

Life-Changing Foods

All information comes from the book by Medical Medium Anthony William

I. My Journey

II. Anthony's Calling

III. Unforgiving Four

1.

2.

3.

4.

IV EBV

V. Adrenal Fatigue

VI. Make your own plan

The Holy Four: Fruits

Apples

- detoxes heavy metals and radiation
- takes MSG out of your brain
- cleanses and purifies organs, improves circulation in our lymphatic system, repairs damaged skin, and regulates blood sugar
- ultimate colon cleanser, collects and rids your body of microbes such as bacteria, viruses, yeast, and mold.
- in winter helps us reconnect with sunlight and summertime.
- red-skinned with most color are the best.

Avocados

- ultimate soother for digestive disorders
- possesses anti-inflammatory compounds with an aspirin-like quality without thinning the blood;
- reduces narrowing and swelling of the digestive tract.
- has polyp-reducing properties
- alleviates Alzheimer's and dementia
- has anti-aging effect on skin, gets rid of dark under-eye circles
- has anti-radiation agents that stop estrogen-related reproductive and colon cancers
- eat one per day for best results
- hold in hand 30 seconds before eating

Berries #1

- main power from anti-oxidants
- rich in dozens of phytochemicals, amino acids, coenzymes, and co-compounds yet to be discovered by science and more plentiful in berries than any other food.
- hidden compounds stop excess adrenaline from damaging organs
- reverses strain on the brain to protect against brain disorders and neurological symptoms
- protects heart valves and ventricles and removes plaque by dissolving fat deposits
- eat shortly before sunrise to boost your energy

Apricots

- rejuvenates, loaded with more than 40 trace minerals
- binds with DDT to eliminate
- lowers cancer risk
- collects and destroys mold, yeast, Candida
- boosts red blood cells
- strengthenens your heart
- nourishes your brain
- eat after 3 p.m., one makes a big difference
- eat ripe, not under ripe

Bananas

- bonded to critical life-supporting trace minerals
- has rich supply of antioxidants, vitamins, and other phytonutrients to help us fight disease
- powerful antiviral
- helps soothe sleep disorders, create calm, reduce anxiety and alleviate depression
- ultimate fungus destroyers
- blood sugar stabilizer
- helps balance your weight
- eat when yellow with brown speckles

Cherries

- ultimate liver tonic, cleanser, and rejuvenator
- sharpen the mind by purifying the bowels
- alleviates constipation better than prunes
- cleanses bladder, helps spastic bladders
- great friend to losing weight
- wonderful source of trace minerals and trace amino acids that work to give your body stress relief
- removes radiation and repairs myelin nerve damage
- eat in small servings
- buy the darkest; they have the most healing benefits.

Cranberries

- fight strep, cleanse liver
- reverse gallbladder disease, dissolve gallstones
- dislodges earwax buildup, helps bring back hearing
- antioxidants help heal cardiovascular disease and arteriosclerosis
- disarm invading estrogens from sources such as plastics, environmental pollutants, pesticides, and other synthetic chemicals
- draw radiation out of your body
- reduce tartness by eating with walnuts

Figs

- powerful at preventing Alzheimer's, Parkinson's, dementia, and other neurological diseases, ALS
- like dates, an effective bowel cleanser food
- alleviates gut problems, including diverticulities, appendix inflammation, constipation, inflamed colon, and complications from *C. difficile*.
- high in vitamins such as B to reduce radiation
- wonder food
- your secret weapon for any health issue
- count the number of figs you eat in a day. Try to end the day with nine or one of its multiples.

Kiwis

- regulate blood sugar
- amazing food for stress relief
- possess powerful vitamin C
- remove radiation and inhibits viruses
- alleviate digestive disorders and acid reflux
- strengthen digestive system
- for full effect take three/day for one week

Dates

- one of most anti-parasitical foods
- bind onto, destroy, and sweep away parasites, yeast, mold, other fungus, heavy metals, viruses
- kill Candida
- ideal for diabetics and hypoglycemia
- support adrenal glands to handle challenges
- one of best heart-healthy foods
- abundant anti-cancer properties
- maximum benefit 4 - 6 daily
- take one two hours before bed for better sleep

Grapes

- ultimate kidney tonic, photochemicals bind onto waste that the kidneys are not filtering
- like cherries, amazing liver cleansing food, dislodging debris, processed food, and by-products that can clog liver lobules.
- micronutrients expel parasites, mold, and other unproductive fungus from intestinal tract
- fights the Unforgiving Four: expel radiation, draw DDT and toxic heavy metals out of organs, and potent antiviral.
- raisins are more power than goji berries.

Lemons and Limes

- remarkable healing power
- ultrahydrating and electrolyte-producing
- top source of mineral and trace mineral salts
- highly absorbable vitamin C and calcium
- bind to calcium to create an alkalinity that prevents cancer
- clean liver, kidney, spleen, thyroid, and gallbladder
- purge toxic substances from exposure to plastics, synthetic chemicals, radiation, and poor food choices
- drink lemon water first thing in the morning

Mangoes

- miracle sleep aid
- rich in beta-carotene to strengthen and support skin and prevent skin cancer
- help reverse hypoglycemia, prediabetes, and type 2 diabetes
- calms the central nervous system which aids in staving off strokes, seizures, and heart attacks
- pulp soothes the stomach and intestinal lining to alleviate constipation
- eat with greens later in the day for a second wind

Oranges and Tangerines

- high content of flavonoids and limonoids
- key to 21st-century epidemic of chronic illness
- fight off viruses, protect from radiation damage, and deactivate toxic heavy metals
- abundant in bioactive calcium; can't get anywhere else, helps regrow teeth
- acid not destructive, helps dissolve kidney stones and gallstones
- for optimal results, consume four per day

Pears

- close relative to the apple
- pancreas protection and stress assistance, alleviates pancreatitis and prevents pancreatic cancer
- feeds beneficial bacteria, starves and kills unproductive bacteria, parasites, and fungus
- raises hydrochloric acid in the stomach
- helps prevent stomach cancer
- stabilize blood sugar
- cleanse and purify liver, stop cirrhosis
- best eaten between breakfast and lunch or in late afternoon

Melons

- critical to healing process
- How many melons have you eaten this year?
- predigested, easily assimilated food, our digestive system barely needs to process it
- essentially balls of purified water
- fluid binds to poisons in the body, flushes them out so the immune system can restore itself
- high electrolyte content protects the brain
- thins the blood and reduces heart attack risk
- water in melon nearly identical to our blood
- one of most alkalizing foods
- eat first meal of the day

Papayas

- reverse colitis, Crohn's, IBS ulcers, diverticulitis, gastritis, liver disease, and pancreatitis
- #1 fruit for digestibility
- each contains over 500 undiscovered powerful digestive enzymes
- contain undiscovered coenzymes that enhance alkalinity inside the intestinal tract
- after a period of not eating, blended papaya is like magic for the refeeding process
- anti-wrinkle, fountain of youth for your skin
- for the ultimate in gut health repair, blend with celery juice

Pomegranates

- dissolves gallstones, kidney stones, nodules, calcifications, and small cysts
- has anti-tumor properties
- strengthens both red and white blood cell counts
- helps with adrenal balance and blood sugar stabilization
- brain food for focus and concentration
- clean out earwax and minimize new production
- eat one or more daily for most benefits

The Holy Four: Vegetables

Artichokes

- one of the most abundant sources of nutrition
- replenish our reserves to promote longevity, especially in dense organs such as the liver, spleen pancreas, brain, adrenals, and thyroid
- incredible for pancreas, ideal food for diabetes, hypoglycemia, and blood sugar imbalances
- protects body from radiation of X-rays, cancer treatments, dental treatment, and common exposure
- eat with romaine lettuce to dissolve gallstones and kidney stones

Celery - Joyce's Favorite

- powerful anti-inflammatory food
- actually a herb, not a vegetable
- helps good bacteria thrive
- high in bioactive sodium that alkalizes the gut
- raise body's PH and rid toxic acids from every crevice of your body
- raises hydrochloric acid in the stomach so food digests with ease
- improves kidney function; restores adrenals
- bring ease to one's mind and thought patterns
- one of greatest healing tonics of all time
- press your health's reset button with celery juice

Cucumbers

- daily eating reverses liver damage
- wonderful fever reducer
- have undiscovered coenzymes called talafinns that help protein digest so you get the most out of everything you eat
- really a fruit
- great delivery system for neurotransmitter chemicals
- eat two cukes daily

Asparagus

- anti-aging, fountain of youth
- chlorophyll and lutein act as organ cleansers
- toxin inhibitors that stay behind once toxins are driven out of the body to repel new toxins from taking up residence there
- one of most adrenal-supporting foods in existence and excellent to bring you back when adrenals have been pushed to the max
- alkalizes the body
- among the best foods for battling every type of cancer
- thicker, fatter spears have most nutrition

Cruciferous Vegetables

- thyroid's best friend
- pulls radiation out of the thyroid
- protects against viral explosion
- staves off a variety of cancers
- permeate lung tissue to help stimulate growth, regeneration, and healing
- includes red cabbage, kale, collard greens, cauliflower, broccoli, brussels sprouts, green cabbage, collard greens, mustard greens, arugula
- apple and cauliflower eaten together expell viruses from the liver, spleen, and intestinal tract

Leafy Greens

- includes lettuce, spinach, Swiss chard, watercress, romaine, red leaf lettuce
- scrub and massage the linings of your stomach, small intestine, and colon
- wonderful healers of intestinal disorders
- create true alkalinity in the body systems
- expel, purge, and drain the lymphatic system of toxins to keep it alkaline
- anti-viral, anti-bacterial, anti-mold
- staves off all the Unforgiving Four

Onions

- nature's antibiotic
- eliminates unproductive bacteria in intestinal tract
- alleviates joint pain, degeneration, discomfort
- repairs tendons and connective tissue
- rejuvenates skin and protects the lungs
- ultimate anti-inflammatory for the bowels
- rinsing or soaking onions dilutes medicinal properties

Radishes

- immune system replenisher
- keeps arteries and veins clean and creates a protective barrier against plaque
- incredible heart food, lowers bad and increases good cholesterol
- radish skin repels every type of cancer
- greens are one of most healing foods possible
- help remove all the Unforgiving Four
- eat at least two per day

Sweet Potatoes

- promote productive bacteria in the stomach, small intestine, and colon and starve out unproductive bacteria at the same time
- help alleviate intestinal tract narrowing due to chronic inflammation
- draw radiation from the body
- help protect against many types of cancer
- help you sleep soundly
- recover faster from sunburn

Potatoes

- help stabilize blood sugar
- potatoes are not inflammatory
- covered in nutrient-rich skin, best sources of nutrition on the planet
- potato plants draw some of the highest concentration of trace minerals from the earth
- source of amino acids, especially lysine
- great ally to fight off any chronic illness
- brain food, keeps you centered and grounded
- put a slice of potato on a cold sore for relief

Sprouts and Microgreens

- packed with nutrients that full size would have
- digestion process a fraction of full size
- support the brain with amino acids and enzymes, pull toxic heavy metals from the brain, and help rejuvenate and strengthen neurons
- helps reverse Alzheimer's dementia, brain fog, and memory loss
- different sprouts and microgreens varieties have special qualities
- for noticeable benefits, eat two cups of sprouts per day

The Holy Four: Herbs and Spices

Aromatic Herbs

- disease-fighting phytochemicals compounds and high level of minerals for pathogen defense
- oregano kills bacteria
- rosemary fights antibiotic-resistant bacteria, such as those that take hold in hospitals
- sage fights fungus and detoxes toxic mold
- thyme destroys viruses, crosses the blood-brain barrier against viruses that attack the brain
- use in daily cooking

Cilantro

- go-to herb for heavy metal detox
- living water in stems and leaves travels past the blood-brain barrier
- bad taste means that person has high oxidative rate of heavy metals
- amazing liver detoxifier
- best adrenal support herbs
- wonderful for balancing blood glucose levels
- staves off weight gain, brain fog, and memory issues
- use as more than a garnish

Ginger

- respite from daily reactive living
- ultimate antispasmodic, calms an upset stomach and relax other areas for up to 12 hours
- relax tight throat muscles and tension headaches
- promotes a healthy immune system
- ideal for stress assistance
- offers so much will be 100 years before research uncovers how much ginger truly holds
- can be reused throughout the day

Cat's Claw

- one of most powerful resources for reversing epidemic of chronic and mystery illnesses
- aid in alleviating almost any symptom
- if replaced antibiotics, rate of illness would reduce and recovery would quicken
- pathogens cannot become resistant to it
- incredible at fighting viruses
- remarkable for ability to rid body of strep
- take tea of cat's claw in evening, when healing properties work most efficiently

Garlic

- antiviral, antibacterial, antifungal, anti-parasitic
- kills unproductive bacteria that runs on a positive frequency
- since humans have negative frequency, these positively-charged drain our batteries and we lose our grounding
- garlic does not disrupt anything that shouldn't be disrupted
- garlic cloves, no matter what the size, are perfectly packaged in self-sealed doses, and each does is comparable

Lemon Balm

- calms nerves, especially those involved with digestion
- soothing properties
- heal-all to almost every part of body
- B12 conserving herb, monitors stores and keeps body from using it all up
- detoxifies the liver, spleen, and kidneys
- alleviates UTI
- have before bed to calm nerves and sleep better

Licorice Root

- ultimate weapon against viral explosion
- stop a virus from procreating and push it out of the body
- helps soothe the liver by lowering liver heat
- most important adrenal restorative we have today
- brings adrenals out of fatigued state and increases their capacity to function
- try licorice root to get off caffeine

Raspberry Leaf

- overall hormone balancer
- especially good about balancing woman's reproductive organs
- supports entire endocrine system in hormone output
- beneficial for men as a blood cleanser and overall detoxifier
- strengthens the pancreas
- all purpose anti-inflammatory
- enjoy raspberry leaf tea at a low point of the day

Parsley

- alkalize the entire body, crossing body systems and driving out acidity
- prevents and battles every type of cancer
- impedes the growth of unproductive microorganisms in mouth
- fantastic anti-DDT weapon
- full of nutrition
- replenish you when you're depleted and exhausted
- for maximum benefit, seek out flat-leaf parsley

Turmeric

- great in every aspect of our being
- anti-inflammatory
- calms down outsized inflammatory responses once pathogens are out of the body
- great for anything inflamed and causing pain, from nerves to joints to the brain
- increase blood supply to areas of the body that need enhanced circulation
- lowers bad, raises good cholesterol
- inhibits tumors and cysts
- prevents any type of cancer
- shortens recovery time for muscles, ligaments, and joints after exercise

The Holy Four: Wild Foods

Aloe Vera

- famous for exterior application
- wonderful for relieving constipation
- kills off the pathogens that create colon cancer, stomach cancer, and rectal cancer
- stop growth of polyps and reduce the growth of hemorrhoids
- remove radiation from body
- whether from the grocery store, your garden, or a windowsill, wild nature is still intact

Burdock Root

- rehabilitate the liver
- softens a liver that has become dense and hard
- reduce growth of cysts and adhesions
- repairs scar tissue
- cleanse lymphatic system and the blood
- heavy metal detoxifier
- prepare in same way as a raw carrot

Coconut

- used as IV fluid for soldiers in WWII, coconut water remarkably similar to human blood
- enhances the power of anything it touches
- supercharges the benefits of any healing food
- combined with parsley increases parsley's ability to remove unproductive acids by 50%
- water important for those with blood sugar disorders and over or under-active adrenals
- greatly benefits people with Parkinson's, Alzheimer's and other forms of dementia
- buy water that is clear or very slightly tinged with pink. Deep pink or red going bad

Atlantic Sea Vegetables

- heavy metals disrupt and diffuse electrical nerve impulses and cause nerves to deteriorate
- sea vegetables absorb heavy metals in ocean and render them harmless
- do the same in our bodies, bind to heavy metals and carry them out of the body
- leave behind nutrition
- reconstructs damaged DNA
- absorb radiation that affects thyroid
- excellent source of active iodine

Chaga Mushroom

- build immunity
- immune-system-enhancing nutrients that revitalize white blood cell count
- strengthens red blood cells and bone marrow, balance blood platelets
- one of most medicinal tools and overall tonics
- fights cancer, regulates blood sugar, boosts adrenals, breaks down and dissolves biofilm
- find chaga that's been ground into a very fine powder and make into a tea with raw honey

Dandelion

- cleans organs from radiation, toxic heavy metals, DDT, and other poisons
- every part can be used
- leaves purify the blood
- stem cleans dense organs such as the spleen, liver, and brain
- root detoxifies deeper into dense organs
- preventative for any illness, especially great for prostate
- try roasted dandelion tea to take away bitterness

Nettle Leaf

- contains over 700 undiscovered phytochemicals
- life-giving, life-strengthening, anti-inflammatory with healing alkaloids
- anti-radiation
- pampers the adrenal glands
- rich in bone-building and bone-protecting herbs
- potent pain reliever
- drink nettle tea in the afternoon for the effects to be the most powerful

Red Clover

- most powerful herb to support the lymphatic system and cleanse lymph fluid
- effective to address any type of cancer
- has lots of nutrients and disease-fighting alkaloids
- breaks up and reduces store-up fat to flush out of the body
- has energizing effect
- have tea in evening so that can work overnight

Wild Blueberries

- hold ancient and sacred survival information from the heavens, going back thousands of years
- plants burned to the ground and come back stronger
- sky-high levels of antioxidants, some varieties that science doesn't currently recognize
- removes all Unforgiving Four
- a resurrection food when you need help in life
- find in frozen food section of supermarket

Raw Honey

- contains more than 200,000 undiscovered phytochemical compounds
- protect from radiation damage and anti-cancerous
- helps with strong first line of defense to fight off pathogens
- inhibits pathogens from proceating and releasing toxins that elevate infammation
- repairs DNA and high in minerals
- add to lemon water to enhance the honey's bioflavonoids

Rose Hips

- vitamin C most usable form for our bodies
- helps increase our blood's white count
- boosts immune system against viruses, bacteria, yeast mold, and other unwanted fungus
- particularly helpful for battling any type of infection
- dissolves biofilm, sticky jelly that gets caught in heart valves
- alleviates UTIs and heals skin conditions
- add a squeeze of lemon and some raw honey to rose hip tea to make the vitamin C content highly active