

MEDICAL MEDIUM® ANTHONY WILLIAM

# MM101



A FREE DOWNLOAD FROM  
[MEDICALMEDIUM.COM](http://MEDICALMEDIUM.COM)



# Celery Juice

Plain, fresh celery juice is one of the most powerful healing juices available to us. This clean, green drink is the very best way to start your day.

Make this juice a part of your daily routine, and soon you won't want to go a day without it!

## Ingredients:

- 1 bunch celery

## Directions:

Rinse the celery and run it through a juicer.

Drink immediately for best results.

Alternatively, you can chop the celery and blend it in a high-speed blender until smooth.

Strain well and drink immediately.

**Serves: 1-2**



# Heavy Metal Detox Smoothie

This smoothie is not only delicious, it's also perfectly designed to include five key ingredients that work together in synergy to pull heavy metals like mercury, lead, aluminum, nickel, copper, and cadmium out of your organs where they accumulate.

## Ingredients:

- 2 bananas
- 2 cups wild blueberries
- 1 cup cilantro
- 1 cup orange juice
- 1 tsp barley grass juice powder
- 1 tsp spirulina
- 1 small handful of Atlantic dulse
- Optional: water to blend

## Directions:

In a high speed blender, blend all ingredients until smooth. If a thinner consistency is desired, add up to 1 cup of water. Enjoy!

**Serves: 2**



# Cucumber Juice

Cucumber juice is a highly alkalinizing and hydrating drink that is rich in nutrients such as vitamins A, C, K, magnesium, silicon, and potassium. It has the ability to cleanse and detox the entire body as well as help to alleviate digestive problems such as gastritis, acidity, heartburn, indigestion, and ulcers. It is also an ideal way to properly hydrate the body since it contains beneficial electrolytes that have the ability to bring nutrients and hydration deep into the cells and tissues making it far more effective than water alone.

Cucumber juice is also one of the best natural diuretics around, aiding in the excretion of wastes through the kidneys and helping to dissolve uric acid accumulations such as kidney and bladder stones. It has the ability to help reduce edema, bloating and swelling in the body. It also has wonderful anti-inflammatory benefits which can significantly benefit autoimmune and neurological disorders such as Chronic Fatigue Syndrome, Fibromyalgia, Migraines, Anxiety, Depression, Shingles, Eczema, Psoriasis, Rheumatoid Arthritis, Multiple Sclerosis, & Lupus.

## Ingredients:

- 2-4 cucumbers, organic

## Directions:

Wash the cucumbers and cut as needed. Run the cucumbers through your juicer and drink immediately for best results. If you do not have a juicer, then blend the cucumbers and strain liquid. Drink and Enjoy!

**Serves: 1**



# Ginger Water

Ginger water is helpful in aiding in digestion and assimilation and is widely regarded to help prevent colds, flu, motion sickness, and vertigo. Ginger water can also help to alleviate menstrual cramps, nausea, heart burn, migraines, sore throats, exhaustion, fatigue, and constipation and it is great in providing relief from the stomach flu and food poisoning.

## Ingredients:

- 1-2 inches of fresh ginger root
- 2-3 cups of water
- 1/2 lemon
- raw honey

## Directions:

Grate the 1-2 inch piece of ginger root. Add 2-3 cups of water and a squeeze of lemon. Sweeten with raw honey. Strain, and enjoy warm or cold. Sip this throughout the day for its powerful protective properties against illness.

**Serves: 4**



# Aloe Water

Aloe vera leaf is a miraculous healing food that is one of the oldest healing remedies and natural antibiotics in the world. Taken internally, aloe works wonders for assimilation, circulation, and elimination.

## Ingredients:

- 1 fresh aloe leaf (only a 2-inch piece will be used per serving)
- 8-16oz ounces of water

## Directions:

Cut a 2-inch piece off the aloe leaf. scoop out the gel and place in a blender with 8-16oz water. Blend on high for 10-20 seconds. Pour in glass and drink immediately on an empty stomach for optimal benefits.

\*tip wrap remaining aloe leaf in kitchen towel or plastic wrap and store in fridge, will stay good for 1-2 weeks in fridge and can be used as needed.

Fresh aloe leaves can be found in the produce section of most supermarkets.

**Serves: 1**



# Thyme Tea

Thyme tea contains potent anti-viral properties and is essential for Epstein Barr, Shingles, Hepatitis, Influenza, Herpes, Cytomegalovirus, HPV, etc. If taken on a regular basis it can significantly help to reduce the viral load in the body which makes it highly beneficial for those suffering with Chronic Fatigue Syndrome, Fibromyalgia, Hashimoto's Thyroiditis, Rheumatoid Arthritis, Lupus, Vertigo, Tinnitus, and Multiple Sclerosis. Thyme tea is a powerful healing drink and can be made by infusing fresh thyme leaves in hot water and allowing to steep for 15-20 minutes.

## Ingredients:

- 2 springs of fresh thyme
- 10-16 oz hot water
- optional: fresh lemon &/or raw honey

## Directions:

Place fresh thyme in a mug and pour hot water over, allow to steep for 15 min or more. Remove thyme springs or strain. Sweeten with raw honey &/or lemon. Sip and enjoy! :)

Alternatively, a thyme infused water can be made by soaking fresh thyme springs overnight in a pitcher of room temperature water and sipped the next day for hydration & healing benefits.

**Serves: 2**



# Turmeric Ginger Shots

These fiery, immune-boosting shots are a tasty variation on the turmeric-ginger serum I mentioned above. A go-to option for the first sign of a cold, these shots will help your body fight back against anything that tries to come against it!

## Ingredients:

- 4 inches turmeric
- 4 inches fresh ginger
- 2 oranges
- 4 garlic cloves

## Directions:

One at a time, run each ingredient through the juicer, keeping the juices separate. Combine 1 teaspoon turmeric juice, 1 teaspoon ginger juice, 1/4 teaspoon garlic juice, and 1/4 cup of orange juice in a small glass. Stir to combine and drink immediately.

Note: the amount of ingredients necessary will vary greatly based on the juicer that is used.

**Serves: 2-4**



# Spinach Soup

One of the amazing things about incorporating more fruits and vegetables into our diet is the way that our taste buds change, and we begin to crave more and more of these fresh ingredients over time. When you find yourself yearning for leafy greens and the benefits they provide, this easy-to-make, richly flavored soup is a great way to incorporate them into your day in an easily digestible form. With all of the minerals the spinach provides, you'll also help curb any cravings for the foods you know don't serve your health right now.

## Ingredients:

- 1 pint grape tomatoes
- 1 stalk celery
- 1 garlic clove
- 1 orange
- 4 cups baby spinach
- 2 basil leaves or a few sprigs of cilantro
- 1/2 avocado (optional)

## Directions:

Blend the tomatoes, celery, and garlic with the juice of 1 orange until smooth. Add the spinach by the handful until completely incorporated. Add the basil and the avocado (if desired), and blend. Serve and enjoy immediately!

**Serves: 2**



# Healing Broth

Healing Broth is a powerful mineral-rich liquid that carries the essence of vitally nutritious vegetables, herbs, & spices in a way that is easy for the body to digest, assimilate, and utilize. You will find this recipe as comforting as it is nourishing. The ingredients of this simple recipe help to provide tremendous healing benefits to both the body and soul.

## Ingredients:

- 4 carrots, chopped or 1 sweet potato, cubed
- 2 stalks of celery, roughly chopped
- 2 onions, sliced
- 1 cup parsley, finely chopped
- 1 cup of shiitake mushrooms, fresh or dried (optional)
- 2 tomatoes, chopped (optional)
- 1 bulb of garlic (about 6-8 cloves), minced
- 1 inch of fresh ginger root
- 1 inch of fresh turmeric root
- 8 cups of water
- Optional: Chili peppers or red pepper flakes

## Directions:

Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing and restorative broth or leave the veggies in to enjoy as a light healing soup.

**Serves: 2-3**



# Elderberry Syrup

Elderberries are one of the most effective remedies for viral and bacterial infections such as colds and flu and can substantially shorten the duration of your illness if you get sick. The Elderberry Syrup recipe I have to share with you is as clean, simple, and healing as it gets, with none of the preservatives or additives you might find in some store bought brands. It's also sweet and delicious, making it a fantastic remedy that even children will enjoy and take willingly.

## Ingredients:

- 3/4 cup dried elderberries
- 3 cups water
- 3/4 cup raw honey
  
- Optional additions:
  - 1 cinnamon stick
  - 1 whole star anise
  - 1/4 tsp whole cloves

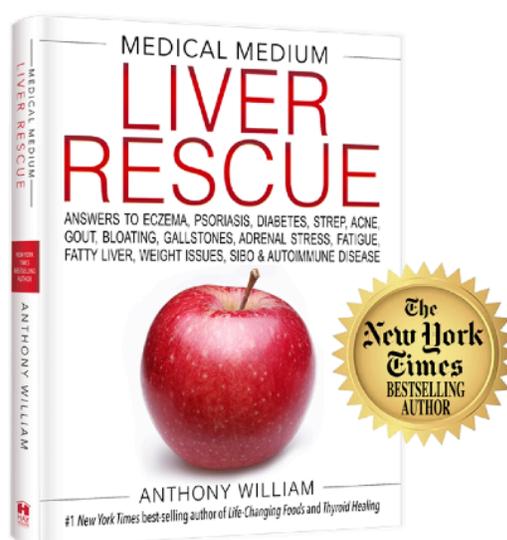
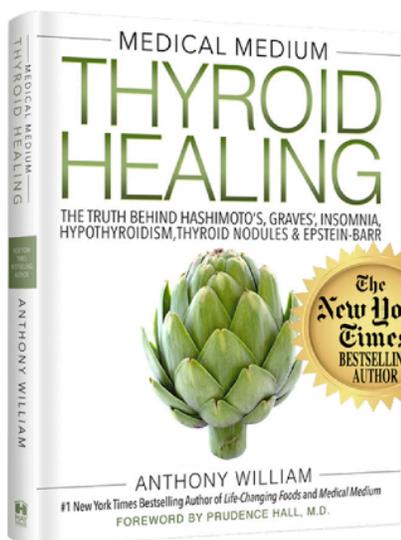
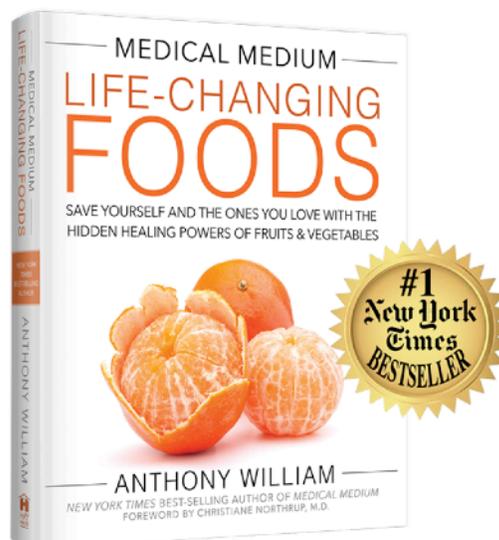
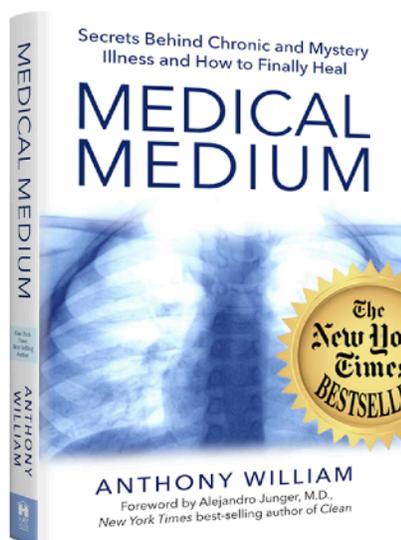
## Directions:

Place the dried elderberries and water in a medium-sized saucepan (with optional spices) on the heat. Cook on medium-high for 45 minutes to 1 hour, until thick and reduced by half. Remove and cool completely. Strain the syrup into a bowl, pressing the juice out of the berries with a wooden spoon and discarding the whole spices. Whisk in the raw honey and pour into jars.

For health maintenance, enjoy 1 tablespoon per day. For assistance in recovering from a cold or flu, enjoy 1 tablespoon 3 times per day.

**Serves: 1-2 cups**

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [Medical Medium](#), [Life-Changing Foods](#), [Thyroid Healing](#), and [Liver Rescue](#).



FOR MORE:

[www.medicalmedium.com](http://www.medicalmedium.com)