

# Medical Medium Protocol - Summary

(One protocol of many in his series)

*Treat disease first of all through the diet and refrain from medicines.*

*Baha 'u' llah, Tablet to a Physician, "Lawh-i-Tibb"*

## First thing in the morning:

### **16-32 ounces Lemon or lime water**

½ lemon or lime to 16 ounce water

Suggestion: Use a lemon press to extract more juice.

To extract more juice: Put the lemon/lime flat on lemon press and press. Then turn it sideways and press.

### **Celery juice**

16-32 ounces

No water 30 minutes before or 30 minutes after.

Drink alone - do not put anything else in it, no apples, nothing.

After juicing, strain it. This is critical to get the maximum benefit from the sodium cluster salts.

The medicinal value comes, in part, from the sodium cluster salts. If it is diluted with water, the medicinal value will not be there, it diminishes significantly.

Celery juice is medicinal, not caloric.

If you don't like the taste, keep going. Celery juice clears toxins (it is antiviral, antifungal, antibacterial - and the pathogens will not become resistant to it). Toxins in the body affect the sense of taste. As the toxins clear, it will taste better. Be patient, it may take some time. Everyone is different.

*And likewise, when the constitution is in a state of equilibrium, there is no doubt that whatever is relished will be beneficial to health. (Abdu'l-Baha, Selections from the Writings of Abdu'l-Baha, p. 155)*

### **Heavy Metal Detox Smoothie**

Mid-morning, 30 minutes after celery juice.

Since celery juice is medicinal, not caloric, follow up with something such as this. I add honey (raw honey) to sweeten it up.

*A light meal in the morning is as a light to the body.*  
*Baha 'u' llah, Tablet to a Physician, "Lawh-i-Tibb"*

<https://www.medicalmedium.com/blog/heavy-metal-detox-smoothie>

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!

**ADDITIONAL NOTES:**

Fats

If possible, no fat until noon or 4PM.

If possible, pare it down 25%.

The liver goes to sleep when you do. It wakes up in the middle of the night (2AM-4AM - everyone is different) to cleanse and detox. It continues until you eat fat, then that instantly stops. The liver has to switch modes to break down the fat (with bile) so the fat does not congest/clog the blood. .

In the book: [Medical Medium Liver Rescue](#), chapter 10, the author speaks of dirty blood syndrome. He explains that proper hydration is crucial to assist with cleansing the blood. A significant part of this is hydrating with lemon/lime water in the morning; also, reducing fat so as to not clog up the blood. This allows it to more effectively clear toxins and bring oxygen to the cells.

## 58. O SON OF MAN!

*The temple of being is My throne; cleanse it of all things, that there I may be established and there I may abide. (Baha'u'llah, The Arabic Hidden Words)*

### No foods (Medical Medium book, Chapter 19):

Eliminate as you are able.:

Corn

Soy

Canola Oil

Processed beet sugar

Eggs

Dairy

Pork

Farmed fish

Gluten

MSG

Natural flavors

Artificial flavors

Artificial sweeteners

Citric acid

### Supplements to avoid (Medical Medium book, Chapter 19):

L-carnitine

Glandular supplements

Whey protein

Fish oil supplements

Iron supplements

## **QUOTES: MEDICAL MEDIUM**

Celery book, page 134:

On taste: Everyone's first taste of celery juice is unique. Some people aren't wild about it at first and come to love it over time. Others find it appealing from the get-go.

So much of this depends on how many toxins are in the system when people first try celery juice. If somebody is dealing with a lot of toxins, celery juice can be a shock to the system. As it binds onto troublemakers and flushes them out of the liver, our senses can actually detect them—our taste buds and sense of smell can be affected. Toxins have a way of turning deliciousness into sourness or other unpleasant flavors. This will pass. Some people who don't like celery juice on the first day love it by the end of the week. Some people may need six months of

drinking it to really appreciate and crave it. People have a range of toxic, overburdened bodies and livers, so it all depends.

Celery book, page 134:

On drinking alone: There's a trend of adding squeezed lemon to celery juice to alter the taste. By doing this, you'll disable celery juice's healing powers. You'll get more benefits from drinking a lower quantity of pure celery juice than you will from drinking a high quantity of celery juice that has lemon added. For those who need help adjusting to the juice's flavor, a smaller glass is better than a large one that has a squeeze of lemon.

**QUOTES: Baha'i**

*But man hath perversely continued to serve his lustful appetites, and he would not content himself with simple foods. . . .The result was the engendering of diseases both violent and diverse. (Abdu'l-Baha, Selections from the Writings of Abdu'l-Baha, p. 152)*

**REFERENCES:**

Medical Medium:

<https://www.medicalmedium.com/>

Tablet to a Physician:

[http://bahai-library.com/uhj\\_lawh\\_tibb](http://bahai-library.com/uhj_lawh_tibb)