

Chapter 1 : Medical Medium: Life-Changing Foods - Nexus Magazine

Life-Changing Foods delves deep into the healing powers of over 50 foods—fruits, vegetables, herbs and spices, and wild foods—explaining each food's properties, the symptoms and conditions it can help relieve or heal, and the emotional and spiritual benefits it brings.

His ability is nothing short of profound, remarkable, extraordinary, and mind-blowing. He is a luminary whose books are filled with prophecies. This is the future of medicine. He has been a total blessing in my life. He identified some long-term health issues for me, he knew what supplements I needed, and I felt better immediately. I am beyond thrilled to know him personally and count him as a most valuable resource for my health protocols and those for my entire family. The Medical Medium has helped me connect all the dots on my quest to achieve optimal health. Medical Medium has transformed my life. A dear friend called me one evening and strongly recommended I read the book Medical Medium by Anthony William. So much of the information in the book resonated with me that I began incorporating some of the ideas, then I sought and was lucky enough to get a consultation. The reading was so spot-on, it has taken my healing to an unimagined, deeper, and richer level of health. I thank you for your restorative gift I am astounded, grateful, and happy for the insights offered on moving forward. Holding my head heavy in my hands, sobbing uncontrollably at the kitchen table, not knowing which way to turn, I realized I had finally hit a wall. Through the streaming tears and heaving sobs, I whispered what I vowed never to do: I prayed for answers. I had lost faith in the medical system, in the human ability to be able to help, to have any answers. I had tried everything I could possibly imagine and more. Are you sure we have not missed something? I have not given up, and I will not give up. I am not done. My child was suffering every single day, moaning in pain every single day, and I was helpless, not able to do anything to help ease his suffering, despite the months of determined and persistent efforts. No one understood, no one had the answers, and as much as I knew that it was painful for others to witness, which many friends told me, it was more painful to live in the grueling experiences of a sick child in agonizing pain every day, only to have his condition worsen to being bedridden, with clouded mental faculties that prevented him from reading and doing math work or any work that required mental focus. I looked him up on his website and I felt chills enter my body, chills of hope as I read through his website. I sent an email explaining my plight. Anthony William knew what was ailing my son within the first three minutes of our phone conversation, explaining that Calvin had a mutated shingles virus inflaming his vagus nerve. This explained the nerve pain and the lack of physical evidence in any blood work or other existing diagnostic tools. Tears ran down my face--my gut instinct finally being acknowledged as true. He was the ONLY person who had ever been able to pinpoint so confidently, quickly, and accurately a direction for healing. He was deeply caring and reassuring. He was available to me when I needed him for follow-up calls even in the middle of the night , emotional support, and as my cheerleader to keep me going as Calvin recovered. Anthony understood the intense stress placed on our whole family as we endured the intensity of his painful illness for so long without any progress. He never failed in his delivery to be supportive and compassionate. He was back to being himself, an active, engaged, happy, pain-free ten-year-old boy. Five years later, my son continues to thrive without any setbacks in his health. He truly is a gift to the world. His gift is remarkable. Anthony identifies the underlying causes of diseases that often baffle the most astute conventional and alternative health-care practitioners. Even when doctors are stumped, Anthony always knows what the problem is and the pathway for healing. His approach of using natural ingredients is a more effective way of healing. I truly believe Anthony has a handle on them. He has an amazing gift for intuitively tapping into the most effective methods for healing. He is truly our modern-day Edgar Cayce, and we are immensely blessed that he is with us. Anthony William proves that we are more than we know. She was at the point of thirty leg episodes a day, and it was worsening week by week. Being a nurse for ten years and my medical community not providing me answers about why my daughter was getting worse was a hard pill to swallow. It hit home too hard. But after some time, I got an appointment with Anthony, and he explained everything--that my daughter had a specific virus that he knew about in her brain. In that moment, I felt like I became a different person. Hearing the truth

from Anthony William and having a protocol to follow literally changed me forever! With my daughter on the protocol, my family and I started to see improvements in her. She stopped falling, was getting stronger, and her leg episodes were fewer and fewer! Now, a year later, she is the strongest she has ever been and can physically function like any six-year-old. I believe angels from above led me to Anthony William just when I needed him the most. My son was lethargic, pale, and struggled with a chronic asthmatic cough. He had a lack of appetite and did not have energy to participate in much activity. Nine years later, my son is a high-level athlete who is thriving in all areas of his life. Anthony has also become an invaluable resource to doctors who need help solving their most difficult cases.

To ask other readers questions about Medical Medium Life-Changing Foods, please sign up. Be the first to ask a question about Medical Medium Life-Changing Foods Lists with This Book.

It continues when a parent grabs on to your waist as you first try to stand on your own. As we grow up, we internalize these lessons. When we choose our first car, safety is a top consideration. Are there good airbags? Do the brakes work well? When we think about where to go to college, we ask ourselves if we feel safe on campus, if the professors truly care about the student body. And at a certain point, our concern branches out: We may meet a partner, and suddenly her or his safety is on the radar too. Some of them, like holding hands when crossing the street, are centuries old, while others, like cybersecurity, are unique to the time we live in. Eventually we may even become grandparents, with yet another generation to watch over. Meanwhile, as our parents age, we become their caregivers too. We are always looking out for one another. Safety concerns never end. We lock our doors at night, purchase insurance, install alarm systems. We try different fad diets in hopes of preventing heart disease, cancer, diabetes. With the growing threats in the world, we practice shelter-in-place drills and walk through metal detectors. We are used to living within rules and regulations, because safety is the baseline. These are lessons that no one knew to teach us along the way about how to adapt to our changing times. Because even with everything we already know, there is so much more to know. Boxes make us feel safe. They make it seem like everything is contained, and containable. In order to protect our health, we need to think outside the limits of what we believe is known. The way to truly protect yourself is by eating the foods in this book. These foods are the big guns. Their life-changing power is on a whole different level than has yet been discovered. We take plant foods for granted. We think of eating them as a chore, one of those childhood lessons that we should have been allowed to outgrow by now. We need to be more preventative than ever before. The information to come in these pages breaks out of the box of our modern-day understanding of nutrition. Are you supposed to go another 20 years suffering with stomach pain, not knowing that celery juice is the most amazing digestive tonic? No—you need access to these insights now, so you can feel better and live your life. As I said, Spirit always takes it to another level. It all comes down to what you need to discover to tap into your greatest potential. So much earthly energy goes into searching high and low for answers about mental and physical health, safety, protection, and enlightenment. I am here to tell you that the answers have been hiding in the produce aisle the whole time.

Chapter 3 : The Medical Medium's Most Healing Foods | goop

Medical Medium Life-Changing Foods delves deeper into the healing power of over 50 fruits, vegetables, herbs and spices, and wild foods that can have an extraordinary effect on health. Anthony explains each food's properties, the symptoms and conditions it can help relieve or heal, and the emotional and spiritual benefits it brings.

They typically fall outside of the realm of conventional biomedicine but really resonate with some. Alejandro Junger, introduced us to him and his debut book, which explored new ways to heal chronic, misunderstood illnesses. William is one of the most unconventional and surprisingly insightful healers today: While the way William works is undeniably otherworldly, his recommended health regimens are blissfully practical and attainable, and lean heavily on the inherent healing powers of food. Which is the subject of his long-awaited, incredibly fascinating second book, *Medical Medium Life-Changing Foods: Now*, William is sharing four of his wonder foods—apples, celery, ginger, and honey—with us. *Medical Medium Life-Changing Foods* by Anthony William In our world today, it can feel impossible to figure out what to feed yourself and your family. Out of so much advice about which foods are supposed to be beneficial and which to avoid, how do you make sense of what it means for you? After all, you and your loved ones are special. What if you knew the exact foods to add to your life—foods to protect you, foods you could trust, foods that were tailored to your goals and your needs? Enter the life-changing foods. All of the life-changing foods are amazing for overall health. Each one also has specialized properties, so you can select what to eat based on your particular needs, whether on a physical, emotional, or spiritual level. That food is raw honey; more on its other amazing attributes soon. When you discover these answers, you welcome healing knowledge that has the power to change everything. When you know what a fruit, vegetable, herb, spice, or wild food has to offer, and when you focus on eating more of it on a regular basis, you get to let go of the massive food confusion. Instead of living in fear and struggling to keep up with each day, you give your mind and body the fuel they need to adapt to our changing times. You finally get to take control of your life, and to guide the ones you love to health and happiness. Apples Never underestimate the power of an apple. Encephalitis brain inflammation, IBS intestinal inflammation, and viral infection which can result in nerve inflammation are just a few conditions in which apples can play the critical nutritional role of calming your system by reducing viral and bacterial loads that create inflammation. The phytochemicals in apples make them a true brain food, feeding neurons and increasing electrical activity. Apples with red skin contain anthocyanins and even traces of malvidin a type of anthocyanidin, which are partially responsible for the red color. These pigments have anti-obesity properties and compounds that increase digestive strength, encouraging weight loss. Apples also have traces of flavonoids, rutin, and quercetin—phytochemicals that are responsible for heavy metal and radiation detoxification—as well as the amino acids glutamine and serine, which help detoxify the brain of MSG. This fruit helps cleanse and purify the organs, improve circulation in your lymphatic system, repair damaged skin, and regulate blood sugar. Apples are the ultimate colon cleanser. As the pectin from an apple moves through your gut, it collects and rids your body of microbes such as bacteria, viruses, yeast, and mold. This makes apples an excellent antiproliferative for healing SIBO small intestinal bacterial overgrowth and other digestive disorders. 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. Conditions If you have any of the following conditions, try bringing apples into your life: It is one of the very first foods to have comforted us, and so apples connect us to a sense of sanctuary. Apples open up a part of you and change the energy within and around you to attract happier and brighter things. They can bring back your vibrancy, elevate you, lighten your spirit, and make you more energetic. The fruit is a ray of hope that puts us in touch with the good life. Spiritual Lesson Apples teach us not to get burned by the frost of insensitivity from others. Unlike crops that risk damage from autumn temperatures, many apple varieties continue to grow and ripen through the cooler months, protected by their frost-resistant skin. When a cold front from a friend, lover, or colleague comes upon you, take heed from the apple and draw a protective shield around yourself until conditions improve. Tips Red-skinned apples with the

most color are best. Try eating three apples a day. If you commit to this routine, you could see your health improve in unexpected ways. At least once a year, go to an organic orchard that allows you to pick apples yourself. The skin of fresh, unwashed, pesticide- and wax-free produce contains elevated microorganisms that are critical to the health of your gut and immune system. The act of picking fruit is also one of the most powerful, grounding meditations that exists. You may want to double the recipe, because this dish will disappear before you know it. Get recipe Celery Celery is one of the most powerful anti-inflammatory foods, because it starves unproductive bacteria, yeast, mold, fungus, and viruses that are present in the body and flushes their toxins and debris out of the intestinal tract and liver. Pathogens like these are so often the underlying cause of inflammationâ€”in their absence, your body is much better able to handle whatever life throws your way. At the same time, celery helps good bacteria thrive. Consuming celery is the most powerful way to alkalize the gut. It also contains cofactor micro trace mineral salts as yet undiscovered in research. This process is ideal to cleanse and repair intestinal linings. This helps prevent a multitude of gastrointestinal disorders. Adding celery juice to your diet is the best way to resolve ammonia permeability, an unrecognized condition in which ammonia gas seeps through the intestinal lining and causes health issues such as dental rot and brain fog. You can read more on ammonia permeability and the misunderstood leaky gut syndrome in my first book. While celery may seem to some like a bland, boring food, it is anything but. When it comes to celery, think electrolytes. It hydrates on a deep cellular level, lessening your chances of suffering from migraines. Celery is ideal to address each of the Unforgiving Four factors threats responsible for the rise of illness , plus it offers stress assistance and also repairs your DNA. I could go on and on about the benefits of celery juice for all manner of ills. It is one of the greatest healing tonics of all time. Conditions If you have any of the following conditions, try bringing celery into your life: Nervousness causes those sensations we know as tummy flips or butterflies in the stomach, and anxiety can run deep through the nervous system, putting our guts in knots. Celery restores the entire digestive system. Use it for its calming effects when you are feeling frightened, panicky, shocked, fretful, nervous, threatened, unsure, afraid, or defensive. This push-and-pull happens in all areas of life, especially health. In one approach, people overthink health problems and throw all kinds of potential solutions at them. For true healing to occur, we have to embrace a balance of the simple and the complexâ€”and celery teaches us this. Drinking celery juice is the simplest of measures, so simple that people often write it off as too easy to make a difference in how they feel. They figure that adding several other ingredients to their green juice will add that many more nutrients. While green-juice blends can be very healing see recipe below, for example , there is nothing that equals the simple power of pure celery juice. Where else do we need to have an intricate understanding of a situation to conclude that the simplest approach is the best? Tips To press the reset button on your body, juice celery by itself. For dramatic results, drink two ounce glasses of fresh celery juice a day. An easy way to get more celery into your diet is to add two to four sticks of it when blending the smoothie of your choice. Easy Green Juice This green juice is clean and sweet, making it an easy way to get in an extra dose of greens. Get recipe Ginger In this world, we live by reaction. We start the day with certain goals, and before we know it we get a phone call about a minor emergency, or an appliance breaks, or a client calls with an urgent request. This reactivity is what we need to survive. Ginger is one of the most important tools for giving ourselves respite from a reactive state. This is how stress-related illnesses such as adrenal fatigue, acid reflux, sleep apnea, spastic bladder, insomnia, digestive issues such as spastic colon and gastritis, and chronic muscle pain can get kicked up. Ginger is the ultimate antispasmodic. A cup of ginger tea can calm an upset stomach and relax any other areas of tension for up to 12 hours. Rather than acting as a nerve tonic, it acts as a tonic for the organs and muscles, telling the body that it can let go, that everything is under control. If your throat muscles are tight from speaking or yelling too much, or from having to hold in something you wish you could say, ginger is an amazing relaxant for the area. And as an antiviral, antibacterial, and anti-parasitic, ginger deserves all the accolades it gets for promoting a healthy immune system. It will be years before research uncovers how much ginger truly holds. Conditions If you have any of the following conditions, try bringing ginger into your life: When you are silenced, there are circumstances where the right course of action is to speak up anyway, and circumstances where you get the sense that saying your piece, however valid, would make the situation worse. Ginger is for the latter. Just like we can turn to

ginger to work the kinks out of our muscles and the knots out of our stomachs, we can let it work that antispasmodic magic on our souls, cleansing us of wounds and damage without us having to do anything other than let it. Tips Ginger can be reused throughout the day. Drinking ginger tea during a full moon increases the medicinal effects of the ginger by 50 percent. Consume ginger shortly before or during a time period when you have to make a serious life decision. Ginger Limeade This ginger limeade is so refreshing. It will be especially helpful to anyone trying to transition off of caffeinated energy drinks. The subtle heat of fresh ginger juice makes this drink one you will come back to time and time again. Get recipe Raw Honey If you feel out of touch with miracles, then reacquaint yourself with honey. Unprocessed honey in its raw, living form is nothing less than a miracle from God and the earth. Honey has saved human life during drastic times of starvation, and it will become critical again in the future as a food for our survival.

Chapter 4 : Medical Medium: Life-Changing Foods by Anthony William – digested read | Books | The Gu

Wild blueberries The food of the resurrection. Jesus was known to have eaten some at the Last Supper. Jesus was known to have eaten some at the Last Supper. What they teach us is that some people.

Chapter 5 : Life Changing Foods - Book - Medical Medium, Anthony William

Meet Anthony William #1 New York Times best-selling author of Medical Medium, Life-Changing Foods, Thyroid Healing, and Liver Rescue was born with the unique ability to converse with Spirit of Compassion who provides him with extraordinarily accurate health information that's often far ahead of its time.

Chapter 6 : Medical Medium Life-Changing Foods : Anthony William :

Description. Life-Changing Foods delves deep into the healing powers of over 50 foods—fruits, vegetables, herbs and spices, and wild foods—explaining each food's properties, the symptoms and conditions it can help relieve or heal, and the emotional and spiritual benefits it brings.

Chapter 7 : Medical Medium Life-Changing Foods: Save Yourself and the Ones You

My review on Medical Medium, Life Changing Foods. Today's Ultimate blog challenge is reviewing a book. I have never been an avid reader so if I choose to read something it needs to catch my attention.

Chapter 8 : Medical Medium Life-Changing Foods by Anthony William on Apple Books

Which is the subject of his long-awaited, incredibly fascinating second book, Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables.

Chapter 9 : Medical Medium Life-Changing Foods - San Diego County Library - OverDrive

medical medium life-changing foods, hidden healing powers of super & whole foods and healthy medic food for life 3 books collection set - save yourself and the ones you love with the hidden healing