

MEDICAL MEDIUM®

HEALING

TOOLS, TIPS & RECIPES



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Medical Medium

Healing - Tools, Tips and Recipes

How we take care of ourselves in the morning makes a huge difference in our overall health.

All night long, your liver gathers debris and toxic substances such as toxic heavy metals, pesticides, plastics, old pharmaceuticals, and petrochemicals and packages them up so they can eventually be eliminated out of your body.

With the powerful yet simple techniques here, you can encourage your system to flush out these troublemakers in the morning, allowing you to cleanse poisons and toxins from your bloodstream, liver, and brain.

As a result, you can help strengthen your immune system and help yourself stay strong.

~ Anthony William

Tools & Tips:

Try incorporating any or all of these techniques into your morning routine:

- **Upon waking, try drinking 16 to 32 ounces of lemon water.** Don't use hot water. The heat will destroy the lemon's enzymes, not allowing it to complete its job of cleansing the blood and body. Use room temperature or cold water.
- **Try drinking 16 to 32 ounces of straight celery juice in the morning.** Avoid adding anything else to your celery juice. Don't add ice, don't mix in water, don't squeeze lemon into it, and don't add any supplements to your celery juice if you want it to have the maximum effectiveness in cleansing the body. Celery juice strengthens digestion; raises hydrochloric acid; cleanses and neutralizes poisons and toxins inside the intestinal tract, liver, and bloodstream; and brings powerful electrolytes to the brain.
- **Avoid nuts, seeds, nut butters, oils, milk, cheese, butter, eggs, and other animal products in the morning.** Doing this helps allow toxins to flush easily out of your liver and bloodstream. The reason is that these foods are what I call radical fats—the majority of their calories derive from fat. Whether healthy or unhealthy, fat thickens the blood and does not allow the body to cleanse in the morning. Instead, incorporate fruit or fruit smoothie into your menu before noon. This helps bring glucose into your liver and brain, helping you to stay strong. If you'd like, try the Wild Blueberry Porridge or Potato Skillet in late morning.



Recipes:

Lemon or Lime Water

While it sounds simple, don't overlook lemon or lime water as a powerful part of your daily routine. This easy hydration source takes only a moment to prepare, is extremely beneficial for everyone, and brings your water to life!

Ingredients:

- **1/2 lemon or 2 limes, freshly cut**
- **16 ounces (2 cups) water**

Directions:

Squeeze the juice from the freshly cut lemon or limes into the water, straining seeds if necessary.

Wait at least 15 to 20 minutes and ideally 30 minutes after you finish drinking your lemon or lime water before you consume your celery juice or anything else.

Makes 1 serving



Celery Juice

This simple herbal extraction has an incredible ability to create sweeping improvements for all kinds of health issues when consumed in the right way. It's an ideal way to start your day.

Ingredients:

- 1 bunch of celery

Directions:

Trim about a quarter inch off the base of the celery bunch, if desired, to break apart the stalks.

Rinse the celery.

Run the celery through the juicer of your choice. Strain the juice, if desired, to remove any grit or stray pieces of pulp. Drink immediately, on an empty stomach, for best results. Wait at least 15 to 30 minutes before consuming anything else.

If you don't have a juicer, you can make celery juice in a blender. Here's how: Trim about a quarter inch off the base of the celery bunch, if desired, to break apart the stalks. Rinse the celery. Place the celery on a clean cutting board and chop into roughly 1-inch pieces. Place the chopped celery in a high-speed blender and blend until smooth. (Don't add water.) Use your blender's tamping tool if needed. Strain the liquefied celery well; a nut milk bag is handy for this. Drink immediately, on an empty stomach, for best results. Wait at least 15 to 30 minutes before consuming anything else.

Makes 1 serving



Heavy Metal Detox Smoothie

This Medical Medium smoothie recipe is helping people heal all over the globe. It contains a powerful combination of the five key ingredients for safely detoxifying toxic heavy metals from your brain and body. It's an honorable, life-giving blessing to help reverse so many symptoms.

Ingredients:

- 2 bananas
- 2 cups frozen or fresh wild blueberries or 2 tablespoons powdered wild blueberries
- 1 cup fresh cilantro
- 1 teaspoon barley grass juice powder
- 1 teaspoon spirulina
- 1 tablespoon Atlantic dulse
- 1 orange
- 1/2 to 1 cup coconut water*, fresh-squeezed orange juice, or water (optional)

Directions:

Combine the bananas, wild blueberries, cilantro, barley grass juice powder, spirulina, and Atlantic dulse with the juice of 1 orange in a high-speed blender and blend until smooth. Add up to 1 cup of one of the additional optional liquids (coconut water, fresh orange juice, or water) if a thinner consistency is desired. Serve and enjoy!

**If using coconut water in this smoothie, make sure the coconut water doesn't contain natural flavors and isn't pink or red.*

Makes 1 serving



Fresh Fruit Breakfast

With so many fruits to choose from, this simple breakfast option can be as varied as you'd like. Simply pick your favorite fruits and enjoy. For optimal digestion, choose just one fruit, such as papaya or bananas, and eat enough to feel fully satisfied. Or choose just two or three fruits, such as berries with bananas, for a simple breakfast fruit bowl.

Ingredients:

A hearty amount of any fresh fruits you like, such as papaya, berries, bananas, nectarines, grapes, oranges, peaches, figs, mangoes, apricots, apples, pears, or any other fresh fruit you love

Directions:

Eat straight up or arrange on a plate or in a bowl and enjoy!

Make sure you serve yourself enough fruit for a whole meal. One or two apples, one banana, a cup of berries, or a couple of kiwifruit on their own is usually not enough breakfast for most people. If you prefer to eat small amounts, make sure you graze on more fresh fruit every hour to hour and a half throughout the morning.

Makes 1 to 2 servings



Wild Blueberry Porridge

This recipe uses millet or gluten-free oatmeal with the addition of a secret weapon: wild blueberries. These little purple gems offer an explosion of delicious flavor, and their healing properties for the liver and the rest of the body are a true miracle.

Ingredients:

- 1 cup millet or gluten-free oats
- 2 cups water; more if needed
- 1/2 teaspoon cinnamon
- 1/2 cup wild blueberries
- 2 tablespoons fresh wild or cultivated blueberries, or frozen wild blueberries, for garnish
- Pure maple syrup or raw honey, to taste

Directions:

Place the millet, water, and cinnamon in a small saucepan, stir, and bring it to a boil. Add more water if needed. Reduce to a simmer, cover, and cook until soft, about 10 to 15 minutes, stirring intermittently. Once it's cooked, remove the saucepan from the heat, cover it, and let it sit for a few minutes.

Alternatively, place the oats, water, and cinnamon in a small saucepan and bring to a simmer. Add more water if needed. Cover and cook until soft, about 5 to 10 minutes. Stir in the wild blueberries and maple syrup to taste. Serve topped with the 2 tablespoons of blueberries.

Makes 1 to 2 servings



Potato Skillet

When you've got a craving for something warm and savory, this Potato Skillet really hits the spot! With potatoes, bell pepper, spices, and a squeeze of lime juice and some fresh cilantro to finish, this recipe is also simple and easy to make. The lysine in potatoes is a powerful weapon against cancers, liver disease, inflammation, and the viruses such as Epstein-Barr and shingles that are behind rheumatoid arthritis, joint pain, autoimmune disease, and more.

Ingredients:

- 1/2 cup diced onion
- 1 garlic clove, minced
- 3 cups diced potato (or sweet potato)
- 1/2 to 1 teaspoon cayenne or chipotle powder, to taste
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 cup diced red or orange bell peppers
- 1/2 tablespoon lime juice
- 1/4 cup loosely packed fresh cilantro, to serve

Directions:

Add the onion, garlic and potato to a medium-sized non-stick ceramic pan. Cook for 3 to 5 minutes, until the onion is translucent, adding a bit of water if needed to prevent sticking. Then, add in the spices and stir until evenly mixed.

Pour 1/3 cup water into the pan and place on the lid. Lower the heat to a simmer and cook for 10 to 15 minutes, until the potatoes are almost tender, stirring them every few minutes to prevent sticking. Add the bell pepper and lime juice to the pan. Cook for 5 to 10 minutes, until the potatoes and vegetables are all tender. Serve immediately with fresh cilantro.

Makes 2 servings