

medical medium diabetes diet

medical medium diabetes diet has gained significant attention as an alternative approach to managing diabetes through nutrition. This diet, inspired by the guidance of the Medical Medium, emphasizes natural, whole foods and specific healing protocols aimed at stabilizing blood sugar levels and improving overall health. Unlike conventional diabetes diets, the medical medium diabetes diet focuses on eliminating inflammation, detoxifying the body, and supporting pancreatic function with nutrient-dense foods. This comprehensive diet plan integrates fruits, vegetables, herbs, and supplements that are believed to aid in reducing insulin resistance and promoting cellular healing. By following this approach, individuals with diabetes may experience improved energy, reduced cravings, and better glycemic control. This article explores the principles of the medical medium diabetes diet, key foods to include and avoid, meal planning strategies, and potential benefits. The following sections will provide an in-depth understanding of how this diet supports diabetes management naturally.

- Understanding the Medical Medium Diabetes Diet
- Core Principles of the Diet
- Recommended Foods and Nutrients
- Foods to Avoid on the Medical Medium Diabetes Diet
- Meal Planning and Sample Menus
- Potential Benefits and Considerations

Understanding the Medical Medium Diabetes Diet

The medical medium diabetes diet is a nutritional framework developed by Anthony William, known as the Medical Medium, who claims to receive health guidance through intuitive insight. This diet centers on the belief that certain chronic illnesses, including diabetes, are linked to underlying viral infections and toxic buildup in the body. By focusing on detoxification and nutrient-rich foods, the diet aims to restore pancreatic health and stabilize blood sugar levels. The approach differs from standard medical advice by emphasizing the healing power of fruits and vegetables, particularly those high in antioxidants and anti-inflammatory compounds. It also encourages the elimination of processed foods, dairy, gluten, and other common allergens that may contribute to insulin resistance and inflammation. This holistic perspective integrates dietary changes with lifestyle adjustments to support

long-term diabetes management and overall wellness.

Core Principles of the Diet

The medical medium diabetes diet is built upon several foundational principles designed to promote healing and blood sugar regulation. Understanding these core concepts is essential for implementing the diet effectively.

Focus on Whole, Plant-Based Foods

The diet prioritizes fresh fruits, vegetables, leafy greens, and herbs that provide essential vitamins, minerals, and antioxidants. These foods help reduce systemic inflammation, which is often elevated in individuals with diabetes.

Elimination of Inflammatory and Processed Foods

Processed sugars, refined carbohydrates, gluten, dairy, and artificial additives are removed to minimize immune system triggers and improve insulin sensitivity. This helps reduce blood sugar spikes and supports pancreatic function.

Detoxification and Viral Support

According to the Medical Medium, underlying viral infections can impact insulin production. The diet supports detoxification through specific foods and supplements that assist the liver and immune system in clearing toxins and pathogens.

Hydration and Herbal Support

Proper hydration with pure water and herbal teas is encouraged to aid detoxification and cellular health. Herbs such as wild blueberries and licorice root are recommended for their antiviral and anti-inflammatory properties.

Recommended Foods and Nutrients

The medical medium diabetes diet emphasizes a variety of nutrient-dense foods that support blood sugar balance and overall metabolic health. These foods are rich in antioxidants, fiber, and natural sugars that are metabolized slowly.

Fruits

Contrary to typical low-fruit recommendations in diabetes diets, this approach advocates for specific fruits believed to be healing, including:

- Wild blueberries
- Apples
- Cherries
- Mangoes
- Oranges
- Grapes

These fruits provide phytonutrients and natural sugars that do not cause harmful blood sugar spikes when consumed appropriately.

Vegetables and Leafy Greens

Cruciferous vegetables like broccoli and kale, as well as leafy greens such as spinach and Swiss chard, are staples. They enhance detoxification pathways and provide fiber to stabilize glucose levels.

Herbs and Natural Supplements

Herbs such as cilantro and parsley aid in heavy metal detoxification, while supplements like B12 and vitamin C are promoted to support immune function and reduce oxidative stress.

Healthy Fats and Proteins

Sources of healthy fats include avocados and coconut oil, which provide energy without disrupting blood sugar. Plant-based proteins like lentils and wild salmon are also incorporated for muscle maintenance and metabolic balance.

Foods to Avoid on the Medical Medium Diabetes Diet

Eliminating certain foods is crucial to reduce inflammation and prevent blood sugar fluctuations. The medical medium diabetes diet outlines the following categories to avoid:

- **Refined sugars and artificial sweeteners:** These cause rapid glucose spikes and contribute to insulin resistance.
- **Gluten-containing grains:** Wheat, barley, and rye can provoke immune responses and inflammation.
- **Dairy products:** Milk, cheese, and yogurt may exacerbate inflammation and interfere with insulin function.
- **Processed and packaged foods:** High in preservatives, unhealthy fats, and additives that impair metabolic health.
- **Excessive caffeine and alcohol:** These substances can challenge liver function and destabilize blood sugar.

Avoiding these foods helps create an environment conducive to healing and improved glycemic control.

Meal Planning and Sample Menus

Effective meal planning is essential for adhering to the medical medium diabetes diet and achieving stable blood sugar levels throughout the day. Meals should be balanced with a focus on whole foods, hydration, and variety.

Breakfast Options

- Smoothie with wild blueberries, mango, spinach, and coconut water
- Steel-cut oats topped with apples, cinnamon, and chopped walnuts
- Fresh fruit salad with oranges, grapes, and a sprinkle of chia seeds

Lunch Ideas

- Mixed green salad with kale, avocado, cherry tomatoes, and lemon dressing
- Quinoa bowl with steamed broccoli, lentils, and fresh herbs
- Vegetable soup featuring carrots, celery, and parsley

Dinner Suggestions

- Baked wild salmon with sautéed Swiss chard and garlic
- Stuffed bell peppers with brown rice, black beans, and cilantro
- Roasted root vegetables with a side of steamed asparagus

Snacks might include fresh fruit, raw nuts, or herbal teas that support blood sugar balance and detoxification.

Potential Benefits and Considerations

The medical medium diabetes diet offers several potential benefits for individuals managing diabetes. Its emphasis on whole, unprocessed foods rich in antioxidants and fiber may improve insulin sensitivity and reduce chronic inflammation. The detoxification focus could support liver health and immune function, potentially addressing underlying causes of blood sugar imbalance. Additionally, the inclusion of specific fruits and herbs may provide

antiviral properties that benefit pancreatic cells.

However, it is important to consider that this diet represents an alternative approach and may not replace conventional diabetes treatments. Blood sugar monitoring and consultation with healthcare professionals remain essential. Some individuals may experience initial adjustments as the body detoxifies, and nutritional adequacy should be ensured through balanced meal planning.

Overall, the medical medium diabetes diet offers a comprehensive, natural framework for supporting diabetes management through targeted nutrition and lifestyle changes.

Frequently Asked Questions

What is the Medical Medium Diabetes Diet?

The Medical Medium Diabetes Diet is a nutritional approach developed by Anthony William that emphasizes the consumption of whole, plant-based foods, particularly fruits, vegetables, and herbs, to help manage blood sugar levels and support overall health in people with diabetes.

How does the Medical Medium Diabetes Diet help in managing diabetes?

According to Anthony William, the diet helps by reducing inflammation, detoxifying the liver and pancreas, and providing essential nutrients that support blood sugar regulation and insulin sensitivity, which can improve diabetes management.

What foods are recommended on the Medical Medium Diabetes Diet?

The diet recommends eating a variety of fresh fruits like wild blueberries, apples, and cherries, leafy greens, celery juice, herbs such as cilantro and parsley, and avoiding processed foods, refined sugars, and dairy products to promote optimal blood sugar balance.

Is the Medical Medium Diabetes Diet suitable for all types of diabetes?

The diet is primarily designed to support individuals with type 2 diabetes, but some people with type 1 diabetes and prediabetes have also reported benefits. However, it is important to consult with a healthcare professional before making significant dietary changes.

Are there any scientific studies supporting the Medical Medium Diabetes Diet?

Currently, there is limited scientific research specifically validating the Medical Medium Diabetes Diet. While many recommend whole, plant-based diets for diabetes management, the claims made by Anthony William are largely anecdotal and should be approached with caution alongside conventional medical advice.

Additional Resources

1. *The Medical Medium Diabetes Diet: Healing with Celery Juice and Natural Foods*

This book explores the groundbreaking approach of the Medical Medium in managing diabetes through diet. It emphasizes the healing power of celery juice and other nutrient-dense, natural foods. Readers will find practical recipes and meal plans designed to stabilize blood sugar and promote overall wellness.

2. *Medical Medium Diabetes Solution: A Holistic Path to Blood Sugar Balance*

Focusing on a holistic lifestyle, this guide integrates the Medical Medium's insights to help readers manage diabetes symptoms. It combines dietary advice with detoxification practices and stress reduction techniques. The book offers a fresh perspective on how to support the body's natural healing processes.

3. *Healing Diabetes with the Medical Medium: Foods That Fight Inflammation*

This title delves into the inflammatory roots of diabetes and how specific foods can reduce inflammation according to the Medical Medium. It provides detailed information on anti-inflammatory fruits, vegetables, and herbs. The book is packed with tips for incorporating these healing foods into everyday meals.

4. *The Medical Medium's Guide to Diabetes-Friendly Smoothies and Juices*

Perfect for those looking for convenient dietary options, this book showcases smoothies and juices that support blood sugar control. Each recipe is crafted based on the Medical Medium's principles of detoxification and nutrient absorption. It also explains the benefits of various ingredients for diabetes management.

5. *Medical Medium Diabetes Diet Cookbook: Nourishing Recipes for Blood Sugar Health*

This cookbook offers a wide range of delicious, easy-to-prepare recipes tailored for people with diabetes. It follows the Medical Medium's recommendations to avoid processed foods and focus on whole, healing ingredients. Nutritional information and cooking tips help readers make informed choices.

6. *Reversing Diabetes Naturally with the Medical Medium Approach*

Exploring the possibility of diabetes reversal, this book presents case studies and scientific insights aligned with the Medical Medium's teachings. It emphasizes food-based healing, lifestyle changes, and the elimination of toxins. Readers are encouraged to take proactive steps toward restoring their health.

7. The Medical Medium Diabetes Detox Plan

This book introduces a detoxification plan designed to cleanse the body and improve insulin sensitivity. It outlines a step-by-step program combining specific foods, supplements, and hydration strategies. The detox plan aims to reset the body's systems and support long-term diabetes management.

8. Understanding Diabetes Through the Medical Medium Lens

Offering a comprehensive overview, this book explains the underlying causes of diabetes from the Medical Medium's perspective. It sheds light on hidden viruses, toxins, and nutrient deficiencies that contribute to blood sugar issues. The author provides actionable advice for addressing these root causes naturally.

9. The Medical Medium's Diabetes Diet: A Spiritual and Nutritional Guide

Blending spirituality with nutrition, this book presents a unique approach to diabetes care. It highlights the importance of emotional well-being alongside dietary changes. Readers will discover how mindset, energy healing, and nutrient-rich foods work together to support diabetes health.

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medical medium diabetes diet: Medical Medium Life-Changing Foods Anthony William, 2016-11-08 The highly anticipated new release from the groundbreaking, New York Times best-selling author of Medical Medium! Experience the next level of medical revelations. Packed with information you won't find anywhere else about the Unforgiving Four—the threats responsible for the rise of illness—and the miraculous power of food to heal, this book gives you the ability to become your own health expert, so you can protect yourself, friends, family, and loved ones from symptoms, suffering, and disease. Unleash the hidden powers of fruits and vegetables and transform your life in the process. ANTHONY WILLIAM, the Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated—or that medical communities can't resolve. And he's done it all by listening to a divine voice that literally speaks into his ear, telling him what is at the root of people's pain or illness and what they need to do to be restored to health. In his first book, the New York Times bestseller Medical Medium, Anthony revealed how you can treat dozens of illnesses with targeted healing regimens in which nutrition plays a major role. 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. And he offers delicious recipes to help you enjoy each food's maximum benefit, from sweet potatoes with braised cabbage stuffing to honey-coconut ice cream. YOU'LL DISCOVER: • Why wild blueberries are the "resurrection food," asparagus is the fountain of youth, and lemons can lift your spirits when you've had bad news • The best foods to eat to relieve gallstones, hypertension, brain fog, thyroid issues, migraines, and hundreds more symptoms and conditions • The particular healing powers of kiwis, cucumbers, cat's claw, coconut, and much more • Insight into cravings, how to use stress to your advantage, and the key role fruit plays in fertility Much of Anthony's information is dramatically different from the conventional wisdom of medical communities, so don't expect to hear the same old food facts rehashed here. Instead, expect to get a whole new understanding of why oranges offer more than just vitamin C—and a powerful set of tools for healing from illness and keeping yourself and your loved ones safe and well. Here are just a few highlights of what's inside: • Critical information about the specific factors behind the rise of illness and how to protect yourself and your family • Foods to repair your DNA, boost your immune system, improve your mental clarity, alkalize every body system, shield you from others' negative emotions, and so much more • Techniques to make fruits, vegetables, herbs and spices, and wild foods the most healing they can be for your individual needs Plus targeted foods to bring into your life for relief from hundreds of symptoms and conditions, including: • ANXIETY • AUTOIMMUNE DISORDERS • CANCER • DIABETES • DIGESTIVE PROBLEMS • FATIGUE • FOOD ALLERGIES • INFERTILITY • INFLAMMATION • INSOMNIA • LYME DISEASE • MEMORY LOSS • MIGRAINES • THYROID DISEASE • WEIGHT GAIN

medical medium diabetes diet: Medical Medium Anthony William, 2021-03-23 From the #1 New York Times best-selling author of the Medical Medium series, a revised and expanded edition of the book that started a health revolution. Anthony William, the Medical Medium, has helped millions of people heal from ailments that have been misdiagnosed or ineffectively treated or that doctors can't resolve on their own. Now he returns with an elevated and expanded edition of the book where he first opened the door to healing knowledge from over 30 years of bringing people's lives back. With a massive amount of healing information that science won't discover for decades, Anthony gets to the root of people's pain or illness and what they need to do to restore their health now--which has never been more important. His tools and protocols achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. They are the answers to rising from the ashes. Medical Medium reveals the true causes of chronic symptoms, conditions, and diseases that medical communities continue to misunderstand or struggle to understand at all. It explores the solutions for dozens of the illnesses that plague us, including Lyme disease, fibromyalgia, adrenal fatigue, ME/CFS, hormonal imbalances, Hashimoto's disease, MS, RA, depression, neurological conditions, chronic inflammation, autoimmune disease, blood sugar imbalances, colitis and other digestive disorders, and more. This elevated and expanded edition also offers further immune support, brand-new recipes, and even more solutions for restoring the soul and spirit after illness or life events have torn at our emotional fabric. Whether you've been given a diagnosis you don't understand, or you have symptoms you don't know how to heal, or someone you love is sick, or you're a doctor who wants to care for your own patients better, Medical Medium offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. Discover the reasons we suffer and how to finally heal from more than two dozen common conditions: ACHES & PAINS ADHD ADRENAL FATIGUE AGING ALZHEIMER'S AUTISM AUTOIMMUNE DISEASE BELL'S PALSY BRAIN FOG CANDIDA CHRONIC FATIGUE SYNDROME COLITIS DEPRESSION & ANXIETY DIABETES & HYPOGLYCEMIA DIGESTIVE DISORDERS DIZZINESS EPSTEIN-BARR VIRUS FIBROMYALGIA FROZEN SHOULDER INFLAMMATION LEAKY GUT SYNDROME LUPUS LYME DISEASE MENOPAUSAL SYMPTOMS MIGRAINES & HEADACHES MULTIPLE SCLEROSIS NEUROLOGICAL SYMPTOMS PMS POSTPARTUM FATIGUE PTSD RHEUMATOID ARTHRITIS SHINGLES THYROID DISORDERS TINGLES & NUMBNESS TMJ & JAW PAIN VERTIGO & TINNITUS The truth about the world,

ourselves, life, purpose--it all comes down to healing, Anthony William writes. And the truth about healing is now in your hands.

medical medium diabetes diet: Summary of Anthony William's Medical Medium Liver Rescue by Swift Reads Swift Reads, 2019-06-28 Medical Medium Liver Rescue: Answers to Eczema, Psoriasis, Diabetes, Strep, Acne, Gout, Bloating, Gallstones, Adrenal Stress, Fatigue, Fatty Liver, Weight Issues, SIBO & Autoimmune Disease (2018) by bestselling author and self-labeled "medical medium" Anthony William is a comprehensive guide to understanding liver support and rejuvenation. Since he was a child, William has received divine information from what he calls "Spirit of the Most High."... Purchase this in-depth summary to learn more.

medical medium diabetes diet: Medical Medium Liver Rescue Anthony William, 2018-10-30 The #1 New York Times best-selling author and beloved healing authority reveals how taking your liver off overload can help resolve a wide range of symptoms and conditions--and transform your health in ways you've never imagined. What if you could focus on one aspect of your well-being to transform all the others--and at the same time prevent health problems you didn't even know were lurking beneath the surface? In today's world, we have no idea how many symptoms, conditions, and diseases are rooted in an overloaded liver. It's not only about liver cancer, cirrhosis, and hepatitis. Nearly every challenge--from pesky general health complaints to digestive issues to emotional struggles to weight gain to high blood pressure to heart problems to brain fog to skin conditions to autoimmune and other chronic illnesses--has an origin in an overloaded liver and can improve and heal when you harness the force of this humble organ. Medical Medium Liver Rescue offers the answers you should have had all along. With his signature compassion, Anthony William, the Medical Medium, shares unparalleled insights into undiscovered functions of our life-saving livers, explains what's behind dozens of health issues that hold us back, and offers detailed guidance on how to move forward so we can live our best lives. Find out for yourself what liver rescue is all about: being clearer-headed, more peaceful, happier, and better able to adapt to our fast-changing times. Learn how to sleep well, balance blood sugar, lower blood pressure, lose weight, and look and feel younger. A healthy liver is the ultimate de-stressor, anti-aging ally, and safeguard against a threatening world--if we give it the right support.

medical medium diabetes diet: Medical Medium Life-Changing Foods Expanded Edition Anthony William, 2025-11-04 A new edition of the #1 New York Times bestseller—expanded and elevated with dozens of new foods and all-new recipes Countless people from all walks of life have found answers for healing within the pages of Medical Medium books. The #1 New York Times bestseller Life-Changing Foods is a modern classic that has lived up to its name. By popular demand, this new edition offers even more foods and even more answers. Delving into the healing power of over 80 fruits, leafy greens, herbs and spices, wild foods, and vegetables, this highly readable reference guide is designed for busy lives, with targeted information to elevate you and your loved ones above the sea of health confusion. Packed with critical details on the life-changing properties of edible rhizomes, stems, buds, flowers, pods, fruit seeds, tubers, bulbs, barks, roots, shoots, leaves, and fruits—including hundreds of symptoms and conditions that these foods can help address—Medical Medium Life-Changing Foods Expanded Edition is a resource for everyone. Whether you're seeking insights into food properties, culinary inspiration, or Medical Medium tools for chronic illness, cleansing toxins, flu season, fertility, preventative health support, gut health, stress assistance, or emotional and spiritual renewal, you've found a lifelong resource. WHAT YOU'LL FIND INSIDE: · 30+ new food features, including watermelon, mulberries, pitaya, persimmons, tomatoes, and peas · All-new recipes and recipe photos, plus surprising new tips for growing your own food · Why the Medical Medium tools Bronchial Broth, Nerve-Gut Acid Stabilizer, Spinach Soup, Heavy Metal Detox, Thyme Tea, Garlic Therapy, Celery Juice, and more have changed millions of lives worldwide · How specific foods' combinations of vitamins, minerals, trace minerals, antioxidants, antiviral/antibacterial phytochemical compounds, glucose, micronutrients, and more can benefit you — and which foods increase their benefits together · Continuing to adapt to stress in our increasingly demanding world, reproductive rewiring for infertility, what plants know about us,

and what our souls know about food

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medical medium diabetes diet: Medical Medium Cleanse to Heal Anthony William,

2020-04-21 From the #1 New York Times best-selling author of Celery Juice and Liver Rescue, here's everything you need to know about cleansing to transform your health--and your life. If you think you don't have any need to do a cleanse--if you're sure you couldn't possibly be harboring any toxins in your body--think again. In today's world, there are poisons and pathogens that threaten our health starting before we're even born, and they continue to hold us back as we encounter them in our everyday life. Cleansing is a vital tool for fighting against these burdens--as long as you go about it the right way. That's why you need this book. Anthony William, the Medical Medium, has placed a vast wealth of insight and information into a one-stop resource for cleansing of all kinds, starting with his acclaimed nine-day 3:6:9 Cleanse and expanding into life-saving protocols for specific health needs--including an anti-bug cleanse, a morning cleanse, and a heavy metal detox. You'll discover: How to choose the cleanse that's right for you A deep dive into the causes of your symptoms and conditions Critical cleanse dos and don'ts, including modifications and substitutions The truth about trendy topics such as intermittent fasting and the microbiome A guide to supplements you may choose to add to your cleanse The physical reasons why cleansing can be an emotional experience More than 75 recipes and sample menus to get you through your Medical Medium cleanse Spiritual and soul support to remind you that healing is possible The cleanses in this book speak to what's truly going wrong inside of our bodies that no trendy lifestyle approach can ever address, Anthony writes. Have compassion for yourself and know that your suffering is not your fault. Your struggles are not your fault. You're accomplishing great things every single hour and day as you work on your healing process with the powerful tools in this book. I believe you can heal.

medical medium diabetes diet: Summary & Analysis of Medical Medium Liver Rescue

ZIP Reads, PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser:

<https://amzn.to/2JGtRKt> Medical Medium Anthony William released his fourth groundbreaking book revealing the truth about the power of the liver, the myriad mystery illnesses it could be causing, and how to finally heal. What does this ZIP Reads Summary Include? Synopsis of the original book Key takeaways from each section The true liver functions even doctors don't know about Why 9 out of 10 people suffer from sluggish liver A guide to the many ailments poor liver function can create in the body A guide to liver-healing foods and supplements A short overview of the Liver Rescue diet Editorial Review Background on Anthony William About the Original Book: In Medical Medium Liver Rescue, Anthony William provides an in-depth look at the true power of the liver and its many functions that modern medicine is still unaware of. He describes in detail the science behind sluggish liver and how our neglect of our livers leads to many mystery illnesses. William provides detailed guides to the best foods you can feed your liver and discusses how the latest fad diets have gotten it all wrong. If you suffer from skin conditions, digestive issues, or a host of auto-immune disorders, Medical Medium Liver Rescue could be the difference in returning your liver to health and getting your life back. DISCLAIMER: This book is intended as a companion to, not a replacement for, Medical Medium Liver Rescue. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Please follow this link:

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medical medium diabetes diet: Medical Medium Thyroid Healing Anthony William,

2021-06-01 Experience the epic truth about your thyroid from the #1 New York Times best-selling author of the Medical Medium series Everyone wants to know how to free themselves from the thyroid trap. As the thyroid has gotten more and more attention, though, these symptoms haven't gone away--people aren't healing. Labeling someone with Hashimoto's, hypothyroidism, or the like doesn't explain the myriad health issues that person may experience. That's because there's a pivotal truth that goes by unnoticed: A thyroid problem is not the ultimate reason for a person's illness. A problematic thyroid is yet one more symptom of something much larger than this one small gland in the neck. It's something much more pervasive in the body, something invasive, that's responsible for

the laundry list of symptoms and conditions attributed to thyroid disease. Discover the real reasons and the healing path for dozens of symptoms and conditions, including:ACHES AND PAINS; ANXIETY AND DEPRESSION; AUTOIMMUNE DISEASE; BRAIN FOG AND FOCUS; CANCER; EPSTEIN-BARR VIRUS; PREGNANCY COMPLICATIONS; FATIGUE; MONONUCLEOSIS; FIBROMYALGIA AND CFS; HAIR THINNING AND LOSS; HASHIMOTO'S THYROIDITIS; HEADACHES AND MIGRAINES; HEART PALPITATIONS; VERTIGO; HYPERTHYROIDISM; HYPOTHYROIDISM; MENOPAUSAL SYMPTOMS; MYSTERY WEIGHT GAIN; SLEEP DISORDERS; TINGLES AND NUMBNESS

medical medium diabetes diet: Medical Medium Celery Juice Anthony William, 2019-05-21 Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: Healing the gut and relieving digestive disorders Balancing blood sugar, blood pressure, weight, and adrenal function Neutralizing and flushing toxins from the liver and brain Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as Is it safe to drink celery juice while pregnant or breastfeeding?, Is blending better than juicing?, and Can I take my medications with it? Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls one of the greatest healing tonics of all time.

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