



SPECIAL REPORT

TOP 10 Super Healing Foods

Medical Medium®



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www.medicalmedium.com

The super speed pace of the 21st century doesn't support radiant health. If anything, all the stress and pollution drains our bodies, aging us faster than any century ever has. To offset the increasing demands on our bodies' and the depleted nutrients in our food due to environmental issues healing foods are critical.

Whether you're plagued by disease or just not feeling so radiant, if you want to revitalize and repair the body, igniting its ability to heal, you need to equip yourself with extraordinary foods.

Healing foods come from crops that are not easily extinguished. They have a soul, they want to live.

These thriving plants supply a multitude of micronutrients, antioxidants, phytochemicals and minerals, creating robust energy. They supply things you can't get from any vitamin. And they don't just help treat deficiencies; they prevent them to begin with.

They're so effective at healing the body that Anthony William recommends one or more of them to every one of his clients. So if you want to heal your body and watch your health soar, you need to integrate as many of the following top healing foods into your diet now.



1

Celery: Ph Balancer, Super Toxin Fighter

The more alkaline your body is, the less chance you have of being afflicted by disease. This is because disease thrives off things like mucus and acid.

Celery is a major alkaline food. This means it has an extremely high toxin removal rate.

It purges the body of acid and poisons, and cleanses the liver and bloodstream like nothing else.

Heart Health

Celery contains compounds called coumarins, which are known to enhance the activity of certain white blood cells and support the vascular system. Celery is rich in vitamin A, magnesium, and iron, which all help to nourish the blood.

Anti-inflammatory Properties

Celery also has significant anti-inflammatory properties making it an essential food for those who suffer from autoimmune disorders.

Joint and Bone Support

Celery's rich organic sodium content has the ability to dislodge calcium deposits from the joints. It also contains significant amounts of calcium and silicon, which can help repair damaged ligaments and bones.

Can Help Heal: Rheumatism, arthritis, anemia, auto-immune illnesses, acidosis, and high blood pressure.

Other Potential Benefits: Purifies the bloodstream, improves digestion, prevents migraines, relaxes the nerves, clears up skin problems, detoxifies the body, and is a natural diuretic.

Healing Tip: Fresh celery juice is one of the most powerful healing juices you can drink. Just 16 ounces of fresh celery juice a day can transform your digestion and overall health in as little as one week. Make sure to choose organic celery when possible. Drink the juice in the morning on an empty stomach.

Tasty Tip: If drinking celery alone is difficult for you, try adding one to two apples to the juice for a bit of sweetness.

Healing Recipe: **Celery Juice**

Ingredients:

- 1 large bunch organic celery

Instructions:

Wash & run through juicer.
Drink immediately for optimal benefits.



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Wild Blueberries: Diseases Beware!

There are two types of blueberries, the larger cultivated berries that are commonly seen in the fresh produce section in the supermarket, and the smaller, more flavorful wild blueberries.

Wild blueberries are significantly more nutritious, so much so that scientists are currently investigating their disease-combating potential.

A Bevy of Health Benefits

Loaded with antioxidants, vitamins, and minerals, these sweet and satisfying berries provide copious potential health benefits.

They are excellent liver and blood cleansers, and are vital to the health of eyes and the digestive tract.

Wild blueberries also have the ability to repair tissues and cells and keep the immune system strong.

Can Help Heal: Urinary tract infections

Other Potential Benefits: Helps support brain, gut, and heart health, reduces the risk of diabetes, strengthens the circulatory system, improves cognitive abilities, and helps prevent cancer.

Healing Tip: Wild blueberries should be included in the diet on a weekly basis. If you're not fortunate enough to live in an area where wild blueberries grow, they can be found in the freezer section of most grocery stores. Look for frozen wild blueberries from Maine and Canada.

Wild Blueberries are the best quality and provide the highest nutritional benefits.

Tasty Tip: Wild blueberries are a wonderful addition to smoothies and baked goods.

Healing Recipe:

Wild Blueberry Banana Smoothie

Ingredients:

- 2 ripe bananas
- 1 cup frozen wild blueberries
- 1/4 cup coconut water (or water)

Instructions:

Blend together on high until smooth. Great for breakfast, lunch, or an anytime pick-me-up.



3

Papaya: Removes, Rebuilds, Recovers

Papaya is one of the most nutrient dense and healing fruits on the planet, containing extremely high amounts of beta carotene, essential fatty acids, vitamins C & A, antioxidants, protein, and minerals. It provides everything the body needs to rebuild muscles, tissues, bones, and organs.

Digestive Aid

Papaya has a soothing effect on the digestive tract and gently removes toxic debris while decreasing swelling and inflammation.

Digestive enzyme capsules are a popular aid in the relief of intestinal discomfort. Papaya seeds contain more enzymes than a whole bottle of capsules, and the nutrients within the seeds allow for quick assimilation into the body.

Convalescent Recovery

For those recovering after a long period of being bedridden, papayas are an excellent food choice and can help the body quickly rebuild.

Can Help Heal: Digestive disorders, acid reflux, colitis, pancreatitis, irritable bowel syndrome, ulcers, Celiac disease, H.pylori, diverticulitis, indigestion, bloating, flatulence, upset stomach, joint pain, shingles, chicken pox, arthritis, colds, flu, fibromyalgia, chronic fatigue syndrome, Lyme disease, lupus, and cardiovascular disease.

Other Potential Benefits: When consumed on a regular basis, papaya can drastically improve skin, hair and nails, as well as keeping eyes bright and clear.

Healing Tip: There are two major varieties of papayas on the market today: the big football-size Maradol papayas and the small hand-size solo, or strawberry papaya. The larger Maradol papayas contain the most nutrition and healing properties. More importantly, they are NOT a GMO food. The smaller varieties are sometimes grown GMO and should be avoided, if possible. An important thing to note to ensure ripeness in Maradol Papayas is that they will yield to gentle pressure. Once fully ripe, they can be stored in the refrigerator for up to two weeks. The black seeds of the papaya are completely edible and act as an effective vermicide or worm/parasite remover.

Tasty Tip: Try sprinkling papaya seeds into smoothies or onto a salad for added health benefits. For something a little different, try the black seeds in combination with the papaya. The peppery seeds and sweet papaya flesh create a flavor profile similar to a spicy cinnamon candy.

Healing Recipe:

Papaya Pudding

Ingredients:

- 1 fully ripe papaya
- Topping: sliced banana, blueberries, or raspberries

Instructions:

Cut papaya in half and remove the black seeds. Scoop out flesh and place in food processor or blender, process until silky smooth. Pour into bowl and top with sliced banana or fresh berries.



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Cilantro: Heavy Metal Detoxifier, Antioxidant Powerhouse

Cilantro is a phenomenal herb rife with vitamins A, K, and C, and minerals such as iron, calcium, and magnesium. It contains more antioxidants than most fruits or vegetables.

Detoxifying

Cilantro is a remarkable heavy-metal detoxifier, able to remove mercury and aluminum stored in fat tissues. Cilantro can mobilize mercury rapidly from the brain and central nervous system by separating it from fat tissue and moving into the blood and lymph.

Antibacterial

Cilantro also contains an antibacterial compound called dodecenal, which has the ability to kill salmonella bacteria and prevent salmonella poisoning.

Can Help Heal: Mercury poisoning and toxicity, salmonella poisoning, Alzheimer's disease, Parkinson's disease, arthritis, diabetes, viral and bacterial infections, hepatitis, colitis, obsessive-compulsive disorders, autism, Tourette syndrome, infertility, Bell's palsy, fibromyalgia, Addison's disease, Guillain-Barre syndrome, IBS, multiple sclerosis, and chronic fatigue syndrome.

Other Potential Benefits: Cilantro is known to support the stomach, spleen, adrenals, thyroid, pancreas, bladder, and lungs. It's also highly effective for reducing LDL (bad) cholesterol and raising HDL (good) cholesterol.

Healing Tips: For full benefits, eat at least one bunch of cilantro a day. When combined with a blue green algae such as spirulina, cilantro can remove mercury poisoning and toxicity from the body at a rapid rate. Juicing cilantro is one of the most effective ways to get at least one bunch or more of cilantro a day.

Tasty Tip: Cilantro is often juiced with celery and apples for a healing drink. Cilantro can also be added to smoothies, salsas, salads, guacamole, soups, pesto, tomatoes, beans, and veggie dishes. If the green flavor of cilantro doesn't appeal to you, consider using a cilantro tincture or extract which can be found online or at your local health food store.

Healing Recipe:

Guacamole

Ingredients:

- 1-2 ripe avocados, mashed with a fork
- 1 bunch cilantro, chopped
- 1 bunch scallions, chopped
- 1 lemon (or 2 limes), squeezed
- 1 clove garlic, minced
- pinch of sea salt and black pepper
- Garnish: fresh chopped tomato

Instructions:

Mix all ingredients together and top with fresh chopped tomato. Serve on romaine lettuce leaves or use as a dip with cut veggies and/or brown rice crackers.



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Spirulina: Antioxidants Abound

Spirulina is often deemed the most nutritionally complete of all foods and has countless uses as a supplement for maintaining good health and preventing diseases. This is because it contains a plentiful supply of many important nutrients and antioxidants, including protein, complex carbohydrates, iron, and vitamins A and K, as well as B complex. It's also rich in chlorophyll, fatty and nucleic acids, and lipids. Spirulina is rich in gamma-linolenic acid, or GLA, a compound found in breast milk that helps develop healthier babies.

Best Source of Beta Carotene

Spirulina provides a profusion of carotenoids such as beta carotene and yellow xanthophylls. In fact, spirulina is the richest beta carotene food. The beta carotene found in spirulina is ten times more concentrated than carrots.

Iron-Rich

Iron is essential for building a strong internal system, yet it's the most common mineral deficiency. Spirulina is rich in iron, magnesium and trace

minerals, and is easier to absorb than iron supplements. Ten grams of spirulina can supply up to 70% of the minimum daily requirements for iron.

Protein Packed

About 60% of spirulina's dry weight is protein, which is essential for growth and cell regeneration. It's a good replacement for fatty meat and dairy products.

Builder of Beneficial Flora

Spirulina suppresses bad bacteria like e-coli and Candida yeast and stimulates beneficial flora like lactobacillus and bifidobacteria in the digestive tract to promote healthy digestion and proper bowel function.

Healthy flora is the foundation of good health. It increases the body's ability to absorb nutrients from the foods we eat and helps protect against infection.

An Athlete's Best Friend

Spirulina increases stamina levels in athletes, and its high protein content helps build muscle mass. It can curb hunger that may develop during demanding training routines, helping to maintain an athlete's ideal body weight.

Detoxifier

Spirulina has a completely unique combination of phytonutrients, including chlorophyll, phycocyanin and polysaccharides, that can help to purge toxins from the body. In 1994, a Russian Patent was awarded for spirulina, deeming it a medical food for reducing allergic reactions from radiation sickness. This was a result of 270 children in Chernobyl consuming five grams a day for 45 days (donated by Earthrise Farms). Radionucleides were lowered by 50% and allergic sensitivities were normalized.

Can Help Heal: Cancer, cellular degeneration, high blood pressure, and Candida.

Other Potential Benefits: Promotes healthy eyes, great for anti-aging, helps protect against infection, great for digestive health, increases absorption of nutrients from food, eliminates mercury and other deadly toxins commonly

ingested by the body, and helps prevent the onset of cardiovascular diseases.

Healing Tip: Hawaiian Spirulina is the most potent and is highly recommended. Hawaiian Spirulina is the best protein powder you can use in morning drinks and smoothies! It is the easiest to digest out of all the protein powders and deeply replenishes the body with much needed mineral and micro-nutrients. It's a whole food vitamin and protein powder packed in one!

Tasty Tip: Sprinkle over watermelon or add to Thai coconut water.

Healing Recipe:

Watermelon Spirulina Breakfast

Ingredients:

- 2 cups watermelon, cubes
- 1 tsp Hawaiian spirulina

Instructions:

Sprinkle the Hawaiian spirulina over the watermelon. This sweet & salty combination will leave you hydrated, energized, and satisfied all morning long.



6

Ginger: A Germ's Worst Nightmare

Ginger is one of the world's oldest and most popular medicinal spices.

In ancient times, it was highly regarded as a spiritual cleanser and used during holy times as a way to awaken and purify the body, mind, and spirit.

Pain Reduction

Ginger contains potent anti-inflammatory compounds called gingerols making it a powerful painkiller, beneficial for those suffering from joint, muscle, and nerve pain.

Powerful Germ Fighter

Ginger has incredible immune-boosting and germ-fighting abilities and has been shown to provide relief for a wide range of illnesses.

Can Help Heal: E.coli, staph infections, heart burn, migraines, sore throats, colds, flu, motion sickness, food poisoning, vertigo, and Candida albicans.

Other Potential Benefits: Alleviates menstrual cramps, nausea, exhaustion, fatigue, and constipation. Aids in digestion and assimilation.

Healing Tip: Fresh ginger provides the most health benefits. It's excellent juiced with apples and celery for an energizing and immune boosting drink.

Using fresh ginger in cooking or food preparation will also provide healing benefits and should be added whenever possible.

Tasty Tip: Adding some raw honey and fresh squeezed lemon juice will enhance the flavor of ginger and bolster its healing properties.

If fresh ginger is too strong for your liking, try using ginger in powder, capsule, tea, or tincture form. These alternatives can be found online or in your local health food store.

Healing Recipe:

Medicinal Ginger Tea

Ingredients:

- 1-2 inch piece of ginger
- 2-3 cups of water
- raw honey
- squeeze of lemon

Instructions:

Grate ginger and add to water. Let it steep for 10 to 20 minutes.

Strain and sweeten with raw honey and a squeeze of lemon. Enjoy hot or cold. Sip throughout the day for powerful immune protection.



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Sprouts: Bone and Brain Builder, Immune Booster

Whether alfalfa or sunflower, sprouts are a nutritional powerhouse, packed with a full range of vitamins including A, D, C, K, and B-complex, as well as minerals such as iron, calcium, magnesium, zinc, silicon, and molybdenum.

Sprouts provide an abundant supply of chlorophyll, which helps to nourish the blood, repair cells and tissues, and remove toxins from the body.

Sprouts are also vital for helping reduce stress damage to the body and for keeping the nervous and neurological systems strong and stable.

Bone Health

Sprouts contain all eight essential amino acids, which can help to increase bone strength and density.

In fact, sprouts are a complete protein and are considered to be the most balanced of all the sources of essential amino acids.

This form of protein is ideal for not only helping to bolster the skeletal system, but also the muscular and neurological systems.

Brain Health and Immunity

Sprouts are an essential brain food, good for helping to strengthen memory, focus, and concentration skills.

The lecithin found in sprouts not only helps to significantly improve brain function, it also helps keep the liver and kidneys healthy, aids in vitamin absorption, and can bind fats and cholesterol to water so they can be removed from the body more easily.

Sprouts are also a phenomenal source of saponins, which are known for their potent anti-inflammatory and immune boosting properties.

Can Help Heal: Osteoporosis, irritable bowel syndrome, diverticulitis, menopausal symptoms, colitis, macular degeneration, constipation, ulcers, and high blood pressure.

Other Potential Benefits: Prevents bone fractures, acts as an effective expectorant, boosts memory and concentration, prevents heart disease, reduces inflammation, boosts the immune system, prevents tooth decay, and helps rebuild decayed teeth.

Healing Tip: Alfalfa, clover, and sunflower sprouts are quick and easy to grow in your own home and are an inexpensive way to include fresh, highly nutritious greens in your diet.

You can get sprout growing trays from Sprout Master. For added nutrition, turn your homegrown sprouts into highly mineralized super foods by spritzing them with a liquid mineral solution such as Ocean Solution Pure.

Sprouts can also be found fully grown and ready to eat at your local health food store and supermarket.

Tasty Tip: Add sprouts to smoothies, juices, sandwiches, wraps, and salads for a serious nutritional boost!

Healing Recipe:

Sprout Salad

Ingredients:

- 2 cups of alfalfa and/or clover sprouts
- 2 tomatoes, chopped
- 2 scallions, chopped
- 1 avocado, cubed
- 1 orange, squeezed for juice
- Optional: pinch of sea salt

Instructions:

Mix together in a bowl. Enjoy!



8

Garlic: Versatile Old World Vitamin

Garlic is one of the oldest medicines in the world. It's an incredibly potent spice that can ward off a variety of illnesses. It contains a wealth of vitamins, including vitamin C and B-6, and minerals such as selenium, calcium, copper, and iron. Garlic also possesses very strong antibiotic, antifungal, anticancer, and antiviral properties. At least one clove a day is amazing for the immune system and can help protect your body from cold, flu, and germs.

Super Antibiotic

One raw crushed clove of garlic contains the equivalent of 100,000 units of penicillin and has been proven to be more effective than both penicillin and tetracycline in suppressing certain types of disease carrying agents.

Digestive and Lymphatic Cleanser

Garlic is great for the digestive tract, removing parasites and worms from the colon, and eliminating toxic matter from the lymphatic system. In fact, garlic is so detoxifying, that it can help to effectively eliminate lead and other heavy metals from the body.

Can Help Heal: Rheumatoid arthritis, COPD, lupus, fibromyalgia, Lyme disease, bursitis, shingles, ear infections, Candida, bronchitis, respiratory infections, food poisoning, herpes, coronary artery disease, stroke, urinary tract infections, and chronic fatigue syndrome.

Other Potential Benefits: Supports the digestive tract. Lowers cholesterol and blood pressure. Prevents colds and flu. Can help eliminate lead and other heavy metals from the body.

Healing Tip: Try juicing garlic with vegetables for an immune-boosting drink. When under the weather, eat one to four cloves of raw garlic daily. For added variety, try it in guacamole, soups, hummus, or crushed on toast with a little olive oil.

Tasty Tip: If the flavor of garlic doesn't appeal to you but you still want to reap the health benefits of this natural wonder, odor-free garlic capsules are a great alternative. These supplements can be found online or at your local health food store.

Healing Recipe:

Garlic Basil Tomato Salad

Ingredients:

- 2 cups fresh tomatoes, chopped
- 1 cucumber, sliced
- 1 bunch scallions, chopped
- 1 avocado, cubed
- 1-2 cloves garlic, chopped, or minced
- 4 leaves fresh basil

Instructions:

Place all ingredients in a bowl and mix well. Serve as a deliciously healthy lunch or light dinner.



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Leafy Greens: 4 'A's: Antiviral, Antibiotic, Anti-inflammatory, and Anticancer

With powerful antiviral, antibiotic, anti-inflammatory and anticancer compounds, leafy greens such as collard greens, Mache, kale, mustard greens, romaine lettuce, and Swiss chard are immensely nutritious.

They're packed with vitamins A, E, and B-complex, along with minerals such as iron, calcium, magnesium, selenium, and zinc. They contain all eight of the essential amino acids and have more vitamin C than an orange.

They're also exceptionally rich in vitamin K and omega-3 fatty acids, which are easily absorbed by the body because they're plant-based. Omega-3 is vital for neurological disorders and cardiovascular health. Leafy greens are also a phenomenal source of folate, which is an essential nutrient for women of child bearing age.

Detoxification

Teeming with phytochemicals called glucosinolates, leafy greens are an excellent detoxifying food that helps to purify cells, tissues, and organs in the body.

Better Vision

With incredibly high vitamin A content, they're amazing for eye and vision problems including age related macular degeneration, blurry vision, weak nighttime vision, and dry, itchy eyes.

Natural Sedative

Leafy greens contain sedative properties that relax the nerves and calm the body. They can help prevent nightmares and provide support for a good night's sleep.

Bone Health

Leafy greens are essential for bone health. They help prevent breakage, fractures, and osteoporosis. With their high silicon content, leafy greens can also help repair joints, bones, arteries, and connective tissues.

Blood Sugar Regulation

Leafy greens also contain a compound called syringic acid, which has been shown to help regulate blood sugar levels in the body, making it an ideal food for those with diabetes or blood sugar issues.

Can Help Heal: Type 2 diabetes, cancer, fibromyalgia, rheumatoid arthritis, chronic sinusitis, chronic fatigue syndrome, COPD, hemorrhoids, constipation, high blood pressure, age related macular degeneration, chronic infections, heart disease, asthma, anemia, Alzheimer's disease, lupus, multiple sclerosis, cardiomyopathy, Lyme disease, irritable bowel syndrome, kidney stones, joint pain, and depression.

Other Potential Benefits: Can help prevent, arthritis, anemia, osteoporosis, and asthma, as well as numerous immune related disorders. Reduces inflammation, helps maintain healthy cognitive function, and assists with weight loss.

Highly beneficial for eye and skin health. Helps prevent degenerative diseases such as heart disease, diabetes, prostatitis, and neurological disorders. Aids with cognitive disorders such as brain fog and memory loss. Is helpful in the prevention of stomach, colon, breast, ovarian, cervical, lung,

skin, liver, and prostate cancers. Can help to significantly lower cholesterol. Helps with sleep problems.

Healing Tip: Choose organic leafy greens whenever possible. To get more calcium than a glass of milk, make a smoothie by blending a head of romaine with two oranges. You can also make a smoothie with bananas, blueberries, romaine, and a little coconut water for an energy and protein boost.

Tasty Tip: Beyond salads, chopped romaine makes an excellent crunchy base for all of your fixings. Try stuffing whole leaves with guacamole, salsa, and sprouts. Eat like a taco.

Healing Recipe:

Raw Spinach Soup

Ingredients:

- 1 pint grape tomatoes (or 3 plum tomatoes)
- 1 bag baby spinach (or 1 bunch leafy spinach)
- 1 stalk celery
- 1 small clove garlic
- 2 oranges or tangerines squeezed
- 1-2 basil leaves, or a few sprigs of cilantro

Instructions:

Place celery, tomatoes, juice from the orange, herbs and garlic in food processor or blender and blend. Add spinach a handful at a time until thick and creamy. The more spinach you add, the thicker & creamier it gets.

This soup is fat-free and jam-packed with nutrients.



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Coconut Water: Serious Electrolyte Enhancer and Blood Booster

Coconut water is a revitalizing juice jam-packed with B-complex vitamins and minerals such as calcium, iron, magnesium, potassium, zinc, and manganese. Low in calories, coconut water is an excellent weight loss drink. Its bioactive enzymes help to significantly support digestion and metabolism. With a lightly sweet flavor, it's a universally appealing beverage and is considered safe for pregnant women, infants, and convalescents.

Deep Hydration

Coconut water is one of the highest sources of electrolytes known. It has the ability to hydrate the body on a deep, cellular level, making it an essential beverage for athletes and those with a demanding lifestyle. It's a natural isotonic with the same level of electrolytic balance that we have in our blood.

Potential Plasma Source

Some claim that drinking coconut water gives a person an instant blood transfusion. During the Pacific War of 1941-1945, both sides in the conflict regularly used coconut water - siphoned directly from the nut - to give

emergency plasma transfusions to wounded soldiers. Plasma is what makes up 55% of human blood and coconut water is identical to human plasma.

Can Help Heal: Cancer, thrombosis migraines, sinusitis, COPD, fibromyalgia, asthma, PCOS, cardiomyopathy, Chron's disease, epilepsy, hypertension, multiple sclerosis, Parkinson's disease, hypothyroidism, arthritis, lupus, and chronic fatigue syndrome.

Other Potential Benefits: Aids with digestion, is anti-aging, assists with weight loss, balances pH levels, boosts the immune system, filters toxins, reduces the risk of kidney stones, lowers blood pressure, increases circulation, and can be applied topically to heal and hydrate skin.

Healing Tip: To get the full benefits of coconut water, you should consume at least eight ounces every day.

Taste Tip: Young green coconuts are sourced year-round from tropical regions such as Hawaii, South Florida, Philippines, Bermuda, Jamaica, Brazil, Thailand, and India, but Thai coconut is the best tasting. Taste Nirvana, is a highly recommended brand.

Healing Recipe:

Thai Coconut Water & Hawaiian Spirulina

Ingredients:

- 1 bottle (10oz) Taste Nirvana Coconut Water
- 1 tsp. Hawaiian Spirulina

Instructions:

Mix together and drink for intense hydration and a mineral boost.