIR BENEFITS

Burdock Root

Benefits:

heals the skin

helps with cholesterol levels in the blood

helps with arthritis

a powerful blood purifier

helps with liver function

improves digestion

contains iron and calcium

combats cancer

HERBS & THEIR BENEFITS

Cancerina

Benefits:

heals wounds

helps with inflammation

helps with gastritis

helps with ulcers

helps with vaginal problems

helps with skin problems

helps with chronic sores

helps with diarrhea

helps with canker sores

helps with kidney problems

helps with blood circulation

purifies the blood

strengthens the immune system

HERBS & THEIR BENEFITS

Chaparral

Benefits:

anti-tumor

anti-leukemia

kills parasites

helps with prostate problems

helps with skin problems

helps with eczema

helps with lungs problems

helps with respiratory problems

a natural blood purifier

helps with snake bites

HERBS & THEIR BENEFITS

Chondrus Crispus

Benefits:

Bromide

protects thyroid

promotes healthy skin

fighting colds

contains iron

reduces inflammation

good for heart health

energy booster

contains potassium chloride

good for eczema

helps with bronchitis

helps with ulcers

helps with gastritis

strengthens the bones

HERBS & THEIR BENEFITS

Damiana

Benefits:

- helps with fibroids
- improves sexual satisfaction
- helps with depression
- treats headache
- reduces vaginal dryness
- helps with sexual problems
- helps improve mental function
- helps with fertility
- energy booster
- helps with headaches

HERBS & THEIR BENEFITS

Damiana (Part 2)

Benefits:

helps with female hormonal problems

fight's Parkinson's disease

helps alleviate anxiety

helps with vertigo

helps relax the nervous system

helps with prostate problems

HERBS & THEIR BENEFITS

Hombre Grande

Benefits:

helps with diabetes

kills parasites

helps clean the blood

helps with digestive problems

helps fight malaria

DO NOT TAKE DURING PREGNANCY*

HERBS & THEIR BENEFITS

Sarsaparilla

Benefits:

contains large amounts of iron

helps with hormones

helps with testosterone

helps with hair growth

helps with eczema

helps with epilepsy

helps with hot flashes

helps with heartburns

helps with sexual problems

helps alleviate stress

helps get rid of worms

helps with joint aches

helps with impotence

a blood purifier

helps with hormonal excess and skin disorders

its power is concentrated in the fibers and tissue of the entire nervous system

HERBS & THEIR BENEFITS

Valerian Root

Benefits:

helps with sleeping problems

helps with insomnia

helps with anxiety

helps with depression

a natural tranquilizer

alleviates stress

helps with headaches

helps with heart rate

relieves symptoms of stress

HERBS & THEIR BENEFITS

Zapote Limon

Benefits:

helps with fat levels in the blood

helps with good digestion

helps with colds

anti-oxidant

helps calm the nerves

reduces fever

reduces stress on the heart

helps with headaches

fight gases

helps with arthritis

HERBS & THEIR BENEFITS

When you have trouble
going to the bathroom,
you can use:

Cascara Sagrada

Black Walnut

Prodijiosa

Senna

Rhubarb Root

These herbs will help clean your stomach,
kill parasites, get rid of bad breath, and
help cleanse your lymphatic system.

You can use these herbs by putting a
spoon of each herb, use a gallon of
distilled water, boil for 30 minutes and
drink the tea 3 times a day.

IRON

Why is iron important?

When your body is deficient in iron you can suffer from anemia, mouth ulcers and fatigue. Your body needs iron fluoride, the ones that comes from alkaline plants that will help assimilate in your body and provide oxygen to your blood and strengthen it.

Herbs for iron:

- 1 tsp of Muicle
- 1 tsp of Sarsaparilla
- 1 tsp of Burdock Root
- 1 tsp of Chaparral
- 1 tsp of Guaco
- 1 tsp of Contribo
- 1 tsp of Cordoncillo Negro
- 1 gallon of spring water

Boil for 1 hour, drink 3 cups a day.

RATTLESNAKE

The rattlesnake has been used for thousands of years for its healing benefits.

helps with:

cancer

prostate

impotence

AIDS

blood cleansing

herpes

diabetes

skin problems

asthma

arthritis

kidney stones

anemia

take 3 capsules a day, can be found at
bolingobalance.com

TOILET USE

Squat when using the toilet

it makes elimination faster, easier, and more complete which helps reduce constipation, appendicitis, and inflammatory bowel disease and protects the nerves that control the prostate, bladder, and uterus from becoming stretched and damaged.

DENTAL CARE

When you have yellowish teeth, you can use coconut oil and mix it with ginger powder, cloves. It will help kill any bacteria in your oral system.

1 tsp of coconut oil

1 tsp of ginger powder

1/2 of clove

Benefits:

kills cavities

helps restore the natural color of your teeth

helps heal cold sores and ulcers in the mouth

helps with toothaches and inflammation in the throat

kills bacteria

fight oral diseases

BURRO BANANA

Burro banana has a lot of potassium and iron, burro banana helps with lupus and anemia. It also helps strengthen your bones because it contains calcium.

Eat 3 burro bananas a day.

3-WEEK LIQUID FAST

3 weeks of only consuming spring water, alkaline fruit juices, alkaline soups, and alkaline herbal teas.

This method will help the body receive oxygen and heal itself.

QUOTES

"I don't want to be strong or weak, or rich or poor. I just want to be myself"

- Victor Bowman

"Some people love other people so much that they forget to love themselves"

- Victor Bowman

"Obstacles are part of success, remember the battery cannot produce energy without the negative side"

- Victor Bowman

"If you don't find your own happiness in yourself you will be hurt all the time looking for happiness in someone else"

- Victor Bowman

"How can you be a real n-gga eating fake food?"

- Victor Bowman

MY STORY

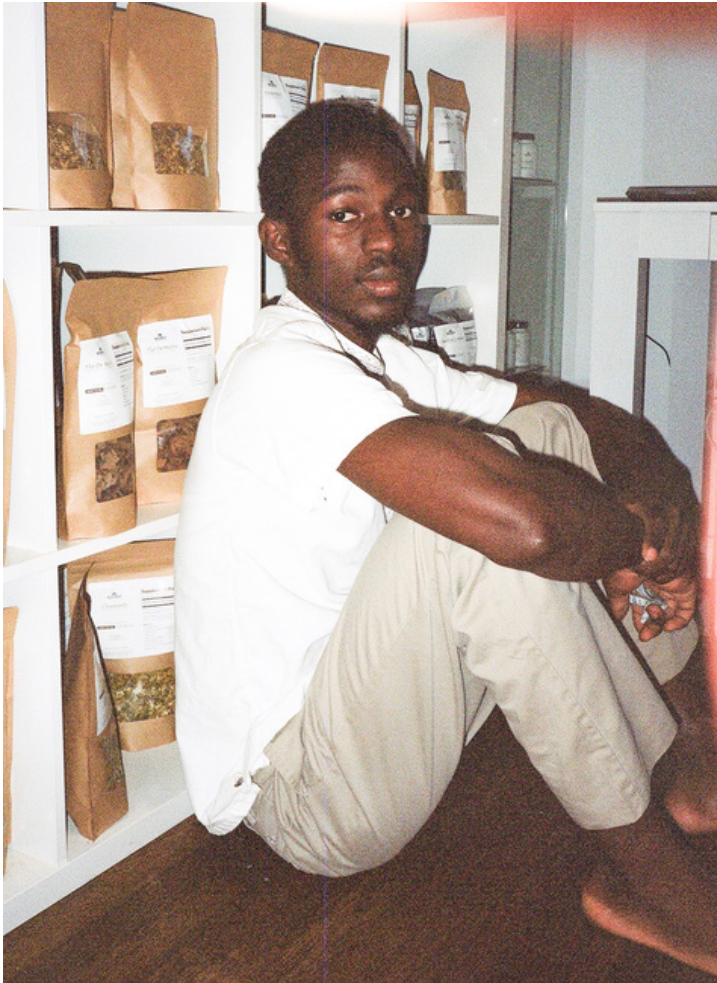


I grew up in Honduras in a humble home with full of joy, and my inspiration comes from my mother, a black woman who raised me with love and my father who taught me to have integrity. I came to America when I was 17 years old. I walked from Honduras to America through Guatemala and Mexico. (I learned a lot of knowledge from those people.) Guatemalans and Mexicans taught me love. I asked for money at traffic lights in Mexico because I had no money and no one wanted to help me, but I never lost hope that one day I will make it to America, I didn't know what I was going to do, I just knew I wanted to go on a adventure. I was imprisoned for 9 months in Arizona in an immigration jail because none of my brothers or relatives wanted to help me.

MY STORY

Later on I moved to Seattle to work as a construction worker with my good friends Leo and Wig. I also worked in Utah building business infrastructures until one day I decided to come back to Seattle to continue my father's legacy. I started small where I would buy herbs in small bags to make my products. This journey hasn't been easy for me, even some people I trusted in the past had robbed me. Thankfully I have good people on my side like Coralee who helped me, I also met Erick and Bella who I had great times with, then Lonnie came into my life, I give her a lot of credit for the great help she and Gabe have put into my journey





I LOVE YOU

I hope this information helps you on your healing journey. I am not the healer the plants are the ones that heal I am just simply the messenger. No matter what color you are or where you come from the important thing is that you have love for yourself, we all need healing and I am here to support you. Thank you for choosing this path of life.

PHOTO GALLERY



PHOTO GALLERY



PHOTO GALLERY

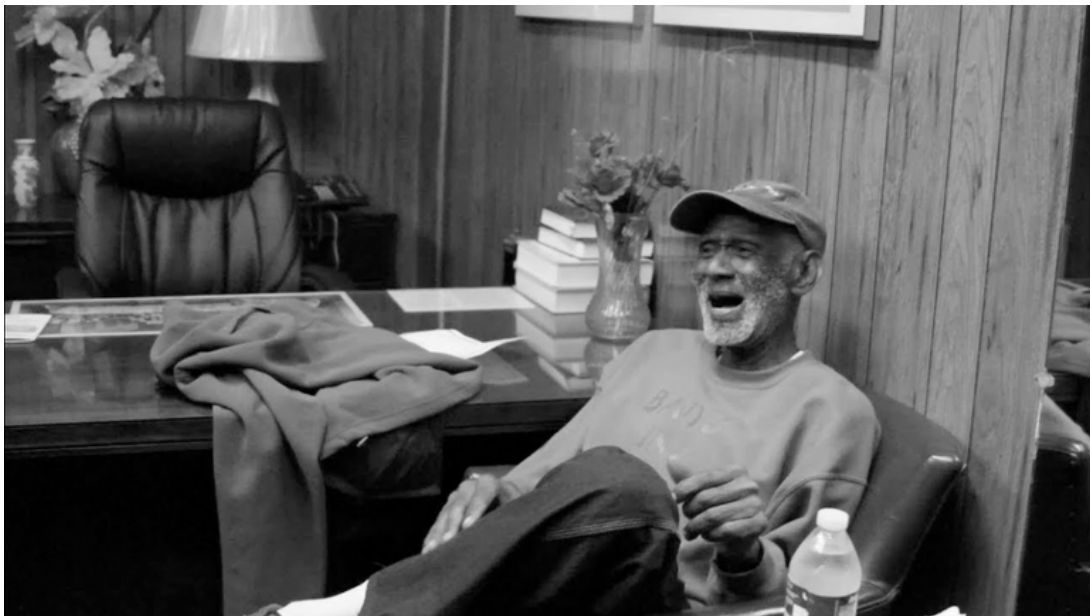


My father and I

IN LOVING MEMORY

Alfredo Darrington Bowman

1933 - 2016



"Because the one thing that you want to do, is to love.
And that love should begin with you. Once you love you,
you love the whole world."

- Dr. Sebi

SPECIAL THANKS TO

- My father Alfredo Bowman, also known as Dr. Sebi.
- Tyrone Pendland II (Ty's Conscious Kitchen)
- Carl Foster (Crush Foster)
- Kamani Tait (KT The Arch Degree)
- Coralee (Alkaline Healing Herbs)
- Ekong (Eat To Live Not To Die)
- Sharon Herbalist Ross
- Ras Jahhny (Original Man Herbs)
- Keneisha An Webb
- Krystal Doula
- Plant Based Bran
- Jhonathan Reyes (The King Herbs of Life)
- Allkalet LLC
- Alkaline Zen
- Gian Hilario (Everything Alkaline)
- Abelardo Guerrero (Mr. G)
- Annette Thomas (Mama Pill)
- Xave Bowman Chapman (Next Gen Herbal Products)
- Sesa Bowman (The Fig Tree)
- Jennifer Duran (Alkaline C.A.T.)

FOR PRODUCT INQUIRIES:
YOU CAN VISIT MY WEBSITE AT
BOLINGOBALANCE.COM

FOR DONATIONS:
CASHAPP @LONNIEDC