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Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables

Anthony William

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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 to treat dozens of illnesses with targeted healing regimens in which nutrition played 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 for each food, he offers a delicious recipe to help you enjoy its maximum benefit, from sweet potatoes with braised cabbage stuffing to honey-coconut ice cream and chewy apricot bars.

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 if you have gallstones, hypertension, brain fog, thyroid issues, or migraines—plus hundreds more symptoms and conditions that may be holding you back
- 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, and much of it has never appeared anywhere before. 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.

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Anthony Robin:

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Richard Linneman:

This Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables is great book for you because the content which is full of information for you who have always deal with world and get to make decision every minute. This specific book reveal it information accurately using great coordinate word or we can point out no rambling sentences inside it. So if you are read this hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but challenging core information with attractive delivering sentences. Having Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables in your hand like keeping the world in your arm, details in it is not ridiculous 1. We can say that no book that offer you world within ten or fifteen moment right but this guide already do that. So , this can be good reading book. Hey Mr. and Mrs. hectic do you still doubt that?

Sandra Lowe:

The book untitled Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables contain a lot of information on the item. The writer explains the woman idea with easy way. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read the item. The book was authored by famous author. The author will bring you in the new age of literary works. You can easily read this book because you can please read on your smart phone, or model, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and order it. Have a nice read.

Elda Ornelas:

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