

MEDICAL MEDIUM® ANTHONY WILLIAM

JUICES & SMOOTHIES



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Apple Pie Smoothie

Enjoy the delicious flavors of apple pie in this heavenly smoothie. Creamy, satisfying, and sweet, it will feel like you are indulging in a decadent dessert, but without any of the drawbacks that come with the wheat, eggs, butter, and refined sugar of regular apple pie. In fact, this recipe is packed full of healing ingredients, so you can feel good about making it for yourself and your family over and over again.

Apples are hydrating on a deep, cellular level. They provide precious trace minerals such as manganese and molybdenum, as well as electrolytes and critical mineral salts that help the body rehydrate after exercise or stress of any kind. On an emotional level, the apple is an ancient food that brings us back to the source. It is one of the very first foods to have comforted us, and so apples connect us to a sense of sanctuary.

Ingredients:

- 2 medium-sized red apples, cored and cut into chunks
- 1 1/2 frozen banana
- 1 1/2 cup unsweetened almond or coconut milk
- 1 tbsp maple syrup or 1 medjool date
- 3/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- Pinch of ground nutmeg

Directions:

Place all the ingredients in a blender and blend until smooth. Add more almond milk or water if needed. Serve immediately.

Serves: 2



Wild Blueberry & Cherry Smoothie

This smoothie is as delicious as it is vibrant! It is packed full of antioxidants to help reverse and prevent aging and it contains some of the most powerfully healing foods on our planet, including the number one most nutritionally dense food in existence—wild blueberries! This smoothie gives you a great way to use wild blueberry powder so you can harness its nutrients and healing benefits, or for when you are not able to access fresh or frozen wild blueberries.

Wild blueberries are a true miracle food and can help heal and recover the body from illness and disease. Wild blueberries are the food you want in your diet when you have gone through any form of stress, chronic illness, trauma, or injury. They are also the most powerful brain food in existence, the most potent prebiotic there is, and a star at restoring the liver

Cherries are the ultimate liver tonic, cleanser, and rejuvenator. Cherries promote healthy hemoglobin and are also anti-cancerous, specifically effective at addressing non-Hodgkin's lymphoma, melanoma, and glioblastoma (a type of brain tumor). Cherries sharpen the mind by purifying the bowels—they're better at alleviating constipation than prunes!

Ingredients:

- 2 fresh or frozen bananas
- 1 cup pitted fresh or frozen cherries
- 1 tbsp wild blueberry powder
- 1/2 cup freshly squeezed orange juice
- Water, enough to blend

Place all the ingredients in a blender and blend until very smooth. Pour into glasses and serve.

Serves: 2



Cinnamon & Vanilla Cantaloupe Smoothie

Ripe cantaloupe (also known as rockmelon) is delicious all on its own but turn it into a creamy, frosty smoothie with a touch of vanilla and cinnamon and you won't be able to believe how indulgent it tastes! You will know your cantaloupe is ready to cut into when it emits a sweet and lightly floral aroma and it yields slightly to gently pressure applied to the skin.

The high vitamin C content in cantaloupes is critical for immune system support and to fight bacterial and viral infections. Cantaloupe is also excellent for helping to relieve nerves and calm anxieties. It is known to keep the heartbeat normal and regulated while under stress as well as keep muscles relaxed and free from cramps and hypertension.

Cinnamon has the highest antioxidant strength of all the food sources and is several hundred times more potent than any fruit or vegetable. Vanilla has a calming effect on the nervous system and is an effective treatment for anxiety and stress.

Ingredients:

- 1 cantaloupe, peeled, deseeded and roughly chopped
- 1/2 tsp cinnamon
- 1 cup ice
- Seeds from 1/2 vanilla pod or 1/2 tsp alcohol-free vanilla extract
- 1-2 tbsp raw honey (optional but recommended if your melon isn't very sweet)

Method:

Place the cantaloupe, vanilla, cinnamon, raw honey and ice in a blender and blend until smooth.

Serves: 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.

Today's smoothie recipe gives you a simple and tasty way to get all of these five foods into your daily diet in just one go. Drink this smoothie daily for optimal benefits.

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



Celery Juice

If you want to heal and improve your health quickly and efficiently, follow this routine:

- Every morning, drink roughly 16 ounces of celery juice on an empty stomach. Make sure it's fresh, plain celery juice with no other ingredients. Celery juice is a medicinal, not a caloric drink, so you'll still need breakfast afterward to power you through the morning. Simply wait at least 15 minutes after drinking your celery juice before consuming anything else.
- If you're sensitive and 16 ounces is too much, start with a smaller amount and work your way up.
- Use organic celery whenever possible. If you're using conventional celery, be sure to wash it especially well before juicing.
- If you find the taste of straight celery juice too strong, you can juice one cucumber and/or one apple with the celery. This is a great option as you get adjusted to the flavor. As you get used to it, keep increasing the ratio of celery; the greatest benefits come when celery juice is consumed on its own.

Recipe:

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: 2



Cucumber Juice

Cucumber juice is a highly alkalizing 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.

Cucumber juice is also an excellent remedy for bringing down a fever in children and the convalescent. 8-16oz of fresh cucumber juice is recommended daily to help hydrate and recover the body.

Ingredients:

- 2-4 cucumbers, organic

Preparation:

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: 2



Turmeric Ginger Shots

Turmeric is great for just about every aspect of our well-being. Famous for containing curcumin, a phytochemical with anti-inflammatory properties, turmeric is a particular asset for conditions such as lupus, in which the body can get stuck in a habitual cycle of reaction, even after the invader (in the case of lupus, the Epstein-Barr virus) is no longer present. Note that inflammation in chronic illness is due to the body's immune response to a foreign presence such as a virus—not, as many sources mistakenly say, due to the body turning against itself.

Sometimes, though, once a cycle gets started, the body needs an ally to come in and break the pattern. Turmeric is ideal for this job, because it contains natural and very beneficial steroidal compounds from the curcumin as well as other aspects of the turmeric that are critical to calm down outsized inflammatory responses to pathogens. 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



Apple Ginger Celery Juice

Don't let the simplicity of this juice fool you. The combination of sweet apples with the natural saltiness of the celery and a kick from the ginger is a winner. And the addition of cinnamon takes this juice to a new level of deliciousness. You can rest assured this juice recipe will provide you with the natural glucose and mineral salts your body needs to heal and thrive.

Apples are a truly healing food. They are anti-inflammatory because they starve viruses. This fruit helps cleanse and purify the organs, improve circulation in your lymphatic system, repair damaged skin, and regulate blood sugar.

Apples are also hydrating on a deep, cellular level. They provide precious trace minerals such as manganese and molybdenum, as well as electrolytes and critical mineral salts that help the body rehydrate after exercise or stress of any kind.

Ingredients:

- 4 red apples
- 4-6 celery stalks
- 1 to 2 inch piece of ginger
- 1 tsp cinnamon (optional)

Directions:

In a juicer, juice the apples, celery, and ginger. Stir in the cinnamon and serve.

Serves: 2



Thyroid Healing Juice

Juices are a great way to get in a variety of healing ingredients in one go. This Thyroid Healing Juice from my book *Thyroid Healing* is made entirely of ingredients that support thyroid health. The best part is that it's easy to customize according to your tastes. Feel free to substitute cucumbers in place of the celery or parsley in place of the cilantro. In any case, you will be getting a big dose of powerful thyroid support!

Ingredients:

- 1 bunch of celery
- 2 apples, sliced
- 1 bunch of cilantro
- 2 to 4 inches fresh ginger

Run all the ingredients through the juicer (see recommended juicers below). Drink the juice immediately on an empty stomach for best results.

Alternatively, roughly chop the celery and apples. Add all of the ingredients to the blender. Blend the ingredients until liquefied and then strain. Drink the resulting juice immediately.

Tips:

- This juice can be customized to your taste preferences by substituting 2 cucumbers in place of the celery or 1 bunch of parsley in place of the cilantro.
- Depending on the juicer, more or less ginger will be needed. Adjust the amount according to your taste.

Serves: 2



Thyroid Healing Smoothie

Smoothies are a great way to get in a variety of healing ingredients in one go. This this Thyroid Healing Smoothie from my book *Thyroid Healing* can be customized with whichever healing foods you want (see the suggested additions), and it will only ever be amazing for you!

Base Ingredients:

- 2 cups mango (fresh or frozen)
- 1 banana
- 1 cup water

Suggested Healing Additions:

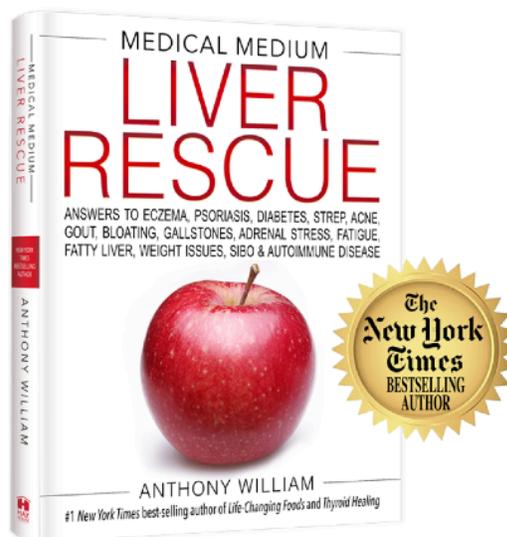
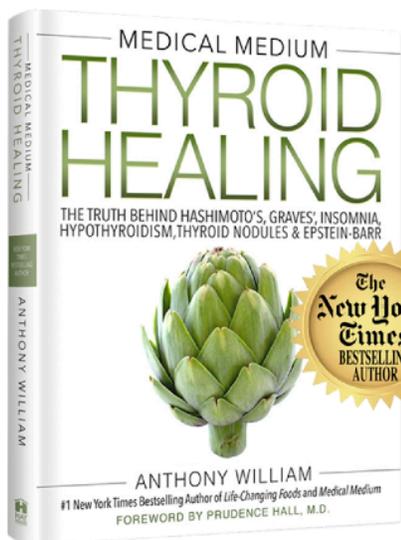
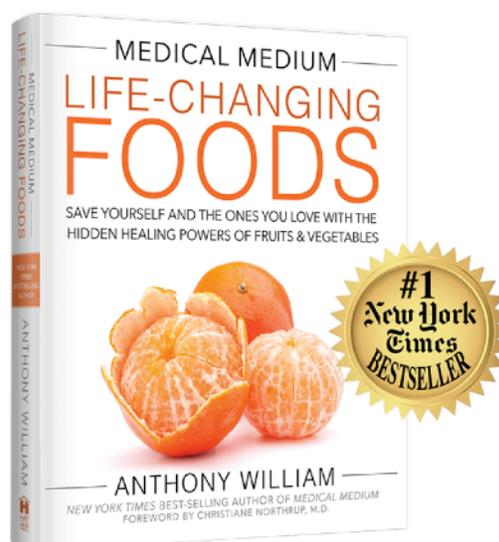
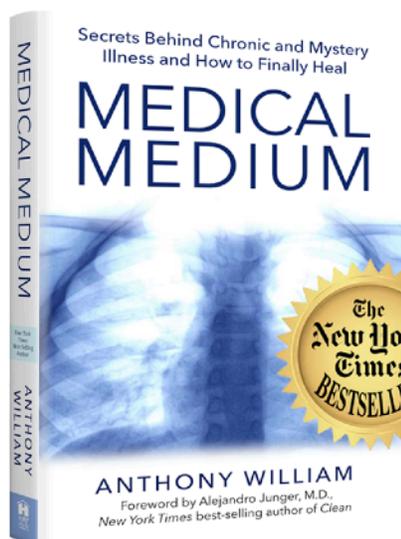
- 2 cups of spinach
- ½ cup arugula
- 1 teaspoon kelp powder
- ½ inch ginger, peeled
- 1 orange, juiced
- ½ cup cilantro
- ½ cup aloe vera gel
- ½ cup raspberries

Directions:

Combine the mango and banana with 1 cup of water in a blender. Add any of the suggested additions in assorted combinations. To get the most healing benefits out of this smoothie, go ahead and add all the suggested additions. Blend until smooth. Serve and enjoy!

Serves: 1

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*](#).



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